




Faculty Details proforma
Department Of Physical Education & Sports



Title	Dr.	First Name	Inderpreet Kaur	Last Name	Nanda	Photograph
Designation		DIRECTOR				
Address		Sri Guru Tegh Bahadur Khalsa College, Department of Physical Education & Sports, University of Delhi, Delhi-110007				
Phone No Office						
Residence						
Mobile		9873035534				
Email		inderpreetnanda@sgtbkhalsa.du.ac.in				
Web-Page						
Educational Qualifications						
Degree		Institution			Year	
Ph.D.		Department of Physical Education & Sports Sciences, University of Delhi			2014-2018	
PGDBA-HR		Symbiosis Centre for Distance Learning (SCDL), Pune			2006-2008	
M. P. Ed		Indira Gandhi Institute of Physical Education and Sports Sciences College, University of Delhi			2008-2010	
B. P. Ed		Indira Gandhi Institute of Physical Education and Sports Sciences College, University of Delhi			2007-2008	
B.A.		Janki Devi Memorial College, Rajinder Nagar New Delhi, University of Delhi			2002-2005	
Certificate Course in Yogasana (for health promotion)		, Three months (120 hours) part time yoga training course from Morarji Desai National Institute of yoga, an autonomous organization under Ministry of AYUSH, Govt of India			2017	
Career Profile						
Institution		Designation		Duration		Duties
Sri Guru Tegh Bahadur Khalsa College, Department of Physical Education & Sports, University of Delhi, Delhi-110007		DIRECTOR		10.11.23 till Service period		Under-Graduate Teaching and Research
Sri Guru Tegh Bahadur Khalsa College, Department of Physical Education & Sports, University of Delhi, Delhi-110007		Assistant Professor		04.08.11 to 08.11.2023		Under-Graduate Teaching and Research
Administrative Assignments						
<ul style="list-style-type: none"> Member of Selection Committee for Handball (M) for Delhi University team for North Zone Inter University Championship scheduled at Jhind, Haryana from 11th – 15th March 2022. 						

- Member of course committee of Physical Education & Sports for Discipline Specific Elective Course (DSE)
- Qualified exam for Hockey India Technical Official examination at National level.

Areas of Interest / Specialization

Specialization in Test, Measurement & Evaluation and Statistics in Physical Education & Sports Sciences.
Area of Interest: Sports Psychology, Sports Management, Sports organization and administration, Lifestyle management, Yoga

Subjects Taught

Fitness, Aerobics & Gym Operations
Posture, Athletic Care & First Aid
Introduction to Physical Education in the Contemporary Context
Health Education, Anatomy & Physiology
Fitness, Wellness & Nutrition
Aerobics Training
Fitness & Exercise Management
Yoga & Stress Management
Obesity Management

Research Guidance

Publications Profile

Research papers published in Refereed/Peer Reviewed Journals:

