




DESHBANDHU COLLEGE
(UNIVERSITY OF DELHI)
KALKAJI, NEW DELHI - 110019
Faculty Details Proforma for College Website

Title	Dr.	First Name	RAJENDER	Last Name	LAL	Photograph
Designation		Assistant Professor/ Director in Physical Education and Sports Sciences				
Address		ZG-8, Shiva Enclave, A-4 Paschim Vihar, New Delhi-110063				
Phone No. Office						
Residence Mobile		+911143025195 9418143800				
Email		rlal@db.du.ac.in drrajender01@gmail.com				
Web-Page		https://sites.google.com/db.du.ac.in/dr-rajender-lal				
Educational Qualifications						
Degree	Institution				Year	
Ph.D.	Himachal Pradesh University, Shimla				2005	
M.Phil.						
PG	Himachal Pradesh University, Shimla				1999	
UG	Himachal Pradesh University, Shimla				1992	
M.A. Yoga, BJMC, MJMC, NIS Sports Coaching Diploma.						
Career Profile						
Assistant Professor/ Director Physical education & Sports						
Administrative Assignments						
S. No.	Year	Nature of Activity	Designation	Institution/ Department	Period	
					From	To
1.						
Areas of Interest/Specialization						
➤ Yoga, Sports Psychology, Sports Coaching, Adventure Sports, and Sports Journalism						

Subjects Taught

Undergraduate Courses: Yoga and stress management, Obesity management, Aerobics Training, Fitness & Exercise Management, Anatomy & Physiology, Health Education

Post-graduate Courses: Yoga, Sports Psychology, Research Methodology

Research Guidance

Level of Guidance	Year	Registered	Thesis/Dissertation Submitted	Degree Awarded	Academic Research Score
Ph.D.					
MPhil./P.G. Dissertation					
Total Guided and degree awarded to ----- students					

Publications Profile

Research Articles in Journals:

1. Rajender Lal, Vikrant Singh (2021) Spirituality in sports. International Journal of Social Science and Management Studies (IJSSMS) Peer reviewed- refereed Research Journal, Vol 7, Issue 8, ISSN-2454-4655: pp 57-50.
2. Kumar Singh, Lal, Patel, and Chaudhary (2021). Prediction of Libero's Performance on the basis of Selected Anthropometric Characteristics. Journal of Ravishankar University (Part-A: Social science), Vol. 27 Issue -1, ISSN: 0970-5910 pp.89-98.
3. Anju Luthra, Rajender Lal and Dhananjay Shaw (2020), Morphology of Indian Female Athletes of Different Track and Field Events. International Journal of Sport and Health Sciences. Vol:14, No:3, 2020.
4. Neelam Vats, Madhvi Pathak Pillai and Rajender Lal (2020), Impact of Preksha Meditation on Academic Anxiety of Female Teenagers. World Academy of Science, Engineering and Technology International Journal of Sport and Health Sciences Vol:14, No:6, 2020.
5. Alka Harneja & Rajender Lal (2019), Upliftment of Indian Sports through Corporate Social Responsibility. Indian Journal of Physical Education Sports Medicine and Exercise Science (Online ISSN:) , LNIPE Gwalior.Vol.18, ISSN : 0976-1101 : 32-35.
6. Seema Sharma (Kaushik), Anju Luthra, Pramod Sharma, Rajender Lal (2019), Development of Human Values through Physical Education and Sports. International Journal of Physical education and Sports. Indexed/ Refereed /Peer Reviewed Journal ISSN: 5456-2963, Volume: 4, Issue: 06, Pages: 12-15.
7. Rajender Lal & Seema Sharma (2017), Relationship of Job Stress and Job Satisfaction with Adjustment Variables of Male Physical Education Teachers of Himachal Pradesh. AICPE - Human Kinetic : A Journal of Physical Education and Fitness, New Delhi (UGC Enlisted Journal No. 48690). ISSN : 0976-6588 : 21-25.
8. Rajender Lal (2017), Values of Sports in our life. Shrivashnavi Varshiki Shodhatrika by Rashtriya Sanskrit Sansthan, Jammu (UGC Enlisted Journal No. 64187). ISSN : 755 2277-906 X : 145-147.
9. Rajender Lal (2016), A Study on the Job Satisfaction of Physical Education Teachers Working in Senior Secondary Schools of Himachal Pradesh. AICPE - Human Kinetic: A Journal of Physical Education and Fitness, New Delhi (UGC Enlisted Journal No. 48690). ISSN : 0976-6588 : 05-09.Vol.7. Issue (II).
10. Rajender Lal (2016), Relevance of Yog Sutra Addressing Ethical Issues in Sports and Promoting Physical Activities for Health Promotion. Shiksha Mritam Educational Journal, Rashtriya Sanskrit Sansthan, Jammu (UGC Enlisted Journal No. 64197). ISSN : 2349-6452 : 123-125.
11. Rajender Lal (2016), Nutrition for Sports and Healthy Living. Shrivashnavi Varshiki Shodhatrika by Rashtriya Sanskrit Sansthan, Jammu (UGC Enlisted Journal No 64187). ISSN : 755 2277-906 X : 240-245.

