



## RESUME

Dr. SUNITA SHARMA

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Nangal Raya

New Delhi-46

### **EDUCATIONAL AND PROFESSIONAL QUALIFICATIONS**

<b>2009</b>	Ph.D Jamia Millia Islamia, Delhi.
<b>2003</b>	MA (Yoga and Life Science) JVBI Ladnun, Rajasthan
<b>1998</b>	M.P.Ed Ishwar Deshmukh College of Physical Education Nagpur University.
<b>1996</b>	B.P.Ed Ishwar Deshmukh College of Physical Education Nagpur University
<b>1994</b>	B.A. SPM College, DU
<b>1995</b>	NDDY International Institute of Yoga and Naturopathy, Delhi

## **Research Experience**

Ph.d Thesis

**2009-“A Study of Games and Sports Facilities for Disabled Students in Delhi Schools”.**  
Ph.D Thesis from Jamia Millia Islamia Delhi.

## **Book**

**2021-** Book published on, **Yoga and Stress Management**, (jointly) published by Friends publication, New Delhi.

**2016-** Book published, topic –**Swasthya aur Sharirik Shiksha**, published by Khel Sahitya Kendra, New Delhi.

**2014-**Book published, topic -**Yog Kala**, published by Khel Sahitya Kendra, New Delhi.

## **Research Paper**

**2021-** Published on the topic, **Sports Facilities and Importance for Special**, in the Academic Journal of Kalindi College, Vol. XX, ISSN No: 2348-9014, 2021 New Delhi.

**2018-** Published on the topic, **A Study of Games and Sports Facilities in Special in Delhi Schools**, in the Academic Journal of Kalindi College, Vol. XVII, ISSN No.2348-9014, 2018 New Delhi.

**2014-**Published on the topic, **A Study of Games and Sports Facilities for Abled Categories in Delhi Schools**, in the Scientific Journal in Sports and Exercise, vol., July-December, 2014, Published by Laxamibai Sports Education and Welfare Society, Delhi.

**2009-** Published on the topic, **A Survey of Facilities Regarding Sports and Games In Special Schools**, in the Scientific Journal in Sports and Exercise, vol., July-December, 2009, Published by Laxamibai Sports Education and Welfare Society, Delhi.

## **Faculty Development Programme/Orientation/refresher course**

**2020-**Attended FDP/Orientation programme organized by Ramanujan College, DU from 4<sup>th</sup> June to 1<sup>st</sup> July 2020.

**2020-**Attended two week inter disciplinary, ,FDP, on Badalta Bhartiya Paridrishya: Sahitya Sanskriti, Sanchar aur Manovigyan, organized by Ramanujan College, DU from 22 May to 28 June 2020 and 29 June to 3 June 2020.

**2020-**Attended one week FDP/Orientation programme on Yoga organized by Ramanujan College, DU from 20 November to 26 November 2020.

## **Paper Presentation**

## **International Conference**

**2017-** Paper presented on the topic, **Yog and Life Management**, in the International Conference on Social Transformation Through Yoga, organized by Indian Yoga Association and Uttarakhand Sanskrit University, Haridwar, India on 25-26 March 2017.

**2005-** Paper presented on the topic, '**Yoga and Adhyatam**', in the 2<sup>nd</sup> International Conference on Psychotherapy, Yoga and Spirituality, held in Haridwar.

### **National Conference / Seminar/Webinar**

**2021-** Organized National webinar on Rashtra Nirman mai Khelo ki Bhumika, on the occasion of celebration of Azadi ka Amrit Mahotsav and Celebration of National Sports Day, for all the students and staff of the Kalindi College on 29 August 2021.

**2021-**Organized online Fit India Freedom Run, on the occasion of celebration of Azadi ka Amrit Mahotsav for all the students and staff of the Kalindi College on 14 August 2021.

**2020-**Organized jointly with NSS Unit Kalindi College, A National Webinar on 21<sup>st</sup> June 2020 on "Yog se Sampuran Vikas".on the occasion of International Yoga Day.

**2019-** Paper presented on the topic, **Sports-Rehabilitation for Special Category**, in 3rd National Conference on Latest Trends in Health &Physical Education, organized by University College of Medical Science, Delhi, India, on 20-21 August 2019.

**2018-** Paper presented on the topic, **Facilities for Marginalized Group in Sports area**, in the National Seminar on- Human Rights and Mariginalized :Hand a Together Towards Protection, organized by Department of Journalism Kalindi College, University Delhi, on 09-10 October 2018.

