

Evaluative Report of Physical Education Department

1. **Name of the department:** Physical Education and Sports
2. **Year of Establishment:** 1965
3. **Names of Programmes / Courses offered (UG, PG, M.Phil., Ph.D., Integrated Masters; Integrated Ph.D., etc.):** B.A.(Programme) (Undergraduate Course) (DSC, DSE, SEC),GE for B.A. (Programme) & B.A.(Hons)
4. **Names of Interdisciplinary courses and the departments/units involved:**

S.No.	Name of the course	Departments Involved
1.	B.A. (Programme)	The students of other / different streams who opt to study physical education

5. **Annual/ Semester/Choice based credit system (programme wise):**

S. No.	Name of the Course	System (CBCS/ Semester)
1.	B.A. (Programme) III Application course	Annual; from 2008-09 till 2012-13
2.	B.A. (Programme) III Year Application	Semester; from 2013-14 till 2017
3.	B.A. (Programme) Generic Elective (for Hons.)	Semester; from 2016-17 till 2018
4.	B.A. (Programme) Discipline Course	CBCS: from 2017-18 onwards

6. **Faculty profile with name, qualification, designation, specialization, (D.Sc./D.Litt./ Ph.D./M.Phil. etc.):**

S.No.	Name	Qualifications	Designation	Specialization	No. of years of exp.	No. of PhD. Students guided for past 4 years
1.	Dr. Sunita Arora	M.A. (PE), Ph.D.	Associate Professor	Athletics, Kho-Kho& Sports Management	29	Nil
2.	Dr. Seema Kaushik	M.P.E., Ph.D., M.A. (Yoga)	Assistant Professor	Judo, Athletics& Yoga	18	Nil

7. **List of senior visiting faculty:**

1. Dr. Rajender Singh, **Director**, Jiwaji University, Gwalior (MP)
2. Dr. Dhananjay Shaw, **Principal**, IGIPSS, Delhi
3. Dr. Sandeep Tiwari, **Head**, Department of Physical Education, Delhi

8. Number of academic support staff (technical) and administrative staff; sanctioned & filled:

S. No.	Sub Department	Count
1.	Coaches (to train sports students in different games)	12-16
2.	Grounds men (to maintain and mark the sports grounds)	03

9. Qualifications of teaching faculty with D.Sc. / D.Litt. / Ph.D. / M.Phil. / PG.:

S. No.	Qualification	Count
1.	Ph.D.	2

10. Number of faculty with ongoing projects from a) National b) International funding agencies and grants received:

Nature of Project	Name of Project	Project Title	Funding Agency	Grants Received
Research Project	Major Project	“Study on Relevant Effects of Aeroyoga on Physiological Parameters of Youth” 2008. (Dr. Sunita Arora)	UGC (University Grants Commission)	10, 00000/-
Research Project	Major Project	“A Study of Modern Life Style Youth Obstacles in the Metro Cities of India” 2016-19 (Dr. Sunita Arora)	MYAS (Ministry of Youth Affairs and Sports)	5, 20,000/-

11. Departmental projects funded by DST- FIST; UGC, DBT, ICSSR, etc. and total grants received:

- International Research Scholarship by the organizers of the International Convention on Science, Education and Medicine in Sports (ICSEMIS 2012) held at Glasgow, UK(Dr. Seema Kaushik)
- Approved Travel Grant by the UGC to attend the International Conference on Sport, Health and Exercise Sciences held at Vienna, Austria in Dec. 2019. (Dr. Seema Sharma)

12. Research Centre /facility recognized by the University: Nil

13. Publications:

a. Publication per faculty

S. No.	Name
.	Dr. Sunita Arora
	<ul style="list-style-type: none"> • Books Authored (05), • Paper and Articles presented and published (12) <p>[1] Book, Agarwal M., Arora S., Gupta B (2018) “Introduction to Physical Education in the Contemporary Context”, Khel Sahitya Kendra ISBN: 978-81-7524-994-3</p> <p>[2] Book: Gupta B., Agarwal M., Arora S., (2018) “Health education, Anatomy and Physiology”,</p>

	<p>Khel Sahitya Kendra ISBN: 978-81-7524-957-8</p> <p>[3] Book: Agarwal M., Arora S., Gupta B, (2018) “Posture; Athletic Care And First Aid”, Vivechan Publications (INDIA) ISBN: 978-9-38391-490-6</p> <p>[4] Book: Arora S., Agarwal M Gupta B., (2018) “Fitness; Wellness And Nutrition”,Vivechan Publications (INDIA) ISBN: 978-93-83914-89-0</p> <p>[5] Book: Agarwal M., Arora S., Singh N., (2017) “Aerobics; Fitness & Style”, Friends Publications (INDIA) ISBN: 978-81-7216-459-1</p> <p>[6] Paper published Entitled “Aadhunik Yug me Khelo Ka Mahatv” in the Journal of Sahitya, Cinema, Kala and Anuvad the “Sahchar E Patrika” September 20, 2018 ISSN: 2395-2873</p> <p>[7] Paper published Entitled “ Sports participation and women” in International Journal of Physiology, Nutrition and Physical Education 2018; 3 (2): 455-456, ISSN: 2456-0057</p> <p>[8] Paper presented and Published entitled “Remedial Yoga for women Specific health Disorders” in the 3rd National Conference on Latest Trends in Health & Physical Education organised by University college of medical Science 20th -21st, August 2019. University of Delhi</p> <p>[9] Paper presented and Published entitled “Effect of Yogasana training on the Self-Esteem and Self- Efficacy of Women Suffering from Polycystic Ovarian Disease” in Indian Journal of Physical Education, sports Medicine & Exercise Science published by Lakshmibai National Institute of Physical Education, Gwalior. ISSN: 0976-1101 (Online ISSN: 2456-737X)</p> <p>[10] Paper presented and Published in International Conference entitled “Olympics And Indian Values in Global Context” held at Kirori Mal College, University of Delhi (25-27th September, 2018.</p> <p>[11] Paper presented and Published entitled “Role of Physical Education in Empowering Women” in Indian council of social Science Research (ICSSR) sponsored National Seminar on Women and Development: Issues and Challenges, March 3-4, 2017 organised by Lakshmibai College, University of Delhi. ISBN:978 81 935996 3 1</p> <p>[12] Paper presented and Published entitled “Applying Technology in Building Venues and Conducting Events in sports” in the National Conference on E- Business: Issues and Challenges in Indian perspective organised by Lakshmibai College, University of Delhi. ISBN: 978-93-83838–66-0).</p> <p>[13] Paper presented and Published entitled “Role of Psychology in Development of Sports Economy”. E- Book of Abstracts for International Conference on “Sports Economics and Vision of London Olympics 2012” (2012) ISBN: 978-81- 924825-0-7</p> <p>[14] Paper presented entitled “Effect of selective Plyometric training on jump shot high technique in handball” in UGC Sponsored International Conference on “ Physical Activities & Sports for Global Peace and Development” Oct. 19-20, 2011 organised by Department of Physical Education & sports and IGIPSS.</p> <p>[15] PaperPublished entitled “Study on Relevant Effects of Aeroyoga on Physiological Parameters of Youth”. British Journal of Sports Medicine Sept. 2010, Supp, vol.44 issue s1 p.169-170.</p> <p>[16] Paper presented and Published entitled “How to Improve Academic Performance”. in proceedings of UGC sponsored National Seminar on “Recent Researches in Physical Education and Sports” organised by Department of Physical education of Maharaja Agrasen college 2008-09.</p> <p>[17] Paper presented and Published entitled “Invention of new fitness regime- Aeroyoga” in the Proceedings of UGC sponsored National Seminar on Research in Physical education & Sports” organized by Department of Physical Education, Maharaja Agrasen College, University of Delhi (2008)</p>
	<p>Dr. Seema Kaushik (now Seema Sharma) Total Publications – 39(Books-5, Papers/ Articles-34)</p>

