



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Sector 43, Aravalli Hills, Manav Rachna Campus Rd, Faridabad,

Dr Gurjeet Kaur Chawla

Designation: Professor & Dean Student Welfare

Qualifications: Ph.D, MBA (HR)

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Experience: 25 years



Research Interest: Community Resource Management and Extension, Health Promotion

Journal Publication Details:

- Worksite Health Promotion Programme for Women, British Journal of Sports Medicine, 2010
- Synergy and Transaction: The Challenge of Sustainable Physical Education Curriculum in India., The Global Journal of Health and Physical Education Pedagogy, 2012
- Role Model of Physical Education and Sports Practice in India-MRIS, Global Forum for Physical Education Pedagogy (GoFPEP) 2014, South Africa, 2014
- Need for worksite Health Promotion Programme for Female Workers, MR International Journal of Applied Health Science, 2015
- Comparative study on the pattern of consumption of sports drinks among students involved in sports and non-sport activities., International Journal of Multidisciplinary Educational Research., Jun-16
- Comparison of nutrient content in Redbull energy drink and developed performance enhancing drink by proximate analysis, International Journal of Advanced Research in Biological Sciences, 2016

- Development of Performance Enhancing Drink for Endurance Sport Athletes, Research Journal of Physical Education Sciences, 2016
- Assessment of Healthy Dietary Practices Among Sports person, Indian Journal of Applied Research,2016
- Comparative Study on Nutritional Analysis of Locally Available Cottage Cheese (Paneer) in North-Western and South-Western Zone of Faridabad, Indian Journal of Applied Research,2016
- Worksite Health Promotion A Healthy Strategy for Female Workers, International Research Journal of Human Resources and Social Sciences,2017
- Hyperlipidemia: A Public Health Implication, An International Multidisciplinary Research Journal,2017
- Impact of Nutrition Education on the Knowledge Score of College Going Regarding Obesity, International Education and Research Journal,2017
- Acceptability and evaluation of iron rich chocolates developed using lotus stem (Nelumbonucifera) and dates (Phoenix dactylifera) for adolescent girls, World Journal of Pharmaceutical and Life Sciences (WJPLS),2017
- Catharanthus roseus (Sadabahar) leaf chocolate, International Research Journal of Engineering and Technology,2018
- A Study on Determinants of Health Promoting Behaviours in Older Adults, International Journal of Health Sciences and Research,2018
- Relationship between Health Literacy and Quality of Life of University Students of Two Different Geographic Regions in India, International Journal for Research in Applied Science & Engineering Technology,2019
- Nutrition Education for Care and Support of Tuberculosis Patients, International Journal for Research in Applied Science & Engineering Technology,2019
- Association of dietary pattern and physical activity in relation to body mass index among Indian university students, Journal of Sports and Health Sciences,2019

- Convenience Food : An Emerging Trend in India, Indian Journal of Public Health Research & Development, 2020

Conference details:

Organized and co-ordinated National and International Conferences, Seminars and Workshops – coordinating all committee functions including sponsorships, stage compeering, press release and report writing .Also active participation in many important National and International conferences and presented papers

PUBLICATION IN CONFERENCE PROCEEDINGS

- Worksite Health Promotion Programme – Importance of Physical Activity and Nutrition for Working Women in Leather Industry, XIVCommon wealth International Sports Science Conference,2010
- Student Teacher’s Perceptions and Experiences using Moss ton and Ashworth Teaching Styles in Physical Education, XIVCommon wealth International Sports Science Conference,2010
- Importance of Nutrition & Physical Activity Intervention Programme for Improving Working Efficiency of female Workers, International Conference on Food technology for health Promotion, ICHTFP-2012
- Development and Educational Awareness Programme on Nutritional Khakhra among Rural Women of Bahadurgarh Village, International Conference on Food technology for health Promotion, ICHTFP-2013
- Awareness and Availability of Natural and Artificial Sweetners-Its Effects on Health, International Conference on Food technology for health Promotion, ICHTFP-2014
- Effect of Low Glycogen Diet on the Endurance Level of National Football Players (17-19) years, International Journal of Food and Nutritional Sciences,2012
- Study on restricted anthropometric profile for college going girls (18-24years), Wellness Convention: Nutrition, Health & Fitness,2012

