

CURRICULUM VITAE

Dr Anjum Padyal

World Rank 8th Aerobic Gymnast

Best Selling Author on Amazon **Marshal the Mind**

Mission: To provide toughest Mental Training to elite athletes of India to win maximum medals in Olympic with motto **Excellence with Humane**.

Vision: Mind is a Marshal, Marshal the Mind. To help the society globally through mental and physical training to save people from depression, anxiety, suicide, obesity and other diseases to make **The World Healthy and Happy**.

AREAS OF EXPERTISE

- Mental Training, Student's Counselling, Sports Psychology, Sports Training, Sports Management ,Aerobic, Aqua aerobic, Yoga and Meditation

PROFESSIONAL QUALIFICATION

- PhD in Psychology, Effects of Various Games on Future Orientation and Machiavellianism
- Master in Physical Education (M.P.E.), LNIPE, Gwalior, University Gold Medallist.
- Comparative Effects of Eight weeks of Land Aerobic and Aqua Aerobic on Selected Physical and Physiological Variables.
- Bachelor in Physical Education (B.P.E.), Jiwaji University, Gwalior, University Gold Medallist.
- PG Diploma in Sports Management, Algapa University.

INTERNATIONAL CERTIFICATION

- NLP Master Practitioner Certification
- Professional Life Coach Certification
- Holistic Health and Wellness Coach Certification
- Happiness Life Coach Certification
- Mindfulness-Professional Sound Trainer Certification
- Aqua Aerobic Certification
- Yoga Teacher Training Certification
- Anthropometric Certification
- Neurobics Certification

LAURELS TO NATION

- Aerobic Gymnast, World Rank 8th in Suzuki World Cup, Japan, 2006.
- Appointed as an Observer of Indian Contingent for Indoor Asian Games in 2005
- Coach cum Psychologist for Aerobic Gymnastic Suzuki World Cup, Japan, 2007, 2008, 2009 and 2010
- Coach cum Psychologist for Aerobic Gymnastic Heathrow World Cup, London, 2010
- Featured in various National News Papers , Magazines and Channels

AWARDS

- Ambassador of Peace by Universal Peace Foundation
- Scroll of Honour, Excellence in the Field of Physical Education
- Qami Ptriba Khel Puruskar

ACADEMIC CONTRIBUTION

- Developing Curriculum of Physical Education for IGNOU
- Core Committee member of University of Delhi for the Application Course, Fitness Aerobics and Gym Operation
- Member of Curriculum Committee, University of Delhi since 2006 till date
- Member of Curriculum Committee, Institute for Sports and Fitness since 2005 till date
- Written many articles in various news papers and magazines
- Conducted many workshop and talk shows on various topics related to healthy body, mind and soul

SPORTS ACHIEVEMENTS

- Aerobic Gymnast, Holding World Rank 8th in Suzuki World Cup, 2006, Japan
- Gold Medallist, All India Inter University, 1992, 1991

INTERNATIONAL and National RESEARCH AND PUBLICATIONS

- Effects of 2 Week Neuro-Linguistic Programming, Meta-Model, on Tak-won-do State - Sport Confidence. International Conference on Olympic and Indian Values in Global Context, University of Delhi, 2018.
- Pelvic Pain in Gymnast and Ballet Dancers .International Conference, Pre Commonwealth Games Scientific Congress, Manav Rachna University,2010.
- Comparative Effects of 8 Week of Land aerobic and aqua Aerobic on Selected Physical and Physiological Variables. International Conference, World Military Games, 2007.
- Effects of 12 weeks Yoga Programme on Physiological Parameters (Lipid Profile-LDL, HDL and Cholesterol)
- Effects of 12 Weeks Circuit Training on Subcutaneous Body Fat%, Skeletal Muscles%, and Basal Metabolic Age in Collegiate Women
- Development of Ambidexterity in Cricketers of College Level Team through Neurobics, UGC sponsored National Conference
- Comparative Analysis of Achievement Motivation between Sports Students and Non Sports Students of University of Delhi,UGC sponsored National Conference.
- The Effects of Twelve Weeks of Aqua Aerobic on Inactive College Women, UGC sponsored National Conference.

Dr Anjum Padyal

Assistant Professor

Deshbandhu College

University of Delhi

Place of Birth: New Delhi

Date of Birth: July 20, 1972

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