

MANSI GEORGE

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PROFILE

An enthusiast from Physical Education background, I am currently working in St. Stephen's College, Delhi as an Assistant Professor. I have published a book and several research articles in UGC-CARE listed and peer-reviewed journals. I completed my M.P.Ed. in Physical Education Pedagogy with thesis work from Lakshmibai National Institute of Physical Education (LNIPE), Gwalior, and hold a Bachelor's degree in Physical Education from LNIPE, specializing in Weightlifting. During my bachelor's internship, I worked as a Physical Education Teacher and as a Fitness and Basketball Coach at Mayo College, Ajmer, imparting both theoretical and practical knowledge up to the Senior Secondary level. On 23rd September 2025, I was awarded the Ph.D. degree in Physical Education. My career objective is to contribute meaningfully to the field of Physical Education by combining academic research with practical expertise.

EDUCATION

EXAMINATION	SCHOOL/COLLEGE	BOARD/UNIVERSITY	YEAR	RESULT
Ph.D.	CUH, Mahendergarh	CUH, Mahendergarh	2025	AWARDED
UGC - NET	-	-	2025	QUALIFIED
M.P. Ed.	L.N.I.P.E, Gwalior	L.N.I.P.E. Gwalior	2021	76.96%
B.P. Ed.	L.N.I.P.E, Gwalior	L.N.I.P.E. Gwalior	2019	66.04%
10+2	St. Stephen's Sr. Sec. School, Ajmer	CBSE	2015	59.00 %
10 th	St. Stephen's Sr. Sec. School, Ajmer	CBSE	2013	70.30 %

SPECIALIZATION

1. Bachelor of Physical Education -

- Sports Specialization – Weightlifting

2. Master of Physical Education –

- Sport Specialization – Weightlifting
- Theory Specialization – Physical Education Pedagogy

DESSERTATION

M.P.Ed., Department of Physical Education Pedagogy 2020-21

L.N.I.P.E., Gwalior (M.P.)

Thesis Topic: Health awareness among the Secondary School and Senior Secondary School Student in Ajmer.

Supervisor: Dr. Yajuvendra Singh Rajpoot

The purpose of the study was to find out health awareness among the Secondary School and Senior Secondary School Student in Ajmer district of the state Rajasthan.

WORK EXPERIENCE

- Working in St. Stephen's College, Delhi as a Assistant Professor in the Department of Physical Education and Sports since 11 May 2026.
- Worked as a PET in Mayoora School, Ajmer from 2 September 2024 to 9 May 2026.
- Was member of the Sports Committee responsible for charting blueprint for the construction of various synthetic courts and playfields in Gramin Mahila Shiksan Sansthan Samiti (GMSS), Sikar, Rajasthan.
- Conducted a 7- Day Fitness Program at Gramin Mahila Shiksan Sansthan Samiti (GMSS), Sikar, Rajasthan from 12 January 2024 to 18 January 2024.
- Was appointed as Team Manager of Central University of Haryana Yoga (W) Team for the North Zone Inter – University Yoga (W) Championship held at KIITS University, Odisha from 21 Dec 2023 to 23 Dec 2023.
- Was appointed as Team Manager of Central University of Haryana Badminton (W) Team for the North Zone Inter – University Badminton (W) Championship held at Maharishi Markendeshwar University, Ambala, Haryana from 23 Nov 2023 to 27 Nov 2023.
- Was appointed as in charge of the female students for the field survey organized by the Department of Geography, Central University of Haryana at Srinagar (J&K) and Leh (Ladakh) from 7 Oct. to 20 Oct. 2023.
- Conducted Recreational Activities at Gramin Mahila Shiksan Sansthan Samiti (GMSS), Sikar, Rajasthan to commemorate National Sports day on 29 August 2023.
- Supervised 15 Day Internship Program of M.P.Ed. 3rd sem. students of the Department of Physical Education & Sports, Central University of Haryana, Mahendergarh at Gramin Mahila Shiksan Sansthan Samiti (GMSS), Sikar, Rajasthan from 15 August 2023 to 29 August 2023. Guided student teachers to conduct coaching classes of Games like Handball and Mass activities like Aerobics and Mass PT.

