

Faculty Details Proforma for DU Web-site



	Title	First Name	Middle Name	Last Name
1	Professor	ABHA		JAIN
2	Designation	Professor		
3	Permanent	Permanent		
	Temporary/ Ad-hoc (Please specify)	-		
	Work Experience (Total years of experience)	23 years		
4	Address:			
5	Phone No: Office			
	College Email Id	abha@jdm.du.ac.in		
6	Educational Qualifications (Highest Degree)	Ph.D		
		Yes (4 RC+ 1 OC)		
		<ol style="list-style-type: none"> 1. Successfully completed a refresher course conducted by IGIPSSS and ASC, University of Delhi, Feb. 1-21, 2011 2. Successfully completed a Refresher Course conducted by LNIPE and ASC, University of, Feb. 1-21, 2009 3. Successfully completed an Orientation Course conducted by IGIPSSS and ASC, University of Delhi, Feb. 1-21, 2011 4. FDP - E- Learning & Developing MOOCs for Teaching Process in Higher Education, conducted Online FDP by IQAC, JDMC & TLC, Hindu College, Delhi, Dec. 14-20, 2020 5. ICT Enabled Teaching Learning conducted Online FDP by IQAC, Delhi JDMC & TLC, Ramanujan College, DU, Sept. 7-13, 2020. 		
	Orientation/ Refresher/ FDP/ any other			
7	Participation in Workshops	<u>Academic Courses –</u> <ol style="list-style-type: none"> 1. Therapeutic Yog for Preventive Healthcare – 1st June to 7th July 2022 2. Yog for Stress and Anxiety Management – 21st May to 21st June 2021 3. Role and Impact of Yogic Science of Human Well-Being, Online International Workshop, Govt. of Maharashtra & BSPE, Pune University, May 28, 2021 4. Acupressure Course, by Acupressure S.P. E.U.S., JDMC IQAC CCCCCOSE & Alumnae Asso.– April 12 to May 27, 2021 		

		<p>5. Mitigating Climate Change, <i>UGC Stride Project on Climate Change</i> by C.U.T.N., April 26-May 6, 2021</p> <p>6. Research Options for Faculty, JDMC IQAC, May 12, 2018</p> <p>7. Beauty & Banking, <i>Project Assistant</i>, JDVC & Maitreyi College, DU, July 17-19, 2017</p> <p>8. Capacity Building of DU Faculty, ILLT Tier II, 30TH March to 5th April, 2010</p> <p>9. National workshop on Instrumentation & Techniques of Qualitative Analysis in Sports Biomechanics, Dept. Of Natural/Medical Sciences, IGIPSS, DU, March 13-14, 2008</p> <p>Sports Courses -</p> <p>10. AIFF D License Coaching Course in Football, April 13-17, 2016</p> <p>11. Referees Clinic Workshop, <i>Delhi Volleyball Association</i>, Nov. 10, 2013</p> <p>12. Level 'E' Coaching Certificate by <i>Hugh Kim Lewis, UEFA</i>), SPT Sports, Dec. 17-19, 2010</p> <p>13. YKK FC Barcelona Coaching Clinic in Football at Delhi, May 1, 2009</p> <p>14. MLB "O" Level Coach Certification Course in Baseball, Major League Baseball, USA, 08/10/2008</p> <p>15. AIFF Pilot Introductory Course (AFC), Football, Football house, Delhi, May 15-20, 2006</p> <p>16. Dope Control Course for Sampling Process, Sampling Officer, SAI, INDIA Aug. 2005</p> <p>17. Solidarity Course in Sports Leadership and Management for Sports Administration Programme sponsored by <i>Int. Olympic Asso.</i> Dec., 14-21, 2004.</p> <p>18. Successfully completed the Coaching Clinic in Football by <i>English FA Coach Educator & UEFA *A* License holder, Kim Hughes Lewis</i> organized by SPT Sports FA in collaboration with DSA under AIFF & AFC from Dec. 17-19, 2010</p> <p>19. Successfully completed a Football Coaches Clinic conducted by <i>YKK FC Hong Kong</i> in collaboration with licensed coaches from <i>FC Barcelona Club, Spain</i> and DSA, Delhi May, 2009</p> <p>20. Successfully completed State level a 2-week Basic Introductory Coaching Course (D-Level) in Football organized by DSA under AIFF & AFC under the Director of Coaching, AIFF from May 15 to 20, 2006</p> <p>21. Attended the AFC sponsored Pilot Project - Vision Asia to develop Football in India, organized by DSA & AIFF, Jan. 5- 10, 2004</p> <p>22. Attended AFC sponsored <i>Vision Asia Conference</i> to develop Football in Asia and India, New Delhi, Mar 8- 10, 2004</p> <p>23. Grassroots Football Development by <i>Asian Football Confederation (AFC)</i> in collaboration with AIFF & DSA; AFC & AIFF, July 26, 2006.</p> <p>24. Attended Medical Conference for Football World Cup U-17 organized by <i>FIFA</i> in collaboration with <i>AFC & AIFF</i> April 21, 2015.</p>
8	Administrative Assignments	
	Department (in the last two years)	Physical Education
	College (in the last two years)	Janki Devi Memorial College
	University (In the entire tenure)	University of Delhi

