

Bio-Data

PERSONAL PARTICULARS

Name Monika Verma
Professor
Department of Physical Education
Ch. Devi Lal University, Sirsa (Haryana) India

Pay scale Rs.37400 – 67000 with AGP10000/-
Presently Basic 167200+AGP of Rs. 10000/-
(Now Academic Level – 14)



Eminent Spots Academician Nominated by Government of India, Ministry of Youth Affairs and Sports

PERMANENT ADDRESS: House No. F-4,
University Campus, Ch. Devi Lal University, Sirsa (Haryana)
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FATHER'S NAME Prof. K.K. Verma (Ex. Vice-Chancellor, LNIPE, Gwalior)

FOREIGN VISIT & AWARD

- *Shiksha Rattan*
- *Visited Abroad For International Conference At Dallas Texas(USA)*

ADMINISTRATIVE EXPERIENCE AND TEACHING EXPERIENCE

ADMINISTRATIVE EXPERIENCE: 15 years (Fifteen Years)

TEACHING EXPERIENCE *More than 20 years* (twenty years)

More than 20(twenty years) years

Present position

- **Dean** of Education faculty
- **President** Sports Council,
- **Chief Warden** C.D.L.U. Sirsa

Previous positions

- **Registrar**, Chaudhary Devi Lal University (Additional Charge)
- **Director** ,Distance Education CDLU
- **Chairperson of Education**
- **Chairperson of Physical Education**
- **Secretary women complaint committee**
- **Observer of NET exam** (December 2014 & June 2015)
- **Observer of AIU (Associations of Indian Universities)**
- **Dean Research**

Member of Prestigious Bodies

- Member of NCTE Team
- **Convener of CIQA**
- Member of **different selection committee of different state universities.**
- **Governor nominee, Executive Council Kurukshetra University Kurukshetra**
- **Governor Nominee, Executive Council, Deenbandhu Chhotu Ram University of Science and Technology, Murthal, Sonapat.**
- **Governor nominee, selection committee Indra Gandhi University, Meerpur, Rewari**
- **Member of University Court, Maharshi Dayanand University, Rohtak**
- **Outside Member Academic Council, Ch. Bansi Lal University, Bhiwani**
- **Outside Member Academic Council, Indra Gandhi University, Meerpur, Rewari**
- Member of board of studies of different universities
- Member of **different selection committee of different state universities.**
- Member secretary off finance committee

Member of Professional Bodies

- Member of **different selection committee of different state universities.**
- Member of **different selection committee of different state universities**
- Member **Board Of Study** of different Indian universities.
- Member Of NAPES (National Association Of Physical Education And Sports)
- Member Of **Executive Council** CDLU
- Member Of **Academic Council** CDLU
- Member of **university court** CDLU
- Member **Sectary Sports Council** CDLU
- Member Sectary Of Sports Council Executive Board CDLU
- Member Sectary Of **Executive Sports Council** CDLU
- Chairperson Of Post Graduate Board Of Study Physical Education CDLU
- Chairperson Of Under Graduate Board Of Study Physical Education CDLU
- Chairperson Of Post Graduate Board Of Study Education CDLU
- Chairperson Of Under Graduate Board Of Study Education CDLU
- Member Of Subject **Expert Panel**
- President Of Different Sports Selection Committee CDLU
- Approved Guide Of Different Universities
- Member of **women harassment** committee

- Convener of different committees like sports, decoration etc
- Member of **sports ordinance committee**

EDUCATIONAL QUALIFICATION

- **M.A. (Physical Education)** Kurukshetra University, Kurukshetra (Haryana) India
- **Ph.D. (Physical Education)** “*Socio-cultural deterrent and attitude of women towards physical education and sports*” Kurukshetra University Kurukshetra(Haryana) India
- **M.A. (Mass Communication And Journalism)** Ch Devi Lal University, Sirsa
- **U.G.C. (NET EXAM)** (Two Times Cleared)
- **Certificate course in yoga** Kurukshetra University, Kurukshetra (Haryana) India

PROFESSIONAL ACHIEVEMENTS:

- PhD Under My Supervision **18** (EIGHTEEN)
- M. Phil. Awarded Under My Supervision **17**(SEVENTEEN)
- Books Published Total :- **14** (fourteen)
- Research paper published **36**(thirty six)

