



Miranda House

UNIVERSITY OF DELHI

Name: Dr. Amita Rana

Department: Department of Physical Education and Sports Sciences

Current Designation: Associate Professor

Email id: amita.rana@mirandahouse.ac.in

Academic Qualifications : M.A., M.Phil. (LNCPE, Gwalior)

Research Degree : Ph.D. (University of Delhi)

Field of Specialization under the Subject/Discipline:

(1) Physiology of Exercise

(2) Track & Field

Total Teaching Experience: 34 years

Teaching at Miranda House since: July 1988

List of Publications :

Book Publications

- Fitness, Aerobics and Gym operations (English), KSK, 2009, ISBN 81-7524-549-2
- Fitness, Aerobics and Gym operations (Hindi), KSK, 2009, ISBN 81-7524-585-9
- Practical Workbook for Fitness, Aerobics and Gym operations (English), KSK, 2009

Chapter's in Books

- Fitness: concepts, Development and Maintenance in “ Fitness, Aerobics and Gym operations” Delhi: Jyoti Enterprises, 2014

Conference Proceedings

- Effect of One Month Yoga Training on BMI and Flexibility of College Girls published in Conference Proceedings of UGC Sponsored 3rd National Conference On Latest Trends in Health and Physical Education organized by UCMS, University of Delhi (20th and 21st Aug., 2019)pp.: 180-184 (ISBN - 978-81-7524-879-3)
- World of Fitness in Twenty First Century published in Conference Proceedings of UGC Sponsored National Conference on Impact of Sports on the Lifestyle of Youth



Miranda House

UNIVERSITY OF DELHI

organized by Lakshmibai College, University of Delhi. (27th and 28th March 2019.)
(ISBN - 978-93-88159-95-1)

- Effect of 8 Weeks Plyometric Training on selected Motor Abilities of Female Taekwondo Players, published in the proceedings of UGC Sponsored National Conferences on Latest Trends in Health and Physical Education 2017, New Delhi (ISBN:978-81-7524-879-3).
- Effect of Mental Imagery Training on the Selected Psycho-motor Abilities and Counter Attack Performance of Female Taekwondo Players, published in the proceedings of International Congress on Sports Science and Yoga 2017, New Delhi.
- Applying Technology in Building Venues and Conducting Events in Sports, published in the proceedings of National Conference on E-Business: Issues and Challenges in Indian Perspectives, 2014, New Delhi (978-93-83838-66-0).
- Effect of Intensive and Moderate Physical Training on Somatotypes of Male and Female, published in the proceedings of the Pre-Olympic Congress on Sports Science and Computer Science in Sport 2012, Liverpool (ISBN: 978-1-84626-094-0).
- Sports in Hindi Cinema, published in the International Seminar on Physical Education, Recreation and Yogic Sciences, 2012, Varanasi (ISBN:92-8867-511-8).

Educational Resource Material Developed :

- Convenor of the Sub Committee to finalize the Syllabus on Fitness and Exercise Management paper under Generic Elective Course in physical education, 2016.
- Convener, Sub- Committee for the B.A. Programme Application Course Fitness, Aerobics & Gym Operations, 2011.
- Convener of Syllabus Modification Committee for Application Course in January 2010
- Part- time lesson writer for Institute for Lifelong Learning, South Campus, University of Delhi 2009- 10
- Member sub- committee to review and compile the suggestions received on the syllabi of 'Application Course' and 'Discipline Course' of B.A. Programme in Physical Education, 2009.
- Assisted in developing the resource material for Application Course in Physical Education, "Fitness Aerobics & Gym Operations".
- Member, Curriculum Development Committee for the Application Course B. A. (Prog.) University of Delhi, in 2007
- Member, Curriculum Development Committee for M.P.Ed (Semester System) University of Delhi, in 2008



Miranda House

UNIVERSITY OF DELHI

- Member of Syllabus forming Committee for Application Course, 2007
- Member of Syllabus forming Committee for Discipline Course in Physical Education, 2007
- Resource Person for Department of Continuing and Adult Education, Department of Physical Education & Sports Sciences, University of Delhi, 2006

Membership Of Professional Bodies:

- Vice President of Delhi Basketball Association
- Member of Delhi Athletics Association.
- Executive Member of Delhi Lawn Tennis Association
- Member of Delhi Archery Association
- Member of Delhi Rifle Shooting Association.

Administrative Responsibilities:

- CEC coordinator, Miranda House, Odd Semester 2021-22
- Teacher in charge, Department of Physical Education and Sports Since 2014
- Convener, Sports Admission committee, Miranda House since 2014
- Member of Academic Committee, Miranda House since 2014
- Deputy Director General: Sports Functional Area, XIX Commonwealth Games 2010, New Delhi

Invited talks/Session chair/Resource person:

- Delivered a special lecture on Motivation is the key to success organized by Department of Physical Education and Sports Sciences, Daulat Ram College, University of Delhi (10th November 2021)
- Chaired a session in International Webinar on the Role of Genetics and other Sports Sciences in improving Fitness and Sports Performance organized by P.G.D.A.V College, University of Delhi. (24th and 25th September 2021)
- Invited as Eminent Speaker in the Webinar on Women Wellness: Challenges, Remedies and Careers, organized by Department of Physical Education and Sports Sciences, Lakshmibai College, University of Delhi (27th and 28th April 2021)
- Chaired a session in International Conference on Issues and New Ideas in Sports Management organized by Lakshmibai National Institute of Physical Education at Vigyan Bhawan (2018)



Miranda House

UNIVERSITY OF DELHI

Conferences Organised :

- Organized National Seminar on Sports Biomechanics and Exercise Sciences in Association with Indian Society of Biomechanics and St. Stephen's College (16th and 17th April, 2011).

