



**DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES**  
**(Indira Gandhi Institute of Physical Education & Sports Sciences)**  
**Faculty of Inter-Disciplinary & Applied Sciences**  
**(UNIVERSITY OF DELHI)**

**Block-B, VIKASPURI, New Delhi-110 018.**  
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Ref. No. DPE/Exam./2022/ 1481

Dated-21.09.2022

**Notice**

Please find list attached herewith details of successful Ph.D. candidates till date. All the concerned are requested to refer the list, if any error please bring the same to notice of the Department of Physical Education & Sports Sciences, (University of Delhi) for necessary action.

Thanking You,

Prof. Dhananjoy Shaw  
HEAD,  
DEPTT.OF PHY.EDU.& SPORTS SCIENCES  
UNIVERSITY OF DELHI

### Ph.D. Awarded Scholars Details

S.NO	SCHOLAR'S NAME	TITLE OF Ph.D.	AWARDED YEAR& DATE
1	SURENDER KUMAR BHADORIA (CPE-60/93)	PROMOTION OF TAEKWONDO IN INDIA AN APPRAISAL AND DEVELOPMENT OF THEORETICAL FRAMEWORK OF LONGTERM PLAN	21 SEPT 2010
2	KUNAL (CPE-23/99)	EFFECT OF SELECTED YOGIC EXERCISES ON PSYCHOLOGICAL AND PHYSIOLOGICAL VARIABLES OF DELHI SECONDARY SCHOOL MALE STUDENTS	2 DEC 2010
3	PAWAN KUMAR DABAS (CPE-28/96)	A DEMOGRAPHIC STUDY ON AUTOMATIC FUNCTION OF RETIRED SPORTSPERSON OF SELECTED GAMES AND SPORTS PREDOMINATED BY POWER AND AEROBIC CAPACITY	5 JUNE 2011
4	SONIA SHALINI (Ph.D.75/08)	A STUDY ON THE EFFECT OF STEP TRAINING ON SELECTED GROUND REACTION FORCE VARIABLES OF FEMALE	30JAN 2012
5	AJIT KUMAR (CPE-2/97)	A STUFY ON PUBLIC PERCEPTION OF COMMONWEALTH GAMES-2010	5 JUNE 2012
6	NEERU YADAV (CPE-35/01)	A STUDY ON THE MODIFICATION AND VALIDIZATION OF COOPERS TWELVE MINUTE RUN AND WALK TEST FOR THE DEVELOPMENT OF NORMS OF SELECTED INDIAN POPULATIONS	20 FEB 2013
7	OMPATI CHAUDHARY (SDC-39/10)	A CRITICAL STUDY OF REGIONAL POTENTIAL OF COMBATIVE SPORTS IN BHIWANI (HARYANA)	20 FEB 2013
8	DEEPTI ARYA (CPE-16/03)	A STUDY OF MENTAL SKILLS TRAINING PROGRAMME ON LEARNING OF SELECTED SKILLS IN BADMINTON	17 JUNE 2013
9	UDAY BHANU KUNDU (SDC-12/11)	EFFECT OF ASANAS AND PRANAYAMS ON SELECTED ANTHROPOMETRIC AND PSYCHO -PHYSIOLOGICAL VARIABLES OF SCHOOL GOING CHILDREN	3 OCT 2013
10	REKHA GUPTA (CPE-35/02)	A STUDY ON THE EFFECT OF SELECTED YOGIC KRIYAS AND PRANAYAMS ON AUTONOMIC FUNCTIONS (A NON INVASIVE STUDY)	20 FEB 2013
11	JYOTI SOLANKI (CPE-22/01)	EFFECT OF CONTINUOUS INTERMITTENT AROBIC TRANING ON SELECTED PSYCHO-PHYSIOLOGICAL PARAMETERS IN COLLEGE MALE	26 FEB 2013
12	POONAM CHAUHAN ( KNC-361/14)	A Study of Factors Promoting Sports Goods Industries in India	4 JULY 2014
13	TUSSHAR D ALEKAR (CPE-59/04)	A STUDY OF ANTHROPOMETRIC VARAIBLES AND ITS RELATION TO BOWLING PERFORMANCE IN CRICKET	21 OCT 2014
14	MEENAKSHI (CPE-22/02)	DEVELOPMENT AND VALIDATION OF GOAL SETTING SCALE FOR SPORTS PERSON	21 AUG 2014
15	RAKESH KUMAR TIWARI (SDC-162/11)	A STUDY OF PERSONALITY TRAITS OF NATIONAL LEVEL CRICKET PLAYERS	21 AUG 2014
16	SACHIN KUMAR (CPE-43/04)	DEVELOPMENT OF HEALTH RELATED FITNESS NORMS OF SCHOOL CHILDREN OF DELHI	10 SEPT ,2014
17	TITIKSHA ROHILLA (SDC-17/11)	DEYLOPMENT OF NORMATIVE VALUES OF FUNCTIONAL FITNESS IN INDIAN SENIOR CITIZENS AGE 60 THROUGH 80 YEARS	10SEPT ,2014

