

## Curriculum Vitae (CV)

Title	Dr.	First Name	Kumari	Last Name	Seema	Photograph
Designation	Assistant Professor					
Department	Department of Physical Education and Sports					
Address (Campus)	Road No. 57, Punjabi Bagh (West), New Delhi-110026					
Phone Number(Campus)	25224499					
Fax	25221672					
Email	kumariseema10@gmail.com					
Education	Ph.D					
Subject	Institution		Details			
Physical Education	Department of Physical Education & Sports Sciences		University of Delhi			
Research Interests/ Specialization						
Exercise Physiology and Yoga						
Teaching Experience						
06 Years						

**Publications:**

Seema, Kumari; Sharma, Jaiparkash. (2020). Physical Education & Obesity Management. AKS Publishing House. New Delhi.

**Chapters in Edited Books :**

**Kumari Seema, Dr. J.P Sharma “Effect of Six Week Yogic Training on Vital Capacity among Female College going Students”** Proceedings of National Conference on Latest Trends in Health and Physical Education, Khel Sahitya Kendra, ISBN No. 978-81-7524-879-3.

Dr. TarakNathPramanik, Amit, **Kumari Seema “A Study of Self Image of Handballers in Relation to their Performance”** Proceedings of International Conference on Global Education, Physical Education and Sports, Research and Technology for Sustainable Development, Indira Publishers Kolkata-6, ISBN No. 978-81-929219-1-4.

**Research Papers in Journals**

**Kumari Seema, Dr. J.P Sharma “Effect of Selected Yogic Asanas and Pranayamas on Maximum Breath Holding Time of Asthmatic Patients”** Online International Interdisciplinary Research Journal, {Bi-Monthly}, ISSN 2249-9598, Volume-09, June 2019 Special Issue (01).

**Kumari Seema, Dr. J.P Sharma “Effect of Six Weeks Yogic Practice on Sports Competitive Anxiety of Sqay Martial Art Players”** Online International Interdisciplinary Research Journal, {Bi-Monthly}, ISSN 2249-9598, Volume-08, Issue-03, May-June 2018 Issue.

Dr. TarakNathPramanik, **Kumari Seema, Amit “Effect of Anuloma-Viloma on Some Selected Physiological Variables of School Going Children”** International Journal of Physiology, Nutrition and Physical Education 2018; 3(1):897-900.

**Participation in International Conferences/Workshops:**

Presented a research Paper on **“A Study of Self Image of Handballers in Relation to their Performance”** in **International Conference on Global Education, Physical Education and Sports, Research and Technology for Sustainable Development** at Seva Bharati Mahavidyalaya, West Bengal Organized by **Department of Physical Education** on 09 December 2017.

Participated in **“International Conference on Issues & New Ideas in Sports Management”** at Vigyan Bhawan & Vishwa Yuvak Kendra, New Delhi Organized by **LNIPE**, Gwalior from 8<sup>th</sup> to 10<sup>th</sup> March, 2018.

Participated in **“ICSSY-2017” International Congress on Sports Science and Yoga** at Vigyan Bhawan, New Delhi Organized by **LNIPE**, Gwalior from 2<sup>nd</sup> to 4<sup>th</sup> February, 2017.

Participated in ‘**International Conference on Yoga for Diabetes**’ Organized by **Central Council for Research in Yoga & Naturopathy**, New Delhi from 4<sup>th</sup> to 6<sup>th</sup> January 2017.

Participated in “**TURF 2015-16**” **International Convention on Business of Sports** at Federation House, New Delhi Organized by **FICCI**, from 22<sup>nd</sup> to 23<sup>rd</sup> February 2016.

### **Innovative Projects :**

#### **Awards**

#### **Other Responsibilities:**

Work as a Committee Member of the College Committee, Member of the Board of Examiners, External Examiner and Co-convener of different Webinar, Workshop and Event.

Appointed as Manager of Delhi University Tennis (W) Team for participating in All India Inter-University Tennis (W) Championship held at Deenbandhu Chhotu Ram University of Science and Technology, Murthal (HR) from 01<sup>st</sup> to 04<sup>th</sup> December, 2023 and team secured Gold Medal.

Appointed as Manager of Delhi University Tennis (W) Team for participating in North Zone Inter-University Tennis (W) Championship held at Deenbandhu Chhotu Ram University of Science and Technology, Murthal (HR) from 03<sup>rd</sup> to 06<sup>th</sup> November, 2023 and team secured Gold Medal.

Appointed as Manager of Delhi University Shooting (W) Team for participating in All India Inter-University Shooting (W) Championship held at Swami Vivekanand Subharti University, Meerut from 05<sup>th</sup> to 09<sup>th</sup> April, 2023 and team secured 1 Gold Medal in individual event, 1 Gold Medal in team event & 1 Bronze Medal in mix event.

Appointed as Manager of Delhi University Badminton (W) Team for participating in All India Inter- University Badminton (W) Championship held at Lovely Professional University, Jalandhar, Punjab from 22<sup>nd</sup> to 25<sup>th</sup> Jan, 2023 and team secured Silver Medal.

Appointed as Manager of Delhi University Hockey (W) Team for participating in North Zone Inter- University Hockey (W) Championship held at Khalsa College of Physical Education, Amritsar, Punjab from 19<sup>th</sup> to 24<sup>th</sup> Dec, 2022.

Appointed as Manager of Delhi University Archery (M & W) and Lawn Tennis (W) for participating in Khelo India University Games held at Bhubaneswar, Odisha from 22<sup>nd</sup> Feb. to 01<sup>st</sup> March 2020 and Archery (M) Team secured Position.

Appointed as Manager of Delhi University Kho-Kho (W) Team for participating in North Zone Inter- University Kho-Kho (W) Competition held at K. D. Singh Babu Stadium, Barabanki from 23<sup>rd</sup> to 27<sup>th</sup> Nov, 2019.