- **Books Authored : 05 (Five)**

- [1] *Sharirik Shiksha Mein Paath Niyojan Va Shikshan Paddhati Ke Siddhant* {Hindi} by Seema Kaushik & Dhananjay Shaw (2000), Friends Publications, Delhi, ISBN No. 81-7216-040-2.
- [2] *Lesson Planning, Teaching Methods and Class Management in Physical Education* {English} by Dhananjay Shaw & Seema Kaushik (2001), Khel Sahitya Kendra, Delhi, ISBN 81-7524-022-9.
- [3] *Fitness, Aerobics & Gym Operations* {English} by Sheela Kumari. S, Amita Rana & Seema Kaushik (2009), Khel Sahitya Kendra (KSK), Delhi, ISBN No. 81-7524-549-2.
- [4] *A Practical Workbook for Fitness, Aerobics & Gym Operations* {English} by Sheela Kumari. S, Amita Rana & Seema Kaushik (2009), Khel Sahitya Kendra (KSK), Delhi.
- [5] *Fitness, Aerobics va Gym Operations* {Hindi} by Sheela Kumari. S, Amita Rana & Seema Kaushik (2010), Khel Sahitya Kendra (KSK), Delhi, ISBN No. 81-7524-585-9.

- **Number of papers published in peer reviewed journals (national/ international) :14**

- [1] *Development of Computer Assisted Test/Quiz on Olympic/Asian Games* published in **Indian Journal of Sports Studies** (July-Dec., 1999) Vol. 4, No. 2, pp. 16-18.
- [2] *Computer Applications in Physical Education and Sports* published in **Indian Journal of Sports Studies** (Jan-June, 2000), Vol. 5, No. 1, pp. 1-5.
- [3] *Effect of 18-Weeks Physical Conditioning on Selected Anthropometric Variables of Female Students of University of Delhi* published in **Journal of Sports Glimpses** (Bi-Annual International Research Journal on Physical Education, Recreation and Sports Sciences) (May, 2012), ISSN 2278-5027, Vol. 1, No. 1, pp. 1-8, UGC List No. 63493.
- [4] *Career Prospects in Physical Education, Sports and Wellness* published in **International Research Journal on Physical Education, Recreation and Sports Sciences** (Journal of Sports Glimpses : A Bi-Annual Journal) (Nov, 2013), ISSN 2278-5027, pp. 128-136, UGC List No. 63493.
- [5] *Analysis of Growth Strategies of Adidas Group* published in **Research Reinforcement** (A Bilingual & Half Yearly Refereed Journal of Multidisciplinary Research) (November 2014-April 2015), ISSN 2348-3857, Year 2, Vol. II, pp. 7-10, UGC List No. 64785.
- [6] *Building Career through National Cadet Corps (NCC)*, published in **Research Reinforcement** (A Bilingual & Half Yearly Refereed Journal of Multidisciplinary Research) (May 2015-October 2015), ISSN 2348-3857, Year 3, Vol. I, pp. 13-21, UGC List No. 64785.
- [7] *Effect of Progressive and Constant Load Training on Selected Body Indices of Male Students of University of Delhi* in **International Educational E-Journal** {Link: <http://www.oijrj.org/ejournal/oct-nov-dec.2015/03.pdf>.(Oct-Nov-Dec2015), ISSN 2277-2456, Volume-IV, Issue-IV, pp. 13-20. Impact Factor-3.017.
- [8] *Influence of Intensive and Moderate Physical Training on Selected Body Indices of Female Students of University of Delhi*, published in **Horizon Palaestra : International Journal of Health, Sports and Physical Education** (Double Blind Peer-Reviewed Referred Research Journal), Vol. 4, No. 1, (July, 2015), Print ISSN 2778-2982, On Line ISSN 2319-6459, UGC List No. 47091.
- [9] *Percentage Change in the Selected Skinfold Measurements of Male Students of University of Delhi due to Progressive and Constant Load of Physical Training* published in **Human Kinetics – A Journal of Physical Education and Fitness**, All India Council of Physical Education (AICPE), ISSN 0976-6588, Vol.5 (II) (2015) : 37-49. UGC List No. 48690.
- [10] *Hosting of Mega Sports Events : An Assessment* published in **Human Kinetics – A Journal of Physical Education and Fitness**, All India Council of Physical Education (AICPE), ISSN 0976-6588, Vol.7 (II) (2016): 10-13. UGC List No. 48690.
- [11] *Relationship of Job Stress and Job Satisfaction with Adjustment Variables of Male Physical Education Teachers of Himachal Pradesh* published in **Human Kinetics – A Journal of Physical Education and Fitness**, All India Council of Physical Education (AICPE), ISSN 0976-6588, Vol. 8 (1) (2017): 21-35. UGC List No. 0976-6588.
- [12] *Contribution of Indian Companies in Sports Promotion through CSR*. **Indian Journal of Physical Education, Sports Medicine and Exercise Sciences**, LNIPE, ISSN: 0976-1101,

Vol. 18 Special Issue (3) (2018): 201-203, UGC List No. 48336. {Link:<http://lnipe.edu.in/Journal%20Data/2018/Vol.18%20Jan.%20&%20Jul%202018%20Part%20-3.pdf>}.