18	ASHWANI KUMAR CHHIKARA (CPE-09/04)	DEVELOPMENT AND VALIDATION OF PSYCHOLOGICAL SKILLS ASSESSMENT SCALE (PSAS) FOR BASKET BALL PLAYERS	4 JULY 2014
19	GURPREET MAKKER (CPE-20/03)	CONSTRUCTION AND STANDARDIZATION OF SKILL TEST FOR THE SELECTION OF PLAYERS IN CRICKET	14 JAN 2015
20	Rakesh Kumar (CPE-152/03)	Social Stratification In School Sports System	13 May, 2015
21	Kaushambi Tyagi (DR-716/01)	Impact of Physical Activities on Positive Psychological Health: An Empirical Study	13 May, 2015
22	Ekta Bhushan Satsangi (CPE-15/99)	A Study to adopt & Develop Norms for Body Shape Questionnaire for Indian Working Women	13 May, 2015
23	DEEPAK MEHRA (CPE-09/05)	VALIDATION OF SOCCER SPECIFIC INTERVAL TEST (SSIT) ON INDIAN SOCCER PLAYERS	30 MAR 2015
24	Harpreet Kaur (CPE-21/03)	Development & Validation of Athletic Intelligence Assessment Test Battery For Sports Persons	20 Oct, 2015
25	Tarun Routhan (CPE-58/04)	Construction of Performance Specific fitness test for Indian National Level Female Taekwondo Players	20 Oct, 2015
26	Anidev Singh (CPE-04/04)	Development of Skill Specific fitness Test for National Level Male Taekwondo Players	20 Oct, 2015
27	DHARMENDER KUMAR (CPE-54/03)	DEVELOPMENT AND STANDARDIZATION OF HEALTH RELATED PHYSICAL FITNESS NORMS IN SCHOOL	6 JULY 2015
28	RENU CHOUDHARY (CPE-54/03)	TYPES OF SPORTS AND GENDER AS DETERMINANTS FOR ADOPTING COPING STRATEGIES AMONG INTER COLLEGE LEVEL PLAYERS OF DELHI	6 JULY 2015
29	AMRITA (CPE-02/07)	A STUDY ON CONTRIBUTION OF INDIAN UNIVERSITIES RELATING TO SPORTS PARTICIPATION, TEACHING AND RESEARCH IN PHYSICAL EDUCATION	12 FEB 2016
30	KAVITA VATS (CPE-20/05)	DEVELOPMENT AND VALIDATION OF LEARNING MOTIVATION SCALE PHYSICAL EDUCATION	20 SEPT 2016
31	ANUJ KUMAR (BAC-05/06)	Validation of physical self description questionnaire (psdq) for college students	23 SEPT 2016
32	MAN SINGH (VS-173/86)	DEVELOPMENT AND STANDARDIZATION OF PHYSICAL FITNESS TEST	23 SEPT 2016
33	DHIRENDER KAIM (CPE-10/05)	A STUDY FOR IDENTIFICATION OF FACTORS PROMOTING WOMEN CRICKET IN INDIA	28 JUNE 2016
34	VISHAL GOSWAMI (SL-113/05)	A STUDY ON STATUS OF TEACHING PHYSICAL EDUCATION IN BACHELOR OF EDUCATION COURSE IN INDIA	17 OCT 2016
35	NISHA TOMOR (BAC-267/05)	A STUDY ON PSYCHOLOGICAL PROFILE OF NATIONAL LEVEL ARCHERS	17 OCT 2016
36	RAJSHREE PANDEY (VM-191/05)	A STUDY ON LIFESTYLE PATTERNS OF INDIAN WORKING WOMEN	17 OCT 2016
37	NEETA KUMARI (CPE-23/96)	A STUDY OF THE EFFECTS OF WEIGHT REDUCTION ON SELECTED PARAMETERS OF BOXERS	11 FEB 2016
38	VINITA BALONI (KNC-45/02)	A STUDY OF FACTORS INFLUENCING THE DEVELOPMENT OF WOMEN FOOTBALL IN INDIA	11 FEB 2016
39	SHILPI JAIN (LB-738/02)	A STUDY ON RELATIONSHIP BETWEEN MENTAL SKILLS AND COMPETITIVE ANXIETY INTERPRETATION FOR SELECTED COMPETITIVE SPORTS AT DIFFERENT LEVEL	3 OCT 2016
40	MADHAVI PATHAK	A STUDY ON THE EFFECT OF NADI SODHAN	12 FEB 2016