9	Areas of Interest / Specialization	Football, Athletics & Cycling Sports Psychology		
10	Subjects Taught (in the last three years)	GEC- Fitness & Wellness, Stress Management, Fitness and Exercise Management, Foundation of Physical Education, Olympic Education, Aerobics Training, Health Education, Anatomy & Physiology, Posture, Athletic Core and First Aid VAC – Fit India & Sports for Life		
11	Research Guidance			
12	Publications Profile			
	Co Authored -2			
	1, Sports Psychology , Friends Publication, Delhi, 2020. ISBN: 81-8509-054-7			
	2. An Encyclopedia of Tests and Measurements in Sports-Exercise Psychology , Khel Sahitya Kendra, Delhi, 2023. ISBN: 81-7504-054-7			
	Authored Books (Single/ Co-authored)			
	Edited Books (Single/ Co-edited)	1 (in process)		
	Chapter in book (Single/ Co-edited) (Please specify whether National or International)	2 chapters in Fitness, Wellness and Gym Operations –a text Book for Application Course in B. A. Prog. B. A. Prog. Application Course Textbook (Department published- National)		
	Article in Peer-reviewed Journal (Single/ Co-edited) (Please specify whether National or International, UGC Listed)	14 Papers (All national level peer-reviewed journals)		
	Conference Proceedings (or any other form of published content)	Several articles published in Proceedings of International & national level conferences		
	Creative Writing	1. 2 Poems in international monthly journals “POET”, POET, Chennai, India, 2000 2. Photograph, SeeMe - Exposure Award – Top 50 in Micro-photography section, You pic 3. Several photographs appreciated, won recognition and published in the digital platforms and space		
	Translation			
	Conference Participation (in the last three years) [Please specify whether National or International]			
	Papers Presented			
13	Sessions Chaired			
	Discussant or any other			
	ICT enabled teaching-learning			
	Development of e-content (Please specify if it is e-lesson, e-quizzes, e-lectures; also mention the Institution for which the same has been prepared)	e-quizzes e-lessons	JDMC	University of Delhi
	Development of MOOCs			
15	Contribution to development of Syllabi	1. Syllabus Revision Committee member for NEP-	Department of Physical Education & Sports Sciences	University of Delhi

		LOCF 2. Convenor & Co-convenor Committees- GEC, VAC		
16	Research Projects	Major Grants	Research Collaboration	UGC Funded Research Projects
			Collaboration with Dept. Physical Education, DU & JDMC - "Effects of Physical Education Programme on the Selected Physical and Physiological Fitness Variables of Female Sports Students of JDMC"	
17	Awards and Distinctions	<ol style="list-style-type: none"> 1. Awarded Outstanding Woman Researcher of the Year, 2003-2005 by <i>Netaji Subhash National Institute of Sports (NSNIS)</i>, Sports Authority of India. 2. First Position, Post Graduate Diploma in Physical Education and Sports, University of Delhi, 1994. 3. First Position, B. Sc. Physical Education and Sports, University of Poona, 1993. 4. Among Top 50 photographers, Macro photography section – Exposure by <i>See Me-You Pic</i>, 2016. 5. Secured 1st Runner's Up trophy in 14 km at GFR (MTB), Delhi Gran Fondo on Sep. 9, 2015. 6. Secured Winners trophy in 14 km Race (MTB category), North Delhi Cyclist, March 8, 2015. 7. Brand Ambassador, Hundred Days of Cycling (HDOR), 2020. 8. Brand Ambassador, Hundred Days of Running (HDOR), 20017 till date. 9. Best Women College Football in Delhi, awarded by <i>Football Delhi</i>, 2020. 10. Best Women College, Athletics, Reliance Foundation, 2019 & 2020 11. Secured Five Silvers in 3 individual and two relay races at Delhi Masters Swimming Championship in 2015. 12. Secured 2 Gold medals, 3 Silver & 1 Bronze in (50m BS, 100m BS, 50m FS & 50m*4 IMR & 50m FR), Delhi Masters Swimming Championship in 2013 & 2011. 13. Secured 1 Gold medal (200m), 1 Silver medal (800m) & 1 Bronze medal (400m) at Delhi Masters Athletics Championship, 2012. 14. Secured 1 Gold medal (200m), 2 Bronze medals (800m & 1500m) at Delhi Masters Athletics Championship, 2011. 		