- [13] *Length Dimension Correlates of Longitudinal Physical Conditioning on Indian Male Youth*. **International Scholarly and Scientific Research and Innovation**. International Journal of Sport and Health Sciences by World Academy of Science, Engineering and Technology, Vol.13, No.11 (2019): 461-464. ISSN: 000000001950263. Open Science Index, Sport and Health Sciences by World Academy of Science, Engineering and Technology. {Link:<https://publications.waset.org/sport-and-health-sciences>}.
- [14] *Variability of Covariance of Selected Skeletal Diameters of Female in a Longitudinal Physical Training Programme*. **International Scholarly and Scientific Research and Innovation**. International Journal of Sport and Health Sciences by World Academy of Science, Engineering and Technology, Vol.14, No.1 (2020): 7-11. ISSN: 000000001950263. Open Science Index, Sport and Health Sciences. {Link: <https://publications.waset.org/sport-and-health-sciences>}.

• **Papers Published in Proceedings/ Books with ISBN/ISSN numbers: 20**

- [1] *Reliability of Reaction Board Method for Determination of Three-Dimensional Centre of Gravity* published in the Proceedings of 6th National Conference on Biomechanics: **Advances in Biomechanics** ed. By Kamal Raj Pardasani (1998).
- [2] *Reliability of Reaction Board Method of Determination of Selected Segmental Mass* published in the Proceedings of 6th National Conference on Biomechanics: **Advances in Biomechanics** ed. By Kamal Raj Pardasani (1998).
- [3] *Validation of Ingeniously Developed Reaction Board Method* published in the Proceedings of 6th National Conference on Biomechanics: **Advances in Biomechanics** ed. By Kamal Raj Pardasani (1998).
- [4] *Effect of Physical Exercise on the Relationship between Selected Kinanthropometric Variables and Percentage Height of Centre of Gravity of Male* published in **Biomechanics: Proceedings of the National Conference on Biomechanics held at IIT, Delhi**, Ed. by R.K. Saxena & P. Mishra, Amulya Publishers, Delhi (2005), ISBN 978-1844640447, pp. 144-154.
- [5] *Effect of Physical Exercise on the Relationship between Selected Kinanthropometric Variables and Percentage Height of Centre of Gravity of Female* published in **Biomechanics: Proceedings of the National Conference on Biomechanics held at IIT, Delhi**, Ed. by R.K. Saxena & P. Mishra, Amulya Publishers, Delhi (2005), ISBN 978-1844640447, pp. 240-250.
- [6] *Effect of Physical Exercise on Three-Dimensional Centre of Gravity, Height, Weight and Ponderal Index of the Students of University of Delhi* published in **Biomechanics: Proceedings of the National Conference on Biomechanics held at IIT, Delhi**, Ed. by R.K. Saxena & P. Mishra, Amulya Publishers, Delhi (2005), ISBN 978-1844640447, pp. 281-288.
- [7] *Judo – The Wonderful Sport* published in **Ankuran: A Sports, Fitness, Health & Lifestyle Magazine** (April, 2008), Year-1, Vol-1, p. 6.
- [8] *Sports in Hindi Cinema* published in the **Proceedings** of International Seminar on Physical Education, Recreation and Yogic Sciences, BHU (Jan., 2012), ISBN 92-8867-511-8, pp. 312-317.
- [9] *Effect of Intensive and Moderate Physical Training on Somatotypes of Male and Female* published in the **Proceedings of the Pre-Olympic Congress** on Sports Science and Computer Science in Sport (IACSS 2012) Ed. By Prof. Yong Jiang & Prof. Arnold Baca; World Academic Union, England, UK (July. 2012), ISBN 978-1-84626-094-0, pp. 46-52.
- [10] *Procurement, Placement and Maintenance of Gym Equipment in Fitness, Aerobics and Gym Operations*. Editor: Dr. Kavita Sharma (2014), ISBN 978-81-89580-30-8, Jyoti Enterprises, Delhi, pp. 86-94.
- [11] *HIL as a Revitalization Strategy for Hockey in India: An Analysis of Players' Bidding* in the **Proceedings** of 2nd National Conference on Youth Enrichment through Sports and Physical Education (YES PE), Amity University (January 21, 2014), ISBN 978-81-7524-740-6, pp.

126-134.

- [12] “*Impact of 18-weeks Physical Conditioning on Selected Health Indicating Variables of Female Students of University of Delhi*” in the Proceedings of National Conference on Physical Education and Sports, LNUPE, Gwalior (January 30-31, 2014), ISBN 978-81-7524-743-7, pp. 186-191.
- [13] “*Growth Strategies of Nike: An Appraisal*” in the **Proceedings** of National Conference on Physical Education and Sports, LNUPE, Gwalior (January 30-31, 2014), ISBN 978-81-7524-743-7, pp. 197-201.
- [14] *Effect of Intensive and Moderate Physical Training on Selected Health Indicating Variables of Male Students of University of Delhi* in **One India-Fit India : Proceedings** of the National Seminar on Fitness & Wellness organized by the Department of Health Sciences & Fitness, LNUPE, Gwalior (February 25-27, 2014), ISBN 978-81-7879-801-1, pp. 289-293.
- [15] *Applying Technology in Building Venues and Conducting Events in Sports* in **Proceedings** of the National Conference on E-Business: Issues and Challenges in Indian Perspective (March 11-12, 2014), ISBN 978-93-83838-66-0, pp. 166-175.
- [16] *Plagiarism in the Contemporary Context – Issues Concerning Ethics in Writing* in **Punatee**. Chief Editor Achary Ramanuj Devnath ISBN 13-978-81-932638-0-8 (2016), Rashtriya Sanskrit Sansthan, Jammu, pp. 542-547.
- [17] *Inculcation of Human Values through Physical Education and Sports* in **Shataritra**. Chief Editor: Prof. Bacchha Bharti, ISBN 978-81-932638-4-6 (2017), Rashtriya Sanskrit Sansthan, Jammu, pp. 82-86.
- [18] *Revisiting Women Participation in Olympics* in **Women and Development: Issues and Challenges**. Editors: Rekha Kaul & Anita Malhotra, ISBN 978-81-935996-1, Elite Publishing House (2018), Delhi, pp. 92-100.
- [19] *Contents of Social Media Marketing in Sports*, **Proceedings** of the International Conference on Social Media Marketing-Opportunities & Challenges at Jesus & Mary College, University of Delhi, Pinnacle Learning, Delhi (2019), pp. 135-141. ISBN: 978-93-83848-53-9.
- [20] *Yoga for Health and Well-Being*. **Proceedings** of the UGC Sponsored 3rd National Conference on Latest Trends in Health and Physical Education at University College of Medical Sciences, University of Delhi, Khel Sahitya Kendra (2019), pp. 255-257. ISBN: 978-81-7524-879-3.

