



AditiMahavidyalaya

Faculty Details



Title	First Name	Last Name	Photograph
Designation	DR. RASHMI GUPTA		
Department	PHYSICAL EDUCATION		
Address	PLOT NO-1210122, PPOCKET -4 , SEC-25, ROHINI, DELHI-110085		
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Web-Page			
Educational Qualifications			
Degree	Institution		Year
B. A. Hons. (Eng.)	Hans Raj College, Delhi University		2001-2004
B.P.Ed.	IGIPESS, Delhi University		2004-05
M.P.Ed.	IGIPESS, Delhi University		2005-07
Ph.D.	L.N.U.P.E., Gwalior		2012
Career Profile			
1.	Badminton Coach in Birla VidhyaNiketan School, PushpVihar, New Delhi from May 2005 to 2005		
2.	Badminton Coach in Carmel Convent School, MalchaMarg, July-Sep 2005		
3.	Aerobic Coach in Maharaja Agrasen College, Pocket 4, Phase - I, MayurVihar, 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 Au		

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 - 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 1st Sep. 2010
11. Worked as Guest lecturer in Miranda House, University of Delhi, Delhi - 7 from 19th October 2010 to 31st October 2010
12. Worked as Sports officer in O.P.Jindal Global University from 1st Sep. 2010 to 23rd July 2012
13. Working as Asst. Professor on Ad-hoc basis in AditiMahavidyalaya, University of Delhi from 23rd July 2012 (Continued)

Administrative Assignments

- 1. Member of Sports Committee**
- 2. Member of Admission Committee**
- 3. NCC Care Taker**

Areas of Interest / Specialization

Curriculum Development

Subjects Taught

GE COURSES in physical education
 VAC-FIT INDIA
 SEC-YOGA IN PRACTICE

Research Guidance

Publications Profile
<ol style="list-style-type: none"> 1. Author of book Yoga and Pranayama Exercise(Dr. Rashmi Gupta);, Edition- 2015, Publisher- Aryan publication, Delhi-110032; ISBN No.- 978-93-83913-39-8 2. Author of book Yogaasana and Pranayama Abhayas (Dr. Rashmi Gupta); Edition- 2016; Publisher- Aryan publication, Delhi-110032; ISBN No.- 978-93-83913-38-1 3. An article being published in The Eternity- Research Journal of Humanities and Social Sci Stream, Volume: II, Issue- I, January 2011, ISSN: 0975-8690 with title- “Physical education Curriculum for 21st Century in Achieving New Teaching Paradigm”. 4. An article being published in the NIU –International Journal of Human Rights, volume-1,2024, ISSN No-23940298 with title-“Comparison of Yoga and Exercise groups on Attitude towards Physical Activity” 5. An article being published in the International journal of Multidisciplinary Horizon ,volume-2, Sep-Oct 2025, ISSN No-30492017 with title-“Investigating the use of IBM-SPSS software to analyze Yoga Research Data with A One Sample T Test”
Conference Organization/ Presentations (in the last three years)
Research Projects (Major Grants/Research Collaboration)
Worked as CO PI in Research project on “Impact of yoga on physical, emotional and social wellbeing of students of Delhi University” under Research and Development Cell –AditiMahavidyalaya, 2024-25
Awards and Distinctions
Winner of INDRA AWARD 2001 for securing highest marks in Arts stream in Zone VII
Association With Professional Bodies

Other Activities

NATIONAL LEVEL BADMINTON PLAYER

SPORTS ACHIEVEMENTS: (Specialization in Badminton)

1. Third position in team event in 31st National Sports Festival for Women held at Bhopal from 17-Nov. 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 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 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 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 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