

Faculty Details Proforma for DU Web-site

Photograph



1	Title	First Name	Middle Name	Last Name
	Dr.	TARUN		ROUTHAN
2	Designation	Assistant Professor		
3	Permanent	Permanent		
	Temporary/ Ad-hoc (Please specify)			
	Work Experience (Total years of experience)	10+ Years		
4	Address:	Department of Physical Education, Janki Devi Memorial College, Sir Ganga Ram Marg Hospital Marg, New Delhi 110060		
5	Phone No: Office	0114987660		
	College Email Id	tarunrouthan@jdm.du.ac.in		
6	Educational Qualifications (Highest Degree)	Ph.D.		
7	Orientation/ Refresher/ FDP/ any other	<ul style="list-style-type: none"> ▪ One Week Online Multidisciplinary Faculty Development Programme (FDP) on “The Science of Happiness in Educational Practices” organized by GAD-MMTTC SGTB Khalsa College University of Delhi in collaboration with Janki Devi Memorial College, University of Delhi and Rekhi Foundation of Happiness from 1-7 December 2025. ▪ One Week Short Term Programme (Residential) in “Yoga and Wellness” at UGC MMTTC, Kumuan University Nainital from 1-7 July 2025. ▪ One Week Online Faculty Development Programme (Short Term Programme) on “Research Methodology and Undergraduate Research Guidance in the NEP Context: Teaching, Mentoring and Assessment Strategies” organized by MMTTC Ramanujan College, Delhi in collaboration with College of Vocational Studies, University of Delhi from 11-17 July 2025. ▪ One Week Short Term Training Program on “Transforming Education with AI: Strategies for Innovation and Engagement” organized by Department of Physical Education & Department of Computer Science, Indira Gandhi National Tribal University, Regional Campus Manipur from 26-31 May 2025. ▪ NEP-2020 Orientation and Sensitization Programme under MM-TTP of UGC organized by UGC-MMTTC, SGTB Khalsa College, University of Delhi from 1-11 October 2024. 		

8		<ul style="list-style-type: none"> ▪ Faculty Induction Programme on “Pedagogical Imperatives for Creating Quality Learning Environment for All, Capacity Building Programme for Teachers in Higher Education” organized by Department of Education, University of Delhi from 1-8 December 2023 ▪ One Month Online National Faculty Induction Programme/ Orientation Course jointly organized by Janki Devi Memorial College, University of Delhi and GAD-TLC SGTB Khalsa College, University of Delhi under PMMMNMTT of Ministry of Education from 23/06/2023 to 22/07/2023. ▪ 5 Day Faculty Development Program on “Microsoft Power BI Data Analyst Associate” conducted by ICT Academy at Institute of Innovation in Technology and Management from 8-12 May 2023. ▪ One Week National Online Faculty Development Programme on “Research Writing Skills in Higher Education” organized by Department of Teacher Training and Non Formal Education in collaboration with School of Education, Faculty of Education, Jamia Millia Islamia, New Delhi under the scheme of PMMMNMTT, Ministry of Education, Govt. of India from 13-18 December 2021. ▪ One Week Short-Term Course for Teachers in Higher Education on “Open Educational Resources in Higher Education (OERHE)” organized by Faculty Development Centre (under the MHRD scheme of PMMMNMTT) Hemvati Nandan Bahuguna Garhwal University, Srinagar from 4-9 September 2017. ▪ 5 Day Training Course on “Statistical Package for Social Sciences (SPSS) organized by Delhi University Computer Centre, University of Delhi from 31/10/2012 to 04/11/2012.
	Participation in Workshops	<ul style="list-style-type: none"> ▪ One Week Interdisciplinary Workshop on “Exploring the Human Environment Nexus: The Role of Ecosystem in Health and Well Being” Sponsored by ICMR, organized by Janki Devi memorial College, University of Delhi from 8-12 September 2025. ▪ Workshop on “Breaking Barriers: Making Physical Education Inclusive for All” held on ▪ “10 Day National Level Research Methodology Workshop” organized by Department of Adult, Continuing Education & Extension, Faculty of Social Sciences, University of Delhi, sponsored by ICSSR, Ministry of Human Resource Development, Govt. of India from 2-12 December 2012.
	Administrative Assignments	
8	Department (in the last two years)	<ul style="list-style-type: none"> ▪ TIC, Department of Physical Education ▪ Point Person of the Department ▪ Member- Department NAAC Committee ▪ Member- Internal Assessment Committee ▪ Member- Admission Committee ▪ Member- Social Media Convener ▪ Member- National Sports Organization
	College (in the last two years)	<ul style="list-style-type: none"> ▪ Convener, Discipline Committee

