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| Full Name: | Dr. Rekha Sharma | Photograph  |
| Designation | Associate Professor | |
| Contacts | | |
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| Office | Satyawati College Ashok Vihar phase III New Delhi-110052 | |
| Residence | wz, b-20 krishna park ext. street no. 10, New Delhi-110018 | |
| Mobile No. | 9718168335 | |
| Email | rekhasharmaaol6@gmail.com | |
| Web-Page | | |
| Educational Qualifications | | |
| Degree | Institution | Year |
| B.Sc Physical Education | Indira Gandhi Institute of Physical Education and Sports Science (IGIPESS), University Of Delhi | 1994 |
| MPES | Indira Gandhi Institute of Physical Education and Sports Science (IGIPESS), University Of Delhi | 1996 |
| M.Phil | Vinayaka Mission university, Salem, Tamil Nadu | 2007 |
| P.hd | Universityof Delhi | 2022 |
| Career Profile | | |
| Associate Prof. in Satyawati College ,Ashok Vihar , University of Delhi ,from 2009 to till date | | |
| Administrative and Students related Assignments | | |
| Subjects Taught | | |
| Physical Education | | |
| Areas of Interest/Specialization | | |
| Spors psychology, Gymnastics and Yoga | | |
| Research Articles: | | |

) Effect of twelve weeks yogic training on mental health among college going students

Dr. Pradeep Sharma

Dr. Rekha Sharma

JME Journal (journal of management and Entrepreneurship)

ISSN-2229-5348

Vol. 16 no.4(11), October-December 2022

2) effect of specific conditioning program on physical fitness components.

Dr. Pradeep Sharma

Dr. Rekha Sharma

Ms Malkeet Kaur

AICPE human Kinetic

A journal of physical education and fitness

ISSN 0976-6588

Vol. 7 issue (11) Dec2016

3) assessing validity of the reaction board method with suspension method to determine centre of gravity

Dr Rekha Shrma

Dr. Pradeep Sharma

Prof. Dhananjay Show

ISSN-2664-7567

Vol-5, issue-1 jan-June 2023

4) effect of eight week yogic training on concentration among college students.

Dr. Pradeep Sharma

Dr. Rekha Sharma

Journal of Management and entrepreneurship

ISSN-2228-5348

Vol 16, No.2(11), April, June 2022

5) effect of 8 weeks yogic training on Stress among college students.

Dr. Pradeep Sharma

Dr. Rekha Sharma

Prof. Ashok singh

NIU International Journal of human rights

ISSN-2394-0298

Vol-9 August (1) 2022

6) the transformation power of Yoga in daily living

International Journal of physical education sports and health

Dr. Rekha Sharma

Dr. Arti Dharkan

ISSN-2394-1685

Vol-10, issue-06, 2023

Page no. 340-344

7)The impact of technology on sports performance and culture
International Journal of physical education sports and health
Vol -10, Issue 06,2023
Page no. 158-163

8) Evolution of Yoga
International Journal of physical education nutrition and physical education,
Vol-8, issue-2, 2023,
Page no. 510-513

Chapters in Books

- Rekha Sharma (2021): Effect of 12 weeks yogic training on emotional intelligence among college going students
- Rekha Sharma (2020): Media and Careers in Physical Education (book published by Friends Publication ISBN:978-93-88457-43-9)
- Rekha Sharma (2019) : Yog Shiksha (Published by Khel sahitya kendra ISBN: 978-93-866092-99-1)

MOOCS Development

Seminars, Paper Presentations

- In service laboratory practical's training workshop for B.A. programme (Physical Education) held at Indira Gandhi Institute of Physical Education and Sports Science, University of Delhi 2010
- Delegate in UGC National seminal on Emerging Trends in Physical Education and Yoga for All Round Development of Youths held at J.S(P.G) College, Sikandrabad, Bulandshar, UP, 2011
- Delegate in International Symposium on Global Trends of Physical Education and Sports in 21st Century held at Noida College of Physical Education,2011
- Delegate in Seminar on Role of Physical Education and Sports in Nation Building held at Indira Gandhi institute of Physical Education and Sport Science, University of Delhi , 2011
- Participated in Pre-International Conference Workshop on Athletic care and Rehabilitation held at Conference Room, International Guest House, University of Delhi,2011
- Delegate in International Congress on Sport Psychology on Exercise and Sport psychology in 21st century. Research and Application Perspective and 25th National Conference of Sport psychology held at Sir Shankar Lal Hall University of Delhi,2014
- Workshop on Wellness for All held at Shriram College Of commerce, University Of Delhi,2015
- National Seminar On curriculum and Syllabi Design in the Paradigm of Physical Education held at I.G.I-PESS 2016
- National Conference On corporate Social responsibility: sports, Olympism and Global Peace held at Maharaja Agrasen College, University Of Delhi 2016
- National Conference on latest Trends in health and Physical Education held at University college of medical science, University of Delhi 2019
- International Kho-Kho technical Official Clinic/ Seminar held at Ajmer, Rajasthan 2019
- International E-conference on role of "sports psychology and fitness management for

sportsmen during covid19 pandemic era” organised by Nagpur Sharirk Shikshan Mahavidyalaya, Nagpur, 2021

Research Projects

Research Guidance

Awards and Distinctions

Others:

Manager of Indian women Kho-Kho team in First International Kho-Kho Championship held at London august 2018

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