	(LB-423/01)	PRANAYAM ON SELECTED AUTONOMIC VARAIBLES OF SCHOOL GOING FEMALE STUDENTS AGE RANGING FROM 12 TO 16 YEARS	
41	MALIKA SHARMA (JM-556/02)	EFFECT OF PSYCHOLOGICAL SKILL TRAINING ON THE PERFORMANCE OF INDIAN GYMNASTS	12 FEB 2016
42	ALFRED BASUMATARY (SDC-36/13)	COMPARATIVE STUDY OF PERSONLITY TRAITS BETWEEN YOGA STUDENTS AND OTHER STUDENTS	2016
43	ANITA NAGAR	A Comparative Study on Health Related Quality of Life and Physical Fitness Between College going Female Students	2016
44	Mohammad Muzamil Shah (SDC-122/14)	Health Related Fitness in 14 to 17 Yrs Old School Boys: A Normative Study	22 Sept,2017
45	Prashant Sharma (CPE-64/05)	A critical Study of Physical Education Teaching in Colleges of North India	5 Oct,2017
46	Meenakshi Yadav (LBC-365/03)	A Study of Trait Anxiety Management among Sportsperson in Relation to Rational Emotive behaviour Therapy	5 Oct,2017
47	Om Jha (CPE-34/06)	Construction And Standardization Of Skill Test For Handball Players	26 Sept, 2017
48	RANJIT KAUR (CPE-41/02)	A STUDY ON THE EFFECT OF SELECTED YOGIC TRAINING PROGAMME ON THE SLEEP QUALITY INDEX OF FEMALE JUDO PLAYERS	14 JUNE 2017
49	MANISH KUMAR P (CPE-62/02)	A STUDY ON THE SELECTED KINEMATIC VARAIBLES OF SNATCH TECHNIQUE AMONG ELITE WOMEN WIGHTLIFTERS AT ALL INDIA INTER-UNIVERSITY WEIGHTLIFTING CHAMPIONSHIP	12 June 2017
50	ASHWANI MOR	A Study on the effect of Progressive Relaxation Training (PRT)on Selected Sympathetic and Parasympathetic Functions of Male Sports Students	9 may 2017
51	GAUTAM CHAUDHARY (CPE-13/05)	A STUDY ON DEVELOPMENT OF MODEL CURRICULAM OF BACHELOR OF PHYSICAL EDUCATION COURSE IN INDIAN UNIVERSITIES	27 April, 2017
52	Rohit Kalia (CPE-44/05)	Normative study of Physical fitness based on NCA-BCCI Protocols for under-19 Male Cricket players of North Zone India	3 May, 2018
53	Inderpreet Kaur Nanda (JDM-504/02)	Construction and Validation Of Hockey Skill Tests On Female Hockey Players	3 May, 2018
54	ParveenGahlot (CPE-43/03)	A Comparative Study on Psychological and Anthropometric Profile of Low and High Level Badminton Players	15 May,2018
55	Vikas (SL-200/05)	A Study on Implementation of Selected Resolutions on Physical Education and Sports Politics and their Implications	10 Dec,2018
56	AnshikaTandon (CPE-08/06)	The Effect of Ginseng and Different Type of Exercises on Selected Psycho-Physiological Variables	28 March, 2019
57	Anshul Tanwar (RLA(E)-210/06)	Construction And Development of Fitness Test Battery for Cricket Players	2 April, 2019
58	Sunil Koak	Effect of Modified Proprioceptive Neuromuscular Facilitation Type Suryanamaskar on College Level Students	20 May, 2019
59	Sajjadh Ahmad Bhat	Selected Autonomic Functions of Kashmiri Youth Habital of Srinagar in Relation to High and Low Physical Fitness Level	27 June, 2019
60	Vishal Singh (SDC-124/14)	A Study on Mental Skills learned through Natural learning experiences versus Psychological Skill Training Programme Among Inter-College Level Players	27 June, 2019
61	Deepika Sharma (CPE-09/06)	"Psychometric Paradigm of Sports Intelligence Test Battery in Gymnastics"	27 AUG 2019
62	Anil Kumar Gupta	Analysis of stratgies employed by fitness service provider for	27 AUG 2019