		<ul style="list-style-type: none"> ▪ Nodal Officer for 30-Day Fitness Challenge by National EduTrust of India ▪ Nodal Officer- Special Run for ▪ Member- Annual Prize Distribution Committee ▪ Member- Electoral Literacy Club ▪ Member- College Website Committee ▪ Member- Option Form Committee ▪ Member- Khoj- Research Centre.
	University (In the entire tenure)	<ul style="list-style-type: none"> ▪ Convener/ Member- Board of Examiners for Question Paper Setting (Theory) ▪ Member- Moderation Committee for moderation of question papers. ▪ External Examiner for Practical Examiner and Evaluation/ Re-Evaluation of Examination. ▪ Coach/ Manager- Delhi University Taekwondo (M & W) Teams for All India Inter University Taekwondo Championships. ▪ Member- Student Management Committee for the 101 Annual Convocation of University of Delhi. ▪ Member- Committee for the Conduct of Inter College Tournaments of the Sports Committee 2025-26. ▪ Member- Preparation Team for NAAC Peer Team Visit of the Delhi University Sports Council 2024. ▪ Convener- Sports Trials in Handball (W) for UG Admissions 2025-26 ▪ Observer- Sports Trials in Squash for UG Admissions 2024-25 ▪ Convener- Sports Trials in Taekwondo (M & W) for UG Admissions 2024-25 ▪ Member- Annual Function of Delhi University Sports Council 2025. ▪ Convener- Delhi University Inter College Handball (Women) Tournament 2024-25 and Selection Trials for Inter University Tournament. ▪ Member- Delhi University Inter College Taekwondo (M & W) Tournament 2024-25. ▪ Member- Delhi University Inter College Taekwondo (M & W) Tournament 2023-24.
9	Areas of Interest / Specialization	<ul style="list-style-type: none"> ▪ Sports Biomechanics, Training and Exercise Physiology ▪ Research and Statistics ▪ Olympic Education & Administration ▪ Sports Injury Prevention and Management
10	Subjects Taught (in the last three years)	<ul style="list-style-type: none"> ▪ Fitness & Wellness ▪ Stress Management ▪ Professional Preparation & Career Avenues in Physical Education and Sports ▪ Olympic Education ▪ Introduction to Injury Prevention and Rehabilitation ▪ History and Foundation of Physical Education ▪ Fit India ▪ Sports for Life-I

