



## Shivaji College Faculty Details Proforma

<b>Title</b>		<b>First Name</b>		<b>Last Name</b>		<b>Photograph</b>
	Dr.	AMITA		HANDA		
<b>Designation</b>		ASSISTANT PROFESSOR				
<b>Address</b>		HOUSE NO. 6-D; SHIVALIKA APARTMENTS SECTOR 9; PLOT 16, DWARKA; NEW DELHI				
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<b>Web-Page</b>						
<b>Educational Qualifications</b>		Ph. D., Master of Physical Education				
<b>Degree</b>		<b>University/Institute</b>			<b>Year</b>	
<b>Ph.D.</b>		JAMIA MILLIA ISLAMIA			2017	
<b>M.Phil./M.Tech.</b>						
<b>PG</b>		LNIPE; GWALIOR (M.P.)			1997	
<b>UG</b>		LNCPE; GWALIOR (M.P.)			1995	
<b>Any Other Qualification</b>		JRF-NET			1998	
<b>Career Profile</b>						
<ul style="list-style-type: none"> <li>Working in Shivaji college, University of Delhi as Assistant Professor since 2011.</li> <li>Worked in senior secondary school as Physical education teacher from 1997-2011.</li> </ul>						
<b>Administrative Assignments</b>						

- Actively involved in organizing and smooth conduct of Multi-Disciplinary Sports day program of Shivaji College, University of Delhi.
- As organizing secretary organized a highly successful Senior Delhi State Softball Championship.
- Officiated in the All India Inter-University Athletic Meet.
- Acted as warden of girl's hostel at Mody Public School, Sikar, Rajasthan

#### Areas of Interest/Specialisation

- Table Tennis, Basketball, Volleyball , Chess, Football, Cricket, Track and Field,etc

#### Subjects Taught

- Introduction To Physical Education in the Comtemporary Context (Ge-1)
- Fitness, Wellness And Nutrition (Ge II)
- Health Education, Anatomy And Physiology (Ge III)
- Posture, Athletic Care And First Aid. (Ge IV)
- Fitness, Aerobics and Gym Operation (Semester V&VI)
- Physical Education( Class XI And XII)

#### Innovation Project/Research Projects (Major Grants/Research Collaboration)

- Ph.D. From Jamia Millia Islamia, New Delhi. The title of the study is 'Socio-economic and Educational Ethos of Indian National and International Hockey Players: An Analytical Study.'
- Dissertation entitled "Study of relationship among L.N.I.P.E. physical fitness admission test items and construction of norms for the boys and girls". Work on the Dissertation was done at L.N.I.P.E., Gwalior during final year of M.P.E.

#### Publications Profile (Research Papers/Books)

S. no.	TITLE	SOLE/CO AUTHOR	PUBLISHER/ YEAR	ISSN/ISBN NO.
1	"Together with physical Education"	Co author	Rachna Sagar Publications	81- 8137- 350- 2
	Impact of psychological factors on the performance of Indian National and International hockey players: An Analytical Study	SOLE author	Proceedings / Feb. 2018	(ISBN :978-93-5300-165-0)
2	Analytical study on socio-economic status of hockey players of India	SOLE author	May-June 2016; AMASS, Multilateral Research Journal	[ ISSN: 0975-3966]