1. "Field Hockey skill test construction & Validation on Female Hockey Players" in Journal of Tourism, Hospitality & Sports: An International Peer-reviewed Journal, ISSN (Paper) 2312-5187 ISSN (Online) 2312-5179, Vol.58, 2021. www.iiste.org (Author)
2. "Development and Challenges in Sports: A case study of the Indian Cricket" in Advances in Social Sciences Research Journal, Services for Science & education, United Kingdom, Page 48- 52, Vol 8, Issueo.4, April 2021 (Co-Author)
3. "Construction & Validation of Stick Work Ability of Female Hockey Players" in Annals of Multi-Disciplinary Research, Page 92-96, ISSN 2249-8893, Volume VII, Issue 3, Sept. 2017 (Author)
4. "Construction & Validation of Goal Scoring Ability of Female Hockey Players" in SHODH PRERAK, Page 181-185, ISSN 2231-413X, Vol. VII, Issue 3, July, 2017 (Author)
5. "Why Delhi Women Hockey is in Pathetic Condition?" in An International Peer-reviewed Journal of Tourism, Hospitality and Sports ISSN (Paper) 2312-5187 ISSN (Online) 2312-5179, Vol.4, 2015 (Co-Author).
6. "Effect of Hydraulic resistance circuit training on Indian Sedentary Female Population", in the International Journal of Research Pedagogy and Technology in Education and Movement Science (IJEMS) Volume 02, Issue03, March 2014, ISSN: 2319 – 3050(Co-Author).
7. "A Study on Implementation of Sports Policy in Schools in India", in the International Journal of Research Pedagogy and Technology in Education and Movement Science (IJEMS) Volume 02, Issue03, March 2014, ISSN: 2319 – 3050. (Co Author)
8. "Effect of anxiety on Officiating Behaviour of Individual Games & Team Games Umpires/Referees: A Comparative Study" in the journal "Commerce, Arts & Science International Research Journal" in Volume 5 Issue 1, Year 2014, ISSN 2319 – 9202 (Co Author)
9. "A Study on Parental Attitude towards Female Sports Participation in Sports" in the journal "International Research Journal of Management Sociology & Humanities" Volume 4, Issue 3, Year 2013, ISSN 2277 – 9809 (Co Author)
10. "A Comparative Study on Selected Psychological Variables among Indian Female Football Players" in the journal "International Research Journal of Management Science and Technology" Volume 4, Issue 3, Year 2013, ISSN - 2250 – 1959 (Author)
11. A Comparative Study on Selected Psychological Variables among the Team game and Individual Games

Athletes” in “European Journal of Business & Management. Vol.5, No.23, 2013. ISSN 2222-1905 (Paper) ISSN 2222-2839 (Online) (Co Author)

12. “A Survey of Common Sports Injuries among the Hockey Players of Delhi University” at the National Conference on “Role of Physical Activities & Sport in Balancing Education”, held at Indira Gandhi Institute of Physical Education and Sports Sciences, from 15-16 February 2013. ISBN NO. 92003-15-02-13 (Co Author)
13. “A Comparative study of Conflict Resolution Variables among Athletes and Non-Athletes of Delhi University” at the International Conference on “Futuristic Trends in Physical Education (ICFTPE) “UGC Sponsored held at Punjabi University, Patiala, from January 24 - 26, 2013. ISBN NO. 9002 – 24-01-13 (Author)
14. “Career Pattern and career contingencies of women hockey players: An occupational analysis” in the proceedings of the “International Seminar on Physical Education Recreation and Yogic Sciences” organized by Dept. of Physical Education, Faculty of Arts at Banaras Hindu University on January 19-21, 2012. ISBN No. 92-8867-511-8 (Author)
15. “Analysis of Prevalence of Drugs in Olympic Games”, in conference proceedings of the “International Conference on Physical Activities & Sports for Global Peace and Development” at University of Delhi, New Delhi on October 19-21, 2011. ISBN 978-81-902282-0-6 (Co Author)

Books Publication

- Co-Author of “Balanced Education” published by Friends Publication (India), 1st Edition, 2019, ISBN 978-93-88457-42-2.
- Co-Author of “Aerobics Training” Published by Friends Publication (India), 1st Edition, 2021, ISBN: 978-81-7216-566-6
- Co-Author of “Yoga Evam Tanaav Prabandhan” Published by Friends Publication (India), 1st Edition, 2021, ISBN: 978-81-7216-575-8

Conference Organization/ Presentations (in the last Five years)
<ol style="list-style-type: none"> 1. Organized 8 seasons of Sahibzada Zorawar Singh and Sahibzada Fateh Singh T-20 Floodlit Cricket Tournament in the month of February every year at SGTB Khalsa College from 2012 -2020. 2. Organized 2 seasons Baba Deep Singh Floodlit Inter College Hockey Tournament at SGTB Khalsa College, University of Delhi in 2014 & 2020.
Research Projects (Major Grants/Research Collaboration)
<ul style="list-style-type: none"> • Co-Investigator in Innovation Project No. 206 SGTB Khalsa titled “Development and Challenges in Sports- A study on Indian Cricket” for the period 2013-15, INNOVATION PROJECTS of University of Delhi Funded By University Grant Commission Of India
Awards and Distinctions
<p>Woman of the match and Highest Goal scorer award in State Hockey tournament in year 2018 & 2019</p>
Association With Professional Bodies
<ul style="list-style-type: none"> • Qualified Technical Official Exam of Hockey India • Ex- Joint Secretary of Delhi & District Hockey Association in Year 2013-15

