



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 Physical Education and Sportshbv				
Address		CG-16 Shiva Enclave, A-4 Paschim Vihar, New Delhi – 110063				
Phone No. Office						
Residence						
Mobile		9418143800				
Email		drrajender01@gmail.com rlal@db.du.ac				
Web-Page						
Educational Qualifications						
Degree		Institution			Year	
Ph.D.		Himachal Pradesh University, Shimla			2005	
M.Phil.						
PG		Himachal Pradesh University, Shimla			1997	
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						
Areas of Interest/Specialization						
Sports Coaching, Adventure Sports, Sports Journalism						
Subjects Taught						
GTMT, Anatomy & Physiology, Yoga, Sports Psychology and Sports Biomechanics						
Research Guidance						
List against each head (If applicable):						
1. Supervision of awarded Doctoral Thesis						
2. Supervision of Doctoral Thesis, under progress						
3. Supervision of awarded M.Phil. dissertations						
4. Supervision of M.Phil. dissertations, under progress						

Publications Profile

*Books/Monographs (Authored/Edited) - **BOOK – 01***

Rajender Lal (2019), **Sports Journalism**, Friends Publications (India), ISBN 978-93-88457-31-6.

Research papers published in Refereed/Peer Reviewed Journals

1. 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.
2. 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.
3. 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.
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.
10. 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.
11. 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.
12. 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.
13. 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.
14. 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.
15. Alka Harneja & Rajender Lal (2019), Upliftment of Indian Sports through Corporate Social Responsibility. *Indian Journal of Physical Education Sports Medicine and Exercise Science (Online), LNIPE Gwalior*. ISSN : 0976-1101 : 32-35.
16. Anju Luthra, Rajender Lal and Dhananjoy 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

CHAPTER IN BOOKS/ PROCEEDINGS (11)

1. Rajender Lal (2009),_Plyometrics 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.
2. 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.
3. 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.
4. 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.
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 (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.
7. Rajender Lal (2017), Inculcation of Human Values through Physical Education and Sports. Shataritra published by Department of Ved, Rashtriya Sanskrit Sansthan, Jammu. ISBN : 978-81-932638-4-6, pp. 82-86.
8. 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.
9. 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.
10. Rajender Lal, Arti Dhankhar and Munesh Charkravortty (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.
11. Neelam Vats, Madhvi Pathak Pillai and Rajender Lal (2019), Impact of Preksha Meditation on Academic Anxiety of Female Teenagers. IRC 2019 International Research Conference Proceedings, December 26-27 Vienna, Austria

Conference Organization/ Presentations

CONFERENCES/ SEMINARS/ ATTENDED AND PAPERS/ ARTICLES CONTRIBUTED/ PRESENTED

S. No.	Name of the Conference	Venue	Dates	Title of the Paper Presented/Contributed
1.	UGC Sponsored National Conference on Present Scenario and Future Challenges in Physical Education	H.P. University Shimla	Aug 25-26, 2009	<i>Plyometrics In Volleyball</i>
2.	UGC Sponsored National Conference on Health, Sports and	M.C. Polytechnic College, Jalandhar, Punjab	Dec 4-5, 2011.	Job Adjustment of Physical Education Teachers Working In Senior Secondary Schools of Himachal

	Society			Pradesh
3.	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); Physical Fitness Norms for High and Higher Secondary School of Ladakh (Co-Author)
4.	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)
5.	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)
6.	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)
7.	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)
8.	UGC Sponsored National Seminar on E-Business: Issues and Challenges in Indian Perspective	Lakshmbai College, University of Delhi	March 11-12, 2014	Technological Advancements in Sports (Presenter)
9.	MHRD Sponsored Seminar on Sanskrit Vyakaran Goshthi	Rashtriya Sanskrit Sansthan, Jammu	Sept 08, 2015	Vyakaran main Kreedaa Kautuhal (Presenter)
10.	MHRD Sponsored National Conference on Veda	Rashtriya Sanskrit Sansthan, Jammu	Nov 19-20, 2015	Ethics and Sports (Presenter)
11.	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
12.	MHRD Sponsored National Seminar Organised By Department of Jyotish	Rashtriya Sanskrit Sansthan, Jammu	Jan 25, 2017	Different Approaches in Sports Astrology
13.	MHRD Sponsored National Seminar Organised by Department of Sahitya	Rashtriya Sanskrit Sansthan, Jammu	Feb 4-5, 2017	Description of Human Values in Sanskrit Literature
14.	MHRD Sponsored National Seminar Organised by Modern Subject on Bhakti	Rashtriya Sanskrit Sansthan, Jammu	Mar, 2017	Spirituality in Sports
15.	MHRD Sponsored National Seminar Organised by Department of Darshan	Rashtriya Sanskrit Sansthan, Jammu	Mar, 5-6. 2017	Sports and Philosophy
16.	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
17.	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
18.	International Conference on Social Media Marketing Opportunities and	Jesus and Mary College	March 28-29,	Contents of Social Media Marketing In Sports

	Challenges ICSMM'19	University of Delhi	2019	
19.	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
FACULTY DEVELOPMENT PROGRAM/ WORKSHOP				
	Faculty Development programme on "Development and Delivery of MOOCs and E-Content"	Organized by Central University of Haryana, Mahendergarh under the aegis of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) and IQAC, Deshbandhu College, University of Delhi, New Delhi.		26th June, 2020 to 1st July 2020
	Faculty Development programme on "Paradigm Shift in Higher Education"	IQAC, Lakshmibai College, Ashok Vihar, Delhi		April 16, to 21 st 2019.
	Faculty Development programme on climate across the curriculum : educational resource for the teachers	Jesus and Mary College University of Delhi in Collaboration with TROP ICSU a climate Education project funded International Project funded by International Science Council & IISER Pune.		January 28, 2019

Signature of Faculty
Member