

## Dr. RASHMI GUPTA

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### **OBJECTIVE**

To contribute in developing my physical education profession as a core discipline in education. And working towards development of fitness, well-being and lifestyle of masses.

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### **EXPERTISE-**

I have expertise in preparing Training manuals, resource material and conduction of training programs in Physical Education.

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### **ACADEMIC QUALIFICATIONS**

Feb. -2012	Ph.D. in Physical Education (L.N.U.P.E., Gwalior)
June- 2008	UGC, <b>NET, JRF</b>
2005-2007	M.P.Ed., IGIPSS, Delhi University, I <sup>st</sup> Div. (79.3 %), University medalist
2004-2005	B.P.Ed. IGIPSS, Delhi University, I <sup>st</sup> Div. (73%), University medalist
2001-2004	B. A. Hons. (Eng.), Hans Raj College, Delhi University, II <sup>nd</sup> Div.
2000-2001	XII <sup>th</sup> , CBSE Board with 86.62% marks (Winner of <b>INDRA AWARD</b> 2001 for securing highest marks in Arts stream in Zone VII)
1998-1999	X <sup>th</sup> C.B.S.E. Board, (78.40%)

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### **WORK EXPERIENCE**

1. Badminton Coach in Birla Vidhya Niketan School, Pushp Vihar, New Delhi from May 2005 to July 2005
2. Badminton Coach in Carmel Convent School, Malcha Marg, July-Sep 2005
3. Aerobic Coach in Maharaja Agrasen College, Pocket 4, Phase - I, Mayur Vihar, Delhi university in 12 -29 Sep 2006
4. Worked as Guest Lecturer & Physical Education Instructor on ad-hoc basis in Department of Education, University of Delhi, Delhi - 7 from August 2007 to April 2008
5. Worked as Lecturer on contract basis in DIET, Karkardooma, Delhi from 19th June 2008 to 5 August 2008
6. Worked as Guest Lecturer & Physical Education Instructor on ad-hoc basis in Department of Education, University of Delhi, Delhi - 7 from August 2008 till April 2009
7. Worked as Guest Lecturer in Department of Education, University of Delhi, Delhi - 7 from July 2009 to September 2009
8. Worked as Asst. Professor on Ad-hoc basis in Department of Education, C.I.E., University of Delhi, Delhi - 7 from September 2009 to April 2010
9. Worked as Member of B.Ed admission committee in Department of Education, C.I.E., University of Delhi, Delhi - 7 from April 2010 to June 2010
10. Worked as Asst. Professor on Ad-hoc basis in Miranda House, University of Delhi, Delhi - 7 from July 2010 to 1<sup>st</sup> Sep. 2010
11. Worked as Guest lecturer in Miranda House, University of Delhi, Delhi - 7 from 19<sup>th</sup> October 2010 to 31<sup>st</sup> October 2010

12. Worked as Sports officer in O.P.Jindal Global University from 1<sup>st</sup> Sep. 2010 to 23<sup>rd</sup> July 2012
13. Working as Asst. Professor on Ad-hoc basis in Aditi Mahavidyalaya, University of Delhi from 23<sup>rd</sup> July 2012

