

Prof. (Dr.) Sarita Tyagi

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BIO

- Prof. Tyagi is a distinguished academic and sports professional of Physical Education. With an excellent educational background of P.G., M.Phil., and Ph.D. in P.E., Prof. Tyagi is an expert of Sports Psychology, Sports Training, Fitness & Wellness, and Hockey and has an extensive experience of 34+ years of teaching U.G, P.G, and Ph.D. students at University of Delhi.
- As an accomplished national level-sportsperson, Prof. Tyagi has served as a technical official in several prestigious national-level tournaments.
- Currently, Prof. Tyagi is positioned as a HOD in the Department of Physical education & Sports Sciences, University of Delhi; and a Professor of P.E. & Sports Sciences, in I.G.I.P.E.S.S., University of Delhi. Her leadership and administrative contribution has been pivotal in the curriculum development, research coordination, and academic governance of both the D.P.E.S.S. and I.G.I.P.E.S.S., University of Delhi.

ACADEMICS

EDUCATION

- **Ph.D. in Physical Education,** *LNIPE, Jiwaji University*, Gwalior, India, 1990-1994.
- **M.Phil. in Physical Education,** *Punjab University*, Patiala, India, 1989-1990.
- **Masters in Physical Education,** *Punjab University*, Patiala, India, 1988-1989.
- **P.G. Diploma in Physical Education,** *Punjab University*, Patiala, India, 1987-1988.
- **B.Sc. Hon. in Botany,** *Daulat Ram College, University of Delhi*, Delhi, India, 1985-1987.

LICENSURE & CERTIFICATION

- **Certificate course in Sports Coaching-Volleyball,** *N.S.N.I.S.*, Patiala, India, 1992.

EMPLOYMENT

ADMINISTRATIVE APPOINTMENTS

- **H.O.D.**, Department of Physical education & Sports Science., *University of Delhi*, India, 2023-present.

ACADEMIC APPOINTMENTS

- **Professor,** P.E. & Sports Sciences, *I.G.I.P.E.S.S.*, *University of Delhi*, India, 2018-present.
- **Associate Professor,** P.E. & Sports Sciences, *I.G.I.P.E.S.S.*, University of Delhi, India, 1991-2018.

TEACHING

- **Ph.D. course**, I & II, *D.P.E.S.S., University of Delhi*, 2013-present.
- **Postgraduate course**, M.P.E.D., *I.G.I.P.E.S.S., University of Delhi*, 1994-present.
- **Postgraduate course**, B.P.E.D., *I.G.I.P.E.S.S., University of Delhi*, 1994-present.
- **Undergraduate course**, B.Sc. in P.E., H.E. & Sports, *I.G.I.P.E.S.S., University of Delhi*, 1991-present.

GRANTS

- **5 Lakhs INR,** Innovation Project, Nutritional Status & Body Composition of Sports Persons – Relation with Selected Physiological & Physical Fitness Parameters, *University of Delhi*, 2015-2016.

RESEARCH & DEVELOPMENT

- **Resource person,** Conference, Lifestyle Management Through Physical Education, Shaheed Rajguru College of Applied Science for Women, *University of Delhi*, 19th Nov., 2025.

CONFERENCES, SEMINARS, AND WORKSHOPS

- **Resource Person, National Conference,** Bhartiya Drishti Se Khel Srishti: Building a Viksit Bharat through Sports, Yoga, Physical Activity and Wellness, *Indira Gandhi Institute of Physical Education & Sports Sciences, University of Delhi,* 24th March, 2026.

- **Delegate, National Conference,** Bhartiya Drishti Se Khel Srishti: Building a Viksit Bharat through Sports, Yoga, Physical Activity and Wellness, *Indira Gandhi Institute of Physical Education & Sports Sciences, University of Delhi,* 24th March, 2026.

- **Resource person,** Recorded telecast on DD Urdu, Ilm ki Roshni, *Prasar Bharati*, *Doordarshan,* 3rd Nov., 2025.

- **Resource person,** Summer Internship Program, Role of Sports in well-being and Human Rights, *National Human Rights Commission*, 19th June, 2025.

- **Lecturer**, Live telecast on DD Nationals, Teaching-learning interventions for inclusive classroom lecture, NCERT, *DD Nationals,* 4 February 2025.

- **Lecturer**, Live telecast on DD Nationals, Teaching-learning interventions for inclusive classroom lecture, NCERT, *DD Nationals,* 4 February 2025.

- **Resource person**, International conference on physical education and exercise science, Mind: The conceptual muscle*, Punjabi University,* Patiala, 23 March 2025.

- **Lecturer**, National-level event, Sports & Human Rights*, National Human Rights Commission,* 10 March 2025.

- **Resource person**, National Seminar on Shaping the work of Divyaang through Sports & Yoga, *Punjabi University,* Patiala, 29 March 2025.

- **Lecturer**, Seminar on Healthy Body, Healthy Mind: The role of diet and exercise in overall wellness, *Satyawati College, University of Delhi,* 19 February 2025.

- **Lecturer**, Open house discussion, Addressing sexual harassment in sports & the preventive role of sports federations, *National Human Rights Commission and NSNIS,* Patiala, 16 October 2023.

- **Resource person,** National-level Webinar, Teaching Principles for School Physical Education, *The Delhi Public School Society-HRDC*, 1 October 2021.