Summary:

	Books Authored	Books Reviewed	Papers/Articles Published	Citation	Books Edited
International	-	-	5+10=15	-	-
National	5+5=10	-	7+24=31	-	-

b. *Publication Students:* Data not available

14. Areas of consultancy and income generated: Nil

Served as Subject Expert/Consultant for Tata Trust-NCTE National Curriculum framework for pre paring Physical Education Teachers.

15. Faculty as members in:

a. *National Committees:*

b. *International Committees:*

c. *Editorial Boards:*

1.	Dr. Sunita Arora
	<ul style="list-style-type: none">• Member of the selection committee of Aditi Mahavidyalaya for the post of Assistant Professor in Physical Education on Adhoc basis 2015• Appointed for an Observer for DUET- 2016 for Post Graduate Entrance Exam at Ramanujan College on 20th June 2016• Convenor of the moderation committee for the Physical Education examination for under graduation 2017-18.• Member of Organizing committee of International Conference entitled “ Olympics And Indian Values in Global Context” held at Kirori Mal College, University of Delhi (25-27th September, 2018).• Chair the Session of International Conference entitled “ Olympics And Indian Values in Global Context” held at Kirori Mal College, University of Delhi (25-27th September, 2018).• Had been Vice President and member for many years of Delhi State Volley Ball Association.• Vice president of Delhi State Kabaddi Association for many years.• Vice president of Delhi State Baseball Association for many years.• Participated as Member Advisory board in IKU Asian Karate Championship 2016, held on November28-30, 2016 organised by All India Youth Karate Federation.• Nominated as Official/member of North Zone Inter University Cricket (W) Tournament for the year 2013-14 held at University of Delhi.• Appointed as Non official members of the Management Committee of After Care Home for Girls, Nirmal Chhaya Complex, Jail Road, New Delhi, by the Cabinet of Women and Child Development, Govt. Of NCT of Delhi in 2011.• Invited as Guest of Honour at Late Premnath Memorial Delhi State Volleyball championship 2013 at Laxmi Public School, Delhi.• Invited as Guest of Honour at Usha Ganguli Shishu vihar, Delhi University Women’s Association, 2010.• An active member of Equal Opportunities Cell, University of Delhi wherein I was the member of Organising Committee for the Sports/Athletic Meet for the visually challenged and differently-abled students.• Served as a member of Executive Committee of Delhi University sports Council 2007-08.

- Nominated as the **Convenor** of the committee constituted for **conduct of fitness trials** by the colleges identified for the specific sports/games by **Delhi University Sports Council**. Admission 2015-16
- Nominated as **Convenor** for the **sports centralised sports trials** to be held in Lakshmibai College for Baseball (Men & Women), Cricket (w), and Volleyball (w)
- Nominated by **DUSC** as the **member** of the committee for finalization of norms/ schedule for **Certificate Marking for admission on the basis of sports** in undergraduate courses 2016
- Worked as **the member of different Inter- College Tournament Committee** of Delhi University for e.g. Athletics, Cross country, Baseball, Softball, Cricket, Volleyball, Boxing, Wrestling, Netball, kho-kho, kabaddi, Handball, Weight Lifting and Yoga.
- Served as **manager of Delhi University Baseball Women Team participated in All India Baseball Inter-university Tournament** held at Chandigarh (2015-16). Team bagged **Second** position
- Appointed as **DUSC Nominee/expert** by **Delhi University Sports Council** for the admissions under sports quota for different colleges such as Kalindi, Deshbandhu College, Guru Gobind Singh College of Commerce, Khalsa (eve), SPMC etc.
- **Member** of Organising committee (**cultural committee**) in **International Conference “International Congress on Sports Psychology”** (ICSP- 2014) jointly organised by Indira Gandhi Institute of Physical Education and Sports Sciences (University of Delhi) **October 2014**
- **Organized Three Players Open Delhi State (U-19, Girls) Volleyball Tournament 2014** at Lakshmibai College in May, 2014
- Invited as **an expert** to give the lecture in **D.I.E.T educational** classes of school teachers organised by State Education Research and Training Council 2014
- Worked as **Organizing Secretary** in 4th Delhi State Langdi tournament 2013-2014
- **Member** of the **Organising Committee of International Conference on “Sports Economics and Vision of London Olympics 2012”** in University of Delhi
- **Member** of organising committee (**cultural committee**) in **International Conference** organised by Indira Gandhi Institute of Physical Education and Sports Sciences (University of Delhi) **October 2011**
- Accompanied team as **manager of Delhi University Volleyball Women Team** participated in **All India Volleyball** Interuniversity Tournament held at Bareilly
- Accompanied team as **manager** of Delhi university cricket team participated in **All India Inter University Cricket** Championship held at Rohtak MD University
- **Worked as venue manager** of Delhi University practice venue for **Rugby and Netball during the IX Commonwealth Games 2010 held in Delhi**
- Accompanied team as **manager** of Delhi university cricket team participated in All India Inter University **Cricket** Championship held at Amritsar G.N.D.U. and bagged championship **2007-08**
- Organised events for specially abled children i.e. **Special Olympic Bharat (2009)** in Lakshmibai College
- Contributed to the **resource material for “Fitness, Aerobics and Gym-operations** an application course in B.A. (Programme) III yr students
- I was an **observer** for the **B. Ed admissions** Written Entrance Test organized by CIE on May 28, 2006
- I was appointed as **an Expert** for Entrance test for Admission to B.Sc. (P.E., H.E.&S) Course: Academic Session 2007-2008 conducted by Indira Gandhi College of Physical Education & Sports Sciences from 13th June to 15th June 2007
- Accompanied team as **manager** of Delhi university teams participated in All India Inter University Championships **twice in kabaddi** in Kanpur (Itawa) and Aurangabad
- **Organized** different tournaments in the college premises like Judo, Softball, Volleyball, Cricket, Net ball, Kabaddi, Baseball at **Inter-college** as well as **State level** and **Intra-class** level
- I have been appointed as the **convenor** of many games of **inter-college tournaments** such as