3	Analytical study on educational status of hockey players of India	SOLE author	May-June 2016; AMASS, Multilateral Research Journal	[ ISSN: 0975-3966]
4	Partnership and its role in physical education	SOLE author	E-JOURNAL/MARCH 2014	(ISSN: 2249- 9598)
5	Yoga and Health Education	SOLE author	E-JOURNAL/MARCH 2014	(ISSN: 2249- 9598)
6	Superstitions Behavior and Decision making in University level Athletes: An illogical phenomenon”.	Co author	Journal/ Jan. 2014	( ISSN: 2230- 8628)
7	Vegetarian Diet: Food that functions	SOLE author	Journal/ Jan. 2014	(ISSN: 2249- 9598)
8	Rethinking youth leisure time”.	SOLE author	Proceedings/Jan.2014	(ISBN: 978-93-8014-515-0)
9	“Modern concepts in physical education.”	SOLE author	Proceedings/Oct.2013	(ISBN : 978-81-924376-8-2)
10	Health and Physical Fitness in Schools	SOLE author	Proceedings/Feb.2013	(ISBN : 978-81-7873-3056-3)
11	Fitness, Nutrition and Health	SOLE author	Proceedings/Jan.2013	(ISBN : 978-93-80144-63-4, vol. 2)
12	“Study of Intra-Item Relationship between Physical Fitness tests.”	SOLE author	Proceedings/Oct.2011	(ISBN : 978-81-902282-0-6)

**Conference/Seminar/Faculty Development Programme/Workshop**

- Co-authored a paper titled “fitness for life” presented during a **workshop** on “fitness, aerobics and gym operations” organized by Daulat Ram College (D.U.), Department of Physical Education and Sports Sciences and Delhi University Sports Council on 24<sup>th</sup> and 25<sup>th</sup> February 2012.
- Participated in Pre-International Conference **workshop** on “Athletic Care and Rehabilitation” held on Oct. 18, 2011 at the International guest house, University of Delhi.
- Participated as a Resource person and Repertoire in the **National Conference** on “Role of physical activities and sports in balancing education” jointly organized by Indira Gandhi Institute of Physical Education and Sports Sciences and Department of Physical education and sports sciences at Indira Gandhi Institute of Physical Education and Sports Science, VIKASPURI, New Delhi from February 15-16, 2013.
- Participated as a delegate of the scientific session and presented a paper as an author in the **National Conference** on “Role of physical activities and sports in balancing education” jointly organized by Indira Gandhi Institute of

Physical Education and Sports Sciences and Department of Physical education and sports sciences at Indira Gandhi Institute of Physical Education and Sports Science, Vikaspuri, New Delhi from February 15-16, 2013.

Title of the paper: "Health and Physical Fitness in Schools."

- Presented a paper titled "Fitness, Nutrition and Health" in the **International conference** on "Futuristic Trends in Physical education (ICFTPE), UGC sponsored, organized by department of Physical Education, Punjab University, Patiala, Punjab from Jan. 24- 26, 2013.
- Presented a paper titled "Modern Concepts in physical education" in the **National conference** on "Futuristic Trends in Physical education and sports, organized by Amity school of physical education and sports sciences in association with All India council of Physical education on Jan. 19, 2013 at Amity University, Uttar Pradesh.
- Participated as delegate in **International Conference** on "Sports Economics and Vision of London Olympics 2012" organized by Delhi University sports council from 17-19<sup>th</sup> April 2012. **As member of the organizing committee** was responsible for and looked after the refreshment and lunch served to all the participants.

#### **Research Guidance (*Supervision of Doctoral Thesis/Dissertations*)**

N/A

#### **Awards and Distinctions**

- Senior counselor of the Girls Hostel, L.N.I.P.E., Gwalior.
- Prefect of the Girls Hostel, L.N.C.P.E., Gwalior.
- Declared best student of class XII in the year 1991-92.

#### **Memberships**

- Member Of Delhi University Physical Education Teacher's Association

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**Other Academic Activities**

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- Examiner for theory and Practical Tests, Evaluator, Moderator, Question paper setter for classes IX, X, XII and at under graduate level in subject of Physical education.

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**Cultural/Extracurricular Activities**

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- Actively participated and organized extracurricular programs like Western and Folk dances, Fashion shows, Quiz, Fancy dress, Painting competitions.
- Attended "Leadership training camp" at Pachmadi hills in Madhya Pradesh.
- Attended seminars and workshops on topics such as Effective teaching Skills, Parenting skills, teachers as learners, Quality education, etc.
- Chaperoned students for participating as Jury member during International Children's film festival at Hyderabad.

**Signature of Faculty Member**