BOOKS

1. Swasthy shiksha (Dr. K.K. Verma **Dr. Monika Verma**)(2005) 81-7216-106-9
2. Sharirik shiksha ka molik adhar(Anil Kumar Vinayak**Dr. Monika Verma** Mahesh Kumar)(2005) 81-7216-133-6
3. khal manovigyan by **Dr. Monika Verma** and Dr. K.K. Verma (2012) ISBN 978-81-7216-267-7 friends publication NEW DELHI
4. Sharirik shiksha and Swasthy part-1 (Prof. Shamsheer Singh,Dr. Kewal Kishan,Dr. **Monika Verma** Dr. Satish Kumar Bhardwaj) (2009) 978-81-7216-269-3
5. Sharirik shiksha and Swasthy part-2 (Prof. Shamsheer Singh,Dr. Kewal Kishan,Dr. **Monika Verma** Dr. Satish Kumar Bhardwaj) (2009) 978-81-7216-271-7
6. Sharirik shiksha and Swasthy -3part (Prof. Shamsheer Singh,Dr. Kewal Kishan,Dr. **Monika Verma** Dr. Satish Kumar Bhardwaj)(2009) 978-81-7216-271-5
7. SHARER RACHNA AVAM KRIYA VIGYAN by (**Dr. Monika Verma**, Dr.Balbair singh and Dr. K.K. Verma)(2013) ISBN -81-7216-237-5 friends publication NEW DELHI
8. Yog Ka Jiwan Mein Mehtva by (Dr. Rajesh, **Dr Monika** ,Dr Ishwar)(2015) published Sports education technology ISBN 978-93-84603-06-9
9. Svasthay shiksh aaor pariyavaran adhyan by **Dr Monika verma** (2017) Friends Publication (India) ISBN -978-81-7216-505-5
10. Physical Education And Health (text book)(2018)B.A.-(1sem & 2sem) by Dr.Arvind Malik, **Prof. Monika Verma** And Dr. Suresh Malik; friends publication NEW DELHI ISBN 978-81-7216-599-4

11. Physical Education And Health (text book) (2018)B.A.-(3sem & 4sem) by, Dr. Suresh Malik, **Prof. Monika Verma** And Dr.Arvind Malik friends publication NEW DELHI; ISBN 978-81-7216-644-1
12. Physical Education And Health (text book) (2018)B.A.-(5sem & 6 sem) by, **Prof. Monika Verma** , Dr. Suresh Malik and Dr.Arvind Malik friends publication NEWDELHI;ISBN 978-81-7216-601-4
13. Socio-Psychological Foundation Of Physical Education, (text book 2019) by **Prof. Monika Verma** and Dr. Surjeet Neema, Friends Publication,New Delhi;ISBN 978-81-7216-471-3
14. Physical fitness and yoga, (text book 2019) by **Prof. Monika Verma** and Charan Singh, Friends Publication,New Delhi;ISBN 978-81-7216-470-6

Ph.D Supervised

- Effect of eating attitudes, mood states and competitive behaviour among sports women(2016)
- Analytical study of sociological and administrative factors of sports person and non sports person of Haryana women police(2019)
- Study of alcohol addicted sports person and their consequences(2018)
- Contribution of Namdhari's sports academy in the field of hockey (2018)
- Total quality management in health care of sports persons(2018)
- Effect of yoga and aerobic exercises on physiological variables of sports persons (2015)
- A study of contributing factors for the development of hockey in Haryana state (2016)
- Impact of Total quality management on the status of spots in Haryana (2017)
- Effect of dietary pattern on physiological variables in relation to sports achievement :a study of Haryana SAI centers (2010)
- A comparative study of aerobic and anaerobic exercises on lipid profile, pulse rate and RBC count of Haryana sports persons(2010)
- The comparative study of psychological and physical fitness variables among the kabaddi players of northern states(2010)
- Gratification of sports television channels on sports person and non sports persons(2014)
- Effects of selected training programmers on physical fitness of sportsmen(2010)
- Impact of information communication technology on Indian sportsperson and non sportsperson(2018)
- A comparative study of achievement, self concept and emotional intelligence of rural - urban colleges sports person(2015)
- Baldev Singh legendary hockey coach –a case study(2019)

Research Paper Published

1. A study of sports Achievement motivation among various sportsmen (**Monika Verma**) Indian Journal of Sports studies (Referred) Vol.3, No.2 Year July-Dec.1998 Page 18-25

