


FACULTY PROFILE

Title	Dr.	SUDHA	PANDEY	Photograph
Designation	ASSISTANT PROFESSOR			
Department	PHYSICAL EDUCATION			
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Education

Subject	Institution	Year	Details
B.COM	KALINDI COLLEGE	1996	Commerce, Accountancy etc.
M.A.	KALINDI COLLEGE	1998	Hindi
PGDPED	IGIPSS	1999	Sports History, Health edu.,etc.
MPES	IGIPSS	2001	Sports Management, Sports Psychology etc.
NET	UGC	2004	Physical Education
PhD	DU	2022	Psychological Assessment of Female Sportsperson in Relation to Their Level of Achievement
Dip. in Naturopathy and Yoga	International Foundation of Natural Health and Yoga, New Delhi	2003	Naturopathy and Yoga

Career Profile

Organization/Institution	Designation	Duration	Role
KALINDI COLLEGE Delhi University	Assistant Professor	From 2008	Taking GE and VAC classes of Hons. and Prog. Courses. Prepare team of different games, organizing the tournaments, workshop and seminar and taking the sports classes of different courses,
Happy School, Delhi	PET	2001-2008	Prepare team of different games, organizing the tournaments.

Research Interests/Specialization

Sports Psychology, Yoga and Table Tennis

Administrative Assignments / Contribution to corporate life

2008- 19 Co-convenor in Lehren festival in Kalindi college

2011- 19 Member in prize committee in Annual day

2008- 19 member in refreshment committee in Annual Day of Kalindi College

2014-16 General Secretary: Kalindi College Alumni Association, Delhi University

2016-19 Member in discipline committee in lehren festival

2016 – Convenor of refreshment committee in National seminar of Sanskrit and Hindi held at Kalindi college

2016- Convenor of refreshment committee for NCC function Uddan.

2016 -20 Alumni Representative as student in IQAC committee

2017-20 Vice -President: Kalindi College Alumni Association, Delhi University

2021- 24 Treasurer in Kalindi College Alumni Association, Delhi University

2021- Co-convenor of Fitness Club

- Member of Conference Organizing Committee in a two days International E-Conference organized by Gandhi Study Circle, Kalindi College, University of Delhi and ICCR, New Delhi, on 3rd and 4th September, 2021.

2023- Convenor of Fitness Club

2019-20,2022-24-TIC, Deptt. Of Physical Education, Kalindi College

2022-2024 – TIC, NCWEB, Kalindi College.

Teaching Experiences (Subject/Courses taught)

Taking Physical Education GE and VAC classes and Sports classes of all courses in Kalindi college, preparing different teams and organising tournaments/Workshops/Lectures.

Research Guidance

NA

Publication (Peer Reviewed/Indexed Journals)

Year of Publication	Title	Journal (Name of the journal. Vol Issue ISSN)	Co-Author
2011	Scientific WALK OR RUN: A way to Healthy Life	The Eternity (Research journal of Humanities and Social Science Stream Vol.II 0975-8690	
2013	Swasth Tan me Swasth Man	Sahriday : ISSN NO.2230-8997	
2013	Khel ka Swaroop aur usaki Upadeyata	Sahriday : ISSN NO.2230-8997	
2014	Stress Management Through Effective Sleep	Indian Streams Research Journal ISSN NO. 22307850	
2014	A Study of Birth Order of Female Players in some selected Sports at Inter College level of Delhi University International Recognition	International Recognition Multidisciplinary Research Journal: ISSN NO. 2249894X	

