

CURRICULUM – VITAE



Dr. USHA TIWARI

Father's Name : Late Shri R.S. Thakur
Date of Birth : 4th September, 1973.
Nationality : Indian
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Designation: Associate Professor (Having 24 years of Experience)

Specialization: Health Education , Anatomy ,Physiology & Exercise Physiology and Hockey

Educational & Professional Qualification

S. NO.	Name of Exam/Degree	Board / University / Place	Year of Passing
1.	High School (X)	CBSE, KV Agra (UP)	1989
2.	Intermediate (XII)	CBSE, KV Agra (UP)	1991
3.	B.P.E	Jiwaji University Gwalior (M.P.)	1994
4.	M.P.E	L.N.I.P.E, Gwalior (M.P.)	1996
5.	NET	UGC	1996
6.	UGC Refresher Course	ASC, LNIPE GWALIOR	May 10-30,2000
7.	UGC Orientation Course	ASC,LNIPE GWALIOR	March 22 – April 18, 2002
8.	Ph.D.	Banasthali Vidyapith, Rajasthan	2010
9.	UGC Refresher course	U.G.C. - A.S.C. at Punjabi University Patiala	2015
10.	Yoga teachers training course	Aum Yoga School, Goa. Registered at Yoga Alliance UK.	10 th May -9 th June,2017

Administrative Experiences

- Member of **Organizing Committee** for All India, South-West Zone and West zone inter University tournaments, State and district level tournament in various games like Hockey, Basketball, Football, Tennis, Kho-Kho and cricket.
- Organized **Crain India Hockey Invitational Tournament**.
- **Secretary of Tonk District Hockey Association** since 2005.
- **Coordinator of M.B.A Sports management** programme.
- **Organizing secretary** of National workshop on **Olympic Value Education Programme (OVEP)** for teachers and students, 2017.

- Member of **organizing committee** for the conduct of workshop, clinics on rules and regulation of various games and sports and fitness for masses.
- **Organizing secretary** for Dist. Hockey Tournament since 2005.
- **Intramural coordinator** of Banasthali Vidyapith from 1997 to 2010.
- Member of **Board of Studies** in Physical Education and Faculty Meeting of Education Since 1997
- Committee member for the **designing of curriculum for Physical Education.**
- **Coordinator** for organizing Invitational cricket tournament for boys (under 19) at state level since 2015.
- **Committee member of** conducting physical fitness test for undergraduate student under **fivefold education** programme of Banasthali Vidyapith.

Professional Achievements

- 2011 - Member of Organizing Committee for **West Zone and All India Interuniversity Cricket** (Women) Championship at Banasthali University.
- 2011 - Member of **Organizing Committee for West Zone Interuniversity Basketball** (Women) Championship at Banasthali University.
- 2008 - **Organizer and Official in South West Zone Interuniversity Hockey** (Women) Championship at Banasthali University.
- 2008 - **Coach of Banasthali University, Hockey (Women) for South West Zone Interuniversity Championship.**
- 2008 - **Organizer and Official in South West Zone Interuniversity Cricket** (Women) Championship at Banasthali University.
- 2006- **Organizer and Official in South West Zone and All India Interuniversity Basketball** (Women) Championship at Banasthali University.
- 2006- **Organizer and official in All India Interuniversity Hockey** (Women) championship at Banasthali University.
- 1997-2019- **Coach of Banasthali University, Hockey Team** for All India Interuniversity Hockey (Women) championship at Banasthali University.
- member of **editorial board and review board** of various academic journals.
- Total **12 Ph.D awarded under her guidance.**
- **Secretary, Tonk District Hockey Association** since 2012 to 2020 and University Intramural Secretary from 1997 to 2010.
- Wide experience in participating as well as **coordinating tournaments** (Invitational, District, State South-west Zone, All India interuniversity), seminars, workshops, conferences etc.
- Attached with many institutions / universities of the country in respect of Member BOS, Member interview board, question setting, conducting external examinations, and many other purposes.
- **Life member of many professional** organizations like Sports Psychology Association of India, Khel Rang: Fitness and Sports Science Association.
- **Published 04 books.**
PARENTS SOCIOECONOMIC STATUS AND THEIR DAUGHTER'S HEALTH ISBN 978-81-8262-128-6, 2014
IMPORTANCE OF COORDINATIVE ABILITY IN SOCCOR. ISBN 978-3-659-78974-8, 2016
Ashok Dhyanchandlegendary hockey player. ISBN 978-81-7524-840-3, 2016
Yoga- AntrikParishkaar ka vigyan. ISBN 978-81-7524-796-3, 2016