Refresher/Orientation/FDP/Workshop/ Programme

FDP/ Orientation Program

- A- Grade certification in Faculty Induction Program organized by New Delhi Institute of Management, in Collaboration with the UGC- Malviya Mission Teacher Training Center, JNU held from 20th May 2024 to 20th June 2024.
- A-Grade certification in 1-Week FDP on “Promoting Excellence in Physical Education and Sports through Innovation in Teaching and Learning, ICT & Professional Approach” organized by Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT) of Ministry of Education held from 27th May to 02nd June 2021.
- A-Grade certification in 2-Weeks FDP on “Enhancing Psychological Skills for Teaching & Practices” organized by Teacher learning Centre, Ramanujan College, University of Delhi sponsored by Ministry of Human Resource Development held from 15th -29th September 2020.
- Participated in the 5-Day Online Capacity Building Program on “Approaches for Quality Research Paper Writing in High Impact Journals” organized by IQAC, Rajiv Gandhi University, Rono Hills, Doimukh, Arunachal Pradesh from 2nd – 6th September 2020.
- A-Grade certification in 4-Weeks Induction/Orientation Programme for “Faculty in Universities/Colleges/Institutes of Higher Education” organized by Teacher learning Centre, Ramanujan College, University of Delhi sponsored by Ministry of Human Resource Development held from 4th June – 1st July 2020.
- Participated in the One Week Online Faculty Development Program on “Rebooting Physical Education Faculties in the Outbreak of Covid-19” organized by Department of Physical Education of SPDM Arts, SBB & SHD Commerce & SMA Science College, Shirpur Dist., Dhule (MS) from 9th-13th June 2020.
- Participated in the 5-Day Online Faculty Development Program on “Evolution from Offline to Online Teaching” organized by IQAC & FDP Committee of Satish Pradhan Dnyanasadhana College, Thane from 30th May to 3rd June 2020.

Workshop/Conference/ Webinar

- Participated in Seven-day 2021 Virtual Sports for Life Canadian Summit organized by Sports for Life Society, 775 Market Street, Victoria, British Columbia V8T 0B4 Canada, 26-29th Jan & 2-4th Feb 2021.
- Participated in webinar on “Utility of Yoga in Present Scenario” organized by Department of Physical Education in collaboration with National Service Scheme (NSS) of Bharti College, University of Delhi on occasion on 6th International Yoga Day on 21st June 2020.
- Participated in webinar on “Women: The Pivotal Point of Health & wellness of the Family” & “Yoga & Immunity” organized by Department of Physical Education of Bharti College, University of Delhi on 18th & 20th May 2020.
- Participated in National webinar Lecture series on “Detoxification for health & sports performance enhancement” organized by Department of Physical Education of Bhagini Nivedita College, University of Delhi on 24th May 2020.
- Participated in 21 days Webinar Lecture series on “International Yoga Festival – Yog Mantrana 2020” organized by Department of Physical Education of Deshbandhu College, University of Delhi under the aegis of IQAC from on 1st – 21st June 2020.
- Participated in Two-day Webinar on “Myths & truths of Fitness & corrective exercises for various body deformities” organized by Mahatama Hansraj Faculty Development centre of Hansraj College, University of Delhi on 12th & 13th May 2020.
- Participated in Webinar on “Living with Corona: Challenges & Management of Well-being” organized by Internal Quality Assurance cell (IQAC) with the Department of Physical Education of Jesus & Mary College, University of Delhi on 5th & 6th June 2020.
- Participated in Online International Conference on “Post Covid Education: Physical Education Scenario” organized by Internal Quality Assurance cell (IQAC) with the Department of Physical Education of SPDM Arts, SBB & SHD Commerce & SMA Science College, Shirpur Dist., Dhule (MS) on 29th May 2020.
- Participated in Webinar on “Introduction of Psychic Energy Centre (Chakras) & its Meditation Practice” organized by Department of Physical Education with the Internal Quality Assurance cell (IQAC) & Centre of Holistic Development (CHD) of Shyam Lal College, University of Delhi on 13th June 2020.