		<ul style="list-style-type: none"> ▪ Indigenous Sports
11	Research Guidance	
12	Publications Profile	
	Authored Books (Single/ Co-authored)	<ul style="list-style-type: none"> ▪ “Principles of Sports Training” published by Sports Publication (India) ISBN 978-93-87363-52-6. ▪ “Essentials of Exercise Physiology” published by Sports Publication (India) ISBN 978-93-87363-51-9. ▪ “Learn to Play Taekwondo” by Sports Publication (India) ISBN 978-93-84603-51-9 ▪ “Research and Statistics in Physical Education” by Sports Publication (India) ISBN 978-93-90016-96-9
	Edited Books (Single/ Co-edited)	
	Chapter in book (Single/ Co-edited) (Please specify whether National or International)	<ul style="list-style-type: none"> ▪ “Central Adiposity, Girth and Cardio- Respiratory Fitness” published in the Book “Global Trends in Physical Education and Sports”, Published by Friends Publication (India) (ISBN 978-81-7216-334-1, pp: 323-327) (National). ▪ “Science and Spirituality” published in the Book “Fitness, Aerobics & Gym Operations”, Published by Jyoti Enterprises (India) (ISBN 978-81-89580-30-8, pp: 167-169) (National).
	Article in Peer-reviewed Journal (Single/ Co-edited) (Please specify whether National or International, UGC Listed)	<ul style="list-style-type: none"> ▪ “Effect of Mental Imagery Training on the Selected Psycho-Motor Abilities and Counter Attack Performance of Female Taekwondo Players” published in the Online International Interdisciplinary Research Journal (Peer Reviewed, ISSN 2249-9598, Vol. 8.4, pp: 290-294). ▪ “The Effect of Six Weeks Plyometric Training on Selected Physical Fitness Variables and Dollyeo Chagi Kicking Speed of Taekwondo Players” published in Research Journal of Social and Life Sciences (UGC Sl. No. 40942, ISSN 0973-3914, Vol. XVI.II, pp: 129- 133). ▪ “Level of Career Aspiration: Individual Sports” published in Research Journal of Social and Life Sciences (UGC Sl. No. 40942, ISSN 0973-3914, Vol. XVI.I, pp: 120- 127). ▪ “Level of Career Aspiration: Team Sports” published in Research Journal of Social and Life Sciences (UGC Sl. No. 40942, ISSN 0973-3914, Vol. XVI.II, pp: 134- 142). ▪ “Effect of Mental Imagery Training & Tratak Kriya on Stopping of Penalty Strokes in Hockey” published in International Journal of Scientific Research Publications (UGC Sl. No. 47590, Vol. 4.1, ISSN 2250-3153). ▪ “Chanting: A Therapeutic Treatment for Sports Competitive Anxiety” published in International Journal of Scientific Research Publications (UGC Sl. No. 47590, Vol. 4.3, ISSN 2250-3153).
	Conference Proceedings (or any other form of published content)	<ul style="list-style-type: none"> ▪ “Effect of 8 Weeks Plyometric Training on Selected Motor Abilities of Female Taekwondo Players” published in the proceedings of National Conference on Latest Trends in Health and Physical Education 2017 at University College

		<p>Medical Sciences, University of Delhi, Delhi, India (ISBN 978-81-7524-879-3, pp: 34-38).</p> <ul style="list-style-type: none"> ▪ “Effect of Mental Imagery Training on the Selected Psycho-Motor Abilities and Counter Attack Performance of Female Taekwondo Players” to be published in the proceedings of International Congress on Sports Science and Yoga 2017, organized by LNIPE at Vigyan Bhawan, Delhi, India. ▪ “The Effect of Weight Cycling on the Performance of University Level Male Taekwondo Players: An Analytical Study” published in the Proceedings of 4th International Conference on Sports and Exercise Science 2013, Bangkok, Thailand (ISBN 81-7341-444-0, pp: 136- 142) ▪ “Effect of Weight Cycling on Performance of Senior Male Taekwondo Players” published in the Proceedings International Seminar on Physical Education, Recreation and Yogic Sciences, organized at Banaras Hindu University, Varanasi, 2012 (ISBN 92-8867-511-8, pp: 181-184) ▪ “A Comparative Study on Stress Level between Government and Private School Students in Delhi” published in the Proceedings of International Seminar on Physical Education, Recreation and Yogic Sciences, organized at Banaras Hindu University, Varanasi, 2012 (ISSN 2250-1398, pp: 135- 138). ▪ “The Volume and Intensity of Physical Activity Correlates Ratings of Perceived Exertion on Female Judo Players on 12 Min. Run/ Walk Paradigm” published in the Proceedings of National Congress on Physical Activity, Fitness and Health, organized by Department of Physical Education (University of Pune), 2011 (ISBN 93-80697-79-1, pp: 32- 35) ▪ “Aging Weight Gains and Exercise” published on the Proceedings of National Congress on Physical Activity, Fitness and Health, organized by Department of Physical Education (University of Pune), 2011 (ISBN 93-80697-79-1, pp: 171- 172) ▪ “Health Consequences of Obesity” and ““A Comparative Study on Personality Dimensions of Medalists and Non-Medalists Female Taekwondo Players in 1st All India Inter University Taekwondo Championship Patiala 2011” at UGC Sponsored National Seminar on Emerging Trends in Physical Education and Yoga for All Round Development of Youths, organized by J.S. (P.G.) College, Sikandrabad, Bulandshahar (U.P.), 2011.
	Creative Writing	
	Translation	
13	Conference Participation (in the last three years) [Please specify whether National or International]	<ul style="list-style-type: none"> ▪ “Higher Dan Low Poom/ Dan Training Seminar and Test” sponsored by Koran Cultural Centre, Ministry of Culture, Sports and Tourism and organized by Kukkiwon India North Branch at Korean Cultural Centre, New Delhi, India from 26-28 September 2025.