**2017-**Paper presented on the topic, **Role of Indian Women in Sports**, in the National Seminar on Womens Rights and Responsibilities in Progressive India: A Discourse, organized by Department of Journalism Kalindi College, University of Delhi, on 23-24 March 2017.

**2016-** Paper presented on the topic, **Madhyakalin Sahitya mai Sharirik Shiksha**, in the National Seminar on Madhyakalin Sahitya ke Shikshan ki Chunotiyam organized by Kalindi College DU, on 10 to 11<sup>th</sup> March 2016.

**2013-**Paper presented on the topic, **Role of Technology in Sports for Special Category**, in the National Seminar on Technological foundation of Education, organized by Sant Hari Dass College of Higher Education, Delhi, on 21<sup>st</sup> December, 2013.

**2010-**Paper presented on the topic, '**Yoga and Health Excellence**' in the National conference on 'Role of Physical Activities on Holistic Personality Development' organized by Department of Physical Education and Indira Gandhi Institute of Physical Education and Sports Sciences, (D.U.)

### **Participation in Conference/ Webinar**

**2021-**Attended Webinar On, Geopolitics of Vaccination, on 22 June,2021,organized by Kalindi College, DU

**2020**-Participated International webinar on, drug development , its challenges, and the role of nutrition in immune boosting against covid 19, organized by Zoology Department under the signage of IQAC, Kalindi College DU,India, on 20 May,2020, ZPN2HI-CE000099.

**2020** - Participated in National Webinar on First aid on, organized by Bhagini Nivedita College, DU.

**2020** - Participated in National webinar on Cyber Security, Safety and Privacy in Today's Digital world, on 17 May 2020, organized by Kalindi College NCWEB, DU.

**2020**-Participated in National webinar on, staying mobile with life style, organized by Department of Physical Education Gargi College, DU, on 25<sup>th</sup> May 2020.

**2012**-Participated in the International Conference on '**Sports Economics and Vision of London Olympics 2012**' organized by Delhi University Sports Council.

**2011**-Participated in the International Conference on '**Physical Activities and Sports for Global Peace and Development**' organized by Department of Physical Education and Indira Gandhi Institute of Physical Education and Sports Sciences, (D.U.)

**2010**-Participated in the National Conference on '**Role of Physical Activities on Holistic Personality Development**' organized by Department of Physical Education and Indira Gandhi Institute of Physical Education and Sports Sciences, (D.U.)

### **Workshop and Lectures/ Resource Person**

**2021**-Organized 21 days Workshop on , Integrating, Mind, Body and Soul by the practice of Yoga and Exercise, from 1 June to 21 June 2021, at Kalindi College, New Delhi.

**2021**-Resource person and Expert, in 46<sup>th</sup> tele counseling, organized by Shaheed Bhagat Singh Brigade, Delhi. on the occasion of international yoga day, on 21 June 2021.2021

**2021**-Resource person and Expert, in 42<sup>nd</sup> tele counseling, organized by Shaheed Bhagat Singh Brigade, Delhi, on the topic, Yoga for Mental Health, on 13 June 2021.

**2021**- Participated in National online Workshop on psychology, from, 13 to 15 June 2021, organized by Akhil Bhartiya Hindi Mahasabha.

**2021**-Resource person and Expert, in 40<sup>th</sup> tele counseling, organized by Shaheed Bhagat Singh Brigade, Delhi, on the topic, Post Covid care through, on 8 June 2021.

**2021**-Resource Person in the Workshop, Topic, Swasthya He Sampada organized by NCWEB, Kalindi College, 25<sup>th</sup> May to 31<sup>st</sup> May 2021.

**2021**-Appointed as Judge in, Spardha, Invitational Inter College tournament held on 12 March, 2021, organized by SRCASW, DU

**2021**-Appointed as Judge in Invitational Inter College tournament, held on 26 February 2021, organized by Miranda House College, DU

**2020-**Resource Person in the Workshop, Topic, Healthy Body, Mind and Life, organized by NCWEB, Kalindi College, 17th June to 21<sup>st</sup> June 2020.

**2018-** Resource Person in add on course of Yoga Education organized by IGIPSS DU from 5<sup>th</sup> to 8<sup>th</sup> June 2018.

**2017-** Resource Person in add on course of Yoga Education organized by IGIPSS DU from 15<sup>th</sup> to 17<sup>th</sup> June 2017.

**2016-** Resource Person in add on course of Yoga Education organized by IGIPSS DU from 29th to 30th May 2016.

**2013-** Attended Shooting Training Workshop held in Hansraj College, DU

**2012-** Paper presented on the topic 'Techniques of Meditation' and took practical session on Yoga in the workshop on 'Fitness Aerobics and Gym Operation', held at Daulat Ram college(D.U), Department of Physical Education and Indira Gandhi Institute of Physical Education and Sports Sciences, (D.U.) and Delhi University Sports Council.

