


Title	First Name	Last Name	Photograph
Designation	Associate Professor in Physical Education		
Address (Campus)	Vivekananda College, University of Delhi, Vivek Vihar, Delhi-110097		
(Residence)	2232, Sectot-B, Pocket-2 Vasant Kunj, New Delhi 110070		
PhoneNo. (Office)	011-2150100		
(Residence)	0112688929		
Mobile	9968314303		
Fax			
Email	meerasood7@gmail.com		
Web-Page	College website under faculty profile		
Educational Qualifications			
Degree	Institution	Year	
Doctrate of Philosophy	Jiwaji University, Gwalior	1994	
M.P. Ed	Jiwaji University, Gwalior	1980	
B.P.Ed	Jiwaji University, Gwalior	1978	
CareerProfile			
Designation		Duration	
Associate Professor in Physical Education		Since 1994 Onwards	
Administrative Assignments			
<ul style="list-style-type: none"> Worked as Secretary, Delhi University Sports Council, University of Delhi w.e.f 15.9.2011 to 14.09.2014 Officiated as Principal, Vivekananda College, Vivek Vihar, Delhi-110095 w.e.f. 08.08.2009 to 16.08.2009 and 8th June 2011 to 1^{3th} June 2011. Worked as Bursar of Vivekananda College, Vivek Vihar, Delhi-110095 w.e.f. 7th May, 2010 to 14.09.2011 and Oct,2015 to 2016 Appointed as an expert in various Tournament Committees of the University of Delhi, since 1981. Honorary Joint Secretary of the Delhi Women Hockey Association. Member of the Delhi University Sports Council and have been appointed as Member of the Selection Committees for different games from time to time Hockey, Kabaddi, Basketball, Cross Country, Athletics, Volleyball, Handball, Judo, Football, Softball etc. Appointed as a Group Administrator for training and coaching of women football team of Delhi University conducted at Asia Pacific Football Academy, Lincon University, Lincon 7667, Christchurch, New Zealand Appointed as Manager and Coach of Badminton team to represent A.I.U (combined university team) for North Zone Badminton tournament organized by Air India in 2014 at Banglore. 			

Subjects Taught	Physical Education
Areas of Interests:	<ul style="list-style-type: none"> • Research work in the field of Physical Education. • Organizing recreational programs. • Physiology of Exercise. • Coaching in Track and Field. • Guiding and counseling. • Youth welfare and Social service.
Research Guidance:	<ul style="list-style-type: none"> • supervision of students for improvement in training methodology and learning process for enhancement of performance
Publications profile:	
<u>Chapters in Book</u>	<ul style="list-style-type: none"> • Co-author in resource material (draft copy) for syllabus in Application Course in Physical Education in B.A Prog. III rd year subject Fitness Aerobics and Gym Operations.
<u>Papers Presented/ Published</u>	
Inter National Proceedings	<ul style="list-style-type: none"> • Societal Impact of Doping in Sports at UGC sponsor Asia Pacific International Conference, Nagpur, India on Sports and Exercise Psychology from 21 to 23 feb, 2013, ISBN-978-81-92465-2-3. Pg. 305 (Published) • Sports Tourism: Designing for Success presented at 13th ASFAA CONGRESS, Bali, Indonesia– “Designing to move for active Tourism” from 18 sept to 23 sept 2014 ,pg.41 (Published)
<u>Journal</u>	<ul style="list-style-type: none"> • Published a paper on “Trends of Injuries in Female Sportsperson (A Cross Sectional Study from 1995 to 2007) in the IJPEHSS March2015, Voume-4, Issue-1 • Published a paper on “A Demography of Different Yogic Area of Research and Related Variables” in the IJPEHSS October2015, Voume-4, Issue-2 • Published a paper on “Comparison between the Trends of Sports Injuries of Male and Female” in the Online International Interdisciplinary Research Journal, {Bi-Monthly}, ISSN 2249-9598, Volume-VI, Issue-I, Jan-Feb 2016 Issue • Published a paper on “A Demographical Study on the Distribution of Sports Injuries in Male” in the Online International Interdisciplinary Research Journal, {Bi-Monthly}, ISSN 2249-9598, Volume-VI, Issue-I, Jan-Feb 2016 Issue

- Published a paper “The effect of Physical Fitness programme on performance in selected Track And Field Events” in the RJAMS, IISN 0975-4083 april 2016, vol X1V, issue II pg146.
- Published a paper on “**Sports Law- A need for a Contemporary World**” in the International Research Journal of Social and Life Sciences, ISSN no. 0973-3914, vol XVII, year 2014, Dec 14, p.156-161

Conference organization/Presentations (in the last three years):

- **Organized international conference** on “Sports economics and vision of London Olympics 2012” by Delhi University Sports Council as a secretary, Delhi India

Research Projects (Major Grants/ Research Collaboration)

- Worked as a Mentor in research project titled “ **Exploring Psycho Social Pressures, Coping Strategies and Mental Toughness in Delhi University Sports Students**” sponsored by University of Delhi.

Awards and Distinctions:

Distinctions Awards and Fellowships

- **Merit Scholarship** from the Lakshmi Bai National College of Physical Education, Gwalior for the year 1975-76, 1977-78, 1978-79 and 1979-80.
- Awarded **Gold Medal** for being Topper in Master’s in Physical Education Examination

Sports Distinctions

- Captain of the Jiwaji University athletic team 1977-78.
- Represented Jiwaji University as a member of the basketball team 1977-78.
- Represented Jiwaji University as a member of the kabaddi team 1978-79.
- Participated in the National Sports Festival for Women in the year 1976 and 1977 as a member of M. P. State Athletic team.
- Winners in the Inter College kabaddi tournament 1978-79.
- Runner Up in the Inter College kabaddi tournament 1977-78 and was captain of the mentioned team.
- Winner in the Inter College Basketball Tournament 1978-79.
- Runner up in the Inter College Basketball Tournament 1977-78.
- Winners in the Inter College Cricket Tournament 1975-76 and 1979-80.
- Was placed IIIrd in School National in Athletics – 1972.
- Secured First position in the Inter College Athletics Meet for the years 1975-76, 1976-77, 1977-78 and 1979-80.
- Secured third position in the Y.M.C.A. athletics meet held in the year 1976 at New Delhi.

