


Ramanujan College

FACULTY PROFILE

FIRST NAME	Shikha	MIDDLE NAME (if any)		PHOTOGRAPH (ATTACH BELOW) 
LAST NAME	Singh			
DEPARTMENT	Physical Education and Sports Sciences			
DESIGNATION	Assistant Professor			
GENDER	Female			
LANGUAGE PROFICIENCY	Hindi & English			
ADDRESS	S-2/144, Old Mahavir Nagar			
EMAIL	Shikha.sharma@ramanujan.du.ac.in			
EDUCATIONAL QUALIFICATIONS:				
DEGREE	INSTITUTION		YEAR	
B.P.E	Indira Gandhi institute of Physical Education & Sports Sciences		2002	
B.P.Ed	Indira Gandhi institute of Physical Education & Sports Sciences		2003	
M.P.Ed	Kurukshetra University Kurukshetra		2006	
Ph.Ed	Banasthali University, Rajasthan		2011	
CAREER PROFILE: TEACHING EXPERIENCE				
14 years in Delhi University.				

CAREER PROFILE: INDUSTRY EXPERIENCE

20 years

ADMINISTRATIVE ASSIGNMENTS: (List any administrative roles or responsibilities you have held)

- a. Teacher-in-charge, Department of Physical Education & Sports Sciences.
- b. ANO, SW NCC
- c. Outreach Program Committee, Member (2017-present)- responsible for helping society to organize outreach community programs through students.
- d. Infrastructure and Development Committee, Member (2015-present)
- e. Women Development Cell, member (2017-2019)
- f. Cultural Committee, member (2015-2018)
- g. Discipline Committee, member (2014- present)
- h. Fee concession committee, member (2016-present)
- i. Library committee, member (2016 to till date)
- j. Programme Officer NSS (2013-15)
- k. Personality Development Classes, Member (2019-20)
- l. Sports Committee, Member (2013-present)
- m. Have been organizing Annual Sports Meet since 2014.
- n. Planned and organised several sports Intramural and Extramural competitions and events.
- o. Organising every year 2 fitness camps (Summer & Winter) for all the Students, teachers and non-teaching staff. (2016-present).

AREAS OF INTEREST / SPECIALIZATION: (Highlight your specific areas of interest or fields of specialization within your subject area)

- 1) Fitness & Wellness**
- 2) Administration in Sports**
- 3) Gym operations**
- 4) Sports Psychology**

SUBJECTS TAUGHT: (List all the subjects you have taught)

- 1) Fitness Aerobics and Gym Operation**

- 2) **Organization Administration & Planning**
- 3) **Professional preparation and career Avenues in Physical Education & Sports.**
- 4) **Sports for Life (VAC)**
- 5) **Fit India (VAC)**
- 6) **Yoga in Practice (VAC)**
- 7) **Fitness and Wellness**

COURSE DEVELOPMENT: (Mention any courses you have developed or contributed to designing)

NO

RESEARCH GUIDANCE: (Provide details on research supervision, indicating the number of doctoral and postgraduate students guided)

NO

PUBLICATIONS PROFILE: RESEARCH PAPERS (List your published research papers, including the title, journal, and year)

PUBLICATIONS PROFILE: BOOK CHAPTERS (List your published book chapters, including the title, publisher, ISBN and year)

- 1) Presented a paper on **‘Weight Management Programms’** in workshop on “Fitness Aerobics & Gym Operations” from 23th to 25th February, 2012.
- 2) Book Published, **“Why Do Women Exercise”**, Friends Publication. ISBN- 978-81-7216-407-2. 2015.