### **ACADEMIC ACHIEVEMENTS**

1. Presented a paper entitled “A study on wellness lifestyle and counseling of players” in the 19<sup>th</sup> National Conference of Sports Psychology organized by Nizam Institute of Engineering & Technology and Dept. of Psychology, Osmania University from 18-20<sup>th</sup> Jan 2007 at Hyderabad (A.P.)
2. Participated in the Information session on Anti- Doping in sports organized by Ministry of youth Affairs and sports, Government of India and SAI in collaboration with WADA and NADA, 6<sup>th</sup> -7<sup>th</sup> Oct., 2007.
3. Presented a paper entitled “ Holistic approach towards Health, Hygiene & Emotional wellbeing of sports person” in the National Seminar organized by Lakshmibai National Institute of Physical Education ,( Gwalior ) from October 25<sup>th</sup> to 27<sup>th</sup> 2007
4. Pilot study – A study of lifestyle, fitness & wellness of Inter-University Badminton Players
5. Presented a paper entitled “Analytical Study of Life Style and Behavior Modification of Players through Diet and Nutrition” in the National Seminar organized by Maharaja Agrasan College, Delhi University on November 5-6<sup>th</sup> 2008.
6. Participated in fitness workshop organized by JNU, Delhi, 7<sup>th</sup> -8<sup>th</sup> Nov. 2008.
7. Participated in the international performance sciences- Short term sports training in speed, plyometrics, nutrition and dynamic stretching, St. Stephen college, Delhi University, 24<sup>th</sup> -25<sup>th</sup> Nov. 2008.
8. Presented a paper entitled “Physical activity and Stress relief( Using exercise as a stress management tool)” in the National Seminar organized by I.G.I.P.E.S.S., Delhi University on 12<sup>th</sup> March 2010.
9. An article being published in The Eternity- Research Journal of Humanities and Social Science Stream, Volume: II, Issue- I, January 2011, ISSN: 0975-8690 with title- “Physical education Curriculum for 21<sup>st</sup> Century in Achieving New Teaching Paradigm”.
10. Participated in the National seminar on “Role of physical education and sports in nation building at IGIPSS, D.U. on March 18, 2011.
11. Participated in Panel Discussion on “Emergence & Acceptance of Physical Education as an integral part of total Educational process” at Dy. Speaker Hall, Constitution Club, New Delhi on 11<sup>th</sup> March, 2011.
12. Presented a paper entitled “Enriching Health and Physical Education Curriculum of Pre-service Teacher Education Programme” in the International Conference organized by I.G.I.P.E.S.S., Delhi University from October 19-21, 2011, ISBN NO- 978-81-902282-0-6
13. Acted as one of the member of Academic Technical committee and Editorial Board in XII Asiana Sports for All Congress held from 26-30 Sep. 2012 in Delhi.
14. Presented a paper titled –“Historical Perspective of the Development of Health and Physical Education Curriculum” in Global conference at Amravati from 15-17 January, 2013.
15. Acted as one of the member of Curriculum re-structuring committee of CBSE in 2013.
16. Presented a paper entitled “Euphony between Sports and Media” in the National conference organized by Aditi Mahavidyalaya, University of Delhi, 2013.
17. Presented a paper entitled “Implementation of Physical Education Curriculum in Education at all levels” in the National conference organized by Physical Education Foundation of India on 29<sup>th</sup> August, 2013, ISBN-978-81-927686-0-1

18. Written two chapters for CBSE class XI Text book- Physical Education and Health- “Changing trends in physical education” and “Doping” concerning restructuring of curriculum 2014
19. Author of book Yoga and Pranayama Exercise( Dr. Rashmi Gupta); Edition- 2015; Publisher- Aryan publication, Delhi-110032; ISBN No.- 978-93-83913-39-8
20. Author of book yogaasana and Pranayama Abhayas ( Dr. Rashmi Gupta); Edition- 2016; Publisher- Aryan publication, Delhi-110032; ISBN No.- 978-93-83913-38-1
21. Participated in National Seminar “ Curriculum and Syllabi Design in the Paradigm of Physical Education” organized by Indira Gandhi Institute of Physical Education and Sports Sciences held on 22nd March, 2016.
22. Participated in Workshop on Yoga and Fitness organized by PEFI at Auditoriam, Hall no.7, Pragati Maidan, New Dehi on 23rd August 2016
23. Presented a paper entitled “ Physical Education Curriculum for 22 Century for Per-Service Teacher Education Program” in the third national Conference on Physical Education and Sports organized by PEFI on 16-17 December 2016, ISBN No.-978-81-927686-5-6
24. Acted as organizing committee member in National conference on Recent Advances in Chemical Sciences towards green and Sustainable environment: Swachh Bharat Abhiyaan Perspective organized by Aditi Mahavidyalaya from 10-11 October, 2017
25. Appointed as member of CBSE curriculum committee to mainstream physical education in schools in February 2017
26. Presented a paper entitled “High Quality Physical Education: The Need of the Hour” in the 4<sup>th</sup> National Conference on Physical Education and Sports Sciences organized by PEFI on 9-10 February 2018 at Convention Center, NDMC, Sansad Marg, New Delhi, ISBN- 978-93-5300-165-0
27. Member of the Committee appointed by Central Board of secondary Education for Developing Capacity Building Program Manual in PE in May 2018.
28. Appointed as Resource Person to conduct Review cum Prospective Resource Programme on Physical Education at CBSE on 31<sup>st</sup> October, 2018
29. Presented a paper in International Conference on Olympic and Indian Values In Global Context, “A Survey of Objectives of Physical Education Curriculum Amongst Physical Education Professionals” organized by Kirori Mal College, University of Delhi, 25-27 September, 2018
30. Acted as organizing committee member of International Conference on Olympic and Indian Values In Global Context organized by Kirori Mal College, University of Delhi, 25-27 September, 2018
31. Participated in National Seminar on Sports for Development and Peace organized by Office of Director, Sports, Deenbandhu Chotu Ram University of Science and Technology, Murthal, Sonipat, Haryana on April 6, 2019