- **Resource person**, International-level Conference, Psychological Aspects of Winning, *I.G.I.P.E.S.S., University of Delhi*, 9–12 March 2021.



- **Resource person**, National-level Faculty Development Programme, Assessing Intensity of Training for Athletes, *YMCA College of Physical Education*, Chennai, 29 June 2020.



- **Organizing Secretary**, Workshop on “Sensitization for Prevention of Sexual Harassment against Women at Workplace,” *I.G.I.P.E.S.S., University of Delhi*, 5 October 2018.



- **Resource person**, Two-Day Workshop on “Functional Training”. FITCO, *I.G.I.P.E.S.S., University of Delhi*, 5–6 May 2018.



- **Organizing Secretary**, Workshop on “Functional Training”. FITCO, *I.G.I.P.E.S.S., University of Delhi*, 5–6 May 2018.



- **Resource person**, National-level Workshop, Functional Training, FITCO, I.G.I.P.E.S.S., 5–6 May 2018. Organizing Secretary, Indo-Australia Conclave “A Snapshot of our Current Psychology Research,” *I.G.I.P.E.S.S., University of Delhi*, 12 December 2017.



- **Organizing Secretary**, Two-Day National Workshop on “Curriculum Design & Development in Physical Education,” *I.G.I.P.E.S.S., University of Delhi*, 23–24 March 2017.



- **Panelist**, National-level Seminar, Sexual Harassment of Women at Workplace, *All India Institute for Human Values & Resource Development*, 25–26 August 2017.



- **Resource person**, National-level Workshop, Fitness & Wellness, *Institute of Home Economics, University of Delhi*, 4 February 2017.



- **Organizing Secretary**, Annual Function & Prize Distribution, *I.G.I.P.E.S.S., University of Delhi*, 14 February 2017.



- **Resource person**, National-level Seminar, Physical Fitness, Nutrition & Sports Performance, *I.G.I.P.E.S.S., University of Delhi*, 30 September 2016.



- **Participant**, Finalization of Guidelines for Inclusive Pre-Service Teacher Training Degree Programs, *NCERT*, New Delhi, 27–29 July 2016.



- **Resource person**, National-level Certificate Course, Psychology & Fitness Lectures (4 topics), *I.G.I.P.E.S.S., University of Delhi*, 30 May 2016.



- **Chairperson**, Global-level Conference, Scientific Culture in Physical Education and Sports, *Punjabi University*, Patiala, 18 February 2016.



- **Resource person**, National-level Ph.D. Course Work, Sports Sociology Lectures, *C.C.S. University*, Meerut, U.P., 8 January 2016.



- **Resource person**, National-level Certificate Course, Psychology & Fitness Lectures (4 topics), *I.G.I.P.E.S.S., University of Delhi*, 15 December 2015.



- **Participant**, Seminar on “The Paradigm of Indian Constitution,” *I.G.I.P.E.S.S., University of Delhi*, 30 November 2015.



- **Attendee**, training on “Sensitization for Prevention of Sexual Harassment at Work Place,” *Directorate of Training, Union Territories Civil Services, Govt. of NCT Delhi,* 30 October 2015.



- **Organizer**, “Health, Fitness & Wellness”. *Institute of Home Economics, University of Delhi*, Hauz Khas Enclave, 16 October 2015.



- **Participant**, Seminar on “Art of Negotiation,” *I.G.I.P.E.S.S., University of Delhi*, 8 October 2015.



- **Editor**, College Magazine “PRIYADARSHINI,” *I.G.I.P.E.S.S., University of Delhi,* July 2015 – June 2016.



- **Resource person**, National-level Workshop, Inclusive Guidelines for Teacher Training, *CIET, NCERT*, 22 September 2015.



- **Resource person**, National-level Certificate Course, Psychology & Fitness Lectures (4 topics), *I.G.I.P.E.S.S., University of Delhi*, 25 May – 28 June 2014.



- **Resource person**, National-level Refresher Course, Psychological Preparation of Athletes and Health Quackery, *Punjab University*, Patiala, 26 February 2014.



- **Organizing Secretary**, Workshop on “Periodized Training: New Dimensions,” *I.G.I.P.E.S.S., University of Delhi,* 17 January 2014.



- **Resource person,** National-level Refresher Course, Fitness for All and Health & Fitness Quackery, *UGC* Sponsored, 18 May 2013.

- **Organizing Secretary,** UGC Sponsored National Conference on “Role of Physical Education and Sports in Balancing Higher Education,” *I.G.I.P.E.S.S., University of Delhi*, 15–16 February 2013.

- **Organizing Secretary,** One-day Seminar on “Role of Physical Education and Sports in Nation Building,” *I.G.I.P.E.S.S., University of Delhi*, I.G.I.P.E.S.S., 15–16 February 2013.

- **Resource person,** International-level Conference, Futuristic Trends in Physical Education, *UGC* Sponsored, 24–26 January 2013.

- **Co-chairperson,** International-level Conference, I.G.I.P.E.S.S. 2012 – Health, Physical Education, Sports and Wellness, *Punjab University*, Chandigarh, 20 October 2012.

- **Resource person,** National-level Panel Discussion, Balancing Higher Education, *I.G.I.P.E.S.S., University of Delhi*, 5 September 2012.