	<p>Volley ball, Kabaddi, Cricket, Softball, Baseball, Netball etc.</p> <ul style="list-style-type: none"> • Organized intra-murals for all the students of the college • Organized many events for non teaching and teaching staff also in the college premises. • Sports Day is also organized to provide a platform to all the students, teachers and non-teaching staff to participate enthusiastically • Cross-country race is also organized for all the students of the college • Served as the member of College Academic Improvement Committee, Library Committee, Alumni Committee, Purchase committee, Building committee, Medical Committee, Garden Committeeetc • I was also a member of the college Governing Body as a Teachers' representative • I had been invited by Bhaskaracharya College of Applied Sciences as an Expert for the admission on the basis of sports performance to undergraduate courses • I was an expert in Deen Dayal Upadhyaya College for the admission on the basis of sports performance to undergraduate courses for two years • Member of the Organizing Committee for Sports Day in Deen Dayal Upadhyaya College • Served as an official in Inter-College tournaments like Cross- Country championship, Athletic Meet, Marathon run, etc. • I have been organising the Annual Sports Day for Non-Collegiate students of the college for the past 10 years • Acted as an Official in All India Inter- University Athletic Meet held at Pant Nagar in 1985-1986 • Officiated in Delhi State athletic meet organized by Delhi State Athletic Association
2.	<p>Dr. Seema Sharma (Kaushik)</p>
	<ul style="list-style-type: none"> • Member of the Sub-committee for Physical Education Courses (D.P.Ed., B.P.Ed. &M.P.Ed.) by the National Council of Teacher Education (NCTE) to make draft revisions in the existing norms and standards for physical education courses (2013) • Member of Panel Review Committee in International Refereed Bi-Annual Research Journal - Journal of Sports Glimpses (2012) • Subject Expert for Walk-in-Interview for the post of Lecturer at Department of Training & Technical Education, GNCT of Delhi (2012) • Expert for Verification of Sports Certificates for admission of candidates in ETE course conducted by the SCERT (2007-09) • Member of the Sub-Committee constituted by the University of Delhi for Admissions on the Basis of Sports for the session 2017-18. • Member of the Committee constituted by Delhi University Sports Council for Sports Admissions in Undergraduate Courses 2017-18. • Served as Tournament Committee Member of Delhi University Inter College tournaments in different sports including Boxing, Cross Country, Judo, Kho-Kho, Taekwondo, Power-lifting/ Weight-lifting etc. • Contributed in the Design and Development of Curriculum for Post-Graduate Courses of Physical Education in University of Delhi (2008-09) • National Workshop on Design and Development of Curriculum for Post-Graduate Courses of Physical Education organized by Department of Physical Education & Sports Sciences (2009) • Workshop on Revisiting Application Course : Fitness, Aerobics & Gym Operations organized by the Department of Physical Education & Sports Sciences (2008) • National Workshop on Review & Development of Curriculum (Masters of Physical Education) organized by the Department of Physical Education & Sports Sciences (2008) • Contributed in the Resource Material Developed by the Department of Physical Education for the Paper – Fitness, Aerobics & Gym Operations (2007) • Contributed to the Validation of Instructional Material Developed under the MHRD sponsored Research Project conducted by the Directorate of Project Planning & In-Service, DAV College Management Committee (2006) • Assisted in the Development of Syllabus of Health and Physical Education at NCERT, Delhi

	<p>(2006)</p> <ul style="list-style-type: none"> • Assisted in the Development of Curriculum for the Application Course – Fitness, Aerobics & Gym Operations for B.A.(Prog) III year students of University of Delhi (2006) • Assisted in the Development of Curriculum for the Application Course – Fitness, Aerobics & Gym Operations for B.A.(Prog) III year students of University of Delhi (2006). • Life Member, National Association of Physical Education and Sports Sciences (NAPESS) • Life Member, Indian Society of Biomechanics (ISB) • Life Member, Sports Psychology Association of India (SPAI)
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16. Student Projects:

- a. *Percentage of students who have done in-house projects including inter-Departmental/ programme:*
 - Projects were part of the internal assessment system, so it was 100% till the annual system was followed
- b. *Percentage of students placed for projects in organizations outside the Institution i.e.in Research laboratories/Industry/ other agencies:*
 - Visit to gymnasium inside and outside the college was conducted and reports were prepared by the students opting for application course in physical education – Fitness, Aerobics and Gym Operations as a part of their project

17. Awards/ Recognitions received by faculty and students:

- a. *Faculty Members:*

<p>Dr. Sunita Arora</p> <p>A. Vice President of Delhi State Volley Ball Association</p> <p>B. Vice president of Delhi State Kabaddi Association</p> <p>C. Vice president of Delhi State Baseball Association</p> <p>D. Awarded a certificate of merit for excellent performance in the field of sports in “Dr. Radhakrishnan Memorial Award 2006” in collaboration with Bihar Jan Chetna Samti (Regd.) Delhi</p> <p>E. Invited as guest of Honour at Late Premnath Memorial Delhi State Volleyball championship 2013 at Laxmi Public School, Delhi.</p> <p>F. Invited as guest of Honour at Usha Ganguli Shishuvihar, Delhi University Women’s Association, 2010.</p> <p>G. Served as the member of Equal Opportunities Cell, University of Delhi wherein I was the member of Organising Committee for the Sports/Athletic Meet for the visually challenged and differently-abled students</p> <p>H. Successfully completed the national cognitive and skills evaluation in accordance with the curriculum of the American Heart Association for the BLS for Healthcare Providers (CPR & AED) Program in the year 2010</p> <p>PERSONAL SPORTS ACHIEVEMENTS:</p> <p>All India Inter University Tournament:-</p> <ul style="list-style-type: none"> • Participated in All India Inter University Athletic Tournament 1984-85.(Jiwaji University, Gwalior) • Participated in All India Inter University Athletic Competition 1983-84. (Delhi University). <p>Nationals/ All India championships:</p> <ul style="list-style-type: none"> • Secured 3rd position in All India Cross Country race in 1983-84.