	(CPE-05/06)	sales promotion,customers satisfaction and business development in corporate fitness centres	
63	Parveen (SDC-165/15)	A Comparative study of common sports injuries of team and individual sports competition	27 AUG 2019
64	Ravinder Kumar (CPE-42/2000)	Comparison between male & female sportsperson in regard to pressure distribution pattern in the plantar aspect on right and left foot in standing posture	27 Aug, 2019
65	PAVLEEN KAUR (BMC-295/06)	DEVELOPMENT OF HEALTH RELATED PHYSICAL FITNESS NORMS FOR GIRLS STUDYING IN DELHI SCHOOLS	23 DEC 2019
66	TARUN SAINI (H-294/04)	A STUDY ON PSYCHOLOGICAL PROFILES OF INDIAN DIVERS	17 DEC 2019
67	Raghvendra Shukla	A Study on the Selected Spatio-Temporal Gait Parameters of Male and Female Walking with Different Speed	06 SEPT 2019
68	MEENAKSHI PAHUJA	A CRITICAL APPRAISAL AND PLAN OF ACTION FOR THE PROMOTION OF SWIMMING IN INDIA	27 Nov, 2020
69	KUMARI SEEMA	EFFECT OF SELECTED YOGIC ASANAS AND PRANAYAMS ON ASTHMATIC PATIENTS	05 NOV, 2020
70	VAIBHAV SAXENA	A PSYCHOLOGICAL PROFILE OF INDIAN MALE WEIGHT LIFTERS	2020
71	RAJIV GODARA	A STUDY ON KNOWLEDGE AND ATTITUDE TOWARDS THE USE OF ERGOGENIC AIDS AMONG NATIONAL LEVEL PLAYERS	2020
72	SANDEEP KUMAR	SPORTS GOVERNANCE STRUCTURAL REDESIGNING AND STRATGIC PLANNING: A PARADIGM CHANGE IN INDIAN SPORTS	2020
73	E S NARENDER (MLN-504/06)	BIOMECHANICAL ANALYSIS OF SELECTED SKILLS IN TENNIS	16 JAN 2020
74	MANISH HOODA (SDC-170/15)	DOPING IN INDIAN SPORTS : A STUDY ATTITUDE PERCEPTIONS AND AWARENESS OF ELITE ATHELETS	4 FEB 2020
75	DIVYA SHUKLA (HR-616/07)	PHYSICAL ABILITIES AND PHYSIOLOGICAL VARAIBLES IN 10 M AIR RIFLE AND 10 M AIR PISTOL SHOOTERS OF DIFFERENT LEVELS OF PARTICIPATION A COMPARATICVE STUDY	23 DEC 2020
76	Rahul Vashishtha	Target Training Zone and Load Recovery Ratio for Enhancement of Conditional Abilities for Athletes of Intermediate Level	09 DEC, 2020
77	DEVENDER KUMAR	SELECTED ANTHROPOMETRIC AND PSYCHOLOGICAL VARAIBLES AS THE PREDICTORS OF PERFORMACE IN BOXING	2020
78	Divya	Parental Attitude Towards Their Differently Abled Children's Participation in Sports	11 NOV, 2021
79	Naveen Kumar	A Comparative Study of Ki- anthropometric Measurements of Judo and Wrestling Male Players	01 JULY, 2021
80	Pardeep Kumar	Effect of Resistance Exercise on Kabaddi and Wrestling Players of Inter College Championship	01 JULY, 2021
81	Ashwani kumar	A Study on Selected Physical Anthropometric and Psychological Variables of Natural Level Kho-Kho Players	15 JULY, 2021
82	Mohit Kumar	Nutritional Profile of Gym Going Women of Delhi	01 FEB, 2021
83	Jitendra Singh	Health Related Fitness Assessment of College Going Boys: A Normative Study	09 SEPT, 2021
84	Kanika Gupta	Development and Effectiveness of Practicum Curriculum for Gymnastics for All Program	09 SEPT, 2021
85	Mahesh Sharma	A Study on Selected Respiratory Functions of Male and Female Youth Belonging to Sports and Non Sports Population of Selected Altitude	14 SEPT, 2021