2. A study of Recreational needs, activities of interest and facilities available at Chaudhary Devi Lal University Campus, Sirsa(**Monika Verma**)(Referred) ISSN 0975-8895, Vyayam Vidnyan Vol.44 NO.1 Feb 2012 Page NO. 11
3. Implementation of TQM in Sports Sector (**Monika Verma**) (proceedings) Futuristic trends in Physical Education, Vol.1, 2013. Page No.222-226, ISBN-978-93-80144-62-7
4. A study of successful and less successful wrestlers in relation to their cardio-vascular fitness and grip strength(Prof. K.K. Verma & **Monika Verma**) (Indexed) Journal of Physical Education & Sports Sciences Vol. VI No. 1&2 Jan. –July 2000 Page No. 61
5. A study self concept of winner and losers of different sports (**Monika Verma**) (Indexed) Journal of Physical Education & Sports Sciences Vol. VI No. 1&2 Jan. –July 2000 Page No. 64
6. A comparative analysis of echocardiographic indices among endurance, strength and combined trained athletes(Referred) ISSN:2230-8628 International journal of motor learning & sport performance Vol. 3 No. 1 Jan. 2014 Page 89
7. Effect of dietary pattern on vital capacity of female sports person (**Dr. Monika** , Mr. Rajesh Dr. Ishwar Singh Malik) (Referred) ISSN 09768017 International research journal of indology Vol. 63, April 2011. Page 91- 93
8. Development program of junior athletes (**Monika Verma**) (Referred) Indian journals of sports studies, Page 31-35, Vol2 No.1 Jan to June 2003
9. A study of sports Achievement motivation among various sportswomen (**Monika Verma**) (Referred) Research bi-annual for movement Vol.15 No.2 April 1999 page No. 43
10. A comparative study of pre competition anxiety level between school and college volleyball players (Mr. Ashwani Kumar & **Dr. Monika verma**)(Referred) ISSN 0975-9301 Journal of physical Education and yoga Page no 27-28 Vol 3 no. 2 July 2012
11. A comparative study of maximum oxygen consumption among basketball , football and volleyball players (Mr. Ashwani Kumar & **Dr. Monika verma**)(Referred) ISSN 0975-9301
12. The role of yogic exercise on fat composition of female sports person (Referred) (**Dr. Monika** and Rajesh) International research journal of indology Vol. 65/1-2 Jan-June 2013 Page 61- 63
13. A study of parental influence and women sports participation in Haryana **Dr. Monika** Vyayam Vidnyan Page No. 34 Vol 40 aug. 2007, No. 3
14. Effect of Yogic life style intervention on lipids profiles of rural background sportsmen (Daljeet Singh and **Monika Verma**) (Review) International journal of education and science research review Volume-! Issue-3, June 2014 Page no. 13-16 ISSN-2348-6457 ISSN-2349-1817
15. Effect of Aerobic exercise on the physiological variables of rural background sportsmen (Daljeet Singh and **Monika Verma**)(Review) International journal of education and science research, review Volume-! Issue-3, June 2014,, Page no. 13-16; ISSN-2348-6457; ISSN-2349-1817
16. Traditional Indian Sports; (**Monika Verma**) International conference on physical education & sports science (Proceedings) Organized by:-Manipal University; Page no. 94-100

