



BHAGINI NIVEDITA COLLEGE (UNIVERSITY OF DELHI)
Kair, Near Najafgarh, New Delhi - 110043
Faculty Details proforma for College Web-site

Title	Prof.	First Name	MAMTA	Last Name	SAHRAWAT	
Designation		PROFESSOR				
Address		VASUDHA FARM, CHAWLA, NEW DELHI, 110071 DELHI				
Phone No	Office	8851001908				
	Residence	8851001908				
	Mobile	8851001908				
Email	Sahrawatdrmamta10@gmail.com					
Web-Page						
Educational Qualifications						
Degree		Institution			Year	
Ph.D		Kurukshetra University			2007	
Master of Physical Education (M.P. ED)		Kurukshetra University			1996	
B.A in Physical Education, Health Edu. & Sports		Meerut University			1993	
Career Profile						
Prof. Mamta Sahrawat is a Professor in the Department of Physical Education & Sports Sciences at Bhagini Nivedita College, University of Delhi, with over 17 years of teaching experience at the undergraduate level. She has been consistently engaged in teaching, academic coordination, student mentoring, and the overall development of physical education programmes in the institution. Her teaching areas include fitness and wellness, lifestyle management, stress management, obesity and weight management, yoga (philosophy and practice), emotional intelligence, life skills education, indigenous sports, sports for life, and themes related to diversity and inclusivity in sports. She also integrates Indian knowledge systems such as Panchkosha for the holistic development of personality, aligning physical education with mental, emotional, and ethical growth. Prof. Sahrawat actively promotes experiential and activity-based learning, encouraging students to participate in surveys, workshops, fitness drives, adventure sports activities, and community-oriented programmes. She has played an important role in organizing academic, co-curricular, and extension activities including BMI drives, health awareness programmes, stress management and sound healing workshops, fitness initiatives, and annual sports events. As Teacher-In-Charge of the department, she has contributed to academic planning, student leadership development, and the effective conduct of departmental activities. Her professional approach emphasizes lifelong fitness, holistic well-being, inclusivity, and value-based education through physical education.						
Administrative Assignments						
1. Sports Admission (Listing games & teams' requirements & preparing for trails), Training of teams, refreshments, attendance etc. 2. Stock, Sports accounts keeping, purchasing of equipment, kits, ground maintenance etc. 3. Management of all activities and technicalities of dept. 4. Annual Report – Annual Sports Meet, Dept.'s Report, Magazine 5. Contributed in various Committees : Admission Committee for Sports/ECA, Sports Committee, Moderation Committee, Discipline and Anti-Ragging Committee, Stock Verification Committee (Library), Admission Grievance Committee, DUSC/GB/Committee/2023/152, Paper Setting Committee, etc						



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6. Conducted Fitness Test for Admission on the basis of Sports in UG Courses, UoD
7. Organization of Sports Training
8. General and Career Counseling, Mentoring- to all sports students and GE students
9. Organized various National and International level Workshops, to name a few, A workshop on Clean Sport Fair Play: NADA's Role in Upholding the Integrity of Competitive Athletics with Dr. Ankush Gupta from national anti-doping agency, International Workshop on "Nutrition-"fuel your body ignite your potential", Workshop on Panchkosha "Five Layers of Being : A pathway to Wholeness and Wellness".

Areas of Interest / Specialization

Physical Fitness, Wellness and Lifestyle Management

- Stress Management and Mental Well-being
- Obesity and Weight Management
- Yoga: Philosophy and Practical Applications
- Panchkosha Approach for Holistic Personality Development
- Emotional Intelligence and Life Skills Education
- Indigenous Sports and Traditional Physical Activities
- Sports for Life and Lifelong Physical Activity
- Diversity and Inclusivity in Sports and Physical Education
- Experiential Learning and Community-based Physical Education
- Women's Health and Holistic Wellness
- Value-based Education through Physical Education

Subjects Taught

All Honors Courses in (GE)

1. CBCS-LOCF - Obesity Management
2. NEP-LOCF - Semester I - Fitness and Wellness
3. NEP-LOCF - Semester II - Professional Preparation and Career Avenues in Physical Education And Sports
4. NEP-LOCF - Semester II – Stress Management
5. NEP-LOCF - Semester III - Olympic Education
6. NEP-LOCF - Semester III – Media in Physical Education and Sports
7. NEP-LOCF - Semester IV - Yoga and Stress Management
8. NEP-LOCF - Semester V - Life Style Management
9. NEP-LOCF - Semester VI – Obesity and Weight Management
10. NEP-LOCF - Semester VII – Sports for leisure and recreation
11. NEP-LOCF - Semester VIII – Adventure Sports

All Courses (NEP) -VAC

1. NEP-LOCF - Semester I - FIT INDIA
2. NEP-LOCF - Semester II - Emotional Intelligence
3. NEP-LOCF - Semester II – Indigenous Sports
4. NEP-LOCF - Semester III - Sports for Life
5. NEP-LOCF - Semester IV- Panchkosha: Holistic Development of Personality
6. NEP-LOCF - Semester IV- Sports: Diversity and Inclusivity

All Courses (NEP) -SEC

7. NEP-LOCF - Semester I - Yoga In practice
8. NEP-LOCF - Semester II - Organic Farming
9. NEP-LOCF - Semester II - Life Skill Education

Time table of the subjects taught during the current semester

S.No.	Subject	Days	Time	Classroom
1	GE:SEM II – STRESS MANAGEMENT	MONDAY	01:00AM – 04:00PM	P. Ed ROOM



