




## Shivaji College Faculty Details Proforma

<b>Title</b>	Dr.	<b>First Name</b>	AMITA	<b>Last Name</b>	HANDA	<b>Photograph</b>
<b>Designation</b>	ASSISTANT PROFESSOR					
<b>Address</b>	6-D, Shivalika Apartment, Sector 9, Plot 16, Dwarka, New Delhi, 110077					
<b>Mobile</b>	9810651906					
<b>Email</b>	amitahanda@shivaji.du.ac.in					
<b>Web-Page</b>						
<b>Educational Qualifications</b>	Ph.D, JRF-NET, M.P.E.					
<b>Degree</b>	<b>University/Institute</b>				<b>Year</b>	
<b>Ph.D.</b>	Jamia Millia Islamia, New Delhi				2017	
<b>M.Phil./M.Tech.</b>	-					
<b>PG</b>	Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh				1997	
<b>UG</b>	Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh				1995	
<b>Any Other Qualification</b>	JRF-NET				1998	
<b>Career Profile</b>						

- 27 years of teaching, training and mentoring experience in the field of Physical Education.
- Working in Shivaji college, University of Delhi as Assistant Professor since 2011
- Contribution in syllabus formation as per New Education Policy 2020.
- Board member for setting of Question paper, Department of Physical Education, University of Delhi.
- Contribution and Appreciation for timely evaluation of answer scripts of open book examination(OBE).
- External and Internal Examiner for practical examination, department of Physical Education, DU.
- Worked in Senior Secondary Schools as Physical Education Teacher from 1997 – 2011
- Taught theory paper and conducted practical classes to students at under graduate level.

#### **Administrative Assignments**

- Teacher in charge of department of Physical Education for session 2024-25
- Co convenor of Sports Committee , Shivaji College, DU.
- Member of Fee Cession Committee, Library Committee, Admission Committee , Shivaji College, DU.for session 2024-25
- Member of NSS, Shivaji College, University of Delhi.
- Actively involved in Shivaji college NAAC/ Audit related work.
- Actively involved in organizing and smooth conduct of Multi-Disciplinary Sports day.
- Organized a highly successful Senior Delhi State Softball Championship as organizing secretary (2012-13)
- Officiated in the All India Inter-University Athletic Meet at L.N.C.P.E., Gwalior, Chandigarh, and Jaipur.
- Officiated in Zonal sports meet of Kendriya Vidyalaya Sangathan, New Delhi.
- Acted as warden of girl's hostel at Mody Public School, Sikar, Rajasthan.
- Member of Delhi University Physical Education Teachers Association.

#### **Areas of Interest/Specialisation**

- Table Tennis
- Basketball
- Volleyball
- Tennis
- Track And Field

#### **Subjects Taught**

- Fitness and Wellness (GE)
- Stress Management(GE)
- Fit India(VAC)
- Sports for Life (VAC)
- Yoga in Practice (SEC)
- Yoga: Philosophy and Practice. (VAC)
- Introduction to Physical Education in the Contemporary Context
- Fitness, Wellness and Nutrition
- Health Education, Anatomy and Physiology
- Posture, Athletic Care and First Aid.
- Yoga And stress Management
- Obesity Management

### Subjects Taught

- Aerobics Training
- Fitness and Exercise Management
- Fitness, Aerobics and Gym Operation
- Physical Education (Class XI And XII)

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

- **A study on the role of Politics on the performance of Indian Hockey Players at International Level.**

Page 350-352, National Conference on Physical Education and Sports sciences, PEFI, New Delhi. ISSN No. 2279-0306

- **Politics: Impact on The Performance of Indian Hockey Players at International Level**

Page no. 131-132, National Conference on Latest Trends in Health and Physical Education  
ISSN/ ISBN No: 978-81-7524-879- 3

- **Analytical Study on Educational Status of Hockey Players of India**

Page no. 47-48, AMASS, Multilateral Research Journal, Vol 8, No 1  
ISSN/ ISBN No: 0975-3966

- **Analytical Study on Socio -Economic Status of Hockey Players of India**

Page no. 29-31, AMASS, Multilateral Research Journal, Vol 8, No 1  
ISSN/ ISBN No: 0975-3966

- **Vegetarian Diet: Food That Functions**

Page no. 29-31, Online International Interdisciplinary Research Journal, Vol IV  
ISSN/ ISBN No: 2249-9598

- **Superstitions Behavior & Decision Making in University Level Athletes: An Illogical Phenomenon (Co-authored)**