- **Resource person,** National-level Workshop, PET Workshop, *Army Public School*, Shanker Vihar, Delhi, 29 February 2012.

- **Attendee,** Workshop on “Fitness, Aerobics & Gym Operations,” *Department of Physical Education and Sports Sciences and Delhi University Sports Council*, D.R.C. Sports Complex, North Campus, 24–25 February 2012.

- **Resource person,** National-level Workshop, PET Workshop, *Army Public School*, Shanker Vihar, Delhi, 15 February 2012.

- **Paper presented,** International-level Conference, Conflict Resolution between Athletes & Non-Athletes of Delhi University, *I.G.I.P.E.S.S., University of Delhi*, 21 October 2011.

- **Paper presented,** International-level Conference, Analysis of Prevalence of Drugs in Olympic Games, *I.G.I.P.E.S.S., University of Delhi*, 19–21 October 2011.

- **Resource person,** International-level Conference, Physical Activities & Sports for Global Peace and Development, *I.G.I.P.E.S.S., University of Delhi*, 19–21 October 2011.

- **Organizing Secretary,** International Conference on “Physical Activity & Sports for Global Peace & Development,” *Department of Physical Education & Sports Sciences & I.G.I.P.E.S.S., University of Delhi*, Sir Shanker Lal Hall, North Campus, 19–21 October 2011.

- **Resource person,** National-level Workshop, Child Psychology and Motivation for Students, *Army Welfare Education Society*, Delhi Cantt, 2 & 4 August 2011.



- **Resource person,** National-level Seminar, Emerging Trends in Physical Education and Yoga, *J.S. (P.G.) College*, Sikandrabad, U.P., 27–28 February 2011.



- **Resource person,** National-level Faculty Development Programme, Fitness for All, *CPDHE, University of Delhi*, 29 March 2011.



- **Organizing Secretary,** Seminar on “Role of Physical Education & Sports in Nation Building,” *I.G.I.P.E.S.S., University of Delhi*, 18 March 2011.



- **Resource person,** National-level Conference, Modern Trends & Direction of Physical Education and Sports, *Gurukul Kangri Vishwavidyalaya*, Haridwar, 10 December 2010.



- **Resource person,** National-level Workshop, Curriculum Development for Postgraduate Physical Education Courses ,*I.G.I.P.E.S.S., University of Delhi,* 28 April 2010.



- **Paper presented,** National-level Conference, Effect of Specific Training on the Efficiency of Goalkeepers in Field Hockey, *Punjabi University,* 10 February 2009.



- **Organizing Secretary,** Annual Day, *I.G.I.P.E.S.S., University of Delhi,* 2006–2007.



- **Paper presented**, National-level Conference, Drug Abuse Awareness among Athletes, *Jai Narain Vyas University*, Jodhpur, 29 January 2006.



- **Paper presented**, International-level Conference, Prevalence of Drug Misuse in Sports, *Gurukul Kangri Vishwavidyalaya*, 27 February 2005.



- **Paper presented**, National-level Seminar, Current Status & Future Prospects of Sports Psychology, *CCS University*, Meerut & SPAI, 28 December 2003.



- **Resource person**, National-level Lecture, Psychological aspects of physical education, *Jinvani Bharti Public School*, Dwarka, 18 December 2002.



SUPERVISION & MENTORSHIP

- **Ph.D.,** Jupinder Singh. Cross Sectional Analysis of Selected Motor Fitness Components of Upper Primary & Secondary School Boys & Girls and Preparation of Norms for Grading their Performance. *D.P.E.S.S., University of Delhi* (Awarded).