	Multidisciplinary		
2014	Motapa:Karan aur Niwaran	Sahriday : ISSN NO.2230-8997ISSN	
2014	Aahar Niyojan	Sahriday : ISSN NO.2230-8997:	
2015	Prakrutik chikitsa ka mahatv	Sahriday : ISSN NO.2230-8997	
2015	Mansik santulan swasthya ka Adhar	Sahriday : ISSN NO.2230-8997	
2016	BOOK VIGYAPAN AUR HINDI BHASHA	Published by Mansarowar Prakashan, Noida, ISBN No. 978-93-83745-22-7	Dr.Sandeep Tiwari
2018	Role of Mental Toughness in mediating performance of a female athlete.	RESEARCH REVIEW International Journal of Multidisciplinary [UGC UGC listed Journal] Volume-03 ISSN: 2455-3085 (Online) Issue-06.	
2019	Personality Traits and Sports Performance of Female Athletes in India	International Journal of Scientific Research in Science and Technology Print ISSN: 2395-6011 Online ISSN: 2395-602X (www.ijrst.com).	

Seminar/Workshop/Conferences Presentation/Organisation			
<i>PAPER PRESENTED IN SEMINAR/ CONFERNCES/ WORKSHOP</i> <ul style="list-style-type: none"> • Present a Research Paper on the title of ‘ Khel Patrakarita ki Bhasha’ in two days National Seminar organized by Hansraj College, University of Delhi held on 28-29th January, 2010. • Present a Research Paper on the title of ‘A Study on Birth order of Female Players in some Selected Sports at Inter Collage Level of Delhi University’ in three days International Conference organized by Delhi University Sports Council, University of Delhi held on 17-19April, 2012. • Present a Research Paper on the title of ‘ Khel Patrakarita: Dasha ewam Disha’ in one days National Seminar organized by Hansraj College, University of Delhi held on 15 October, 2013. 			

- Present a Research Paper on the title of 'Khel ke vikas me Hindi Cinema ka Yogadan' in two days National Seminar organized by Ramanujan College, University of Delhi held on 31st March-1 April, 2015.
- Present a Research Paper on the title of 'Khel ki Bhasha : Manakikaran ke sandarbh me' in three days National Seminar organized by Shri Ram College of Commerce, University of Delhi held on 14-16th March, 2016.
- Present a Research Paper on the title of 'Role of Physical Education in Personality Development' in two days International Seminar organized by Ramanujan College, University of Delhi held on 2nd-3rd April, 2016.
- Present a Research Paper on the title of 'The Role of Sports in Spreading Indian Korean Relations' in two days International Seminar organized by RASK, JNU held on 18th-19 April, 2015.
- Present a Research Paper on the title of 'Stress Assessment of Delhi University Teachers with Different Age Groups' in three days International Conference organized by Kirori Mal College, University of Delhi held on 25-27 September, 2018.
- Present a Research Paper on the title of 'To be a Better Teacher : Dilemmas of Beginning Teachers regarding Inclusive Education in Delhi Schools' in Four days International Seminar organized by Ramanujan College, University of Delhi held on 18-21 December, 2018.
- Present a Research Paper on the title of 'Role of Aggression in the Sports Performance of Women Athlete' in two days National Conference organized by Lakshmibai College, University of Delhi held on 27th-28th March, 2019.
- Presented a paper entitled "Impact of life-style on Self-esteem" in the International Conference held at Shayama Prasad Mukherji College for Women, University of Delhi, Delhi, India from 8-9 Nov, 2019.

ATTENDED SEMINARS/ CONFERNCES/ WORKSHOPS/ WEBINARS/ FACULTY DEVELOPMENT PROGRAM/ ORIENTATION PROGRAM

- Attended as 'Delegate' a seminar on 'Save the Higher Education', organized by Indira Gandhi Institute of Physical Education and Sports Sciences held on Dec, 2000.
- Attended as 'Delegate' a seminar on 'Save the Higher Education', organized by Indira Gandhi Institute of Physical Education and Sports Sciences held on Dec, 2000.
- Attended a Symposium for Master Degree Students, organized by Indira

Gandhi Institute of Physical Education and Sports Sciences, University of Delhi during February, 2001

