



Miranda House

UNIVERSITY OF DELHI

Name: Dr. Neeru Yadav

Department: Department of Physical Education and Sports

Current Designation: Assistant Professor

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Academic Qualifications : B.Sc. (P.E., H.E., & SS), M.P.Ed. (University of Delhi)

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

Field of Specialization under the Subject/Discipline:

- Physiology of Exercise
- Sports Biomechanics
- Track & Field
- Judo

Total Teaching Experience: 10 Years

Teaching at Miranda House since: 2018

List of Publications:

1. Amita Rana and Neeru Yadav “Effect of One Month Yoga Training on BMI and Flexibility of College Girls” 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)
2. Amita Rana and Neeru Yadav “*World of Fitness in Twenty First Century*” Conference Proceedings of UGC Sponsored National Conference on Impact of Sports on the Lifestyle of Youth organized by Lakshmibai College, University of Delhi. (27th and 28th March 2019.) (ISBN - 978-93-88159-95-1)
3. Neeru Yadav “To Evaluate the Effect of One Month Judo Training Camp on JMG Test” Asian Global Research (An International Multidisciplinary Research Journal) 2.5 (June, 2015), pp: 28-30. (ISSN:2349-1574) (Impact Factor: 1.092)



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4. Neeru Yadav “Validation of Selected Run and Walk Tests for Cardiorespiratory Endurance of Adolescents Age Ranging 13-19 years” *Shodha Pravaha (A Multidisciplinary Refereed Research Journal)* 5.2 (April, 2015), pp:66-71 (ISSN 2231- 4113).
5. Neeru Yadav and Rekha Sharma “Comparison between Competitive State Anxiety and Ratings of Perceived Exertion during University of Delhi Women Football Matches” *Shodh Prerak- A multidisciplinary Quarterly International Refereed Research Journal* 5.2 (April, 2015), pp : 101-107 (ISSN-2231-413X)
6. Rekha Sharma and Neeru Yadav “To Compare between the Playing and Retired Women Hockey Players in Regard to Selected Personality Dimensions” *Annals of Multi- Disciplinary Research –A quarterly International Refereed Research Journal* 5.1 (March, 2015); pp:23-26 (ISSN 2249-8893).
7. Neeru Yadav, Dhananjay Shaw and Rekha Sharma “Scientific Authenticity of Judo Specific Fitness Test for Senior Female Judo Players of India” *Capital* 2.1 (July, 2013), pp: 27-31. (ISSN-2277-8519)
8. Rekha Sharma, Neeru Yadav and Dhananjay Shaw “Kapalbhati Anuloma Viloma Agnisar Bhramari Om Recitation and Kumbhak correlates of Time Domain Heart Rate Variability Variables” *Capital* 2.1 (July, 2013), pp: 89-98. (ISSN-2277-8519)
9. Neeru Yadav, Dhananjay Shaw and Rekha Sharma “Ratings of Perceived Exertion Correlates Distance (Volume), Velocity (Intensity), and Duration of Running for Adolescent Male”. *Capital* 2.2 (December 2013), pp. 17-25(ISSN-2277-8519)
10. Rekha Sharma, Neeru Yadav and Dhananjay Shaw “A Study on the Effect of Kapalbhati Anuloma Viloma Agnisar Bhramari Om Recitation and Kumbhak on Frequency Domain Non Parametric HRV Variables(A Pilot Study)” *Capital* 2.2 (December 2013), pp. 65-70. (ISSN-2277-8519)
11. Neeru Yadav, Dhananjay Shaw and Rekha Sharma “Trends of Injuries in Male Sportsperson (A cross Sectional Study from 1995 to 2007)” *Proceedings of 2nd National Conference on Youth Enrichment through Sports and Physical Education organized by Amity School of Physical Education and Sport Sciences, Amity University (20th- 21st January 2014)*, pp 47-57. (ISBN-978-81-7524-740-6).
12. Rekha Sharma, Neeru Yadav and Dhananjay Shaw “Autonomic Variables for Yoga and Psychological Studies” *Proceedings of 2nd National Conference on Youth Enrichment through Sports and Physical Education organized by Amity School of Physical Education and Sport Sciences, Amity University (20th- 21st January 2014)*, pp 194-200. (ISBN-978-81-7524-740-6).
13. Dhananjay Shaw and Neeru Yadav “A Study on Senior Citizen – Development of Norms of Cooper’s Twelve Minute Run and Walk Test for NCT- Delhi Adult Male Population of Above Sixty Years of Age” *Proceedings of National Conference on Role of Physical Activities and Sport in Balancing Education Organized by Department of Physical Education and Sport Sciences, University of Delhi (15th -16th February 2013)*, pp. 102-108 (ISBN- 978-81-7873-3050-3).
14. Neeru Yadav and Dhananjay Shaw “ A Study on Middle Aged Population- Development of Norms of Cooper’s Twelve Minute Run and Walk Test for NCT-Delhi Male Age Ranging from 40-49 Years” *Proceedings of National Conference on Role of Physical Activities and Sport in Balancing Education Organized by Department of Physical Education and Sport Sciences, University of Delhi (15th -16th February 2013)*, pp. 91-95. (ISBN- 978-81-7873-3050-3).
15. Neeru Yadav and Dhananjay Shaw “Normative Difference between NCT-Delhi Male and Cooper’s Male Age Ranging Thirty to Thirty Nine Years on Cooper’s Twelve Minute Run and Walk Test” *Proceedings of National Conference on Role of Physical Activities and Sport in Balancing Education*