- **Ph.D.,** Haris. Impact of Different Methods of Training On Selected Physical, Physiological & Performance Outputs Among Soccer Players. *D.P.E.S.S., University of Delhi* (Awarded).
- **Ph.D.,** Lakhan Kushwaha. Gender Related Differences Among Tennis & Badminton Players: Psychological Approach. *D.P.E.S.S., University of Delhi* (Awarded).
- **Ph.D.,** Virender Singh Jaggi. Psychological Profile of Indian Elite Hockey Players.*D.P.E.S.S., University of Delhi* (Pursuing).
- **Ph.D.,** Vrishabh Bajaj. Development And Validation of A Prototype of a Sports Nutrition Based Mobile Application for the Sportspersons of University of Delhi (Pursuing). D.P.E.S.S., University of Delhi. *D.P.E.S.S., University of Delhi* (Pursuing).
- **Ph.D.,** Mukul. The Effect of Intermittent fasting (18:6) on weight loss among various groups. *D.P.E.S.S., University of Delhi* (Pursuing).
- **Ph.D.**, Vikash Rathi. Effect of lecture method programme instruction method and computer assist method of learning rules scoring procedure and terminology of Tennis. *D.P.E.S.S., University of Delhi* (Pursuing).
- **Ph.D.**, Nisha. Physical & Mental Health Status of Indian Women Involved in Different Occupations. *D.P.E.S.S., University of Delhi* (Awarded).
- **Ph.D.**, Rajshree Pandey. A Study on Lifestyle Patterns of Indian Working Women (Awarded) Inderpreet Kaur Nanda: Construction and validation of Hockey Skill Test for female hockey players. *D.P.E.S.S., University of Delhi* (Awarded).
- **Ph.D.**, Devender Kumar. Anthropometric and Psychological Variables as the predictors of Performance in boxing. *D.P.E.S.S., University of Delhi* (Awarded).
- **Ph.D.**, Vikas. A study on Implementation of selected resolutions of sports Policies and physical education and their implications. *D.P.E.S.S., University of Delhi* (Awarded).
- **Ph.D.**, Divya Shukla. Physical abilities and psychological variables in 10 m air rifle and 10 m air pistol shooters of different levels of participation: a comparative study. *D.P.E.S.S., University of Delhi* (Awarded).
- **Ph.D.**, Ashwani kumar. A study on Physical, Anthropometric and Psychological variables of national level kho-kho players. *D.P.E.S.S., University of Delhi* (Awarded).
- **Ph.D.,** Preety Tyagi. Leadership Style & Coach-Athlete Relationship as Mediating factor on Group Cohesion, Locus of control & Aggression among selected Team games. *D.P.E.S.S., University of Delhi* (Awarded).
- **Ph.D.,** Alok Sharma. Nutritional, Kinanthropometric & Motor Component Assessments of Boys & Girls Belonging to Different Socio - Economic Groups. *D.P.E.S.S., University of Delhi* (Awarded).
- **M.P.Ed.,** An Analytical Investigation of University of Delhi to Assess the Need And Feasibility of a Sports Nutrition Based Mobile Application for the Amateur Sports Populace Of India. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Online Teaching Learning Process in Universities" : A Survey. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** The effect of Intermittent Fasting On Weight Loss Among Various Groups. I.G.I.P.E.S.S., University of Delhi.
- **M.P.Ed.,** Assessment of body composition, lifestyle, health status of Delhi University Teachers. I.G.I.P.E.S.S., University of Delhi.

- **M.P.Ed.,** Assessment of Anthropometric and physical fitness status of national level women hockey players. I.G.I.P.E.S.S., University of Delhi.
- **M.P.Ed.,** A study on Psychological variables of first class cricket players. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Perceived benefits of Physical activity on the stress level among male youths. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Anthropometric, Physical fitness, Psychological parameters and hockey skills according to playing position of national male hockey players. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A study on the Personality Traits of the coaches belonging to team games and individual games. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A Survey on the awareness about physical activity among general population of north east Delhi. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A Comparative Study on the stress of Sleep patterns among working & Non-working women in NCT Delhi. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A study on Psychological characteristics of attackers and defenders in hockey. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A survey on Awareness among senior secondary school students of north Delhi regions about physical education as a career perspective. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** To find out the relationship between socio economics status and choice of sports among Delhi sportsperson. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A comparative study of selected psychological variables among team game and individual game Athletes. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Effect of Hydraulic resistance circuit training on the females of Delhi. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Comparative study of Anxiety of Umpires/referees belonging to open skill & closed skill sports. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A study on sources of stress of players in relation to gender in sports. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A case study on the role of Bhiwani with development of boxing. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Career Pattern and career contingencies of women hockey players: An occupational Study. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Cross Validation of motivation questionnaires in Sports – A relationship study. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Why Delhi women hockey is in pathetic condition? *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A study on common injuries in softball inter- college level players. *I.G.I.P.E.S.S., University of Delhi.*

- **M.P.Ed.,** A Comparative study of drug abuse awareness between male and female national level players. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Physiological & psychological differences between forward & full back national level female hockey players. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A case study on contribution of village Ghumera in promotion of field Hockey in Delhi. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A case study on contribution of village Ghumera in promotion of field Hockey in Delhi. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Effect of Specific Training on the efficiency of goal keepers in hockey. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** A Study on Drug Abuse awareness among Delhi state sports persons. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Comparison of Group cohesion among school national hockey players. *I.G.I.P.E.S.S., University of Delhi.*
- **M.P.Ed.,** Preparation of Anthropometric norms For School boys or south Delhi. *I.G.I.P.E.S.S., University of Delhi.*

OTHER ADMINISTRATIVE ROLES

- **HOD,** Department of Physical Education & Sports Science, University of Delhi, Since 2023 till date
- **Nodal Officer,** Prime Minister Special Scholarship Scheme, I.G.I.P.E.S.S., University of Delhi, 22 March 2022 till date
- **Member,** Moderation-Coordination Committee, D.P.E.S.S., University of Delhi, 3 March 2021
- **Teacher In-Charge,** Selection Committee – Guest Faculty, I.G.I.P.E.S.S., University of Delhi, 28 Jan 2021
- **Nodal Officer,** P.G. Admissions (B.P.Ed., M.P.Ed., Ph.D.), I.G.I.P.E.S.S., University of Delhi, 2020–2021
- **Subject Expert,** Placement to Stage 3, Mata Sundri College, University of Delhi, 18 Dec 2020
- **Subject Expert,** Placement to Stage 2, Mata Sundri College, University of Delhi, 17 Dec 2020
- **Subject Expert,** Evaluation of Sports Proficiency Marks, D.P.E.S.S., University of Delhi, Nov–Dec 2020