- Participated in Women National Athletic Competition in 1983-84 in Ahmadabad , Gujarat.

Inter college Tournament:-

- I. **Secured 1st position** in 4x400m Relay Race in Inter-college Athletic Championship. 1985-86. (Jiwaji University, Gwalior)
- **Secured 2nd position** in 1500m in Inter-college Athletic Championship. 1984-85. (Jiwaji University, Gwalior)
 - **Secured 1st position** in 800m in Inter-college Athletic Championship. 1984-85. (Jiwaji University, Gwalior)
 - **Secured 1st position** in 800m in Inter-college Athletic Championship. 1984-85. (Jiwaji University, Gwalior)
 - **Secured 1st position** in 3000m in Inter-college Athletic Championship. 1984-85. (Jiwaji University, Gwalior)
 - **Secured 1st position** in 1500m in District Open Sports and Games Championship. 1984-85. (Jiwaji University, Gwalior)
 - **Secured 2nd position** in 800m in Inter-college Athletic Championship. 1983-84 (Delhi University).
 - **Secured third position** in 3000m cross country run in **Inter-college** Athletic meet. 1983-84 (Delhi University).
 - **Secured 2nd position** in 4x400m in Inter-college Athletic meet 1983-84. (Delhi University).
 - **Secured 2nd position** in 3000m in Inter-college Athletic meet 1983-84. (Delhi University).
 - **Secured 2nd position** in 1500m in **Inter-college** Athletic meet 1983-84(Delhi University).
 - **Secured 2nd position** 3000m run in **Delhi State** Athletic meet, 1984.(Delhi).
 - **Secured 2nd position** 4x400m relay in **Inter-college** Athletic meet 1982-83 (Delhi).
 - **Secured 2nd position** 4x400m relay in **Delhi State** Athletic meet. (Delhi).
 - **Secured 2nd position** in 800m in **Inter-college** Athletic meet 1982-83. (Delhi University).
 - **Secured 2nd position** in 3000m in **Inter-college** Athletic meet 1982-83. (Delhi University).
 - **Secured 3rd position** in **Inter-college** Kho-Kho 1982-83. (Delhi University).
 - **Secured 2nd position** in the 3000m run. 1981-82.
 - **Secured 6th position** in the 3000m run. 1981-82.
 - **Secured 1st position** in Cross country race in Annual training camp NCC in 1982

NCC Achievements:-

- Participated in R D Camp (**Republic Day**) NCC in 1983.
- Participated in **Basic Leadership Camp NCC (Bhowali)** in 1982.
- **Secured 1st Position** in Combined Annual Training Camp in Bankner (1982).
- Member of Republic Day Cadet Core Dal and NCC **Prime Minister Rally** 1983
- Participated in **Combined Annual Training & Competition Camp (ATC)** 1981

Dr. Seema Kaushik

Awards

- **Best Paper Award** for the paper entitled “Length Dimension Correlates of Longitudinal Physical Conditioning on Indian Male Youth” presented at the International Conference

on Sport, Exercise and Health Sciences held at Vienna, Austria on December 26-27, 2019. (*Travel Grant from UGC also approved*)

- **NCC Achievers Award 2019** for being the **Best Associate NCC Officer(ANO)** in the Senior Wing (SW) category by the NCC Alumni Club of Delhi on 15th July, 2019 at NDMC Convention Centre, Delhi.
- **Dr. G.P. Gautam National Award for Excellence in the Field of Physical Education & Sports** for being the Best Physical Education Teacher (North India) by the Physical Education Foundation of India (PEFI) on 10th August, 2018 at Pragati Maidan, Delhi.
- Lead the NCC Wing of Lakshmi Bai College to get the **NCC Achievers Award for being the BEST COLLEGE (SW) IN DU** on 15th July, 2018 by the NCC Alumni Club of Delhi.
- Awarded **Veerta Puraskar 2017** for Best Contribution in NCC.
- Got the **International Research Scholarship Award** by Research Podium for attending the International Convention on Science, Education and Medicine in Sports (ICSEMIS 2012) held at Scottish Exhibition and Conference Centre, Glasgow, UK (July, 2012).
- **Director General's Commendation Card for meritorious service in NCC** (2011)
- **Commandant's Silver Medal** for standing 2nd in order of merit at the Pre-Commission Training for 3-months at OTA, Gwalior (2009).
- **Best Young Scientist Award** for the Paper "Attitude Towards Physical Activity : A Comparative Study" by the Sports Psychology Association of India at Jodhpur (2006)
- The President's **Best Paper Award** for the paper "Effect of Intensive and Moderate Physical Training on the Location of Three-Dimensional Centre of Gravity of Female" by the Indian Society of Biomechanics (2001)
- **Best Judo Coach Award** by Delhi Judo Council (2001-02)
- Dr. S. Radhakrishnan Memorial **National Award for Teachers** by All India Freelance Journalist & Writers Association (2001)

Sports Achievements

A. International – Athletics in Masters Category

- Secured Two Gold Medals (4x100m & 4x400m Relay) in 19th Asia Masters Athletics Championships held at Singapore in 2016.
- Secured One Silver Medal (4x400m. Relay) in 18th Asia Masters Athletics Championships held at Kitakami, Japan in 2014.
- Secured Two Gold (1500m, 4x400m relay), Two Silver (400m, 800m) and One Bronze (200m) in the 28th Malaysian Open International Masters Athletics Championship held at Kuantan, Pahang, Malaysia in 2014.
- Represented India in XX World Masters Athletics Championships held at Porto Alegre, Brazil in 2013.
- Secured One Gold (4x400 m. Relay) and two Bronze Medals (800m. & 1500m.) in 17th Asia Masters Athletics Championships held at Chinese Taipei in 2012.
- Represented India in XIX World Masters Athletics Championships held at Sacramento, USA in 2011.
- Secured One Gold (4x400 m. Relay) and One Bronze Medal (400 m.) in 16th Asia Masters Athletics Championships held at Kuala Lumpur, Malaysia in 2010.