17. A study of contribution factors for development of hockey in Haryana state (surjeet and **monika verma**) Pramana research journal; (International referred) Issue: 12 june. 2014 Page 273-274 Impact Factor 2.87, ISSN:2249-2976
18. A comparative study of job satisfaction among physical education teachers of high schools situated in rural and urban area of sirsa distt.(Reena and **Monika**) Global scientific conference on physical education health and sports sciences , (Proceeding) Organized by Department of physical Education GNDU, Amritsar 24-26 Jan. 2014, International ,ISBN 978-93-8014-516-7
19. Quality management in sports a critical study (sanjay kumar,**Dr. Monika**) Global scientific conference on physical education health and sports sciences (Proceeding) Organized by Department of physical Education GNDU, Amritsar 24-26 Jan. 2014, International ,ISBN 978-93-8014-516-7
20. Role of exercise on volleyball(**Dr.Monika**,Rajesh And Ravinder Singh) Journal of physical education and yoga jan.2014(refereed) vol.05,no1,page 30-31, ISSN0975-9301
21. Supplements for shot putters (**monika verma** and sanesh kumari) (International referred) Impact Factor 5.2 International journal of applied research Issue : 1(11) 2015,Page 107—110 ISSN:2394-7500
22. Importance of yoga in twenty first century(**Monika Verma**,Charan Singh,Rajesh) International journal of physical education,sports and health review Volume-2(2) 2015,Page no. 01-02 Impact Factor 4.69, ISSN-2394-1683 ISSN-2349-1817
23. Effect of eating attitudes,mood states and competitive behavior among sports women(Monika Verma) International journal of innovation research and advanced studies review,Volume-3 Issue-, April 2016 Impact Factor with 1.24, ISSN-2394-4404
24. Toward a positive sports psychology a forthcoming exploration in physical practice (Monika Verma) (Proceeding) National seminar by Govt. National P.G. College, sirsa 6th march 2016
25. Sports management (Reena and **Monika**) Global physical education and sports conference on scientific culture in Organized by Department of physical Education ,Punjabi university, Patiala. Page 1648-1653,18-20 Feb. 2016; International ISBN 978-93-85446-45-0
26. Role of physical education in curriculum construction in higher education(**Monika**) National seminar
27. Effects Of Attitudes, Mood States And Competitive Behavior Among Sports Women (Economic Level)(kailash and **Monika Verma**) International journal of innovation research and advanced studies review Volume-3 Issue-, August 2016, Impact Factor 2.15, ISSN:2394-7500
28. A Study Of Contributing Factors For The Development Of Hockey In Haryana State(**Monika Verma And Surjit Kaur**) International journal of physical education,sports and health review Volume-3(4) 2016;Page no. 272-274; ISSN-2394-1685 ,ISSN-2349-1693
29. A Study On Total Quality Management In Healthcare Of Sportspersons Of Sirsa And Fatehabad District(**Monika Verma And Reena**) International journal of research in economics social sciences review Volume-6 Issue-12, December 2016;Page 2249-7382; ISSN-2349-7382
30. A comparative study of sports facilities available in Haryana districts Emerging Trends in Social Sciences(sanjay and **Monika Verma**) Volume-6,Issue June 2017;Page no 1-9; ISSN-2277-8624

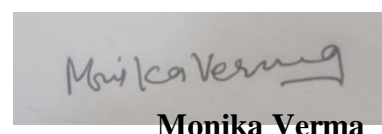
31. Role of sports and physical education in strengthening of police officers(Geeta Devi and **Monika verma**) International journal of physical education,sports and health peer review,refereed and indexed journal Volume-1 Issue-5, 2018: pages 167—170; P-ISSN: 2394-1685 E-ISSN: 2394-1693
32. Sports and non-sports women police officers in India :a case study of Haryana women police (Geeta Devi and **Monika verma**) International journal of physical education, sports and health peer review ,refereed and indexed journal, Volume-5(2) 2018,Page no. 88-95; P-ISSN: 2394-1685 E-ISSN: 2394-1693
33. Impact of ICT training on achievement motivation of national sportspersons(Anmol And **Monika Verma**) International journal of yoga physiotherapy and physical education ,peer review ,refereed and indexed journal Volume-3 Issue-2, march –april 2018: pages 248-249; ISSN-2456-5067;impact factor- RJIF 5.24
34. Dronacharya awardee hockey coach sardar baldev singh views, suggestions to promote hockey(**Dr.Monika Verma** And Darshan Kaur) International journal of physical education,sports and health peer review ,refereed and indexed journal, Volume-6(5)2019,Page no. 197-199; P-ISSN: 2394-1685 E-ISSN: 2394-1693, impact factor- RJIF 5.38
35. Contribution of dronacharya awardee hockey coach Sardar Baldev Singh in the field of hockey(**Dr.Monika Verma** And Darshan Kaur) International journal of physical education,sports and health peer review ,refereed and indexed journal, Volume-6(5) 2019,Page no. 72-75; P-ISSN: 2394-1685 E-ISSN: 2394-1693, impact factor- RJIF 5.38
36. TQM on the status of sports in Sirsa And Bhiwani(Charan Singh and **Monika Verma**) International Journal of Engineering and Advanced Technology(IJEAT) volume-8,, issue-5s3 July2019 ISSN:2249-8958 page312-316

Resource Person/Paper Presented/Attended Conference/ Lecture Delivered

REVIEWED OF INTERNATIONAL JOURNAL

Delivered lecture during refresher courses academic staff colleges

- Acting As Resource Person In International Conference
- Acting As Resource Person In National Conference
- Paper Presented In International Conference
- Paper Presented In National Conference
- Attended National Workshop
- Lecture Delivered At Different Colleges, NSS Campus, Sc&St Cell Of The University.
- Visited Abroad For International Conference At Dallas Texas



Monika Verma