12. Rajender Lal (2015), Comparative Coverage Analysis of Football and Other Sports by the leading English Newspapers of India during FIFA World Cup 2014. AICPE - Human Kinetic : A Journal of Physical Education and Fitness, New Delhi (UGC Enlisted Journal No. 48690). ISSN: 0976-6588 : 77-92.
13. Rajender Lal (2015), Coverage Analysis of T-20 World Cup Cricket 2014 and Other Sports in 'The Hindu' and 'The Times of India'. Research Reinforcement: Refereed Journal of Multi-Disciplinary Research (UGC Enlisted Journal No. 64785). ISSN: 2348-3857 : 11-17.
14. Rajender Lal (2015), How Much Do you Know about Hydration? Shiksha Mritam Educational Journal, Rashtriya Sanskrit Sansthan, Jammu (UGC Enlisted Journal No. 64197). ISSN : 2349-6452 : 123-125.
15. Rajender Lal (2015), Improving Longevity and Quality of Life Through Exercise. Shrivashnavi Varshiki Patrika by Rashtriya Sanskrit Sansthan, Kot-Bhalwal, Jammu (UGC Enlisted Journal No. 64187). ISSN : 755 2277-906 X : 7-11.
16. Rajender Lal (2014), Relationship of Age and Service Length with Job Stress, Job Satisfaction and Job Adjustment Variable of Female Physical Education Teachers Working in Senior Secondary Schools of Himachal Pradesh. Research Reinforcement: Refereed Journal of Multi-Disciplinary Research (UGC Enlisted Journal No. 64785). ISSN : 2348-3857 : 87-92.
17. Rajender Lal (2014), Stress Reactions: Management by Yoga. Shrivashnavi Varshiki Patrika by Rashtriya Sanskrit Sansthan, Kot-Bhalwal, Jammu (UGC Enlisted Journal No. 64187). ISSN : 755 2277-906 X : 1-6.
18. Rajender Lal (2013), Coverage of London Olympic Games 2012 by the Tribune and the Hindustan Times: A Comparative Study. *International Research Journal of Sports Glimpses : Research Journal on Physical Education, Recreation and Sports Sciences* (UGC Enlisted Journal No. 63493). ISSN : 2278-5027 : 64-69.
19. Rajender Lal, Kaminder Singh & L. Thakur (2011), Job Adjustment of Male Physical Education Teachers Working in Senior Secondary Schools of Himachal Pradesh. *Penalty Corner: 11(1)*. ISSN : 0976-5190 : 35-37.
20. Rajender Lal & Y.P. Sharma (2007), Job Stress of Physical Education Teachers Working in Senior Secondary Schools of Himachal Pradesh. *Penalty Corner : 7(1)*. ISSN : 0976-5190 : 68-73.

