

## Personal Profile

	Dr. Anil Mili	
	Assistant Professor, Department of Physical Education	
	Rajiv Gandhi University, Rono Hills, Doimukh	
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## Educational Profile

Ph.D.	Rajiv Gandhi University, Doimukh, Arunachal Pradesh; 2014 Supervisor: Prof. J.C. Soni
M.P.E.	LNIFE, Gwalior, Madhya Pradesh; 2001 Subject: Physical Education Specialization: Sports Psychology
B.P.E	LNIFE, Gwalior, Madhya Pradesh; 2001 Subject: Physical Education

## Professional Experience

Assistant Professor, Department of Physical Education, Rajiv Gandhi University, Arunachal Pradesh, India	June, 2015 -till date
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## Administrative Experience

Assistant Director, Physical Education	February, 2006 – June, 2015
Head of Department, Department of Physical education, Rajiv Gandhi University, Arunachal Pradesh, India	June 2015 – September, 2020
Coordinator, NSS Cell	August, 2020- till date

## Awards & Honours

1. Qualified UGC-NET for JRF in December, 2001

## Membership of Professional Bodies

1. Member of Physical Education Foundation of India
2. Member of Sports Psychology Association of India

## Research Interests

- Sports Psychology
- Fitness & Wellness Education
- Youth Development

- Yogic Science
- Sports Physiology

## Research Publications

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1. A comparative study on psychomotor abilities among sub junior & senior Level boxers: Minu, Tadang; Mili, Anil; *International Journal of Physical Education and Applied Exercise Science*, 2016, Vol-2, Page no. 2
2. Status of physical education and sports development in north eastern region: A critical study: Mili, Anil; *International Education and Research Journal*, 2016, Vol-2, Page no-58-61
3. Yogic intervention during athletic training on athletes: *International Journal of Physical Education Sports & Health*, 2016, Vol-3, Page no. 463-466.
4. A comparative study on effect of local environment on anthropometric, physiological & psychological variable of cricket players: Mili, Anil; *International Journal of Science & Research*, 2016, Vol-5, Page no. 784-787.
5. A comparative study on mental toughness among archers and shooters: Singh, Rojeet; Mili, Anil; *International Educational Scientific Research*, 2016, Vol-2, Page no. 23-26.
6. Comparative study on emotional intelligence general education, physical education and athletes: Mili, Anil; *International Education and Research*, 2016, Vol-2, Page no. P- 22-25.
7. A comparison of sports achievement motivation between medal winning and non medal winning athletes in inter college sports tournaments: Mili, Anil; *International Journal of Physical Education Sports & Health*, 2016, Vol-3 Page no. 72-73.
8. Knowledge and experiences of doping among national level boys and girls taekwondo players: Mili, Anil; *International Journal of Physical Education Sports & Health*, 2017, Vol-3, Page no. 26-29.
9. Sports can prevent youth crime: Mili, Anil; *International Multidisciplinary Research Journal*, 2017, Vol- 6, Page no. 30-32.
10. Globalisation: Its Social, Political and Economical Impact on North East Region: Mili, Anil; *International Journal of Humanities*, 2017, Vol-III, Page no. 103-108.

## Book/Book Chapter published

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1. Mili, Anil; Lombo, Darga; Tayu, Bemta; Mili, Chamali; Mihu, Chibi: (*Hindi-Idu Mishmi Learners Dicitonary*), Name of publisher, Place of publishing, Year of publication.

## Research guidance

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### Ph. D. scholar

#### 1. Mr. Hemant Gamre

Topic of research: Development of Health Related Physical Fitness Norms for College Students of Arunachal Pradesh

Year of Ph. D degree: Ongoing

## **Course/Conference/Workshop organized**

1. One Day Webinar on “Yogic Interventions for Health and Well being During the time of Covid 19 Pandemic” by Department of Physical Education, Rajiv Gandhi on University, Arunachal Pradesh India  
**Duration:** 21<sup>st</sup> June, 2021  
Role: Convenor
2. Six Day Refresher Course for “Coaches and Instructors of Sports Authority of Arunachal and Directorate of Sports Government of Arunachal Pradesh” by Department of Physical Education, Rajiv Gandhi on University, Arunachal Pradesh India  
**Duration:** 31.08.2021 – 06.09.2021  
Role: Coordinator