- Was member of the Attendance Record committee of the Department of Physical Education & Sports made for the preparation of NAAC visit (2023) in Central University of Haryana.
- Was appointed as Team Manager of Central University of Haryana Taekwondo (W) Team for the All India Inter – University Taekwondo (W) Championship held at Guru Nanak Dev University, Amritsar from 9 Jan 2023 to 12 Jan 2023.
- Was member of the organizing committee for All India Inter- University Netball Women Tournament 2022-23 organized by the Sports Council, Central University of Haryana from 15th to 18th February 2023.
- Was appointed as one of the Unit Director of the Student Leadership Training Program organised by the Department of Physical Education & Sports, Central University of Haryana, Mahendergarh from 7th May to 12th May 2023 at Kaudiyala, Uttarakhand. Played roles such as Music Instructor, and took in charge of activities such as Community Singing, Art & Craft, Meditation & Devotion and Night Patrolling.
- Trained M.P.Ed. Students of Department of Physical Education & Sports, Central University of Haryana, Mahendergarh to perform a Mass Demonstration on National Sports day on 29 August 2022.
- Worked as an Assistant Professor in the Department of Physical Education, National College Tiruchirappalli, Tamil Nadu from 1 November 2021 to 30 November 2021.
- Worked as a Physical Education Teacher and Basketball and fitness coach in Mayo College, Ajmer from July 8th to August 14th, 2018.
- Taken summer coaching camp as a Power Lifting and Weight Lifting Coach at LNIPE, Gwalior from 9th May 2017 to June 22nd, 2017.
- Successfully conducted the summer camp as student teacher in Weight Training at LNIPE, Gwalior from 7th May 2019 to June 22nd, 2019.
- Trained students of Carmel Convent Sr. Sec. School, Gwalior for 20 Days for competing at Mass Demonstration Competition organized at LNIPE, Gwalior in the month of February year 2018.
- Appointed as Judge for Inter House March Past Competition 2018 held by Carmel Convent Sr.Sec. School, Gwalior on the occasion of Republic Day.
- Worked as a Volunteer in the Crossfit event JASHN-2018 (Sports and Cultural Fest) conducted by LNIPE, Gwalior from 19th January to 21st January 2018.
- Worked as a Personal Trainer on several occasions.
- Established Jacob Fitness (A Fully Equipped Gymnasium) in Ajmer – Rajasthan on 6th January 2019.

- Worked as Fitness and Aerobics Trainer at Shine Fitness Club, Ajmer from June to July in the year 2014.

RESPONSIBILITIES UNDERTOOK AS A RESEARCH SCHOLAR AT THE DEPARTMENT OF PHYSICAL EDUCATION & SPORTS, CENTRAL UNIVERSITY OF HARYANA, MAHENDERGARH.

- Took Gym Training classes of MPES students.
- Took morning and evening activity classes of M.P.Ed. students.
- Took theory classes of M.P.Ed. students.
- Was appointed as Lesson Coordinator for organising Athletics and Game of Specialisation Coaching Lesson Plans.
- Evaluated Game of Specialisation Coaching Lesson Plans of M.P.Ed. students.
- Evaluated Athletics Coaching Lesson Plans of M.P.Ed. students.

PUBLICATIONS

- Published a textbook on Sports Journalism ISBN: 978–81-19165-04-9
- Published article titled “*Fostering Wellness in the Neo-Liberalized Age: Global Perspectives on the Impact of Yoga and Daily Exercise on Mental Health, Happiness, and Wellbeing*” in UGC-CARE List journal Satraachee, Issue 28, Vol. 40, Special Issue, July-September, 2023 ISSN 2348-8425
- Published article titled “*An Assessment of Yoga Training on Psychological Preparation for the Enhancement of Competitive Sports Performance. An overview*” in UGC-CARE List journal Satraachee, Issue 28, Vol. 40, Special Issue, July-September, 2023 ISSN 2348-8425
- Published an original article titled “*The role of physical educators in mitigating health risks among adolescents from increasing screen time*” in a Peer-reviewed, Refereed, Indexed Journal *Sports Science & Health Advances* (SSHA), Vol. 1 (issue 1), Art 08, pp. 31 – 35, June – 2023 Online ISSN: 2583-8296 SSHA, doi:10.60081/SSHA.1.1.2023.31-35

CONFERENCE

- Presented an article on the research topic “*The role of Physical Educators in mitigating Health Risks among Adolescents from increasing Screen Time*” in the International Conference on Recent Trends and Advances in Physical Education and Sports Science (ICPESS -2023) organised by Chaudhary Ranbir Singh University (CRSU), Jind from 1st March 2023 to 2nd March 2023.
- Presented an article on the topic “*Finding Focus: The use of Reiki in enhancing Concentration for Target-Based Games*” in the International Conference on Physical Education and Exercise Sciences

(ICPEES 2023) organised by Punjabi University, Patiala from 22nd March 2023 to 24th March 2023.