- **Member,** Screening Committee – Assistant Professor, Sri Guru Gobind Singh College of Commerce, University of Delhi, 2020
- **Subject Expert**, Screening Committee, Kamala Nehru College, 1 Jan 2021
- **Member**, Monitoring Committee on Internal Assessment, I.G.I.P.E.S.S., University of Delhi, 2018
- **Expert**, Interview for Part Time Coaches, Kendriya Vidyalaya, 20 March 2018
- **Coordinator**, Fitness Trainer Course (FITCO), I.G.I.P.E.S.S., University of Delhi, 2–29 July 2018
- **Member**, Selection Committee – Guest Faculty (Hockey), I.G.I.P.E.S.S., University of Delhi, 20 July 2018
- **Convener**, UG Admission Committee, I.G.I.P.E.S.S., University of Delhi, July 2017 – June 2018
- **Coordinator**, Ph.D. Examination, D.P.E.S.S., University of Delhi, 2017 – 2018
- **Member**, Selection Committee – Guest Faculty (Hockey), I.G.I.P.E.S.S., University of Delhi, 11 Aug 2017
- **Member**, Inspection Committee – Physical Education in B.A. Programme, Laxmi Bai College, University of Delhi, 28 June 2017
- **Coordinator**, Fitness Trainer Course (FITCO), I.G.I.P.E.S.S., University of Delhi, 30 May – 23 June 2017
- **Subject Expert**, Guest Faculty (Hockey), I.G.I.P.E.S.S., University of Delhi, 20 Feb 2017
- **Subject Expert**, Selection Committee – Assistant Professor (Hockey), I.G.I.P.E.S.S., University of Delhi, 23 Aug 2016
- **Coordinator**, Fitness Trainer Course (FITCO), I.G.I.P.E.S.S., University of Delhi, 13 May – 23 June 2016
- **Coordinator**, N.S.S. Recognition & Award Ceremony, I.G.I.P.E.S.S., University of Delhi, March 2016

- **Member**, Cultural & Literary Committee, I.G.I.P.E.S.S., University of Delhi, 2016
- **Coordinator**, Skill & Prowess, Lesson Planning of P.G.D.P.Ed., I.G.I.P.E.S.S., University of Delhi, June 2015 – July 2016
- **Coordinator**, Skill & Prowess, Lesson Planning of P.G.D.P.Ed., I.G.I.P.E.S.S., University of Delhi, June 2015 – July 2016
- **Member**, Committee of Courses, D.P.E.S.S., University of Delhi, **June 2015 – July 2016**
- **Convener**, Admission Committee P.G. & U.G., I.G.I.P.E.S.S., University of Delhi, **June 2015 – July 2016**
- **Member**, Placement Cell, I.G.I.P.E.S.S., University of Delhi, **June 2015 – July 2016**
- **Convener**, Magazine Committee, I.G.I.P.E.S.S., University of Delhi, **June 2015 – July 2016**
- **Member**, Curriculum Design Committee for NAAC Accreditation, I.G.I.P.E.S.S., University of Delhi, **2016**
- **Coordinator**, Fitness Trainer Course (FITCO), I.G.I.P.E.S.S., **12 Dec 2015 – 4 Jan 2016**
- **Coordinator**, Ph.D. Course Work, D.P.E.S.S., University of Delhi, **Jan 2015 – Jan 2016**
- **Coordinator**, Fitness Trainer Course (FITCO), I.G.I.P.E.S.S., University of Delhi, **25 May – 17 June 2015**
- **Convener**, Ph.D. Course Work, D.P.E.S.S., University of Delhi, **July 2014 – June 2015**
- **Member & Convener**, Departmental Research Committee, D.P.E.S.S., University of Delhi, **July 2014 – June 2015**
- **Chairperson**, Interim College Complaint Committee Against Sexual Harassment, I.G.I.P.E.S.S., University of Delhi, **July 2014 – June 2015**
- **In-Charge**, I.G.I.P.E.S.S. Session Calendar 2014–15, I.G.I.P.E.S.S., University of Delhi, **July 2014 – June 2015**

- **Member**, Admission Committee (PG & UG), I.G.I.P.E.S.S., University of Delhi, **July 2014 – June 2015**



- **Member**, Time Table Committee, I.G.I.P.E.S.S., University of Delhi, **July 2014 – June 2015**



- **Member**, Student Sports Kit Committee, I.G.I.P.E.S.S., University of Delhi, **July 2014 – June 2015**



- **Member**, Printing of Proceedings/Souvenir/Certificate/Invitations Committee, I.G.I.P.E.S.S., University of Delhi, **July 2014 – June 2015**



- **Member**, Delegate's Kit Committee, Intl. Congress on Sports Psychology, I.G.I.P.E.S.S., University of Delhi, **July 2014 – June 2015**



- **Member**, Finance Committee, Intl. Congress on Sports Psychology, I.G.I.P.E.S.S., University of Delhi, **July 2014 – June 2015**



- **Member**, Committee of Courses, D.P.E.S.S., University of Delhi, 28 Dec 2014 – 28 Dec 2016



- **Coordinator**, Skill & Prowess, Lesson Planning of P.G.D.P.Ed., I.G.I.P.E.S.S., University of Delhi, July 2014 – June 2015



- **Coordinator**, Fitness Trainer Course (Aerobics & Group Trainer), F.I.T.C.O., I.G.I.P.E.S.S., University of Delhi, May 2014



- **Member**, Academic Matter Committee, I.G.I.P.E.S.S., University of Delhi, July 2013 – June 2014



