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• Thakur, K and Bandopadhyay.K, “A Comparative Study of Yogasanas and Gymnastic Activities on Selected Physical Variables of School Boys”.
Bibliography


**M. Phil Thesis**


**Ph.D Thesis**

CURRICULUM VITAE

Sandhya Pandey
D/o Sh. Vinod Kumar Pandey
MG4/2, Kabir Colony, BHU Campus
Distt - Varanasi (U.P.)
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CAREER OBJECTIVE
Looking for a Dynamic Environment so that I could contribute for the growth of organization and advancement of my career. I wish to commit fully in exchange of experience.

EXPERIENCE
(10th Aug 2009 to 2013)
1. Worked as Lecturer of Physical Education at S.D. College of Commerce, Muzaffarnagar.
2. Worked as Sports Teacher in S. D. College of Management Studies, Muzaffarnagar.
3. Worked as Discipline In charge in S. D. College of Pharmacy & Vocational Studies, Mujaffarnagar
4. Worked as Yoga Teacher for Students and Faculty at S. D. College of Management Studies, Muzaffarnagar.

PROFESSIONAL QUALIFICATION

ACADEMIC QUALIFICATION
- B.A. from VBS Purvanchal University, Jaunpur in 2006

PUBLICATION:


• Chapter Entitled “Hindrances and opportunities of sports as a career option for the youth”. Society for Educational Development & Environmental Research Varanasi (SEDER) 1ST Edition Volume I-I.


**OTHER ACHIEVEMENT**

• “OFFICIAL” in the All India Lawn Tennis Tournament 2006-07 B.H.U. Varanasi.

• First International Day of Yoga on 21st June 2015 IIT B.H.U. Main Trainer.

• Alumni meet Award SAKSPG College 2015.


**NATIONAL ACHIEVEMENT**

1. 28th Junior National KABADDI Championship 2001 Goa.
4. 22nd Senior NETBALL National Championship 2002 Maharashtra 1st Position.
5. 17th Junior NETBALL National Championship 2003 Rajasthan 1st Position.
6. 24th Senior NETBALL National Championship 2004 Delhi 1st Position.
8. East Zone Inter University, BASKETBALL Amritsar from (B.H.U) 2009.
OTHER GAMES

EXTRA CURRICULAR ACTIVITIES
- Yoga, Aerobics.

PAPER PUBLISHED:-
- 15 National and International Seminar 2014-17
- 2 workshops 2014-2015

PERSONAL INFORMATION

<table>
<thead>
<tr>
<th>Name</th>
<th>Sandhya Pandey</th>
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<tbody>
<tr>
<td>Father’s Name</td>
<td>Sh. Vinod Kumar Pandey</td>
</tr>
<tr>
<td>Date of birth</td>
<td>15-07-1985</td>
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<tr>
<td>Gender</td>
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<td>Permanent Address</td>
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</tr>
</tbody>
</table>

Place: ..................
Date: ................... (Sandhya Pandey)
Test of Muscular strength (Standing broad jump)

Test of shoulder power (Medicine ball throw)
Test of Flexibility (Sit-ups)

Test of Speed (50 Meters run)
Test of Cardio-Vascular endurance (600 yard run-walk)

Test of Blood Pressure
Test of Respiratory Rate

Test of Pulse Rate
Test of Vital Capacity

Test of Body weight
Test of Haemoglobin

Bhramari Pranayama Training
Physical Exercises Training