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Organized by Department of Physical Education and Sport Sciences, University of Delhi (15th -16th February 2013), pp. 110-115. (ISBN- 978-81-7873-3050-3).

16. Dhananjay Shaw and Neeru Yadav “Normative Difference between NCT- Delhi Male and Cooper’s Male Age Ranging from fifty to Fifty Nine Years on Cooper’s Twelve Minute Run/ Walk Test”, Proceedings: International Seminar on Physical Education Recreation and Yogic Sciences Organized by Department of Physical Education, Faculty of Arts, Banaras Hindu University, Varanasi, (UP), India (19th -21st January, 2012).
17. Dhananjay Shaw and Neeru Yadav “Development of Norms of Cooper’s Twelve Minute Run and Walk Test for NCT- Delhi Male Age Ranging from 20 to 30 Years” Proceedings: International Conference on Physical Activities and Sports for Global Peace and Development Organized by the Department of Physical Education and Sport Sciences and Indira Gandhi Institute of Physical Education and Sport Sciences, University of Delhi, India (19th -21st October, 2011) (ISBN- 978-81-902282-0-6).
18. Neeru Yadav and Dhananjay Shaw “Development of Norms of Twelve Minute Run and Walk Test for NCT- Delhi Male Population Below 20 Years of Age”, Proceedings: International Conference on Physical Activities and Sports for Global Peace and Development Organized by the Department of Physical Education and Sport Sciences and Indira Gandhi Institute of Physical Education and Sport Sciences, University of Delhi, India (19th -21st October, 2011) (ISBN- 978-81-902282-0-6).

Membership Of Professional Bodies:

Life member of Sports Psychology Association of India

Invited talks/Session chair/Resource person :

- Delivered a guest lecture on Sports Nutrition and Weight Management, organized by Amity School of Physical Education and Sports Sciences, Amity University, Uttar Pradesh.

Conferences Organised:

- Member of the organizing team of National Conference on Sports and Physical Education: A Medium for Skill Development and Women Empowerment organized by Amity School of Physical Education and Sport Sciences, Amity University (19th January 2017)
- Member of the organizing team of National Conference on Youth Enrichment through Sports and Physical Education organized by Amity School of Physical Education and Sport Sciences, Amity University (20th- 21st January 2014)
- Member of Secretariate of National Seminar on Sports Biomechanics and Exercise Sciences jointly organized by Indian Society of Biomechanics, St. Stephen’s College and Miranda House, University of Delhi (16th and 17th April 2011)



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Seminars/Workshops/Conferences attended:

1. Presented a paper entitled as *Effect of One Month Yoga Training on BMI and Flexibility of College Girls* in UGC Sponsored 3rd National Conference On Latest Trends in Health and Physical Education organized by UCMS, University of Delhi (20th and 21st Aug., 2019)
2. Presented a paper entitled as *World of Fitness in Twenty First Century* in UGC Sponsored National Conference on Impact of Sports on the Lifestyle of Youth organized by Lakshmibai College, University of Delhi. (27th and 28th March 2019.)
3. Presented a paper presented a paper entitled as *Journey of Modern Olympics: An Analysis in International Conference on Olympics and Indian Values in Global Context* organized by Ministry of Youth Affairs and Sports, Department of Physical Education and Sports and Kirorimal College. (25th -27th September 2018).
4. Presented a paper in National Conference on Role of Physical Activities and Sport in Balancing Education on “ A Study on Middle Aged Population- Development of Norms of Cooper’s Twelve Minute Run and Walk Test for NCT-Delhi Male Age Ranging from 40-49 Years” Organized by Department of Physical Education and Sport Sciences, University of Delhi (15th -16th February 2013).
5. Presented a paper in National Conference on Role of Physical Activities and Sport in Balancing Education on “ The Study of Senior Citizen – Development of Norms of Cooper’s Twelve Minute Run and Walk Test for NCT-Delhi Adults” Organized by Department of Physical Education and Sport Sciences, University of Delhi (15th -16th February 2013).
6. Presented a paper in National Conference on Futuristic Trends in Physical Education and Sports on “Validation of Selected Run and Walk Test for Cardiorespiratory Endurance of Adolescents Age Ranging from 13-19 years” Organized by Amity School of Physical Education and Sports Sciences, Amity University. (19th January, 2013).
7. Presented a paper in International Conference on Sports for All: Health, Education and Culture in Contemporary World on “A Normative Study on Cooper Twelve Minutes Run/Walk Test of Middle Aged NCT Delhi Male Populations Age Ranging from 30-39 years” organized by ASFAA (26th - 30th September 2012).
8. Presented a paper in International Conference on Physical Activities and Sports for Global Peace and Development on “Development of Norms of Cooper’s Twelve Minute Run and Walk Test for NCT- Delhi Male Age Ranging from 20 to 30 Years”, Organized by the Department of Physical Education and Sport Sciences and Indira Gandhi Institute of Physical Education and Sport Sciences, University of Delhi, India (19th -21st October, 2011)