B. National – Athletics (Masters Category)

- Secured One Gold (1500m.) and Two Bronze Medals (4x100m. & 4x400m. Relay) in the 36th National Masters Athletic Championship held at Goa in June 2015.
- Secured Four Gold (400m., 800m., 1500m. & 4x400m. Relay) and One Silver Medal (4x100m. Relay) in the 34th National Masters Athletic Championship held at Bangalore in June 2013.

- Secured Two Silver (800m., 4x100m. Relay) and One Bronze (400m.) in the 33rd National Masters Athletic Championship held at Bangalore in February, 2012.
- Secured Two Gold Medals (4x100m. Relay, 4x400m. Relay) and One Silver Medal (400 m.) in the 32nd National Masters Athletic Championship held at Chandigarh in February, 2011.
- Secured One Gold Medal (4x400 m. Relay) in the 31st National Masters Athletic Championship held at Chennai in February, 2010.
- Secured a Silver Medal (4x100m. Relay) in the XXIX National Masters Athletics Championship held at Guwahati in 2008.

C. All India Civil Services/ Nationals/ All India

- Participated in All India Civil Services Athletic Tournament held at Hissar, Haryana in 1998.
- Participated in 23rd National Yoga Championship held at Bijnaur, UP in 1998-99.
- Secured one silver (4x400m) & one bronze (4x100m) in the All India Civil Services Athletic Competition held at Hassan, Karnataka in 1996-97.
- Participated in 17th Senior National Softball Championship held at Haridwar, Uttarakhand in 1994-95.
- Secured a Bronze Medal (-40 kg.) in All India Judo Championship held at Mount Abu in 1990.

D. All India Inter-University (Judo, Gymnastics, Yoga)

- Represented Jiwaji University in the All India Judo Championship (Captain) held at Gwalior in 1994 (Lost bronze medal bout).
- Secured 1st position (Team) in the All India Inter University Gymnastics Championship held at Kurukshetra in 1994.
- Represented University of Delhi in the All India Inter University Yogasana Championship (Captain) held at Jamnagar, Gujarat in 1993.

E. State (Athletics, Judo, Gymnastics)

- Secured a Gold (200m) and a Silver (400m) medal in Delhi State Masters Athletics Championships held at Thyagraj Stadium, Delhi in 2018.
- Got One Gold (400m) & 2 Silver Medals (200m & 800m) in Delhi State Masters Athletics Championship held at Vinod Nagar Stadium in 2015.
- Participated in Delhi State Athletics Championship held at JNS in 2014.
- Secured 03 Gold Medals (200m, 400m, 800m) in Annual Delhi State Masters Athletics Championship held at Vinod Nagar Sports Complex in 2013.
- Stood 2nd in the 7 km. Cross Country Competition at Yamuna Sports Complex in 2013.
- Secured 03 Gold Medals (400m, 800m, 1500m) in Annual Delhi State Masters Athletics Championship held at Vinod Nagar Sports Complex in 2012.
- Secured 03 Gold Medals (200m, 400m, 800m) in Annual Delhi State Masters Athletics Championship held at Vinod Nagar Sports Complex in 2011.
- Secured 03 Gold Medals (200m, 400m, 800m) in Annual Delhi State Masters Athletics Championship held at Vinod Nagar Sports Complex in 2010.
- Secured 02 Gold (400m, High Jump) & 03 Silver Medals (100m, 200m, 800m) in the Departmental Athletics Meet of GNCT of Delhi in 1999-2000.
- Secured 2nd position (Team) in the M.P. State Gymnastics Championship held at Rewa in 1994-95).
- Won Gold Medal in 11th Delhi State Judo Championship (-44kg) at Talkatora

Stadium in 1993-94.

- Won Silver Medal in Delhi Judo Cup (-44kg) at Ludlow Castle in 1991-92.
- Won Gold Medal in Shri Ram Invitational Open Delhi State Judo Championship (-44kg) at SRCC in 1991-92.
- Got BEST JUDO PLAYER AWARD by winning Gold Medal (below 44kg)& Bronze Medal (Open weight) in the Open Delhi State Judo Championship held at Dilshad Garden in 1991-92.
- Won a Bronze Medal in Delhi State Judo Championship (-44 kg) held at Ludlow Castle in 1990-91.

F. Inter College

- Won Gold Medal in the Inter-College Judo Championship (-44kg) at Jiwaji University, Gwalior in 1994-95).
- Won Gold Medal in the Inter-College Judo Championship (-44kg) at Jiwaji University, Gwalior in 1993-94).
- Stood 1st (Team) in the Inter College Yogasana Championship at University of Delhi in 1992-93, representing IGIPESS.
- Won Silver Medal in the Inter College Judo Championship at University of Delhi in 1990-91, representing LBC.

Others

1. Completed M.A. (Yoga) from Uttarakhand Open University in June, 2019.
2. Cleared UGC-NET exam in Yoga (Dec., 2019)
3. Delivered a Keynote Address on Lifestyle Management through Physical Fitness in the National Seminar organized by Department of Modern Subjects, Rashtriya Sanskrit Sansthan, Jammu on 4th April, 2016.
4. Organizing Secretary, 1st Open Delhi State Judo Championship for Women held at LBC on the occasion of International Women's Day, 2017.
5. Chief Guest at the Annual Sports Day of St. Margarte's School, Rohini in 2020.
6. Chief Guest at the Annual Sports Day of St. Francis de Sales School in 2015.
7. Chief Guest at the Annual Sports Day of Fr. Agnel School, Noida
8. Guest of Honour at the Annual Sports Day of Ryan International School, Rohini.
9. **Black Belt in Judo from Judo Federation of India in 1997.**

b. Students:

Our College Sports Students are performing remarkably and consistently well. Now the Lakshmi Bai College is in among the top two colleges in sports in the University of Delhi for being the overall best performance in sports with its participation in around 20 to 25 teams including Archery (Indian, Recurve, Compound), Athletics, Baseball, Basketball, Boxing, Chess, Cricket, Cross Country, Fencing, Gymnastics, Handball, Judo, Kabaddi, Kho-Kho, Netball, Power-lifting, Shooting (Rifle & Pistol), Softball, Taekwondo, Table-Tennis, Volleyball, Wrestling, Weight-lifting, Yoga. They have won many laurels for the college at International, National, All India Inter University, State and Inter-College Levels. (Reference : Annual Reports of the College). The detailed achievements are included in the detailed SSR

