

CURRICULUM VITAE

Dr. RAKESH KUMAR

Father's Name: Brij Lal

Date of Birth: 1st April, 1980

address: Ward No. 8, Near SBI Bank,
UPO Mirzewala, Sriganganagar – 335038

Email: libra.tigers@gmail.com

Designation: Assistant Professor, Faculty of Physical Education

Institution: Tania University, Sri Ganganagar



Academic Qualifications

Course	Subject / Stream	Institution / University	Year
Secondary	General	Rajasthan Board	1998
Senior Secondary	Science	Rajasthan Board	2000
B.A.	Arts	EILLM University, Sikkim	2013
B.P.Ed	Physical Education	MLSU Udaipur	2014
M.P.Ed	Physical Education	MLSU Udaipur	2016
D.Y.Ed	Yoga	BNU Udaipur	2017
NET Qualified	Physical Education	NTA	June 2019
Ph.D.	Physical Education / Yoga	BNU Udaipur	2024

Computer Skills

- Basic Computer Knowledge
- Internet Browsing
- Typing in English and Hindi

Paper Publications

1. **Title:** *Effect of Yoga on the stress level of kho kho players an empirical study*
 - Journal: *Bohal Shodh*
 - ISSN: 2395-7115
 - Month/Year: September 2021
 - Pages: 86–91
2. **Title:** *Study based on literature review on the effect of Yoga on the fitness of kho-kho*
 - Journal: *Sodh Ganga*
 - ISSN: 0975-735X
 - Month/Year: July 2021
 - Pages: 283

Book Chapters / Publications

1. **Title:** *Management Strategies in Athletic Training*
 - ISBN: 978-93-7129-128-6
 - Publisher: SBI Scientific Book International
 - Year: 2025
2. **Title:** *Measurement Theory and Practice in Kinesiology*
 - ISBN: 978-93-7129-617-5
 - Publisher: SBI Scientific Book International
 - Year: 2025

Signature:

Dr. Rakesh Kumar