- Attended as Delegate a UGC Sponsored National Seminar on “Recent Researchs in Physical Education & Sports” held on November 08 in D.U.
- Attended as Participant in short term Sports Training organized by St. Stephen's College & Athletes in Action held on 24-25th November, 2008
- Attended as Delegate in Preparatory Workshop for International Conference on "Sports for Peace" organized by Maharaja Agrasen College, DU held on Nov. 18, 2009.
- Attended as Delegate in National Conference on "Role of Physical Activities on Holistic Personality Development" organized by IGIPSS, DU held on March 12, 2010.
- Attended as Participant in Two Week ICT Workshop for Capacity Building of Delhi University Faculty organized by ILL, DU held on 16-28th April 2010.
- Attended as Delegate in one day Seminar on "Role of Physical Education & Sports in Nation Building" organized by IGIPSS, DU held on March 18, 2011.
- Worked as Organizing Committee member in three days International Conference organized by Delhi University Sports Council, University of Delhi held on 17-19 April, 2012.
- Attended as Delegate in Two day Academic Congree titled "Enabling the Young: Redefining Education" organized by DU held on 6-7 September, 2012.
- Participated in Joint Shooting Workshop organized by Delhi University Sports Council in Hansraj College held on 1-2 May, 2013.
- Participated in one day seminar on "Adolescents Lifestyle and Health" organized by Ramanujan College held on 20th September, 2017.
- Worked as Organizing Committee member in one week National Workshop on "Skill Enhancement at Institutions of Higher Learning: Training Today for Tomorrow Comprising" organized by IQAC Kalindi College, University of Delhi held on 07-13 January, 2019.
- Worked as Organizing Committee member in three days International Conference organized by Kirori Mal College, University of Delhi held on 25-27 September, 2018.
- Participated in Two Week Faculty Development Program on the topic of "Managing Online Classes & Co-Creating MOOCs" under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, Ministry of Human Resource Development (MHRD) organized by Ramanujan College,

Delhi University held from 20th April-06th May,2020.

- Participated in One Week Faculty Development Program on "Badalta Bhartiya Paridrishya: Sahitya, Sanskriti, Sanchar aur Manovigyan" conducted by Teaching Learning Centre (TLC) sponsored by MHRD under the scheme of Pandit Madan Mohan Malaviya National Mission on Teachers and Training, Ramanujan College, University of Delhi, New Delhi from 22nd May- 28th May,2020.
- Participated in a National Webinar organized by Ramanujan College on the topic of "Media Aur Anuvad: Vartaman Paridrishya" held on 4th May,2020.
- Participated in the National Webinar organized by Deptt. of Journalism & IQAC, Kalindi College in collaboration with Kailash Satyarthi Children's Foundation on the topic " Lockdown, Children & the Role of Media" held on 3rd July,2020.
- Participated in the National Webinar organized by National Service Scheme & Deptt. of Physical Education on the occasion of "International Yoga Day" on the topic " Yog Se Sampurna Vikas" held on 21st June,2020.
- Participated in the National Online Workshop organized by Counselling Cell, Kalindi College on the topic "Face Yoga in the Times of COVID-19" held on 27th June,2020.
- Participated in Online Yoga Session organized by Alumini Committee and Alumini Association, Kalindi College on the topic "Yoga on Healthy Life" held on 21st June,2020.
- Participated in the Webinar organized by Deptt. of Geography, Kalindi College on the topic "Narratives in Lockdown: A Psychological Perspective" held on 18th May,2020.
- Participated in the National Webinar organized by Deptt. of Physics, Kalindi College on the topic "Emerging Out of a Winner in Lockdown" held on 14th May,2020.
- Participated in 7 days National Faculty Development Program on the topic of "Emerging Trends of Pedagogy in Language, Literature and Social Science" Managing Online Classes under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching , Ministry of Human Resource Development (MHRD) organized by Ramanujan College, with Shyama Prasad Mukherji College For Women, Delhi University held from 13th July-19th July,2020.
- Participated in 14 days National Interdisciplinary Faculty Development Program on the topic of "Samkaleen Sandharbh Mai Sahitya, Rajneeti,Media

Aur Bazar Managing Online Classes under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, Ministry of Human Resource Development (MHRD) organized by Ramanujan College, with IQAC Kalindi College, Delhi University held from 27th July-10th August, 2020.