18. List of eminent academicians and scientists /visitors to the department:

Name	Affiliation
Dr. Rajender Singh,	Director , Jiwaji University, Gwalior (MP)
Dr. Dhananjay Shaw,	Principal , IGIPESS, Delhi

Dr. Sandeep Tiwari,	Head, Department of Physical Education, Delhi
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19. Seminars/ Conferences/Workshops organized & the source of funding:

- a. *National: Organized National Conference* sponsored by UGC entitled “Impact of Sports on the Lifestyle of Youth” on 27th & 28th March 2019. (Dr. Sunita Arora)
- b. *International: Nil*

20. How many students have cleared national and state competitive examinations such as NET, SLET, GATE, Civil services, Defense services, etc.: Detailed data not available

S. No.	Competitive Examinations	No. of students
1.	NET	04 (Madhvi, Shivani, Munmun, Upasna, Sonia , Sonia Pal,
2.	JRF	01 (Diksha)
3.	GATE	-
4.	IAS	-
5.	CAT	-
6.	Post Graduate	Meenakshi Panwar, Diksha, Manisha, Soniya, Siji, Amanpreet, Pritam kaur, Priyanka,
7.	Others	Many students cleared DSSB exam to join as Physical education teachers in the Directorate of Education, GNCT of Delhi including Nidhi Jain, Upasana, Anupama Dobhal etc. Delhi Police (Nisha, Jyoti, Manisha, Sonika, (Himachal Police), Tannu (Income Tax) Sushma ,Jyoti, (Custom) Physical Education teachers, Vijeta (Navodya) Arti, Ritu, kiran, Jyoti, Priyanka, Sushma Dhawan, Meenakshi Panwar, Vanita Sharma, Renu, Kavita Vyas, Lata, Pooja, Vipula, Lalita and many others., Neeva (GCI (NCC)) in Army Office, Sakshi (Army Office), Sapna and Ritu (Railways) , Sandhya (weight Lifting coach) and so many in different professions.

21. Student Progression: Over the years, under the able guidance of the teachers, o, aur students have secured excellent results. Among many of the outstanding achievers, few have been listed below

Student Progression	Against Percentage Enrolled
U.G. to P.G.	*Many students have completed B.P.Ed., D.P.Ed., M.P.Ed. Madhvi Pathak and Shilpi Jain has completed Ph.D in Physical Education from DU
P.G. to M.Phil	
P.G. to Ph.D.	
Ph.D. to Post- Doctoral	0%

Employed <ul style="list-style-type: none"> • Campus selection • Other than campus recruitment 	Approx. 80% are other than campus recruitment
Entrepreneurship/ Self employment	Approx. 10%

- Several of our students are pursuing post graduate studies and research in the field of physical education.
- Many of them have been serving as Physical Education Teachers in different schools, while few are working with Delhi Police/ Indian Railways/ Income Tax Department etc.
- We are also proud to observe that many of our students have joined various colleges of University of Delhi as faculty members. Few of them are Ms. Charanjeet Kaur, Dr. Shilpi Jain, Ms. Richa Malhotra and our own faculty Dr. Seema Kaushik.

22. Details of infrastructural facilities:

- Library:* Common Library of college
- Internet facilities for Staff & Students:* Wi-Fi is available for all (Staff & Students)
- Classrooms with ICT facility:* Available in college, which can be used as per need
- Laboratories:* Playfields and Courts for Athletics, Soft Ball, Kho-KHo, Kabaddi, Cricket, Judo, Basketball, Netball, Volleyball, Boxing, Wrestling, Yoga .

23. Teaching methods adopted to improve student learning:

- Provision of Coaching in different sports
- Conduct of intramurals and extramurals and friendly matches
- Use of audio visual aids.

24. Participation in Institutional Social Responsibility (ISR) and Extension activities:

- Conduct of special events for visually challenged students on sports day of the college
- Organisation of sports meet for disabled students at State level
- Organisation of tournament under the banner of Equal Opportunity Cell (EOC) for specially abled students of University of Delhi

25. SWOC analysis of the department and Future plans:

STRENGTHS

- Lakshmibai College has gradually and progressively become the leader in the field of sports
- Now we are among the top two colleges of University of Delhi in overall sports performance among women section
- We participate in nearly 18-20 games and developed the facilities for most of the games we offer.
- With the hard work and devotion the students are enabled to perform at different level of competitions such as International, National, All India Inter University Tournament etc.
- We offer the proper training and create atmosphere of adequate learning for the students having no or lesser background of sports.
- Students are trained from the basic skills to the advanced skills and prepared for the competitions.
- With limited resources and novice level of learners in the beginning we have produced several international players including :
 - Sushma Devi

(International Athlete - Asian Medalist and Commonwealth Games 2010 participant)

- Jyoti Lohiya (International Wrestler and Bharat Kesri)
- Sunita (International Athlete in Open & Masters)
- Pushpa (International Athlete in Open & Masters)
- Rekha (International Athlete and DU Record Holder)
- Jyoti Bisht (International Athlete)
- Ritu Dhruv (International Cricketer)
- Sanjana Chaudhary (International Player of Netball)
- Manisha Chaudhary (International Player of Baseball)
- Shweta (International Player of Baseball)
- Bhawna (International Player of Baseball)
- Chetna (International Player of Baseball)
- Amanpreet (International Player of Baseball)
- Siji Aniyani (International Player of Baseball)
- Neha Gupta (International Player of Baseball)
- Monika (International Player of Baseball)
- Meenakshi (International Player of Gymnastics)
- Seema Kaushik (International Athlete in Masters Category)

WEAKNESS

- Rehabilitation centre of post injury management mechanism
- Unavailability of specific scholarship for sports persons

OPPORTUNITIES

- Creation of Indoor Shooting Range
- Construction of Multi-purpose Hall for Indoor Games Facility
- Creation of Hostel Facility for sports students

CHALLENGES

- Introduction to honours courses of Physical Education for college students.
- Organisation of Mega Women International Sports events in college.
- Development of Sports Infrastructure for PWD students.
- Development and organisation of sports events for disabled/ PWD students

FUTURE PLANS

- Educational trip for the students to International .exposure like Olympic Museum in Lussane, Switzerland, Cricket Stadium in Lords, (UK), Origin place of Olympic Games (Athens, Greece) and other eminent sports spots in India and abroad.
- To initiate the International Journal from our department of Physical education/ College of Physical Education or Social Sciences
- Organisation of additional Sports activities/ events at regular intervals in the college premises.