Association with Professional Bodies:

- **Executive Member** of All India Association for Sports for All
- **Honorary Joint Secretary** of the Delhi Women Hockey Association.

OtherActivities

Policy

- Sports Admission policy enforced for undergraduate students since July 2012
- Sports Admission policy enforced for postgraduate students since July 2014

Invited Speaker, Panelist, Moderator, Reviewer **(conferences, journals)**

- Reviewer in 13th ASFAA CONGRESS, Bali, Indonesia– “Designing to move for active Tourism” from 18 Sept to 23 Sept 2014
- Co-chairperson in National Conference on Role of physical activities on Holistic Personality Development held in March 2012
- Invited as a speaker in National Seminar on Curriculum and Syllabi Design in the Paradigm of Physical Education organized by IGIPESS, University of Delhi on 22nd March 2016

Professional Courses / Workshop

- Attended the Faculty Development Programme on “Research Methodology using Statistical Package for Social sciences (SPSS) held at Vivekanand College, University of Delhi on 17, Nov,2015
- Attended the UGC sponsored **refreshers course** from 1st July, 2009 to 21st July, 2009 organized by C.P.D.H.E., Institute of Life Long Learning, University of Delhi.
- **Orientation Course** (OR-25) from 6th June to 01st July , 1994 organized by C.P.D.H.E. (University of Delhi)
- Attended the Delhi University (ILLL Workshop Tier-II CT workshop for **capacity building of Delhi University Faculty** from 1st April 2010 to 10 April 2010.
- Attended the U.G.C (SAM Workshop: **capacity building of women managers** in higher education from 27 Dec 2010 to 31st Dec 2010.
- Advanced **Football Training Programme with Lincon University** and the Asia Pacific football academy from 24th Feb. to 15th March 2013.
- Attended the **Sports administration course** of the Olympic Solidarity Sports Administration programme from 25th Nov. to 2nd Dec. 2002 in India at I.O.A., New Delhi
- National Workshop on Research methodology with SPSS organized by L.N.I.P.E, Center of advanced Studies , Gwalior from 29th Oct-4th Nov 2015
- Attended the Information/Education Session on “**Anti Doping in Sports**” 6th & 7th October, 2007,

New Delhi, India organized by Ministry of Youth Affairs & Sports, Govt. of India & Sports Authority of India in collaboration with WADA & NADA.

- Attended the workshop of **Indian Association of Sports Medicine** from 6 April 2001 to 08 April 2001
- Attended the **doping control sampling officers course** conducted on 6th November, 2009 by the Indian Federation of Sports Medicines at New Delhi.
- Attended the workshop of **Australian Trade Commission and Confederation of Indian Industries** on 10 April 2013
- Workshop on **“Fitness Aerobics and Gym Operations”** organized by Deptt. Of Physical Education and Sports Sciences, University of Delhi
- In-service Laboratory Practicals Training Workshop for B.A Prog. (Physical Education) organized by Department of Physical education and sports sciences, university of Delhi held at IGIPSS, Vikaspuri
- Workshop on Revisiting Application Course : **“Fitness Aerobics and Gym Operations”** organized by Deptt. Of Physical Education and Sports Sciences, University of Delhi held at Miranda House. College
- Workshop on **“Fitness Aerobics and Gym Operations”** organized by Deptt. Of Physical Education and Sports Sciences, University of Delhi held at Daulat Ram College

Membership of Professional / Academic Bodies

- Member of the following Committees constituted by the Staff Council of the College.
 - Member A.D.C
 - Purchase
 - Convenor Sports

Organising Experience

- **Member of the organizing and administrative committee** for the Indira Gandhi Gold Cup (Hockey) 1994-95 held at the National Stadium, New Delhi.
- **Member of the organizing and administrative committee** for the Guardian Three Nation Women Hockey Tournament 1996 held at the Shivaji Stadium, New Delhi.
- **Member of the Organizing and administrative committee** for The Senior National Women Hockey Championship 1996 held at the National Stadium, New Delhi.
- **Officiated** in a number of matches and University Inter College Tournaments since 1981.

- **Organized international conference** on “Sports economics and vision of London Olympics 2012” by Delhi University Sports Council as a secretary, Delhi India
- **Organized Annual Function** at Delhi University sports Council in April 2012
- **Organized Inter University sports competition** at all India and North Zone Level in 2012, 2013, and 2014
- **Revised and reframed the sports admission policy** for both undergraduate and postgraduate course in university of Delhi.
- **Development of a 200 mts synthetic track** under legacy of 2010 commonwealth games granted by Ministry of HRD, Govt, of India
- Worked as a **convenor of Gyanodaya Express an Educational Train Journey** from 8-19th July 2012 and 29th Sept to 5th Oct 2012.
- **Organized Sports Plaza** as a part of Antardhwani 2012
- **Organized Futsal Football** competition at University Rugby 7 Stadium for colleges affiliated to university of Delhi and NCR.
- Organised Selections for Sporting talent for **international exposure** of Delhi University teams namely Football women team to Newzealand and men hockey team to Edinburg, United Kindom
- **Organized Annual Sports Day functions of the college** since joining the college.