- Presented a paper titled “*Exploring the Effectiveness of Gamification as a Pedagogical Strategy for Promoting Student Engagement*” in the International Conference on Nuances in Social Science Research Methodology, Academic Writing, and Reference Management: An Exploration organised by St. Joseph College of Teacher Education for Women, Ernakulam in association with The Kerala State Higher Education Council from 17 April 2023 to 19 April 2023.
- Participated in the 6th National Conference on Physical Education & Sports Sciences organized by the Physical Education Foundation of India (PEFI) From 11 March 2022 to 12 March 2022.
- Participated in the "National Conference on Anti-Doping Awareness for Physical Education Teachers" organized by the Department of Exercise Physiology held on 10th April, 2023 at LNIPE, Gwalior.
- Participated in the National Colloquium organized by the Research Wing and IQAC of Mar Theophilus Training College, Nalanchira on 25.05.2023.

SPORTS ACHIEVEMENTS

District Level –

- Stood 1st in Ajmer District Weight Lifting Competition held at National Fitness Centre, Ajmer in 62 Weight Category on 12th January 2014.
- Participated in District Level Basketball competition held at St. Joseph’s Sr. Sec. School, Ajmer from 31st August 2010 to 03rd September 2010.

All India Inter University -

- Participated in Women’s Weightlifting Competition in All India Inter University Competition organized by Punjab University, Chandigarh from 7th February 2017 to 9th February 2017.
- Participated in Women’s Power Lifting Competition in All India Inter University Competition organized by Punjab University, Chandigarh from 8th February 2018 to 11th February 2018.
- Participated in Women’s Weightlifting Competition in All India Inter University Competition organized by Tirunelveli M. Sundaram, Tamil Nadu from 28th December 2019 to 30th Dec 2019.
- Participated in Women’s Power Lifting Competition in All India Inter University Competition organized by University of Mumbai, Mumbai from 22nd Jan 2020 to 25th Jan 2020.
- Represented Madhya Pradesh Team and Stood 4th in Senior Women Ek Bharat Shrestha Bharat – Tug-of-War National Integration Championships Zone 3 organized by Tug-of-War Federation of India from 10th February to 13th February 2020 at Nehru Stadium, Roorkee Haridwar - Uttarakhand.

WORKSHOPS AND CLINICS

- Attended seven days National Workshop on “Completion in Adapted Physical Education” under the Lakshmibai National Institute of Physical Education, Gwalior (M.P.) from 2nd to 8th Jan 2018.

FACULTY DEVELOPMENT PROGRAMS

- Attended a 7 Days National Level Faculty Development Program entitled “Industrial Revolution: Role of Higher Education in Developing the Future Workforce” conducted by A.C.T. Academy, Tamil Nadu from 22.05.2023 to 29.05.2023.
- Attended a 7 days National Level Faculty Development Program entitled "Inclusive Procedures and Processes for NAAC Assessment and Accreditation" conducted by A.C.T. Academy, Tamil Nadu from 24.04.2023 to 30.04.2023.

LEADERSHIP TRAINING CAMPS

- Attended Leadership Training Camp at Pachmarhi (M.P.), from 10th – 17th Feb. 2017 organized by Lakshmibai National Institute of Physical Education, Gwalior (M.P.).

EXTRA CURRICULAR ACTIVITIES

- Stood 3rd in Quiz Competition held by Literary Society of LNIPE, Gwalior.
- Appeared in the Problem-Solving Assessment conducted by CBSE held in January 2014.

REFERENCE

Dr. Leons Wilfred Vaz

LNIPE, Gwalior
Dean Faculty of Physical Education
Contact No. 94253-38952

Dr. Mukesh Narwariya

LNIPE, Gwalior
Assistant Professor
Contact No. 97546-57778

Dr. Jai Prakash Bhukar

CUH, Mahendergarh
H.O.D., Department of Physical Education & Sports
Contact No. 70000-35927

Dr. Sandeep Dhull

CUH, Mahendergarh
Assistant Professor
Contact No. 70426-79177

PERSONAL DETAILS

Date of Birth - 25th January 1997

Father's Name - Mr. K.P. George

Mother's Name - Mrs. Valsa George

Marital Status - Unmarried

Languages Known - English, Hindi, Malayalam

Place:.....

Date:..../...../.....

(Mansi George)