Chapters in Books:

1. Rajender Lal, Arti Dhankhar and Munesh Charkravorty (2019), Unifying World through Sports. Proceedings of the UGC sponsored national Conference on Latest trends in Health and Physical Education organized by University College of Medical Sciences (Univ. of Delhi), Published by Khel Sahitya Kendra. ISBN: 978-81-7524-879-3, pp. 251-255.
2. Rajender Lal, Seema Sharma and Shipra Verma (2019), Contents of Social Media Marketing in Sports. Proceedings of the International Conference on Social Media Marketing Opportunities & Challenges. Jesus and Mary College Chanakyapuri, New Delhi-110021, India. ISBN938384853-7, pp135-141.
3. Lata Sharma, Seema Kaushik and Rajender Lal (2018), Revisiting Women Participation in Olympics. Women and Development: Issues and Challenges. Editors: Rekha Kaul & Anita Malhotra Elite Publishing. ISBN: 97881 935996 31, pp. 92-100.
4. Rajender Lal (2016), Ethics and Sports. Punati: Proceedings of the National Seminar on Concept of Ethics in Vedic Literature in the Contemporary Context. Rashtriya Sanskrit Sansthan, Jammu. ISBN: 13-978-81-932638-0-8, pp. 548-553.
5. Rajender Lal and Anil Kumar Kalkal (2014), Technological Advancements in Sports. Proceedings of the National Conference on E- Business: Issues and Challenges in Indian Perspective. Shivalik Prakashan, Delhi. ISBN: 978-93-83838-66-0, pp. 145-152
6. Rajender Lal (2014), Comparative Content Analysis of London Olympic Games 2012 by the Newspapers 'The Hindu' and 'The Times of India'. Proceedings of the National Conference on Physical Education and Sports Sciences, organized by LNIPE Gwalior, Khel Sahitya Kendra, New Delhi, ISBN : 978-81-7524-743-7, pp. 202-205.
7. Rajender Lal (2014) Recovery Measure: A Route to achieve Higher Performance in Sports. Proceedings National Conference on Youth Enrichment through Sports and Physical Education, Amity University, Noida, Khel sahitya Kendra, Delhi, ISBN 978-81-7524-740-6, pp.175-179.
8. Rajender Lal and Dhanraj Singh (2013), Coverage of London Olympic Games 2012 in four English Dailies. Futuristic Trends in Physical Education. Punjabi University, Patiala, Twenty-first Century Publications. ISBN : 978-93-80144-71-9, pp. 76-80.

9. Rajender Lal (2009),_Plyometric in Volleyball. Proceedings of National Conference on Present Scenario and future challenges in physical education 2009. JMD Publication HPU Campus, Shimla. ISBN : 978-81-905892-6-0, pp. 48-56.

Books:

BOOK - 02

1. **POSTURE AND ATHLETIC CARE (HINDI VERSION) (2020)**, Friends Publications (India), ISBN 978-81-7216-577-2.
2. **Sports Journalism (2019)**, Friends Publications (India), IBSN 978-93-88457-31-6.