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2	GE:SEM IV- YOGA & STRESS MANAG.	TUESDAY, FRIDAY	09:00AM- 11:00AM, 02:00PM – 04:00PM	P. Ed ROOM
3	GE:SEM VI – OBESITY & WEIGHT MANAG.	WEDNESDAY	03:00PM-05:00PM	P. Ed ROOM
4	GE:SEM VIII – ADVENTURE SPORTS	THURSDAY, FRIDAY	03:00PM-04:00PM, 01:00PM-02:00PM	P. Ed ROOM
5	SEC:SEM II – YOGA IN PRACTICE	THURSDAY	01:00PM-03:00PM	P. Ed ROOM
6	VAC:SEM IV – SPORTS DIVERSITY & INCLUSIVITY	WEDNESDAY	02:00PM-03:00PM	P. Ed ROOM
Research Guidance				
<u>NIL</u>				
Publications Profile				
1. <i>Impact of Strength Training on Bone Density in Postmenopausal Women - International Research Journal of Management Science & Technology.</i> 2. <i>Psychological Benefits of Calisthenics: A Study on Teenage Girl's Mental Health - International Research Journal of Management Science & Technology.</i> 3. <i>Impact of Menopause on Work and Productivity: The Role of Exercise - International Research Journal of Science Engineering & Technology</i> 4. <i>The Impact of Sports Participation on the Development of Social Skills and Self-Esteem in Children - International Research Journal of Commerce, Arts and Science</i> 5. <i>Comparative Analysis of Traditional vs. Modern Physical Education Approaches in India - International Research Journal of Science Engineering & Technology.</i> 6. <i>Comparison among Selected Colleges of University of Delhi on Soccer Performance and Personality of Female Soccer Players - International Research Journal of Management Science and Technology.</i> 7. <i>The Role of Sports In Promoting Social Inclusion And Community Cohesion - International Research Journal of Management Sociology & Humanities</i> 8. <i>'Effect of Progressive Relaxation Training on Heart Rate Variability Activity of Sportspersons In-relation to Mental Ability and Personality Dimensions' - International Research Journal of Management Science & Technology</i> 9. <i>Effects of Physical Activity within Mental Health Therapeutics: Challenges and Opportunities for Holistic Well-being - International Research Journal of Management Sociology & Humanities</i> 10. <i>Therapeutic Potential of Physical Exercise: A Comprehensive Investigation Into Its Impact on Psychological Well-Being - International Research Journal Of Commerce, Arts And Science</i> 11. <i>Yoga and Stress Management (BOOK) - Khel Sahitya Kendra, Delhi – 2024</i> 12. <i>Success Mirror(BOOK) - Manisha Publications, Delhi – 2023</i> 13. <i>Breath: Understanding the Mechanism of Life (BOOK) - Khel Sahitya Kendra, Delhi - 2021</i>				
Publications in the Last one year				
<u>NIL</u>				
Conference Organization/ Presentations (in the last three years)				
1. <u><i>Bhagini Nivedita's Role in Socio – Scientific Transformation Science, Spirituality & Society: a triadic framework inspired by Sister Nivedita</i></u>				



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Research Projects (Major Grants/Research Collaboration)					
NIL					
Awards and Distinctions					
1	GOLD MEDAL	Shot Put	3 rd Khelo Masters Games 2023,	National	15-17 December 2023
2	GOLD MEDAL	JAVELIN	37 TH DELHI VETRANS ATHLETIC CHAMPIONSHIP	STATE	20 JANUARY 2019
3	GOLD MEDAL	DISCUSS THROW	37 TH DELHI VETRANS ATHLETIC CHAMPIONSHIP	STATE	20 JANUARY 2019
4	GOLD MEDAL	SHOT PUT	ANNUAL DELHI STATE CHAMPIONSHIP 2016-17	STATE	28 JAN 2017
5	GOLD MEDAL	DISCUS THROW	MASTERS ATHLETIC CHAMPIONSHIP 2012-13	STATE	17 MARCH 2013
6	GOLD MEDAL	SHOT PUT	MASTERS ATHLETIC CHAMPIONSHIP 2011-12	STATE	8 JANUARY 2012
7	SILVER MEDAL	100 MTS	MASTERS ATHLETIC CHAMPIONSHIP 2011-12	STATE	8 JANUARY 2012
8	BRONZE MEDAL	SHOT PUT	33 RD NATIONAL MASTERS ATHLETIC CHAMPIONSHIP	NATIONAL	23-26 FEB 2012
9	SILVER MEDAL	50 MTRS FREESTYLE	2 ND DELHI STATE MASTERS AQUATIC CHAMPIONSHIP	STATE	24-25 SEPTEMBER 2011
10	BRONZE MEDAL	50 MTRS BUTTERFLY SWIMMING	2 ND DELHI STATE MASTERS AQUATIC CHAMPIONSHIP	STATE	24-25 SEPTEMBER 2011
11	SILVER MEDAL	4 X 50 MTS MEDLEY RELAY	8 TH MASTERS NATIONAL AQUATIC CHAMPIONSHIP 2011	NATIONAL	22-24 DECEMBER 2011
12	BRONZE MEDAL	4 X 50 MTS FREESTYLE	8 TH MASTERS NATIONAL AQUATIC CHAMPIONSHIP 2011	NATIONAL	22-24 DECEMBER 2011
Association With Professional Bodies					



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| <ol style="list-style-type: none">1. LIFE MEMBER, Physical Education Foundation of India (PEFI)2. Member, Executive Committee, Delhi State Kayaking and Canoeing Association, Since February 2024 |
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Other Activities
1. JURY MEMBER: 8TH PEFI NATIONAL AWARD 2026

Signature of Faculty Member

- You are also requested to also give your complete resume as a DOC or PDF file to be attached as a link on your faculty page.