- Participated in Two Week Online Faculty Development Program on the topic of "The Role of ICT in the Development of Massive Open Online Courses (MOOCs) in Higher Education." under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, Ministry of Human Resource Development (MHRD) organized by Ramanujan College, Delhi University held from 14th August-28th August, 2020.
- Attended three days STTP on "Development of Integrated Mental Health Program and It's Challenges" organised by Sagar Institute of Research Technology & Science Pharmacy, Bhopal from 28-30 May 2021.
- Participated in the Webinar on "International Yoga Festival- Yog Mantrana 2021" Organized by the Department of Physical Education & Sports Sciences, Deshbandhu College under the aegis of IQAC on June 21, 2021.
- Participated in the National Webinar to "Cheer 4 India" India at Tokyo Olympics 2020 organised by PEFI Karnataka Chapter along with Various Universities and Colleges on 21st July, 2021.
- Participated in webinar on "Tools & Techniques for Avoiding Plagiarism in E - Content Development" organised by E- Content Development Committee, Kalindi College, University of Delhi on 9th November, 2021.
- Participated in mass "SURYA NAMASKAR" Demonstration programme with more than 75 Lakh People on Makar Sankranti, 14th January, 2022.
- Participated in International Webinar on Sports Management in the Post COVID-19 Era: A Look to the Changes in the Field organised by International Association of Physical Education and Sports (IAPES), Incorporated in collaboration with Sports Management Association of Thailand on 09th April, 2022.
- Participated in International Conference in Sports Psychology organised by International Association of Physical Education and Sports (IAPES), Incorporated in collaboration with Physical Education Foundation of India Swarnim Gujrat Sports University and Batangas State University JPLPC Malvar college of Teacher Education on 17th April, 2022 via Zoom platform.
- Participated in 4 Week Online Faculty Induction/Orientation Programme organised by TLC Ramanujan college in collaboration with KM. MAYAWATI

GOVT, GIRLS P.G. COLLEGE Badalpur, GB Nagar, UP, in Delhi from 22nd October- 20th November 2023.

- Attended FDP Programme on Managing Online Classes and Co-Creating Moocs organized by Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching , Ministry of Human Resource Development (MHRD) Ramanujan College from 5th-19th December 2023.
- Participated in 2 Week Online Interdisciplinary Refresher Course in “ADVANCED RESEARCH METHODOLOGY” organised by Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, Ministry of Human Resource Development (MHRD), Ramanujan College,DU from 27th May- 09th June 2024.

Awards & Distinctions

- ☐ Manav Sewa Prerna Award for social service in 2009-10

Public Service/ University Service/ Consulting Activity

- Acted as **Referee** for I Prize Money National Table-Tennis Championship organized by Games & Sports Development Federation of India on March 11, 1999 at New Delhi.
- Performed as **Technical Official** for Inter College Yoga Championships from 11th January to 14th January, 2000 held at Kalindi College, University of Delhi, Delhi.
- Represented Delhi team as a coach in XXVIth National Sports Festival for Women of Table Tennis in Chennai.
- Worked as Technical Official for Hero-Honda FIH World Cup 2010.
- Nominated as a Manager of Delhi University Hockey (W) Team 2009-2010.
- Nominated as Manager of Delhi University Table-Tennis Team 2010-2011.
- Nominated as committee member in Table-Tennis Inter College Tournament 19-20 organised by Delhi University Sports Council.

<i>Professional Societies Memberships</i>
<ul style="list-style-type: none">• Life Member of Shanti Shiksha Samiti an NGO (Regd.) working for education of poor girls in ruler area.• Executive member of ILRO (Indian Leisure and Recreational Organization)• Treasurer - Kalindi College Alumni Association 2022- till date
<i>Other Details</i>
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