


Aditi Mahavidyalaya

Faculty Details



| Title | First Name | Last Name | Photograph |
|-----------------------------------|--|--------------|---|
| Designation | Rashmi | Gupta |  |
| Department | Physical Education | | |
| Address | Plot No.-121-122, Pocket-4, Sec-25, Rohini, Delhi-110085 | | |
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| Web-Page | | | |
| Educational Qualifications | | | |
| Degree | Institution | Year | |
| Ph.D | L.N.U.P.E., Gwalior | Feb. -2012 | |
| M.P.Ed. | IGIPSS, Delhi University | 2005-2007 | |
| B.P.Ed. | IGIPSS, Delhi University | 2004-2005 | |
| B. A. Hons. (Eng.) | Hans Raj College, Delhi University | 2001-2004 | |
| XII th , CBSE Board | Govt. Girls Senior Sec. School Roop Nagar No-1, Delhi | 2000-2001 | |
| Career Profile | | | |
| 1. | 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 | | |
| 2. | Worked as Lecturer on contract basis in DIET, Karkardooma, Delhi from 19th June 2008 to 5 August 2008 | | |
| 3. | 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 | | |
| 4. | Worked as Guest Lecturer in Department of Education, University of Delhi, Delhi - 7 from July 2009 to September 2009 | | |
| 5. | Worked as Asst. Professor on Ad-hoc basis in Department of Education, C.I.E., University of Delhi, Delhi from September 2009 to April 2010 | | |
| 6. | 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 | | |
| 7. | Worked as Asst. Professor on Ad-hoc basis in Miranda House, University of Delhi, Delhi - 7 from July 2010 to | | |

- 1st Sep. 2010
8. Worked as Guest lecturer in Miranda House, University of Delhi, Delhi - 7 from 19th October 2010 to October 2010
 9. Worked as Sports officer in O.P.Jindal Global University from 1st Sep. 2010 to 23rd July 2012
 10. Working as Asst. Professor on Ad-hoc basis in Aditi Mahavidyalaya, University of Delhi from 23rd July (Continued)

Administrative Assignments

ADMINISTRATIVE WORK AS ASST. PROFESSOR PHYSICAL EDUCATION

- Sports purchase (Quotations, Bills, comparative chart, approvals etc.)
- Preparation of equipment and kit list
- Preparation of Annual Sports Budget
- Sports committee meetings
- Selection trials
- Sports day
- Intramural competitions
- Extramural competitions
- Stock maintenance
- Entries in various tournaments
- Organization of workshops, seminars and short term courses. Planning to organise short term course in *Wellness Neurotherapy (2022-23)*
- Making and maintaining files concerning different issues such as- Sports Annual day, Accounts file, student records, Delhi university file, self and staff file, forms file, extra activity file, open tournaments file, notice file, news file, examination file, government letters file, sports admissions file, companies and equipment record file, condemned sports items file, individual games files etc.
- Maintenance of records- attendance of students, departmental records of all kinds, records of students participation in different games, bills record.
- Follow up of procedure of procurement of govt. grants for organization of events, infrastructure development.
- Making liaison with Delhi University Sports Council concerning students participation in events, procurement of certificates or any other issue.

ADMINISTRATIVE WORK AS NCC CARE TAKER

1. Making liaison with 2DGBN concerning students participation in camps, procurement of certificates, maintenance of records or any other issue.
2. Conducting various kinds of events authorised by the unit such as celebrations of various days, plantation drives, donation drives, various trekking camps, PM Rally etc.
3. Organisation and Celebration of various events in college of NCC including Annual NCC fest SHAKTI.
4. Stock maintenance

5. Preparation of Annual NCC Budget.
6. Making and maintaining files concerning different issues such as- NCC admission file, Accounts file, events records file, meeting register etc.

ADMINISTRATIVE WORK IN OTHER COMMITTEES-

1. Member of skill development committee. Planning to organise **30 hours certificate course in yoga and sports nutrition. (2022-23)**
2. Member of swachhta committee of college.

OTHER ADMINISTRATIVE WORKS IN UNIVERSITY AND CBSE-

- Acted as one of the member of Academic Technical committee and Editorial Board in XII Asia Sports for All Congress held from 26-30 Sep. 2012 in Delhi.
- Acted as one of the member of Curriculum re-structuring committee of CBSE in 2013.
- 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
- Appointed as member of CBSE curriculum committee to mainstream physical education in schools February 2017
- Member of the Committee appointed by Central Board of secondary Education for Development 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 31st October, 2018 29.
- 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
- Appointed as one of the member of the Board of Examiners by the Department of physical education and sports sciences (D.U.) to set question paper for BA (Prog.) semester-I in 2021-22.
- Appointed as member of COURSE RESTRUCTURING COMMITTEE AS PER UGCF 2020 Discipline Specific Core Course (DSC).

