



MAHARAJA AGRASEN COLLEGE

University of Delhi

Vasundhara Enclave, Delhi 110096

Curriculum Vitae

First Name	MUKESH	Middle Name		Last Name	AGARWAL
Designation	PROFESSOR		Department	PHYSICAL EDUCATION	
Date of Birth	30-04-1975		Date of Joining	14-10-2003	
Residential Address	B-14, IIIRD FLOOR, SANJAY NAGAR, SECTOR-2, ROHINI, DELHI-110085				
Contact No.	9899155480		Email Id	Mukeshkr_agarwal@yahoo.co.in	

Educational Qualifications

Degree	Institution	Year	Details
B.Sc	Ramjas College, DU	1995	
M.Sc.	Ramjas College, DU	1997	
PGDPEd	IGIPES, DU	1999	
MPES	IGIPES, DU	2001	
NDDY	IFNHY	1999	
Ph.D.	CCS University	2009	
LL.B.	CCS University	2011	
Specialization	BASKETBALL, MEDITATION		

Career Profile

Organization/ Institution	Post Held	Adhoc/ Temp/ Permanent	From	To	Total Experience
Maharaja Agrasen College	Lecturer	Permanent	14-10-2003	17-10-2011	
Delhi University Sports Council	Assistant Professor	Deputation	17-10-2011	30-04-2013	
Maharaja Agrasen College	Professor	Permanent	01-05-2013	Till date	19 years
ILLL	Fellow	Additional assignment	June 2021	Till date	1.5 years



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List of research papers published in peer reviewed/ UGC Listed/ Scopus indexed research journals

Title of the article / paper	Journal Name	ISSN	Issue / Vol No.	Year	Whether Peer reviewed/ UGC Listed/ Scopus Indexed Journal	Thomson Reuter Impact Factor
Tourism as a leisure in India	The Discussant	ISSN: 2250-3412	Vol. III, No. 4,	2015		
Rejuvenate Psychology	Indian Journal of Social Enquiry	ISSN: 0974-9012	Vol. 18	2016		
Swacch Bharat Abhiyan: An opportunity for Entrepreneur	International Journal of Engineering & management Research	ISSN: 2250-0758	Vol. 6, Issue -3,	2016		4.865
Impact of Yogic Asanas at Different Altitudes	Indian Journal of Social Enquiry	0974-9012	Vol. 9, No. 1	2017		
Khelon mein maansik drihdta ka yogdaan	Sahchar E Patrika	2395-2873		2018		
Sports Participation and Women	International Journal of Physiology, Nutrition and Physical Education	ISSN: 2456-0057	Vol-3, Issue-2	2018		5.43
Contemplation to Combat Technological Abuses	Chintan	ISSN: 2229-7227	Year -9, Issue-33(II I)	2019	UGC list No.- 41243	4.012



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Energy Transformation of Youth and Physical Activities	Pramana	ISSN: 2249-2976	Year -8, Issue-31(II I),	2019	UGC list No.- 41241	4.005
Pregnancy & Yoga	Pramana	ISSN: 2249-2976	Year -8, Issue-32(II I),	2019	UGC list No.- 41241	4.005
Study on the Support System & Sports Facilities Utilization for Performance Enhancement	International Journal of Yogic, Human Movement and Sports Sciences	ISSN: 2456-4419	Vol-4, Issue-1	2019		5.18
Sports Facility Management and Higher Education Institutes	International Journal of Physiology Nutrition and Physical Education	2456-0057	Vol-5, Issue-1	2020		5.43
Fitness and Dietary Habits	International Journal of Physiology, Nutrition and Physical Education	2456-0057	Vol-5, Issue-2	2020		5.43
Covid 19 and Fitness	Anthology The Research	ISSN: 2456-4397	Vol-5, Issue-	2020		6.018



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List of Books (edited/ authored)

Title of the book	Author / Editor	ISBN	Year	Publisher
Aerobics: Fitness & Style	Author	ISBN: 978-81-7216-459-1	2016	Friends Publication Delhi/india 2016
Posture, Athletic Care And First Aid	Author	ISBN 978-93-83914-89-0	2018	Vivechan Publications, Delhi/India
Fitness, Wellness And Nutrition	Author	ISBN 978-9-38391-490-6	2018	Vivechan Publications, Delhi/India
Introduction To Physical Education In The Contemporary Context	Author	ISBN 975-51-7524-994-3	2018	Khel Sahitya Kendra Publishing House, Delhi/India
HEALTH EDUCATION, ANATOMY And PHYSIOLOGY	Author	ISBN 978-81-7524-957-8	2018	Khel Sahitya Kendra Publishing House, Delhi/India
Sports Psychology	Author	ISBN 978-81-947808-8-5	2020	Khel Sahitya Kendra Publishing House, Delhi/India
Yoga Skills	Author	ISBN 978-81-947808-4-7	2020	Khel Sahitya Kendra Publishing House, Delhi/India



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List of Chapters in a book

Title of the chapter	Title of the book	ISBN	Year	Publisher
Role of Physical Education in empowering women	Women and Development - Issues and Challenges	978-81-935996-3-1	2018	Elite Publishing House, New Delhi, India,
Impact of Surya Namaskar in the Socio-Political Context	Knowledge Organisations: Aspirations and Experiences	978-81-940528-0-7	2019	Maharaja Agrasen College, New Delhi, India
Physical Education and Sports: A Pillar to Higher Education System	Quality Research for Inspired Learning	978-81-940528-1-4	2019	Maharaja Agrasen College, New Delhi, India

List of Papers presented/ Invited Lecture/ Resource Person in conferences/ seminars/ workshops/ FDPs