### **SPORTS ACHIEVEMENTS: (Specialization in Badminton)**

1. Third position in team event in 31<sup>st</sup> National Sports Festival for Women held at Bhopal from 17- 20<sup>th</sup> Nov. 2005.
2. Second position in Team event and third in individual event in 30<sup>th</sup> National Sports Festival for Women, Group III held at Thiruvananthapuram (Kerala) from 27-30<sup>th</sup> Jan, 2005
3. Gold Medalist in 200m and 400 Athletics Meet held at IGIPSS, Delhi on May 4, 2005
4. Member of North Zone University Women Team, which participated in Inter-University Championship at Zonal Level held at Kanpur in 2003-2004
5. Winner of Inter College Badminton Championship , Delhi University in 2003-2004

6. Winner of Team Event in 28<sup>th</sup> National Sports Festival for Women, Group III, held at Gandhinagar (Gujarat) from 18-21 Jan 2005
7. Runners Up of Inter College Badminton Championship Delhi University in 2002 -2003
8. Runners Up of Women's Doubles event organized by HRCAA from 17-20 Oct 2002
9. Semi Finalist in Women's Singles event at Pt. Tirath Ram Memorial Badminton Tournament, 2002
10. Participated in Senior National 57<sup>th</sup> Inter State and 66<sup>th</sup> Open Badminton Championship, Lucknow from 5-11 Jan 2002
11. Member of University Women's' Team Delhi in 2001-2002
12. Participated in North Zone Inter- University held at Awadh in 2001-2002
13. Runners up of Inter College Badminton Championship, Delhi University in 2001-2002
14. Forth position in 6<sup>th</sup> Delhi State Sports Festival for Women 2001
15. Winner of team event of North Zone Inter State Badminton Championship held at Jalandhar from 2-4<sup>th</sup> Oct. 2001
16. Participated in National Games held at Jalandhar from 20-24<sup>th</sup> Nov. 2001
17. Semi finalist of Delhi State (Girls U-19), from 15-19<sup>th</sup> Sep. 2001
18. Semi finalist of Delhi State (Women Singles & Girls U-19) from 20-24 Dec. 2001
19. Participated in 46<sup>th</sup> National School Badminton Championship from 30<sup>th</sup> Dec. 2000 to 3<sup>rd</sup> Jan. 2001
20. Runners Up in XLV National School Games championship from 23-28 Dec. 1999
21. Forth position in 4<sup>th</sup> Delhi State Sports Festival for Women, 1999
22. Third position in Relay, Zonal level ( North Zone ) in 1997

### **EXTRA CURRICULAR ACTIVITY**

- Active participation in various cultural programs (Dance, Plays) at College and School level.
- Winner of Nukkad Natak on civic problems at Zonal level in 1997.

### **PERSONAL PROFILE**

Date of birth : 04<sup>th</sup> May 1983  
 Marital Status : Married  
 Husband's Name : Mr. Lalit Kumar Thakur  
 Address : A-76, SLF, Ved Vihar (Ankur Vihar), Loni-Ghaziabad  
 Uttar Pradesh-201102  
 Correspondance Address : Plot No-121-122, Pocket-4, Sec-25, Rohini, Delhi-85  
 E-mail : [rashmiaditi981@gmail.com](mailto:rashmiaditi981@gmail.com)  
 Contact Number : 09911197720  
 Nationality : Indian  
 Linguistic Ability : English, Hindi  
 Knowledge of Computer : Well versed with Microsoft applications  
 Knowledge of other Sports : Aerobics, Swimming, Yoga  
 Hobbies : Reading, finding new horizons, adventure sports

Place: \_\_\_\_\_

Date: \_\_\_\_\_

**(Dr. Rashmi Gupta)**