- Study on Association of Childhood Obesity with Television Viewing and Softdrink consumption among School going Children, 7th Asia-Pacific Conference on Exercise and Sports Science, 2015
- Protein Timing and its Effect on Body Composition and Specific Fitness among Functional Trainers, 7th Asia-Pacific Conference on Exercise and Sports Science, 2015.
- Need for Worksite Health Promotion Programme for Female Workers, 7th Asia-Pacific Conference on Exercise and Sports Science, 2015
- Correlation between blood pressure and body mass index among University Students, International Conference on Contemporary Issues in Integrating Health & Nutrition with the Emerging Areas of Food Technology, Agriculture, Environment and Allied Sciences, 2019
- Nutrition Education for care and support of Tuberculosis patients, International Conference on Contemporary Issues in Integrating Health & Nutrition with the Emerging Areas of Food Technology, Agriculture, Environment and Allied Sciences, 2019
- Hazards to adolescent Physical and Psychological wellbeing, India Sponsored by Director General Higher Education, Haryana, 2016

Book/Chapter Publications:

BOOKS EDITED

1. The Science of Human Movement
2. Sports Psychology and Training
3. Exercise Physiology and Nutrition

Administrative Responsibilities:

- Dean Student Welfare, MRIIRS
- Director, Radio Manav Rachna 107.8, Faridabad First Community Radio Station
- Chairman and Member Secretary for various Administrative University Committee
- Nominated as Nodal Environment Officer for Paryavaran Sanrakshan Gatividhi

- University Coordinator for NSS, UBA, SAP programmes
- University Nomination for committee constituted at the state level by the Department of School Education, Haryana for drafting Recommendation for Implementation under Curriculum and Pedagogy for New Education Policy, 2020, NEP 2020

Professional Affiliation

- Advisory member for Foundation of Global Community Health (GCH), USA
 - Life membership of Nutrition Society of India, India
 - Life membership of Indian Dietetics Association, Delhi Chapter
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- Member Scientific Committee and Invited Speaker at GoFPEP 2016, Turkey
 - Nominated as Faculty Representative affairs Exhibitions on Study Abroad in Dhaka and Chittangong, Bangladesh, 2016
 - Invited as VIP delegate by Scientific Committee of GoFPEP 2014, at South Africa for international representation to promote health and wellness of children, youth and community globally.
 - Nominated as faculty coordinator with student delegation to 11th Inter Medical School Physiology Quiz, University of Malaya, Kuala Lumpur, Malaysia, 2013
 - Nominated by University of Tsukuba, Japan under the scholarship scheme offered by Japanese Government for collaborative research programme, 2011.
 - Member International consultation on Worksite Health Promotion programme organised by World Health Organisation, 16-18 March 2011
 - Nominated for Faculty Exchange programme at Leeds University, UK 2010
 - Appointed as Faculty Co-ordinator, IEC for Liaising with various Foreign Universities: Leeds University UK, Teeside University UK, Lahti University Finland, Curtin University Australia University Sains, Malaysia, Sultan Idris, Malaysia, Tsukuba University, Japan

- Coordinator for International project ‘Global Health and Physical Education School Network (GHPESEN) in Partnership with School, Community and University Through Technology (Pilot Study)’ - BRAIN BREAKS in association with HOPSports Inc, USA

Event Organized (Conference/Seminar/FDP/Workshops)

- Responsible for interaction with industry for various University events
- Actively associated with the events of Government / Semi Government organisations like UGC, AICTE , NHRC , ASSOCHAM, PHD, ONGC Ex Officers Welfare Association, NTPC and RAGA Integrated Technology Management Services
- Organised and coordinated National and International Conferences, Seminars and Workshops – coordinating all committee functions including sponsorships, stage compeering, press release and report writing .

Awards

- Honoured by The Hindustan Times Schools Programme for Commitment towards Excellence in Education ,2006
- Awarded Best Research Proposal award by University of Tsukuba Summer Institute , University of Tsukuba , Japan , 2011
- Award of certification for contribution towards city on the occasion of Women’s Day by Park Plaza, 2014
- Commendation Certificate by Deputy Commissioner of Police, Head Quarters Faridabad for exceptionally good work done in connection with the administration of Law , Maintenance of peace , safety and good order , 2018
- Certificate of Appreciation by the Sub- division Administration, Faridabad in recognition of outstanding work done in connection with Social Awareness Activities, 2019
- Certificate of Appreciation by Indian Red Cross, Faridabad for outstanding performance as volunteer in COVID 19 emergency, 2020
- Certificate of Appreciation by Indian Red Cross Society for selfless service during COVID 19 Pandemic from 25th March 2020 to 31st May 2020