## **Course/Conference/Workshop etc. attended**

1. Presented a paper in the 2 Days National Seminar “Folk Prosperity id North East India: Folk & Possibilities” Held at Dept. of Hindi, Rajiv Gandhi University Doimukh Arunachal Pradesh, India during 29-29 October, 2012 titled “Understanding the Traditional Games and Sports of Adis in the Historical Context”
2. Presented a paper in National Seminar on “Rural Development: Issues, Progress & Programme Effectiveness” held at Dept. of Commerce, Rajiv Gandhi University Doimukh Arunachal Pradesh, India during 26-27<sup>th</sup> April, 2013 titled PYKKA (Panchayati Yuva Krida Aur Khel Abhiyan) and Relevance”.
3. Presented a paper in 21<sup>st</sup> Annual Conference of North East India Education Society held at Dept. of Education, Rajiv Gandhi University Doimukh Arunachal Pradesh, India during 7-8 November, 2013 titled “Planning Physical Education Curriculum: The Concept and Need”.
4. Presented a paper in a National Seminar held at UGC, Academic Staff College, LNIPE, Gwalior on 5<sup>th</sup> January, 2013 titled “Youth Centered Curriculum Design – A need for New thinking” .
5. Presented a paper in the Asia-Pacific International Conference on Sports & Exercise Psychology held at Dr. Ambedkar College, Nagpur (Maharashtra) on 21-23 February, 2013 titled “Sports and Exercise Psychology as an Intervention to Youth Problems of North east India”)
6. Presented a paper in the 2 days “National Seminar on Physical education Interdisciplinary Approach” conducted by LNIPE, NERC Guwahati, Assam, India on 7<sup>th</sup> – 8<sup>th</sup> March, 2014 titled “Gender equality and Women empowerment in India through Physical Education & Sports”.
7. Presented a paper in the 2<sup>nd</sup> National Conference on Empowering India with Health Through Physical Education and Sports Science conducted by Physical Education Foundation of India, New Delhi India 29<sup>th</sup> August, 2014 titled “Promotion of Physical Education and Sports as Preventive Health Policy”.
8. Presented a paper in the 2<sup>nd</sup> National Conference on Empowering India with Health Through Physical Education and Sports Science conducted by Physical Education Foundation of India, New Delhi India 29<sup>th</sup> August, 2014 titled “Bio-Mechanical Analysis of Suryanamaskara and its Benefit on the Human Body”.
9. Presented a paper in the National Seminar organized by Gandhi University Research Scholars Forum on 25<sup>th</sup> September, 2014 titled “Need for Physical Education & Sports for Emerging Arunachal in the 21<sup>st</sup> Century: An Emerging Dimension”.

10. Presented a paper in the 25<sup>th</sup> in the International Conference on Sports Psychology Association of India held jointly by IGIPSS, New Delhi & Sports Psychology Association of India 15-18 October, 2014 titled "Buddhist Meditation : Perfect Psycho-Physiological Harmony".
11. Presented a paper in the National Seminar organized by Dept. of Sociology, Rajiv Gandhi University Doimukh Arunachal Pradesh, India on Sustainable Tribal Development and North East India on 19<sup>th</sup> September, 2014 titled "Sustainable Development & Adventure Sports in North Eastern Region of India".
12. Delivered a Lecture on NSS Day conducted by Govt. College, Doimukh, Arunachal Pradesh on 24<sup>th</sup> September, 2014 on "Personality Development Personality Development and Leadership".
13. Presented a paper in the 2 days National Seminar organized on "Tribal Development, Discontent, Exclusion and Tribal Identity in Contemporary North East India" conducted by Dept. of Sociology, Rajiv Gandhi University Doimukh Arunachal Pradesh, India on 27-28 February, 2015 titled "Sports & Tribal Development".
14. Presented a paper in the National Seminar organized on "Fit and Healthy India-Vision 2020, A Physical education Perspective" conducted by LNIPE, NERC, Guwahati(Assam) on 20-21 February, 2015 titled "Yoga for Athlete during Detraining Phase".
15. Acted as resource person in the Panel Discussion on 1<sup>st</sup> International Yoga Day conducted by Doordarshan, Itanagar Arunachal Pradesh on 17<sup>th</sup> June 2015.
16. Delivered a lecture on the occasion for Induction Programme of BED students "Objectives of Teacher Education" conducted by Hills College of Teacher Education, Nirjuli Arunachal Pradesh on 18 August, 2015.
17. Delivered a lecture on "One Day Training Programme for mothers on Parenting" 15 December, 2015 conducted by Women Studies Centre, RGU Doimukh on "Importance of Physical Fitness and Diet".
18. Presented a paper in the Centennial Celebration International Congress of Sports Psychology held at BHU, Varanasi Uttar Pradesh India on 27<sup>th</sup> Nov. to 1<sup>st</sup> December, 2015 titled "Personality Profiles of Male Soccer Players in Different Playing Positions".
19. Presented a joint paper in the National Conference on "Scientific Innovations in Sports Biomechanics held at LNIPE, Gwalior India on 24-26 February, 2016 titled "Relationship Between Sole Morphology with Speed of Soccer Players".