		15. Secured 2 Gold medals (200m and 800m) 1 Silver medal (400m) at Delhi Masters Athletics Championship, 2010.		
18	Association With Professional Bodies	SPAI	NAPESS	
19	Other Activities	<ol style="list-style-type: none"> 1. Coach cum Manager, Delhi University Women's Football team for <i>Three-Week Advanced Training In Football</i> at Lincoln University, Christchurch, New Zealand from Feb. 23 to Mar 15, 2013 2. Most successful <i>Manager</i> of <i>Football</i> team of University of Delhi with DU Women's team winning 10 medals in last 14 years in <i>Football</i> since 2007, 3. Training camps for Men's National Football teams of India, Jordon, Kazakhstan, Syria, Uzbekistan etc. teams for Nehru Cup in 2007, 2009, 2011 and 2013. 4. Training camps for Indian Women's National Football team at JDM College, 2019. 5. Training camps for Indian Women's National Baseball team at JDM College, 2019. 6. Training camps for Indian Women's National Hockey team at JDM College, 2002-03. 7. Head of Delegation/Manager, Delhi Women Football team for <i>National Games, 2025. The team secured 4th position.</i> 8. Manager, Delhi Women Football team for <i>Senior Nationals Women's Football Championship</i> at Haldwani, UK (Sept. 2025), Jaipur, Rajasthan (Sept., 2024) Kolkata, W.B. (March 2024) Cuttack, Odisha (Jan.29-Feb 14, 2018), Chennai (Feb. 25 to March 6, 2009), Haldia (Feb., 27 to March 5, 2008), Imphal (Feb. 20, to March 6, 2005) & Bhopal (2003) 9. Selector/Member, <i>selection cum training camps</i> for <i>Delhi state</i> to select teams for various age groups <i>National</i> tournaments in Football since 2002 till date. 10. Manager, <i>Winner's JDM Football team</i> at <i>BITS Pilani (2016) & BITS Goa (2017) Tournaments.</i> 11. Chairperson/Convener/member – Selection Committees (LSC) – Santosh Trophy & C Division League (Men), Senior/Junior/Sub-Junior Women, Futsal League (M/W), Championship League & Premier League (W) 12. <u>Inter-University and Inter College:</u> 13. Manager, Delhi University Women's teams in Soccer (winner of 4 <i>Silver & 3 Bronze medals</i>) for North Zone and All-India Inter- University Championships- 2009-10 (Amritsar - 2nd), 2010-11 (KU), 2011-12 (MDU, Rohtak: 3rd), 2012-13 (K.U); 2012-13 (Delhi: 2nd), 2013-14 (Hissar: 2nd), 2015-16 (KU-2nd), 2017-18 (Kanpur-3rd) 2018-19 (Amritsar- 2nd) & 2018-19 (Chennai). 14. Convenor, <i>selection cum training camps</i> for <i>Delhi University</i> to select teams for <i>Inter University</i> tournaments since 2007 till date. 15. Member, <i>selection cum training camps</i> for <i>Delhi state</i> to select teams for various age groups <i>National</i> tournaments in Football since 2002 16. Convenor/Member, <i>Inter College Football Championship & University Selection tails - 2007-25</i> 17. Member, Organizing Committee, 1st and 2nd & 5th 		

		<i>Delhi State Women's Football League, JDM College, 2005 and 2011</i> 18. Member, Organizing Committee, 2nd Khelo India - Delhi State Women's Football League, JDM College, 2019-20, 2022-25 19. Director/Convener, JANKI CUP, 2019, 2023, 2024, 2025 20. Organizing Secretary, 7- a- side Football tournament at JDM College, 2018-19 21. Convenor, 6 a side Futsal tournament at JDM College, 2017-18
20	Vidwan Id	268354

This is to certify that the information provided by me is correct and to the best of my knowledge

Name and Designation: PROF. ABHA JAIN, PROFESSOR