		<ul style="list-style-type: none"> ▪ “India Taekwondo Leaders Forum 2024” hosted by Koran Cultural Centre, Ministry of Culture, Sports and co-hosted by India Taekwondo.
	Papers Presented	<ul style="list-style-type: none"> ▪ “An Analytical Study on the Rise of Performance of Para Athlete’s of India” in the ICSSR Sponsored 3-Day National Seminar on “Physical Education and it’s Applications” organized by Department of Physical Education, Regional Campus Manipur, Indira Gandhi National Tribal University from 19-21 March 2025. ▪ “Effect of Mental Imagery Training on the Selected Psycho-Motor Abilities and Counter Attack Performance of Male Taekwondo Players” at 6th International Symposium for Taekwondo Studies during the WTF World Taekwondo Championship 2017, Muju, Korea. ▪ “Effect of 8 Weeks Plyometric Training on Selected Motor Abilities of Female Taekwondo Players” at National Conference on Latest Trends in Health and Physical Education 2017, organized by University College Medical Sciences, University of Delhi, Delhi, India. ▪ “Effect of Mental Imagery Training on the Selected Psycho-Motor Abilities and Counter Attack Performance of Female Taekwondo Players” at International Congress on Sports Science and Yoga 2017, organized by LNIPE at Vigyan Bhawan, Delhi, India. ▪ “The Effect of Weight Cycling on the Performance of University Level Male Taekwondo Players: An Analytical Study” presented at 4th International Conference on Sports and Exercise Science 2013, Bangkok, Thailand. ▪ “Chanting: A Therapeutic Treatment for Sports Competitive Anxiety of Taekwondo Players” at International Conference on Futuristic Trends in Physical Education 2013, organized by Punjabi University, Patiala, Punjab, India. ▪ “The Evolution of High Jumping Techniques: A Biomechanical Analysis” at International Conference on Sports Biomechanics, Emerging Technologies & Quality Assurance in Technical Education, organized by Prannath Parnami Institute of Management & Technology, Hisar, 2012. ▪ “Effect of Weight Cycling on Performance of Senior Male Taekwondo Players” at International Seminar on Physical Education, Recreation and Yogic Sciences, organized at Banaras Hindu University, Varanasi, 2012. ▪ “A Comparative Study on Stress Level between Government and Private School Students in Delhi” at International Seminar on Physical Education, Recreation and Yogic Sciences, organized at Banaras Hindu University, Varanasi, 2012. ▪ “Exercise: A Remedy for Aging Weight Gains” at International Seminar on Obesity and its Relation to Body Composition, organized by Faculty of Applied Sciences, Manav Rachna International University, Faridabad, 2011.