PUBLICATIONS PROFILE: OTHERS (Mention any other relevant publications details)

CONFERENCE / WORKSHOPS/ REFRESHER/ FDP/ TRAINING ORGANIZED

- 1) One week online Faculty Development Programme, **“Transforming Lifestyle through Yoga Darshan & Its Functional Modes”**. 20th to 26th November 2020, under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT).
- 2) Organised as a convenor Online Yoga session on **“Breathing Technique”** on 19-09-2020.
- 3) Organised workshop on **“Self-defence technique (Tae-kwon-do & Boxing)”** on 10-10-2020.
- 4) Convener of 15 Days Wellness Workshop on Yoga and Post-Covid Rehabilitation Programme **“Be with Yoga, Be at Home”** from 21st June 2020 to 5th July 2020.
- 5) Two week online Faculty Development Programme, **“Revitalizing Lifestyle through Yoga Practice”**. 4th to 18th October 2021, under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT).
- 6) Organised two week online Faculty Development Programme, **“Vigorate your day to day life with yogic practice”**. 1st to 15th March 2022, under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT).

CREATION OF ICT MEDIATED TEACHING LEARNING PEDAGOGY AND CONTENT

CONFERENCE/WORKSHOPS/TRAINING ATTENDED AS FACULTY MEMBER

- 1) 1st to 7th January, 2020: completed seven days Faculty Development Programme on **Teachers, Teaching and Taught: Discovering New Meanings, Relationship and Purpose** organized by Internal Quality Assurance Cell and Teaching Learning Centre, Ramanujan College, University of Delhi.
- 2) 8th-14th June 2020: Completed the 7-day online FDP on **“Open Source Tools for Research”**, organised by Teaching Learning Centre & Research Development and Services Cell, Ramanujan College (University of Delhi).
- 3) 20th April - 6th May 2020: Successfully completed the online two-week Faculty Development Programme on **“Managing Online Classes and Co-Creating MOOCs”**, organised by Teaching Learning Centre, Ramanujan College (University of Delhi).
- 4) Attended as a delegate in the two days National workshop on 8th to 9th April, 2019 held at Deshbandhu College, University of Delhi.
- 5) 9th April - 5th May 2018: Participated in 4-weeks **“Induction Training Program for Faculty of Universities/ Colleges/ Institutions of Higher Education”**, conducted by TLC, Ramanujan College, University of Delhi and sponsored by MHRD Pandit Madan Mohan Malviya National Mission on Teachers and Training.
- 6) Attended one day National workshop on **“Brain Balancing and Hypnosis”** organized by the Department of Mathematics, Ramanujan College on 13th October 2023.
- 7) Attended 20 days certificate course (40 hours) Refreshser course on **“Shrimad Bhagavat Gita: Enlightenment and Relevance”** organized by BHARATAM- Bhartiya Gyan Parampara: Adhyayan, Adhyapan Evam Anusamdhan Kendra, held from 22december 2023 to10 January 2024.
- 8) 4-Week Faculty Induction/Orientation Programme for **“Faculty in Universities/Colleges/Institutes of Higher Education”** from 23 January 2024 – 22 February, 2024.

INVITED LECTURES AS RESOURCE PERSON AND PAPER PRESENTATIONS:

- 1) Expert to conduct the special Session in the ongoing live Workshop **“Integrating Mind, Body and Soul”**, organized by Kalindi College on 13th June, 2021, Sunday at 6.30 a.m. via online platform.
- 2) Invited by Govt. Co-ed Sec. School, Mahavir Enclave as resource person an awareness programme on **“Promotion of Healthy Lifestyle”** under wellness club on 30/01/2024.
- 3) Presented a Paper on **“Indian Women’s Motives to Fitness Exercise: An Assessment”**, in Banaras Hindu University, ISPERYS, January 19-21, 2021.
- 4) Presented a Paper on **“Exercise Addiction: Myth & Truth”**, in International Conference on Sports Economics and Vision of London Olympics from

17th to 19th April, 2012.

RESEARCH PROJECTS (MAJOR GRANTS/RESEARCH COLLABORATION)

NO

AWARDS AND DISTINCTIONS:

NO

ASSOCIATION WITH PROFESSIONAL BODIES:

NO

OTHER ACTIVITIES: (Include any additional relevant activities or contributions not covered in the above sections.)