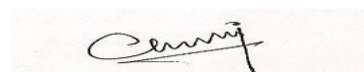
Conference Organization/Presentations

• **International/ National Seminars/Conferences:**

S. No.	Name of the Conference	Venue	Dates	Title of the Paper Presented/Contributed
1.	SCERT International e-conference on Realigning the culture of Physical education & Sports among various stakeholders : A Trajectory Ahead	Online	August 27-28, 2021	Attended
2.	UGC Sponsored National Seminar on Latest trends in Health & Physical Education	University College of Medical Sciences, Delhi	August 20-21, 2019	Unify World through Sports
3.	International Conference on Social Media Marketing Opportunities and Challenges ICSMM'19	Jesus and Mary College University of Delhi	March 28-29, 2019	Contents of Social Media Marketing In Sports
4.	International Conference on Issues & New Ideas in Sports Management	Vigyan Bhawan New Delhi.	Mar, 8-10,2018	Upliftment of Indian Sports through Corporate Social Responsibility
5.	ICSSR Sponsored National Seminar on Women and Development: Issues and Challenges	Lakshmbai College, University of Delhi	Mar 3-4, 2017	Revisiting Women Participation in Olympics
6.	MHRD Sponsored National Seminar Organised by Department of Darshan	Rashtriya Sanskrit Sansthan, Jammu	Mar, 5-6. 2017	Sports and Philosophy
7.	MHRD Sponsored National Seminar Organised by Modern Subject on Bhakti	Rashtriya Sanskrit Sansthan, Jammu	Mar, 2017	Spirituality in Sports
8.	MHRD Sponsored National Seminar Organised by Department of Sahitya	Rashtriya Sanskrit Sansthan, Jammu	Feb 4-5, 2017	Description of Human Values in Sanskrit Literature
9.	MHRD Sponsored National Seminar Organised By Department of Jyotish	Rashtriya Sanskrit Sansthan, Jammu	Jan 25, 2017	Different Approaches in Sports Astrology
10.	MHRD Sponsored National Seminar Organised by Department of Veda	Rashtriya Sanskrit Sansthan, Jammu	Dec 3-4, 2016	Inculcation of Human Values through Physical Education and Sports
11.	MHRD Sponsored National Conference on Veda	Rashtriya Sanskrit Sansthan, Jammu	Nov 19-20, 2015	Ethics and Sports (Presenter)
12.	MHRD Sponsored Seminar on Sanskrit Vyakaran Goshthi	Rashtriya Sanskrit Sansthan, Jammu	Sept 08, 2015	Vyakaran main Kreedaa Kautuhal (Presenter)

13.	UGC Sponsored National Seminar on E-Business: Issues and Challenges in Indian Perspective	Lakshmibai College, University of Delhi	March 11-12, 2014	Technological Advancements in Sports (Presenter)
14.	World Yoga Conference on Global Peace and Harmony through Holistic Approach of Yoga and Meditation	Yoga Centre, University of Jammu, J&K, INDIA	Feb 21-23, 2013	Relevance of Yoga : A Route to Achieve Health Related Fitness, Growth and Performance (Presenter)
15.	International Conference on Futuristic Trends in Physical Education	Department of Physical Education Panjabi University, Patiala (Pb)	24-26 Jan 2013	Coverage of London Olympic Games 2012 in Four English Dailies (Presenter)
16.	UGC Sponsored National Seminar on Futuristic Trends in Physical Education	Khalsa College for Women, Amritsar, (Punjab)	Feb 21-22, 2012.	Personality Factors Differences of Male and Female Physical Education Teachers Working in Schools of Jammu Province (Presenter)
17.	UGC Sponsored 22 nd National Seminar on Physical Education : A Holistic Approach of Success	G.G.D.S.D. College Haryana, Hoshiarpur Pb.	Feb 4, 2012	Physical Fitness Norms for Urban and Rural Male Students of Ladakh Region (Presenter)
18.	UGC Sponsored 22 nd National Conference of Sports Psychology on Latest Trends in Performance and Psychological Approach	S.K.R. College of Physical Education, Bhagoo Majra, Kharar, Punjab	Jan 25-27, 2012	Relationship of Age and Service Length with Job Stress, Job Satisfaction and Job Adjustment of Female Physical Education Teachers Working in Schools of Himachal Pradesh. (Presenter)
19.	UGC Sponsored 22 nd National Conference of Sports Psychology on Latest Trends in Performance and Psychological Approach	S.K.R. College of Physical Education, Bhagoo Majra, Kharar, Punjab	Jan 25-27, 2012	Physical Fitness Norms for High and Higher Secondary School of Ladakh (Co-Author)
20.	National Conference on Health, Sports and Society	M.C. Polytechnic College, Jalandhar, Punjab	Dec 4-5, 2011.	Job Adjustment of Physical Education Teachers Working In Senior Secondary Schools of Himachal Pradesh
21.	UGC Sponsored National Conference on Present Scenario and Future Challenges in Physical Education	H.P. University Shimla	Aug 25-26, 2009	Plyometrics <i>In Volleyball</i>

Other Activities



Signature of Faculty Member