		<ul style="list-style-type: none"> ▪ “Effect of 8 Weeks Plyometric Training on Selected Motor Abilities of Female Taekwondo Players” at National Conference on Latest Trends in Health and Physical Education 2017, organized by University College Medical Sciences, University of Delhi, Delhi, India. ▪ “Sports Competition Anxiety and Performance of Female Taekwondo Players: A Comparative Study” at 22nd National Conference of Sports Psychology, held at SKRCPE, Bhagoo Majra, Kharar, Punjab, 2012. ▪ “A Comparative study of Level of Stress between Physically Active and Non- Active Women” at 22nd National Conference of Sports Psychology, held at SKRCPE, Bhagoo Majra, Kharar, Punjab, 2012. ▪ “Sports Competitive Anxiety and Performance of Male Taekwondo Players: A Comparative Study” at National Level Seminar on Counseling Strategies for Enhancement of Physical and Psychological Well Being , organized by M. E. S. College of Arts and Commerce, Zuarinagar, Goa, 2012. ▪ A Comparative Study on Personality Dimensions of Male Taekwondo Players Belonging to Selected Weight Categories in 1st All India Inter University Taekwondo Championship Patiala 2011” at UGC Sponsored 21st National Conference of Sports Psychology, organized by Acharya Nagarjuna University, 2011. ▪ “An Inter- Relationship Study of Selected Measures of Central Adiposity, Girth Measures and Cardio- Respiratory Fitness in Men” at UGC Sponsored National Conference on Global Trends in Physical Education and Sport, organized at SKRCPE, Kharar, 2011. ▪ “An Assessment of Selected Measures of Visceral Fat Distribution, Girth and Cardio- respiratory Fitness in Women” at National Convention in Physical Education & Sports Sciences, organized by Department of Teacher Education (LNUPE), 2011. ▪ “A Comparative Study on Personality Dimensions of Medalists and Non- Medalists Female Taekwondo Players in 1st All India Inter University Taekwondo Championship Patiala 2011” at UGC Sponsored National Seminar on Emerging Trends in Physical Education and Yoga for All Round Development of Youths, organized by J.S. (P.G.) College, Sikandrabad, Bulandshahar (U.P.), 2011. ▪ “Aging Weight Gains and Exercise” at National Congress on Physical Activity, Fitness and Health, organized by Department of Physical Education (University of Pune), 2011. ▪ Paper Presentation on “Anorexia” at One day seminar on “FITNESS: Holistic Health for Body and Mind” organized by Kamala Nehru College (University of Delhi), 2009
	Sessions Chaired	
	Discussant or any other	<ol style="list-style-type: none"> 1. Resource Speaker in the “International Conference on Martial Arts” with the Theme “Martial Arts in the Modern World: Tradition, Innovation and Global Impact” organized by

		<p>International Association of Physical Education and Sports in collaboration with Mixed Martial Arts Sports Association-Thailand, with Academic Partner Cagayan State University-College of Human Kinetics held online on 30 April 2025.</p> <p>2. Resource Person to deliver session on “Female Athlete Triad” in the workshop titled “Fuel Your Body, Ignite Your Potential” conducted by Bhagini Nivedita College.</p>		
14	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)			
	Development of MOOCs			
15	Contribution to development of Syllabi	<ul style="list-style-type: none"> Member- Committee to revisit/ formulate Discipline Specific Courses with syllabus under UGCF in line with NEP 2020. Member- Committee to revisit/ formulate Generic Elective Courses with syllabus under UGCF in line with NEP 2020. 		
16	Research Projects	Major Grants	Research Collaboration	UGC Funded Research Projects
17	Awards and Distinctions			
18	Association With Professional Bodies	<ul style="list-style-type: none"> Vice President- Central District Taekwondo Association Affiliated to Delhi Taekwondo Association, Taekwondo Federation of India. Joint Secretary- Central District Volleyball Association, Affiliated to Delhi Volleyball Association, Volleyball Federation of India Editorial Member- International Journal for Research Trends in Social Science & Humanities. Reviewer- Academic Business Current Data (ABCD) Index. 		
19	Other Activities	<ul style="list-style-type: none"> Participated in the 5th World Taekwondo Online Partnership Taekwondo Program held online on 11 December 2020. Participated in the 2019 World Taekwondo Partnership Taekwondo Program held in Taekwondowon, Korea from March 19 to 3 April 2019. Represented Indian Olympic Association in the 58th International Session for Young Participants hosted by International Olympic Academy, Greece from June 15-30, 2018. Selected as one amongst the 50 speakers from the World to present a research paper in the 6th International Symposium for Taekwondo Studies during the WTF World Taekwondo Championship 2017, Korea. 		

		<ul style="list-style-type: none"> ▪ Sports Secretary, Delhi University Students' Union 2011 ▪ Certified Aerobics Trainer and Cardio Kick Boxing Trainer ▪ National Referee: Sports Climbing and Taekwondo. ▪ Advance Courses/ Training Course: ISAK Level-1 Anthropomterist Course, Structural Equation Modeling and Statistical Package for Social Sciences (<i>SPSS</i>). ▪ Medal Winner/ Participation at International/ National/ All India Inter University Level Taekwondo Championships. ▪ Worked as a Dope Control Officer in Delhi; World Kabaddi League 2014, India, Common Wealth Games 2010 and Asian Wrestling Championship 2010 Held in Delhi.
--	--	---

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

Name and Designation: Dr. Tarun Routhan, Assistant Professor, Department of Physical Education