- **Member**, Time-Table & Work-Load Committee, I.G.I.P.E.S.S., University of Delhi, July 2013 – June 2014



- **Member**, Magazine Committee, I.G.I.P.E.S.S., University of Delhi, July 2013 – June 2014



- **Coordinator**, Skill & Prowess, Lesson Planning of P.G.D.P.Ed., I.G.I.P.E.S.S., University of Delhi, July 2012 – June 2013



- **Convener**, Grievance Committee for UG admissions, I.G.I.P.E.S.S., University of Delhi, July 2011 – June 2012



- **Chairperson**, College Complaint Committee Against Sexual Harassment, I.G.I.P.E.S.S., University of Delhi, July 2010 – June 2012
- **Member**, Finance Committee for International Conference “Physical Activity & Sports for Global Peace & Development”, I.G.I.P.E.S.S., University of Delhi, Aug – Oct 2011
- **Member**, Conference Kit/Printing/Publications Committee for same, I.G.I.P.E.S.S., University of Delhi, Aug – Oct 2011
- **Member**, Recommendation Committee for same, I.G.I.P.E.S.S., University of Delhi, Aug – Oct 2011
- **Course Coordinator**, U.G.C. Refresher Course, C.P.D.H.E., I.L.L.L., University of Delhi, 19 Jan – 9 Feb 2011
- **Fitness Expert**, Tender Evaluation Committee, S.A.I., J.L.N. Stadium, Delhi, July 2010
- **Member**, P.G. Admission Committee, I.G.I.P.E.S.S., University of Delhi, 2010–2011
- **Deputy Superintendent**, I.G.I.P.E.S.S. Examination, I.G.I.P.E.S.S., University of Delhi, 10 May 2010
- **Convener**, P.G. Admission Committee, I.G.I.P.E.S.S., University of Delhi, 2009–2010
- **Subject Expert**, Implementation of Semester System at U.G. Course, D.P.E.S.S., University of Delhi, 2009
- **Subject Expert**, Amity University M.P.Ed. Course Equivalency to Delhi University M.P.Ed. Course, Amity University, Noida, 2009
- **Teaching Expert**, Finance Committee for Purchase, Governing Body, I.G.I.P.E.S.S., University of Delhi, 2008–2009
- **Member**, Governing Body, I.G.I.P.E.S.S., University of Delhi, 2008–2009
- **Member**, Students Sports Kit Committee, I.G.I.P.E.S.S., University of Delhi, 2008–2009

- **Observer**, CBSE National Hockey Tournament, Ludhiana, CBSE, 27–30 November 2005
- **Observer**, CBSE National Hockey Tournament, Chandigarh, CBSE, 17–20 November 2003
- **Coordinator**, Lesson Planning & Teaching Practice, I.G.I.P.E.S.S., University of Delhi, June–July 2000
- **Coordinator**, Skill & Prowess, I.G.I.P.E.S.S., University of Delhi, June–July 2000

CO-CURRICULAR ROLES

- **Organizer,** Orientation Programme (M.P.Ed., B.P.Ed., B.Sc.), I.G.I.P.E.S.S., University of Delhi, 2018–2019
- **Convener/Member,** Student Assembly, U.G. & P.G., I.G.I.P.E.S.S., University of Delhi, 2015–2018
- **Class In-Charge,** MPED/B.P.Ed., I.G.I.P.E.S.S., University of Delhi, 2008–2018
- **Organizer,** Annual Function, U.G. & P.G., I.G.I.P.E.S.S., University of Delhi, 2000–2018
- **Organizer,** Intramural Competitions, U.G. & P.G., I.G.I.P.E.S.S., University of Delhi, 1998–2018
- **Organizer,** Round Table Discussion on Child Sex Abuse, N.S.S., I.G.I.P.E.S.S., University of Delhi, 29 Sep 2017
- **Organizer,** “Swachhata Pakhwada”, N.S.S. Unit, I.G.I.P.E.S.S., University of Delhi, 16 Aug – 1 Sep 2016
- **Lead,** Tiranga March, N.S.S., University of Delhi, 22 Aug 2016
- **Programme Officer,** N.S.S. Unit, I.G.I.P.E.S.S., University of Delhi, 2014–2016
- **Mentor,** Antardhwani Cultural Fest Participants, University of Delhi, 2012–2014
- **Organizer,** Free Fitness Fair, P.G. & U.G., I.G.I.P.E.S.S., University of Delhi, 19–23 Dec 2012

- **Staff Advisor,** Student Union, U.G., I.G.I.P.E.S.S., University of Delhi, 2003–2004

- **Coach,** Hockey Teams (Men & Women), I.G.I.P.E.S.S., University of Delhi, 1998–present

- **Coach,** Hockey Teams (Men & Women), I.G.I.P.E.S.S., University of Delhi, 1998–present

MEDIA PUBLICATION

PEER REVIEWED ORIGINAL RESEARCH

- Negi, S., Vanaik, A. K., Tyagi, S., & Husain, R. (2026). Aggression and personality profiles of athletes in team and individual sports: A comparative analysis. *Cuadernos de Psicología del Deporte*, 26(3), 30–40.