Areas of Interest / Specialization

1. Sports –National level Badminton Player
2. Physical Education Curriculum Development

Subjects Taught

1. BA Prog.- Application course in Physical Education
2. Generic Elective courses for Honors Students- Physical Education (I-IV Semester)
3. B.El.Ed. II Year- Health and Physical Education

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| Research Guidance |
| <i>Nil</i> |
| Publications Profile |
| <ol style="list-style-type: none"> 1. An article being published in The Eternity- Research Journal of Humanities and Social Science Str Volume: II, Issue- I, January 2011, ISSN: 0975-8690 with title- “Physical education Curriculum for 21st Cen in Achieving New Teaching Paradigm”. 2. Written two chapters for CBSE class XI Text book- Physical Education and Health- “Changing tren physical education” and “Doping” concerning restructuring of curriculum 2014-15 3. Author of book Yoga and Pranayama Exercise(Dr. Rashmi Gupta);, Edition- 2015, Publisher- Aryan publication, Delhi-110032; ISBN No.- 978-93-83913-39-8 4. Author of book Yogaasana and Pranayama Abhayas (Dr. Rashmi Gupta); Edition- 2016; Publisher- Aryan publication, Delhi-110032; ISBN No.- 978-93-83913-38-1 |
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| Conference Organization/ Presentations (in the last three years) |
| <ol style="list-style-type: none"> 1. Presented a paper entitled “A study on wellness lifestyle and counseling of players” in the 19th Nat Conference of Sports Psychology organized by Nizam Institute of Engineering & Technology and Dep Psychology, Osmania University from 18-20th Jan 2007 at Hyderabad (A.P.) 2. Presented a paper entitled “ Holistic approach towards Health, Hygiene & Emotional well being of sp person” in the National Seminar organized by Lakshmibai National Institute of Physical Education ,(Gwa from October 25th to 27th 2007 3. Presented a paper entitled “Analytical Study of Life Style and Behavior Modification of Players through and Nutrition” in the National Seminar organized by Maharaja Agrasan College, Delhi University November 5-6th 2008. 4. Presented a paper entitled “Physical activity and Stress relief(Using exercise as a stress management t in the National Seminar organized by I.G.I.P.E.S.S., Delhi University on 12th March 2010. 5. Presented a paper entitled “Enriching Health and Physical Education Curriculum of Pre-service Tea Education Programme” in the International Conference organized by I.G.I.P.E.S.S., Delhi University October19-21, 2011. 6. Presented a paper titled –“Historical Perspective of the Development of Health and Physical Educu Curriculum” in Global conference at Amravati from 15-17 January, 2013. |

7. Presented a paper entitled "Euphony between Sports and Media" in the National conference organized by Aditi Mahavidyalaya, University of Delhi, 19-20 March, 2013.
8. 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 29th August, 2013, ISBN-81-927686-0-1
9. Presented a paper entitled "Physical Education Curriculum for 22 Century for pre-Service Teachers Education Program" in the National conference organized by Physical Education Foundation of India on 16-17 December, 2016, ISBN-978-81-927686-5-6
10. Presented a paper entitled "High Quality Physical Education: The Need of the Hour" in the 4th National Conference on Physical Education and Sports Sciences organized by PEFI on 9-10 February 2017, Convention Center, NDMC, Sansad Marg, New Delhi, ISBN- 978-93-5300-165-0 27.
11. Presented a paper in International Conference on Olympic and Indian Values In Global Context, "A Survey on Objectives of Physical Education Curriculum Amongst Physical Education Professionals" organized by Kirti College, Mal College, University of Delhi, 25-27 September, 2018

Research Projects (Major Grants/Research Collaboration)

Awards and Distinctions

1. Winner of **INDRA AWARD** 2001 for securing highest marks in Arts stream in Zone VII in class XII
2. **JRF QUALIFIED**-June- 2008 (UGC, **NET, JRF**)

SPORTS ACHIEVEMENTS: (Specialization in Badminton)

1. Third position in team event in 31st National Sports Festival for Women held at Bhopal from 17- 20th 2005.
2. Second position in Team event and third in individual event in 30th National Sports Festival for Women Group III held at Thiruvananthapuram (Kerala) from 27-30th Jan, 2005
3. Gold Medalist in 200m and 400 Athletics Meet held at IGIPESS, Delhi on May 4, 2005
4. Member of North Zone University Women Team, which participated in Inter-University Championships 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 28th 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 57th Inter State and 66th Open Badminton Championship, Lucknow from 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 6th Delhi State Sports Festival for Women 2001

15. Participated in National Games held at Jalandhar from 20-24th Nov. 2001
16. Semi finalist of Delhi State (Girls U-19), from 15-19th Sep. 2001
17. Semi finalist of Delhi State (Women Singles & Girls U-19) from 20-24 Dec. 2001
18. Participated in 46th National School Badminton Championship from 30th Dec. 2000 to 3rd Jan. 2001
19. Runners Up in XLV National School Games championship from 23-28 Dec. 1999
20. Forth position in 4th Delhi State Sports Festival for Women,1999
21. Third position in Relay, Zonal level (North Zone) in 1997

Association With Professional Bodies

PEFI (PHYSICAL EDUCATION FOUNDATION OF INDIA)

Other Activities

- 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.
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- ❖ Aims at improving the lifestyle of masses through enhancing their interest towards fitness and wellness. And planning to organize short term courses, workshops and seminars for students and staff.