

CREDENTIALS

Name- **Dr. Anu Sharma**

Designation- **Associate Professor**

Qualification-**B.P.Ed, M.P.Ed, Ph.D, NET Qualified**

Area of Specialization-**Physical Education (Sports Psychology)**

Total Teaching Experience- **20 years**



PUBLICATIONS

1. An assessment of eight hundred meters run endurance among different age group players, International journal of physiology, nutrition and physical education. June,2018 3(2),917-920 (Impact factor 5.43)
2. An assessment of emotional intelligence between underweight and normal weight college women, International journal of physiology, nutrition and physical education. June,2018, 3(2),564-568 (Impact factor 5.43)
3. A comparative study of explosive strength among different age group players, International journal of physiology, nutrition and physical education. June ,2018, 3(2),658-660 (Impact factor 5.43)
4. A study of emotional intelligence among soccer players at different playing positions, International journal of physiology, nutrition and physical education. May,2019, 4(1),2198-2199 (Impact factor 5.43)
5. Status of health and wellness among Chandigarh police male constables", International Journal of Physiology, Nutrition and Physical Education. January, 2019, Volume 4, Issue 1 (page no. 1623-1625) (Impact factor 5.43)
6. Prenatal Yoga and Its Effect on Blood O2 Saturation Level of Pregnant Women Remarking An Analisation, November 2018, Volume 3, Issue 8:112-113 (Impact factor 6.5)
7. Effects of Prenatal Yogic Exercises on Psychological Parameters of Pregnant Women During 2nd and 3rd Trimester. Asian Resonance, October 2018 Volume 7, Issue 4:248-250 (Impact factor 6.1)
8. Women and Yoga: A Psychological Analysis. ShrinkhlaEkShodhparakVaicharikPatrika, April 2019, Volume 6, Issue 8:55-58 (Impact factor 6.7)

9. Prenatal Yoga and Stress- Dealing with lethal disease during pregnancy, Journal of emerging technology and innovative research, April 2019, Volume 6, Issue 4:528-534 (Impact factor 5.8)

10. An analytical study of motor educability among educability among inter-college and inter –university level foil and epee fencers, International journal of physiology, nutrition and physical education, January 2019, 4(1)156-158 (Impact factor 5.43)20-21

11. Relationship between selected motor fitness and psychological variables with playing ability of male volleyball players, In journal of advances and scholarly researches in allied education, Apr 2020, Vol 17, Issue 1, ISSN: 2230-7540, (Impact factor 3.46)

12. Contribution of S. BaldevsinghDronacharya Awardee in field hockey, NIU international journal of human rights, 2021, Vol 8 (III), UGC care group 1, ISSN: 2394-0298

Ph.D SCHOLARS SUPERVISED AND AWARDED WITH DEGREE			
S.NO.	NAME	TOPIC	YEAR OF COMPLETION
1	Dr. Rubina Sharma	Effects of Prenatal Yogic Exercises on Physical, Psychological and Physiological Parameters of Pregnant Women during different Trimesters	2020
2	Dr. Deepak Kumar	A Study of Fitness, Psychological Variables, Physiological Parameters and Body Mass Index among Soccer Players at Different Playing Positions	2021

Ph.D SCHOLARS UNDER SUPERVISION		
S.NO.	NAME	TOPIC
1	Jatinder Kumar	An Analysis of Selected Physical, Psychological and Performance Variables in Predicting Playing abilities among Volleyball Players in Different Positions.
2	SohitVerma	Physical Activity and General well being of School Teacher in Relation to Job Satisfaction, Family Environment and Socio-Economic Status
3	Ramandeep Kaur	Mental Health, Achievement Motivation and Personality Differentials Among College Level Nautical, Combative and Ball Game Players