- Negi, S., Vanaik, A. K., Tyagi, S., Husain, R., Sharma, S., & Rexwal, A. (2026). Relationship between medial longitudinal arch height and functional performance in university volleyball players: The role of playing position. Slobozhanskyi Herald of Science and Sport, 30(3). https://shssjournal.com/index.php/journal/article/view/655/203

- Tyagi, S., Yadav, A., & Vanaik, A. K. (2024). Personality attributes, leadership styles, and locus of control among Indian coaches: A psychological and managerial analysis. Anusandhanvallari, 2024(1), 5736–5741. https://psvmkendra.com/index.php/journal/article/view/2421

- Joseph S, Varghese SM, Podimattom TT, Ninan A, Philip N, Mary K J, Jemil Priskillal J, Jos S, Tyagi S, Abraham G. Inconsistencies in Physical Fitness Traits Among Athletes of Badminton, Ball Badminton and Tennis. *Int J Drug Deliv Technol*. 2026;16(19s): 314-319. DOI: 10.25258/ijddt.16.19s.36

- Tyagi, S., Vanaik, A. K., Wasuja, M., Sharma, A., Rexwal, P., Yadav, D., M, B., & Abraham, G. (2026). Resistance Training As A Stimulus For Skeletal Muscle Hypertrophy In Novice Urban University Students: An Experimental Investigation. *International Journal of Advances in Signal And Image Sciences*, 548-558. https://doi.org/10.29284/1qyqb602

- Kuman, D. et al (2026). Development and Content Validation of an Evidence-Based Integrated Yoga Module for Obesity Management using Lawshe's Content Validity Ratio. *Scientific Culture*. Vol.12,No.1.1. 10.5281/zenodo.121126352

- Tyagi, Sarita & Vanaik, Anil & Wasuja, Monika & Singh, Ranvir & Daptare, Surekha & Joshi, Anu & Abraham, George. (2025). Exploring Circuit Training With Different Techniques To Boost Anaerobic Capacity In Teens: An In-Depth Analysis And Collection Of Insights. *Journal of Applied Bioanalysis*. 11. 25-30. https://doi.org/10.53555/jab.v11i8.1650

- Nisha, & Tyagi, S. (2025). A comparative study on the selected physical health variables of women working in different occupations. *International Journal of Interdisciplinary Cultural Studies*, 20(1). https://doi.org/10.18848/n37gz218

- Mola, D. W., Rahman, M. H., Uvinha, R. R., Adane, A. K., Tyagi, S., Adili, D., & Islam, M. S. (2025). Effect of 12-week training program on the fitness and performance of long jumpers. *International Journal of Kinesiology & Sports Science*, 13(1), 45–53. https://doi.org/10.7575/aiac.ijkss.v.13n.1p.45

- Tyagi, S., & Nisha (2025). A comparative study of Mental health for women of different age groups working in different professions. *Madhya Pradesh Journal of Social Sciences*, 30(1), 402-410.

- Tyagi, S., Vanaik, A. K., Wasuja, M., & Mola, D. W. (2025). Comparing Physical Attribute Distinctions in Male Kho-Kho Positions. Physical Education Theory and Methodology, 25(1), 66–71. https://doi.org/10.17309/tmfv.2025.1.08

- Singh, V., Bhagi, J. S., Kaur, K., & Tyagi, S. (2024). An exploratory study of fifty meters sprint performance of school children. *Anvesak*. https://www.researchgate.net/publication/381399828

- Bhagi, J. S., Tyagi, S., & Kaur, K. (2024). Identifying Variations in Motor Fitness Components among Upper Primary and Secondary School Male Students. Physical Education Theory and Methodology, 24(6), 865–872. https://doi.org/10.17309/tmfv.2024.6.02

- Yadav, A., Tyagi, S., & Patel, S. (2023). A comparative analysis of body composition and lifestyle among male and female teachers of Delhi University. *International Journal of Physical Education, Sports and Health, 10*(2), 21–25. https://doi.org/10.22271/kheljournal.2023.v10.i2a.2826

- Yadav, A., Tyagi, S., & Patel, S. (2023). A comparative analysis of body composition and lifestyle among male and female teachers of Delhi University. *International Journal of Physical Education, Sports and Health, 10*(2), 21–25. https://doi.org/10.22271/kheljournal.2023.v10.i2a.2826

- Kushwaha, L., & Tyagi, S. (2023). Comparative study on sports anxiety irrespective of gender differences among badminton and tennis players. *Journal of Sports Science and Nutrition, 4*(1), 162–164. https://doi.org/10.33545/27077012.2023.v4.i1c.165

- Kumar, V., Vanaik, A. K., & Tyagi, S. (2023). A comparative study of mental skills on national level male and female boxers. *International Journal of Food and Nutritional Sciences, 12*(1), 3709–3716.

- Tyagi, S., & Yadav, A. (2022). A comparative analysis of body composition and health status among male and female teachers of Delhi University. *International Journal of Physical Education, Sports and Health, 9*(4), 274–277. https://doi.org/10.22271/kheljournal.2022.v9.i4e.2604

- Tyagi, S., & Sharma, A. (2021). Nutritional assessments of boys belonging to different socio-economic groups. *Online International Interdisciplinary Research Journal, 11*(6), 103–110. https://www.oiirj.org

- Tyagi, S., & Sharma, A. (2021). Speed and strength assessments of boys belonging to different socio-economic groups. *International Journal of Physiology, Nutrition and Physical Education, 6*(1), 400–403. http://www.journalofsports.com

- Sharma, A., & Tyagi, S. (2020). Motor fitness components of government and private school boys of Delhi: A comparative analysis. *The Eternity, 11*(4), 221–228. ISSN 0975-8690.