**2010-**Attended In Service Laboratory, Practicals Training Workshop for B.A. Programme (Physical Education), held at Indira Gandhi Institute of Physical Education and Sports Sciences, (D.U.),Delhi.

## **PROFESSIONAL EXPERIENCE**

### **Present**

**2012 to 2021-** Assistant Professor and Director, Physical Education (working)  
Kalindi College (University of Delhi)

### **Previous**

**2014-15** Resource Person In service training programme organized by SCERT, New Delhi for TGT Physical Education Surajmal Vihar, Delhi.

**2012** Assistant Professor  
Kamala Nehru College (University of Delhi)

**2010 to 2012** Assistant Professor  
SPM College (University of Delhi)

**2009-2010** Assistant Professor  
SPM College (University of Delhi)

**2009-10** Resource Person  
(District Institute of Educational Training ,(DIET), Shahadra, Delhi.

**2008** Resource Person

(District Institute of Educational Training ,(DIET), Shahadra, Delhi.

### **Manager**

**2012-** Appointed as a Manager of Delhi University Yoga (W) team for All India Inter University Yoga Tournament, held at Kurukshetra University, Kurukshetra.

**2011-**Appointed as a Manager of Delhi University Kho-Kho (W) team for Inter University Kho-Kho Tournament, held at R M L Awadh University, Faizabad.

### **Member**

**2013-**Appointed subject expert (Yoga) in SRC meeting in GGSIP University for finalizing the syllabus of B.Sc,(Yoga).

**2012-** Appointed subject expert (Yoga) in SRC meeting in GGSIP University for finalizing the syllabus of B.Sc,(Yoga).

**2012-**Member of selection committee of Inter College Tournament Organized by University of Delhi.

### **Organization of tournament**

**2013-2016-** Organized every year Invitational Inter College tournament of volleyball, yoga and chess and carom for abled category.

**2016-17-** Organized Kalindi College Invitational Inter College tournament of Ball Badminton, Futsal, Kabaddi, Table tennis, Volleyball, Yoga and Chess and Carrom for abled category.

**2017-18-** Organized Kalindi College Invitational Inter College tournament of Ball Badminton, Volleyball, Yoga and Chess and Carrom for abled category.

### **Officiating Experience**

**2010-11-**Worked as a Technical Official in Physical\_Fitness Trial organized by Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi.

**2003-09-**Worked as a Technical Official in the annual sports events in the Faculty of Education in the Jamia Millia Islamia, Delhi.

**2005-2010** Worked as an official in Delhi State Yoga Championship.

### **Sports Achievement**

**Yoga**

International

**1994**-Participated in International Yogasana Competition in the International Yoga Festival organized by Government of Pondicherry, India.

National

**1992**-Participated in 17<sup>th</sup> National Yogasana Championship held at Cuttack, (Orissa)

**1991**- Participated in 16<sup>th</sup> National Yogasana Championship held at Karnataka.

**1991**-Awarded SPM College Color, Delhi.

**State**

Handball

**1992**-Participated in inter college tournament as a team member of S.P.M. College, DU.

**1991**- Participated in inter college tournament as a team member of S.P.M. College, DU.

**1992**-Participated in Delhi State Handball Tournament held at Delhi.

**Yoga**

**1990**-Stood first in Delhi State Yoga championship held at Delhi

**1992**-Secured first position in Delhi State Yoga championship held at Delhi

**Hockey**

**1989**-Runners up in State Hockey Competition held at Delhi.

**Inter Zone**

**Handball**

**1989**-Secured second position in Inter Zone Handball Competition, held at Delhi.

**1988**-Secured First position in Inter Zone Handball Competition, held at Delhi.

**Other Activities**

**2013**-Participated in Gandhi Festival organized by Gandhi Smriti and Gandhi Darshan Smiti, New Delhi, as a Coordinator of Yoga Demo given by Kalindi College students.

**1992**-Secured third position in 7<sup>th</sup> National Yoga Declamation Contest held at Cuttack (Orissa)

**1994**-Participated in "Health Care Day" held at Central Jail, Tihar, New Delhi.

**Social Activities**

**2002**-Organized free yoga summer camp in Nanga Raya under the supervision of Morarji Desai National Institute of Yoga, Delhi.

**2003 to 2019-** Organized free yoga summer camp in Nangal Raya every year, New Delhi-46.

**1994** –Yoga classes conducted for prisoners in Central Jail Tihar, Delhi.

Date:

(Dr. Sunita Sharma)