86	Umesh Kumar Ahlawat	Kinematic Analysis of Selected Exercise of Lower Extremities with Selected Repetition Maximum Load	23 JULY, 2021
87	Santosh Kumar Giri	Effect of Bhrumari Pranayama on General Mental Ability and Physiological Variables of School Going Children	14 SEPT, 2021
88	Meenu Dabas	A Study of Dietary, Exercise Habits and Perceived Barriers to Healthy Lifestyle of Adolescents	11 NOV, 2021
89	Parveen Singh Rathi	A Survey Study About Hygiene Habits, Nutritional and Health Related Fitness Knowledge Among School Going Children of Delhi	21 DEC, 2021
90	Sudha Pandey	Psychological Assessment of Female Sportspersons in Relations to their Level of Achievement	24 JAN, 2021
91	Anurag Sharma	Comparison of Anxiety, Frustration and Self-Confidence between the Sports Person of Rural and Urban Area	17 FEB, 2022
92	Neetu Singh	Effect of TRX Suspension Training on Selected Physical, Physiological and Biomechanical Variables Among College Going Females	24 MAR, 2022
93	Shri Bhagwan	An Explanatory Study on Factors Promoting Participation Among Pro-Kabaddi and National Level Kabaddi Players of India	24 MAR, 2022
94	Alok Sharma	Nutritional Kinanthropometric and Motor Component Assessments of Boys and Girls Belonging to Different Socio-Economic Groups	24 MAR, 2022
95	Vikas Tomar	Interactive Relationship Among Psycho-Physiological Parameters to Sports Performance and Academic Achievements	19 APRIL, 2022
96	Amit	Effect of Yogic Practices on Selected Psychological Variables Among Male School-Going Adolescents	31 MAY, 2022
97	MadhuSudan Singh	An Assessment of Functional Fitness and Psychological Well Being in Relation to Life Satisfaction and Happiness: A Study on older Men	31 MAY, 2022
98	Amit Tomar	Predicting Swimming Performance on the Basis of Selected Variables	17 JUNE, 2022
99	Abhishek Goyal	Role of Team Sports and Individual Sports on the Selected Psychological Attributes of Athletes	28 JULY, 2022
100	Jyoti Mishra	An Assessment of Functional Fitness and Psychological Well Being in Relation to Physical Activity: A Study on Elderly Women	29 Aug, 2022
101	Babita	An Assessment of Body Image, Body Shape Concern and Quality of Life in Urban and Rural College Girls	29 Aug, 2022
102	Rajesh Aggarwal	A Comparative Study on Implementation of Health and Physical Education as a Compulsory Subject in Government, Government Aided and Public Schools of Delhi	2022
103	Rekha Sharma	Effect of Twelve Weeks Yogic Training on Selected Psychological Variables Among Male College Going Students	2022