- Tyagi, S., et al. (2018). Physical abilities of 10m air rifle female shooters of international and intervarsity levels: A comparative study. *International Research Journal of Commerce, Arts & Science (CASIRJ), 9*(10), 10–13. ISSN: 2319-9202.

- Tyagi, S., et al. (2018). Assessment of nutritional status of Indian university level female team game players. *International Journal of Applied Research, 4*(1), 329–334. ISSN: 2319-9202.

- Tyagi, S., et al. (2018). Dietary profile of gym-going females in Delhi. *International Journal of Applied Research, 4*(5), 484–486. ISSN: 2394-7500.

- Tyagi, S., et al. (2018). Dietary behaviour and nutritional profile of Indian wrestlers. *International Journal of Applied Research, 4*(5), 487–489. ISSN: 2394-7500.

- Tyagi, S., et al. (2018). Physical and anthropometric characteristics of national level male runners of Kho-Kho game. *International Journal of Applied Research, 4*(5), 490–492. ISSN: 2394-7500.

- Tyagi, S., et al. (2017). Health profile of gym-going females in Delhi. *International Journal of Applied Research, 3*(1), 1006–1008. ISSN: 2394-5869.

- Tyagi, S., et al. (2017). Iron status of Indian national level women baseball players. *International Journal of Applied Research, 3*(6), 1292–1295. ISSN: 2394-5869.

- Tyagi, S., et al. (2017). A comparative study of nutritional profiles of Indian wrestlers staying in Akhadas and CRPF camps. *International Journal of Applied Research, 3*(1), 147–150. ISSN: 2394-7500.

- Tyagi, S., et al. (2017). Construction and validation of goal scoring accuracy ability of female hockey players. *Shodh Prerak, 7*(3), 181–185. ISSN: 2249-8893.

- Tyagi, S., et al. (2017). Occupational status of gym-going females in Delhi. *International Journal of Applied Research, 3*(6), 1290–1291. ISSN: 2394-5869.

- Tyagi, S., et al. (2017). Construction and validation of stick work ability of female hockey players. *Annals of Multidisciplinary Research, 7*(3), 92–96. ISSN: 2249-8893.

- Tyagi, S., et al. (2017). Physical fitness, body composition and selected physiological parameters of Indian university level male team game players. *Journal of Undergraduate Research & Innovation, 3*(2), 30–42. ISSN: 2395-2334.

- Tyagi, S., et al. (2017). Nutrition knowledge and eating attitude among female undergraduate students of University of Delhi. *International Journal of Applied Research, 3*(12), 580–583. ISSN: 2394-7500.

- Tyagi, S., et al. (2017). Self-confidence of 10m air rifle male shooters of international & inter-university levels: A comparative study. In *Emerging Trends in Fitness & Sports Sciences* (Vol. 1, pp. 374–375). ISBN: 978-93-85449-31-4.

- Tyagi, S., et al. (2016). Motor fitness components of young prospective teachers of physical education: A profile study. *International Interdisciplinary Research Journal, 2*(6), 1068–1072. ISSN: 2249-9598.

- Tyagi, S., et al. (2014). Effects of hydraulic resistance circuit training on Indian sedentary female population. *International Journal of Research Pedagogy and Technology in Education and Movement Sciences, 2*(3), 1–11. ISSN: 2319-3050.

BOOKS AND MAGAZINES

- **Sole Author.** Key ideas in sports psychology. *Friends Publication*, India, 2025, ISBN: 978-9359786285.
- **Joint Author.** Encyclopaedia of Olympic Movement (Vol. 1). *Friends Publication*, India, 2023, ISBN: 978-8172164826.
- **Joint Author.** Encyclopaedia of Olympic Movement (Vol. 2). *Friends Publication*, India, 2023, ISBN: 978-8172164826.
- **Joint Author.** The Art and Science of Sports Coaching. *Friends Publication*, India, 2023, ISBN: 978-93-59788937.
- **Sole Author.** The Gym Management, *Friends Publication*, India, 2016, ISBN: 978-81-7216-485-0.
- **First Editor.** Role of Physical Activities & Sports in Balancing Education, *Sikh Foundation*, New Delhi, India, 2013, ISBN: 978-81-7873-3056-3.
- **First Editor.** Physical Activities & Sports for Global Peace & Development, *Sports & Spiritual Science Publications*, New Delhi, India, 2011, ISBN: 978-81-902282-0-6.
- **Editor in Chief.** Exercise & Sports Psychology in 21st Century: Research & Application, *AR Graphics*, 2011, ISBN: 978-81-7873-077-6.
- **Joint Author.** Textbook on Teaching Skill & Prowess (Part.I), *Friends Publication*, India, 2005, ISBN: 81-7216-157-3.
- **Joint Author.** Textbook on Teaching Skill & Prowess (Part.II), *Friends Publication*, India, 2005, ISBN: 81-7216-157-3.

PUBLIC & PROFESSIONAL SERVICE

- **Member,** National Association of Physical Education & Sports Sciences.
- **Member**, Sports Psychology Association of India.