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9. Presented a paper in International Symposium on “Global Trends of Physical Education and Sports in 21st Century” organized by Noida College of Physical Education, on Trends in Sports and Recreation Participation. (April, 2011).
10. Presented a paper in National Conference of Sports Psychology on “Intensity (Velocity) Volume (distance) and Duration of Running Correlated Ratings of Perceived Exertion of Adolescent Male” jointly Organized by Acharya Nagarjuna University, Sports Psychology Association of India (SPAI) and Asia South Pacific Association of Sports Psychology (ASPASP). (7th-9th February, 2011)
11. Presented a paper in National Conference of Sports Psychology on “Comparative State Anxiety and Ratings of Perceived Exertion during University of Delhi Women Football Matches (A Comparative Study)” jointly Organized by Acharya Nagarjuna University, Sports Psychology Association of India (SPAI) and Asia South Pacific Association of Sports Psychology (ASPASP). (7th-9th February, 2011)
12. Presented a paper in National Seminar on Sports Biomechanics and Exercise Sciences on “Endurance Running Kinematics of Cooper’s Twelve Minute Run and Walk Test Correlates Ratings of Perceived Exertion of Adolescent Male” organized by Indian Society of Biomechanics, St. Stephen’s College and Miranda House. (16th and 17th April, 2011)
13. Presented a paper in National Seminar on Sports Biomechanics and Exercise Sciences on “Endurance Running Kinematics of Cooper’s Twelve Minute Run and Walk Test Correlates Ratings of Perceived Exertion of Adult Male” organized by Indian Society of Biomechanics, St. Stephen’s College and Miranda House . (16th and 17th April, 2011)
14. Presented a paper in National Seminar on Sports Biomechanics and Exercise Sciences on “Endurance Running Kinematics of One Mile Jog Test Correlates Ratings of Perceived Exertion of Adolescent Male” organized by Indian Society of Biomechanics, St. Stephen’s College and Miranda House . (16th and 17th April, 2011)
15. Presented a paper in National Seminar on Sports Biomechanics and Exercise Sciences on “Endurance Running Kinematics of One Mile Jog Test Correlates Ratings of Perceived Exertion of Adult Male” organized by Indian Society of Biomechanics, St. Stephen’s College and Miranda House . (16th and 17th April, 2011)
16. Participated as Delegate in one day Seminar on “Role of Physical Education and Sport in Nation Building” organized by Department of Physical Education and Sports Sciences and Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi, on 18th March, 2011.
17. Presented a paper in National Conference on “A Study on the Preference of Judo Techniques by Adult Beginners” organized by IGIPSS and Department of Physical Education and Sports Sciences, University of Delhi. (March,2010)



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18. Presented a paper in National Conference on Biomechanics organized by Department of Mathematics, IIT, Roorkee on “Velocity Profile of Long distance Running Performance for Endurance Testing”(March, 2009).
19. Attended the Workshop-Cum-Orientation Program in “Athlete Care and Rehabilitation, First Aid and Nursing Course” organized by All India Association of Athlete’s Care and Rehabilitation on 02 October, 2009
20. Attended the National Seminar on “Changing Face of Higher Education in India” held by Deshbandhu College (Evening), University of Delhi and Assocham. (Delhi) (February, 2009)
21. Presented a paper in UGC Sponsored Seminar on Recent Researches in Physical Education and Sports on “A Study on Relationship between Predicted VO_2 max and Modified Twelve Minute Run and Walk Tests of Male Sportsperson”(November,2008).