

## **BRIEF PROFILE – SEEMA KAUSHIK**

- **Lt. (Dr.) Seema Sharma (Kaushik)** is currently working as Assistant Professor in the Department of Physical Education and Sports at Lakshmibai College, University of Delhi and is also serving as Associate NCC Officer under 7 Delhi Girls Battalion. She has also served as Director (Sports) on deputation for the XIX Commonwealth Games 2010.
- She has completed B.Com. (Pass) from Lakshmibai College (1992), DU; P.G.D.P.Ed. from IGIPESS (1993), DU; M.P.E. from LNCPE, Gwalior (1995); Ph.D. from CIE, University of Delhi (2007); M.A. in Yoga from Uttarakhand Open University (2019); JRF-NET in Physical Education (1994); and NET in Yoga (2019).
- As an international athlete, she has won 13 medals for India including 6 Gold, 3 Silver, 4 bronze in different Asian Masters Athletics Championship at Singapore (2016), Japan (2014), Chinese Taipei (2012), and Malaysia (2010, 2014) and represented India in the World Masters Athletics Championship at Brazil (2013) & USA (2011). She is also a Black Belt Holder (1997) and National Player of Judo (1990, 1994); Member of Gold medal winning Gymnastics team of LNCPE in All India Inter University (1994); and participated in All India Inter-University in Yoga (1993).
- With her continued dedication, she has been applauded with numerous awards including Best Judo Player (Delhi, 1991), Best Judo Coach by Delhi Judo Council (2001), Best Young Scientist by Sports Psychology Association of India (2006) and by Indian Society of Biomechanics (2001), Best A.N.O. (NCC) in SW category by Veerta NGO (2017) and by NCC Alumni Club of Delhi (2018), DG Commendation Card for meritorious service in NCC (2011), Best Physical Education Teacher in India by Physical Education Foundation of India (2018), International Research Scholarship at Glasgow, Scotland (2012) and Best Paper Award at Vienna, Austria (2019).
- Dr. Seema has co-authored five books in the field of physical education; and has more than 30 research papers/ articles published to her credit. She has also delivered several lectures across India and has been instrumental in curriculum development of physical education.
- She is a dedicated and enthusiastic educator with 18 years of experience of teaching, coaching and research in the field of physical education. Highly effective at motivating students to achieve their full potential. Excellent physical condition and desire to help others. Proficient in developing course materials, including syllabi, lesson plans and exams. Responsible, energetic and skilled Physical Education Teacher adept at managing physical fitness programs, including classroom instruction, team coaching and event planning to promote health.