




**INSTITUTE OF HOME ECONOMICS**  
**UNIVERSITY OF DELHI**



Name	DR. NAMITA SAINI		Photograph
Designation	ASSOCIATE PROFESSOR		
E-mail	<a href="mailto:namita.saini@ihe.du.ac.in">namita.saini@ihe.du.ac.in</a> <a href="mailto:drnamitasaini@gmail.com">drnamitasaini@gmail.com</a>		
Educational Qualifications: <ul style="list-style-type: none"><li>• <b>Ph.D.</b> (Physical Education, Panjab University, Chandigarh)</li><li>• <b>M.A.</b> (Physical Education, Panjab University, Chandigarh)</li><li>• <b>NIS Diploma in Coaching in Hockey</b> (NSNIS, Patiala)</li></ul>			
Teaching experience: 24years			
Subjects/Papers Taught  Physical Education, Posture and Athletic Care, Yoga and Stress Management, Obesity Management.			
Awards received  Silver Medalist in M.A.			
Research Interest/Specialization  Sports Psychology, Sports Nutrition, Sports Training, Exercise Physiology, Yoga and Meditation.			
ORCID No. <a href="https://orcid.org/0000-0002-9926-3550">https://orcid.org/0000-0002-9926-3550</a>			
Research Projects			
Title	Funding agency/organization	Duration of Project	
Effect of an integrated intervention package including yoga training and diet counselling on health status of young college-going females". (PI in DU Innovation Project 301)	Delhi University	31 <sup>st</sup> Aug 2015 – 30 <sup>th</sup> Aug 2016	

Research papers since 2010 (APA format)

- Namita Saini, Aditi Mittal, Arshdeep Singh “How Good Nutrition and Physical Activity Helps with the Problem of Obesity” International Journal of Research and Analytical Reviews (IJRAR)Mar-2019 6475-479E-ISSN2348-1269, P-ISSN 2349-5138
- Manjula Suri, Rekha Sharma, Saini Namita (Corresponding Author) “ Effect of Physical Education and Physical Activity on anthropometric measurements and flexibility among college going girls”.European Journal of Physical Education and Sport Science 2018,4 (7)62-72 ISSN: 2501 - 1235 ISSN-L: 2501 - 1235
- Namita Saini Advances in Paralympic Values and Disability Sport International Journal of Research and Analytical Reviews (IJRAR)10 Apr2018Vol.5 79-82 E-ISSN 2348-1269,P-ISSN2349-5138
- Suri Manjula, Sharma Rekha , Saini Namita." Effect of Physical Education and Physical Activity on Anthropometric Measurements and Flexibility among College going girls". European Journal of Physical Education and Sport Science Vol. 4 , Issue 7 ,(2018) ISSN: 2501 - 1235 ISSN-L: 2501 - 1235, doi: 10.5281/zenodo.1284531, www.oapub.org/edu
- Suri Manjula, Sharma Rekha, Saini Namita." Physiological responses of Zumba: “An overview understanding the popular fitness trend." Indian Journal of Physical Education, Sports and Applied Science, Vol.7, No.4,October (2017) ISSN-2229-550X (P), 2455-0175 (O)
- Suri Manjula, Sharma Rekha & Saini Namita, Neuro-Physiological Correlation between Yoga, Pain and Endorphins. International journal of Adapted physical education and Yoga, Vol. 2, No. 9, August (2017) ISSN: 2455-8958
- Suri Manjula, Saini N, Gupta S. Exploring the effect of Yoga and diet counselling on dietary intake of college going females. International Journal of Physical Education, Sports and Health, Vol-4(1), 155-160, Jan-Feb (2017) P-ISSN: 2394-1685, E-ISSN: 2394-1693.
- Suri Manjula, Saini N, Gupta S. Exploring the Physiological Effects of Yoga: A State of the Art Review. International Journal of Physical Education, Sports and Health, Vol-3(2), 316-320, Mar-Apr (2016) P-ISSN: 2394-1685, E-ISSN:2394-1693.
- Suri Manjula, Saini N, Gupta S, Pathak V, Agarwal I, Sharma S, Negi A, Hoda S,Sandhya, Masoriya,N, Saini Y, Yadav R, Sharma S. Exploring the Physiological Effects of integrated intervention of yoga and diet counseling. International Journal of Physical Education, Sports and Health, Vol-3(6), 220-226, Nov-Dec (2016) P-ISSN: 2394-1685, E-ISSN: 2394-1693.
- Raman K Marwaha, Seema Puri, Nikhil Tandon, Sakshi Dhir, Neha Agarwal, Kuntal Bhadra & Namita Saini . The effects of sports training and nutrition on bone mineral density in young Indian healthy females. Indian J Med Res. 134 (3):307-313(Sept 2011). Impact Factor 1.826. Impact Factor 1.751. H Index 45
- Manjula Suri , Anita George , Namita Saini Review of physiological effects of yoga and exercise on learning and memory. Journal of Institute of Home Economics;vol.1;Pg29-35(2011)

Books published/edited
<ul style="list-style-type: none"> <li>• Published Book titled "Sports Psycho-Physiology", Friends Publication, New Delhi, India (2020) ISBN: -978-81-947997-9-5.</li> <li>• Published Book on “Yoga and Stress Management”, Friends Publication, New Delhi, India (2020) ISBN: 978-93-88457-58-3</li> </ul>
Book chapters published/edited
<ul style="list-style-type: none"> <li>• Published Book Chapter titled: "Aggression and Its Management in Novice Cricketers" in the book titled "Advances in Physical Education Physiology and Yoga" Integrated Publications, Delhi. India chapter 6, (2021) ISBN: 978-93-90471-17-1.</li> <li>• Dr Saryu Ruhela, Dr. Namita Saini, Dr. Manjula Suri , Ms.Sonakashi Ruhela. “Role of Psychological Performances: A Comparison on Gender” Proceedings of UGC sponsored National conference on Global trends in Physical education and sports, Punjabi University, 2012 ISBN-978-81-7216-334-1</li> </ul>
Association with Professional Societies
<ul style="list-style-type: none"> <li>• Member of DUPETA Executive Committee</li> </ul>
Any other
<ul style="list-style-type: none"> <li>• Invited as Speaker for Paper presentation on “Yoga Benefits for a healthy life” UGC Sponsored International Conference on Sports Psychology.ICSP-2014 on “Exercise and Sports Psychology in 21st Century: Research and application Perspective”&amp; 25th National Conference of Sports Psychology. Delhi, India, 15-18 Oct 2014.</li> <li>• Invited as Speaker for Paper presentation on “Surya Namaskar: A Perspective” for International Conference on Heath, Physical Education, Sports and Wellness in Schools and Community: A Holistic and “Innovative Approach” Chandigarh, India 20-22 Oct 2012.</li> </ul>

- Invited as Speaker for Paper presentation on “Health Benefits of Surya Namaskar” for UGC Sponsored International Conference on Physical Activities & Sports for Global Peace and Development, Delhi, India, 19-21 Oct 2011.