Page no. 69-76, International Journal of Motor Learning and Sports Performance  
ISSN/ ISBN No: 2230- 8628

- **Yoga and Health Education**

Page no. 538-539, Online International Interdisciplinary Research Journal, Vol IV  
ISSN/ ISBN No: 2249-9598

- **Partnership and Its Role in Physical Education**

Page no. 399-401, Online International Interdisciplinary Research Journal, Vol IV  
ISSN/ ISBN No: 2249-9598

- **Health and Physical Fitness In Schools**

Role of Physical Activities and Sports in Balancing Education  
ISSN/ ISBN No: 978-81-7873-3056 -3

- **Study of Intra-Item Relationship between Physical Fitness tests**

Physical activities and Sports for Global Peace and Development  
ISSN/ ISBN No: 978-81-902282-0-6

**BOOKS AUTHORED**

**•Research Chakra 2022**

Shree Siddhivinayak Global Publications  
ISBN : 978-93-91773-00-7

**• Learn to Play Table Tennis 2019**

Sports Educational Technologies publication  
ISSN/ ISBN No: 978-93-84603 -68-7

**•Sports Industry and Marketing (Co-authored) 2019**

Friends Publications  
ISSN/ ISBN No: 978-93-88457 -32-3

**•Together with physical Education (Co-authored) 2017**

Rachna Sagar publications  
ISSN/ ISBN No: 81- 8137- 350- 2

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

- As organiser conducted two- week yoga and aerobics virtual workshop at Shivaji College, D.U. on **“Health through Yoga, Meditation and Physical Activity”**
- **National workshop on “Applied Psychology and sports Psychology”**  
Deshbandhu College, University of Delhi
- **fitness, aerobics and gym operations**  
Daulat Ram College (D.U.), Department of Physical Education and Sports Sciences, and Delhi University Sports Council
- **Pre-International Conference workshop on “Athletic Care and Rehabilitation”**  
International guest house, University of Delhi, New Delhi

**Faculty Development Program**

- Completed One Week online Training program on “NEP 2020 Orientation & Sensitization Programme” (02nd April – 12th April, 2024) under Malaviya Mission Teacher Training Programme (MM-TTP) of University Grants Commission(UGC) organised by Mahatma Hansraj Malaviya Mission Teacher Training Centre (MH-MMTTC), Hansraj College, University of Delhi
- One week Faculty Development Program on Research Methodology and Technology Led Paradigm shift in Teaching and Learning Process organised by P.G.D.A.V. College, University of Delhi. 4- 12 Aug. 2021
- One week online certificate Program organised by Guru Angad DevTeaching Learning Centre, SGTB, Khalsa College, University of Delhi from 27th May – 2nd June 2021

**WEBINAR ATTENDED (SESSION 2019-20)**

- Participated in virtual International Conference on 'creating Sports Culture in Universities' organised by Faculty of Physiotherapy, SGT University, Gurugram from 9-11 May 2020
- Participated in the Webinar on 'Mind Matters: Coping with Stress' organised by Shivaji College, University of Delhi on 11-May-2020
- Participated in 5 Day Fitness Capsule organised by Janki Devi Memorial College, University of Delhi from 11-May to 15-May- 2020.
- Participated in the Webinar on 'Changing Paradigm of Research in Covid Era organised by Shivaji College, University of Delhi on 12- May-2020
- Participated in the National Webinar on 'Cyber Crime, Law and Security' organised by Shivaji College , University of Delhi on 12-May-2020

**WEBINAR ATTENDED**

- Participated in the two days webinar titled, 'Myths and truths of fitness and corrective exercises for various body deformities' organised by Hansraj college, University of Delhi on 12- 13- May 2020.
- Participated in the National Webinar on 'Covid 19 Impact on Students with Disabilities: Challenges and coping strategies' organised by Shivaji College, University of Delhi on 13-May-2020
- Participated in the National webinar titled, 'Leave Rules' organised by ARSD college, University of Delhi on 14- May 2020.

- Participated in the webinars titled, 'Women: The Pivotal Point of Health and wellness of the Family' and 'Yoga and Immunity' organised by Bharati College, University of Delhi on 18- May 2020 and 20- May 2020 respectively.
- Participated in National webinar on 'Staying centred with Meditation and Pranayam' organised by Gargi College, University of Delhi, held on 23-May-2020
- Participated in the International Webinar on 'Emotional well- being' organised by Mata Sundari College, University of Delhi on 23- May-2020

*Amita*

**Signature of Faculty Member**