Seminars/Workshops/Conferences attended:

- International Conference on Issues and New Ideas in Sports Management organized by Lakshmbai National Institute of Physical Education at Vigyan Bhawan (2018) and presented paper entitled as A Comparative Study of Self-Esteem of All India Inter University Taekwondo Player.
- National Conference on E-Business : Issues and Challenges in Indian Perspective held at Lakshmbai College, DU (2014) and presented a paper entitled, Applying Technology in Building Venues and Conducting Events in Sports.
- Attended Women in World Athletics Seminar organized by British athletics in Birmingham (2013).
- Pre-Olympic Congress on Sports Science and Computer Science in Sport (IACSS 2012) held at Liverpool, England, UK (2012).
- International Convention on Science, Education and Medicine in Sport (ICSEMIS) held at Scottish Exhibition and Conference Centre, Glasgow, Scotland, UK (2012) and presented a poster entitled, XIX Commonwealth Games 2010: An Overview. Also received travel grant from the UGC for the same.
- International Conference on Sports Economics and Vision of London Olympics 2012 held at Delhi University Sports Council (2012) and presented a paper entitled, Hosting of Mega Sports Events : An Assessment
- International Seminar on Physical Education, Recreation and Yogic Sciences (ISPERYS) held at Banaras Hindu University, Varanasi (2012), and presented a poster entitled, Indian Performance at CWG 2010 : An Appraisal.
- National Seminar on Sports Biomechanics and Exercise Sciences held at St. Stephen's College (2011) and presented a paper entitled, Influence of Conditioning Programme on Body Composition and Three-Dimensional Centre of Gravity.
- Attended workshop on Fitness, Aerobics & Gym Operations, organized by Department of Physical Education College, University of Delhi in collaboration with Daulat Ram College, February 2010.
- ICT Workshop on Capacity Building, organized by Institute of Lifelong Learning (ILL), University of Delhi from January 11- 16, 2010.
- National Workshop on Design and Development of Curriculum for Post-Graduate Courses of Physical Education held at IGIPSS (2009).



Miranda House

UNIVERSITY OF DELHI

- Sports & Community Volunteer Leadership Trainer's Course held at Conference Centre, DU (2009).
- National Workshop on Review & Development of Curriculum (Masters of Physical Education) held at IGIPSS, Delhi (2008).
- National Seminar on Recent Researches in Physical Education and Sports held at Maharaja Agrasen College, DU (2007).
- Workshop on Management of Sports Injuries held at Conference Centre, Univ. of Delhi (2007).
- Peak Performance- The Fitness Symposium organized by Gatorade Sports science institute at Qutab Hotel, New Delhi (2005).
- National Seminar on Olympic Movement organized by Indian Olympic Association at the Constitutional Club, Delhi (2005).
- Doping Control Course for Sampling Officer organized by Dope Control Centre (SAI) at Jawahar Lal Nehru Stadium, Delhi (2005).
- Workshop cum Seminar on Sports Biomechanics under the auspices of the Biomechanics Society of India held at IGIPSS, Delhi (2003).
- Solidarity Course on Sports Leadership & Management auspices of Indian Olympic Association at Conference Hall , Delhi (2001)
- National Symposium on Professional Preparation on Contemporary Indian society, held at LNIPE Gwalior in May (2000).
- National Workshop on Current trends in exercise science organized by the Alumni Association of LNIPE, Gwalior in March (1999).

Synergy (work with other organizations outside the college):

- Convener: Athletics Sports Admission Centralized Trials, University of Delhi 2016
- Convener: Taekwondo Sports Admission Centralized Trials, University of Delhi 2017-18, 2016-17, 2015-2016
- Nominee, Delhi University Sports Council for Sports Admissions in St. Stephens College 2016
- Convener: Delhi University Centralized Physical Fitness Trails for Sports Admissions 2015.
- Nominee, Delhi University Sports Council for Sports Admissions in K.M.C. 2014 & 2015.
- Nominee, Delhi University Sports Council for Sports Admissions in IP College for Women 2013



Miranda House

UNIVERSITY OF DELHI

- Nominee, Delhi University Sports Council for Sports Admissions in Ramjas College 2013.
- Organized Delhi University Athletics Meet 2011-12, 2012-13, 2013- 14, 2017-18
- Organized Delhi University Netball Tournament 2018-19, 2016-17, 2012- 13
- Organized Delhi University Taekwondo Tournament 2019-20, 2018-19, 2017-18, 2016-17, 2015-16