Title of Paper/ Talk/ Subject	Conference/ Invited talk/ Resource Person	Title of conference/ seminar/ workshop/ FDP	Level (College/ State/ National/ International)	Year	Name of Organizer(s)
A Comparative Study of Neuroticism in relation to different level of Performances	Paper Presenter	8 th International Seminar for Physical Education Teachers	International	2010	Sports Institute of Finland, Vierumaki, Finland
Power Joga	Resource Person	8 th International Seminar for Physical	International	2010	Sports Institute of Finland, Vierumaki, Finland



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		Education Teachers			
Indian Games	Resource Person	8 th International Seminar for Physical Education Teachers	International	2010	Sports Institute of Finland, Vierumaki, Finland
Olympic Movement in new Era	Paper Presenter	National seminar on Emerging Trends in Physical Education and Yoga for All Round Development of Youth	National	2011	UGC
Indian Culture, Sports and Olympic Education	Paper Presenter	9 th International Session for Educators and Officials of higher Institutes of Physical Education	International	2011	International Olympic Academy, Ancient Olympia, Athens (Greece)
Olympic Value Education Programme in India's Perspective	Paper Presenter	International Conference on Sports Economics and Vision of London Olympics 2012	International	2012	Delhi University Sports Council
Economical Perspective of Sports Injuries	Paper Presenter	International Conference on Sports Economics and Vision of London	International	2012	Delhi University Sports Council



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		Olympics 2012			
The impact of Yogic Sports on Body, Mind and Soul	Paper Presenter	IIIrd International Conference on "Sports and Society	International	2012	Cambridge University, Cambridge, U.K.
A study on some effects of Aeroyoga on physiological parameters of Indian Youth	Paper Presenter	IIIrd International Conference on "Sports and Society	International	2012	Cambridge University, Cambridge, U.K.
Indian Games	Resource Person	IV International Seminar for Physical Education Teachers	International	2013	Sudtiroler Sportforum Mals, Italy
Meditation	Resource Person	IV International Seminar for Physical Education Teachers	International	2013	Sudtiroler Sportforum Mals, Italy
Behaviour Sustainability and Tourist's Perception	Paper Presenter	National seminar on Tourist Potential and Development Planning in India: with special reference to Uttar Pradesh	National	2014	Deptt of Higher Education, U.P.
Olympic Education &	Paper Presenter	Yoga for Health, Wealth	National	2014	UGC



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Adolescent Behaviour		& Fitness (Rajesh Pilot Govt PG College)			
Impact of Mega events on city & its environment	Paper Presenter	Biodiversity & Climate Change	National	2015	Maharaja Agrasen College
CSR v/s CSL	Paper Presenter	CSR: Sport, Olympism & Global Peace	National	2016	UGC
Inter personal relationship management for better productivity	Resource Person	Managing for Productivity	National	2016	Indian Aviation Academy
The fitness & health among athletes of Universities in relation to their body profile	Paper Presenter	Health, Wellness & Society	International	2016	Catholic University of America
Surya Namaskar: Past, Present & Future	Paper Presenter	Latest trends in Health & Physical Education (University College of Medical Science)	National	2017	UGC
Role of Physical Education in Empowering Women in Society	Paper Presenter	National Seminar on Women and Development: Issues and Challenges	National	2017	ICSSR



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Corporate Social responsibility Initiatives by Indian Companies and Sports	Paper Presenter	100 th International Conference on Management, Economics & Social Science	International	2017	ICMESS, Perth, Australia
Chair the session	Resource Person	100 th International Conference on Management, Economics & Social Science	International	2017	ICMESS, Perth, Australia
Training in Sports	Resource Person	Training Workshop in Aerobics Gymnastic Championship	National	2018	Fit Youth ANAC India
Effect of Modern Lifestyle on the Fitness of Youth in Metro Cities	Paper Presenter	Olympics and Indian Values in Global Context	International	2018	Kirori Mal College, University of Delhi in collaboration with Ministry of Youth affairs & Sports
Family Olympics and Youth	Resource Person	Impact of Sports on the lifestyle of Youth on the topic "Family Olympic and Youth	National	2019	UGC
Leisure and Sports for Overall Development	Resource Person	ECIS Physical Education Conference 2019 "Towards an active World	International	2019	European International School of barcelona



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Yoga	Chair the session	National conference on Yoga and it's potential to heal the Planet	National	2020	UGC

PhD Research Guidance

Name of the Scholar	Year of registration	Affiliating University	Status (Ongoing/ Thesis Submitted/ Awarded)
Dinesh Singh Yadav	2018	Singhania University	Awarded (2022)

Research projects

Title	Period		Sanctioned Amount	Sponsoring/ Funding Agency
	From	To		
Study on Relevant Effect of Aeroyoga on Physiological Parameter of Youth	17-03-2008	31-03-2011	10 Lacs	University Grant Commission
A Study on the co-relation between Body Mass Index and Body Fat Percentage on the athletes of Indian Universities	20-09-2012	31-03-2013	1 Lac	University of Delhi
A Study on the impact of Surya Namaskar on the physiological, psychological and socio-political parameters on youth in universities at different altitudes	31-08-2015	31-08-2016	4 Lacs	University of Delhi
Psychological profile and performance sustainability with omission of Inequality in Indian athletes	28-02-2017	31-03-2018	Rs 10 Lacs	Ministry of Youth Affairs & Sports
A study on the modern lifestyle obstacles of youth in metro cities of India	12-01-2017	31-07-2018	Rs 5.20 Lacs	RGNIYD, Ministry of Youth affairs



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I certify that the information given above is correct and factual to the best of my knowledge.

Date: 01-12-2022