- Participated in One day National Webinar on “Staying Nourished with Correct Nutrition” organized by Department of Physical Education of Gargi College, University of Delhi on 29th May 2020.
- Participated in Two Day workshop on “New Vistas of Sports Law: Challenges & opportunities”, Organized by The Indian Society of International Law & SGTB Khalsa College, September 2017
- Participated as Professional delegate in the SAI-AIFF International Football Coaching Conference (IFCC 2017) organized by Amity University, All India Football Federation in collaboration with Sports Authority of India on October 2017
- Participated in “Turf 2015-16” International Convention on Business of Sports, Organized by FICCI, February 2016.
- Participated in International Congress on Sports Psychology ICSP-2014 workshop on “Leadership, Psychology of Coaching and Synergistic Team Functioning” Resource person Dr. David Yukelson, Director of Sports Psychology Services, Penn State University, U.S.A. organized by I.G.I.P.E.S.S, D.P.E.S.S & Sports Psychology Association of India (SPAI), held at Shankar Lal Hall, -Delhi University October 2014. (Ref no.- ICSP -2014/W/1)
- Participated as a Delegate in International Congress on Sports Psychology ICSP-2014, “Exercise & Sports Psychology in 21st century: Research & Application Perspective” & 25th National Conference on Sports Psychology organized by I.G.I.P.E.S.S, D.P.E.S.S & Sports Psychology Association of India (SPAI), held at Shankar Lal Hall, -Delhi University October 2014. (Ref no.- ICSP -2014/D/155)
- Participated as a Rapporteur in International Congress on Sports Psychology ICSP-2014, “Exercise & Sports Psychology in 21st century: Research & Application Perspective” & 25th National Conference on Sports Psychology organized by I.G.I.P.E.S.S, D.P.E.S.S & Sports Psychology Association of India (SPAI), held at Shankar Lal Hall, -Delhi University October 2014. (Ref no.- ICSP -2014/Ra/8)
- Participated in Joint Workshop on Shooting by Hansraj College & Delhi University Sports Council, May 2013.
- Participated in two-day workshop on “Fitness, Aerobics & Gym Operations”, organized by Daulat Ram College, D.P.E.S.S. and Delhi University Sports Council, February 2012. (No. DRC-119)
- Participated as a Delegate in the One-day seminar on “Role of Physical Education & Sports in National Building”, organized by D.P.E.S.S. & I.G.P.E.S.S, University of Delhi, March 2011.
- Presented Paper on “Dealing Stress through Yoga”, in International Symposium on “Global Trends of Physical Education & Sports in 21st Century”, organized by Noida College of Physical Education, April 2011.
- Participated in two-day workshop during the “International Conference on Physical Activities & Sports for Global Peace and Development”, jointly organized by Dept. of Physical education, Faculty of Interdisciplinary and applied sciences and Indira Gandhi Institute of Physical Education and Sports Sciences, held at University of Delhi, New Delhi on October 18, 2011
 - o Psychological Interventions
 - o Exercise Physiology
- Participated in National Conference on “Role of Physical Activities on Holistic Personality Development” organized by D.P.E.S.S & I.G.I.P.E.S.S., University of Delhi, March 2010. (Sl.No. 034)
- Participated in Orientation in National Workshop on “Athletic Care, Rehabilitation, First Aid and Nursing Course” on 2nd October 2009