



Faculty Profile Ram Lal Anand College, University of



Title	Dr.	Name:	MOHIT KUMAR	
Department		Physical Education		
Designation		Assistant Professor		
Phone				
Email		Mohitkumar.pe@rla.du.ac.in		
Institutional Web page				
Google Scholar ID		-		
Research Gate ID		-		
ORCID ID		0009-0007-2087-3772		
Scopus ID				
Vidwan ID				
Educational Qualifications				
Degree		Institution	Year	
Ph.D.		Department of Physical education ,university of Delhi	2021	
M.P.Ed.		Department of Physical Education,	2011	

	university of Delhi				
B.P.Ed.	Department of Physical Education, university of Delhi	2009			
B.sc (P.e,H.e & S.S)	Indira Gandhi institute of Physical education and sports sciences	2008			
Permanent/ Temporary/ Contractual/ Adhoc Teaching Experience					
Designation	Institution	Duration	From	To	Nature
Assistant Professor	Ram Lal Anand College, University of Delhi	—	25.08.2026	Till Date	Permanent
Director physical education	Bhaskaracharya college of applied sciences, University of Delhi	4 years 6 Months	23.03.2022	24.08.2026	Ad-hoc
Guest Lecturer	Indira Gandhi institute of physical education and sports sciences	3 years1 Months	26.07.2016	3/01/2019	Temporary
Guest Lecturer	ASSRM,DPSRU Pushp vihar sec-III ,New Delhi 110017	6 Months	4.09.2020	22/02/2021	Temporary
Guest lecturer	Indira Gandhi institute of physical education and sports sciences	1 year 1 month	23/02/2021	23/03/2022	Temporary
Administrative Assignments					
NA					
Areas of Interest / Specialization					
Sports Training/Handball					
Subjects Taught					
Fitness and wellness Stress management Olympic education Injury prevention and rehabilitation in sports					

Lifestyle management through physical education Obesity and weight management Indigenous sports Sports for life Fit India Sports inclusivity and diversity
Research Guidance
NA
Research Projects (Major Grants/Research Collaboration)
NA
Publications
1. Kumar, M. (2016). Health profile of gym going female in Delhi. International Journal of Applied Research, 3(1), 1006- 1008. ISSN:2394-7500 https://www.allresearchjournal.com/archives/?year=2017&vol=3&issue=1&part=L&ArticleId=8054 2. Kumar, M. (2018). Dietary profile of gym going female in Delhi. International Journal of Applied Research 4(5), 484- 486. ISSN:2394-7500 https://www.allresearchjournal.com/archives/?year=2017&vol=3&issue=1&part=L&ArticleId=8054 3. Kumar, M. (2018) Activity Profile And Exercise Pattern Of Gym Going Women In Delhi, Manavki,9, 353- 357, ISSN:0975-7880 4. Kumar, M. (2019). Comparison Of Body Mass Index Between Women Of Different Professions Living In Delhi, Ayan 7, 13-17. ISSN:2347-4491 5. Kumar, M. (2024). A mini-review on influence of physical exercise in remodelling the immune mechanism, World Journal Of Biology Pharmacy And Health Sciences, 18, 349- 358, eISSN:2582- 5542, https://wjbphs.com/sites/default/files/fulltext_pdf/WJBPHS-2024-0264.pdf 6. Kumar, M.(2026) Digital behaviour and lifestyle-related health risks among undergraduate students in Delhi: a cross-sectional study, proceedings of the Indian national science academy, https://link.springer.com/article/10.1007/s43538-026-00909-5
Book Review

Chapters in books and e-chapters (Published)
1. Kumar, m. Fitness and wellness, khel sahitya kendra, (2023)ISBN. 978-9393393944
Conference Organisation/ Presentations
National Conferences: 1. National Conference On Bhartiya Drishti Se Khel Srishti (NCBDKS-2026) International Conferences: 1. Global Conference on Scientific Culture in Physical Education and Sports, Department of Physical Education Punjabi University Patiala, Punjab (India) 2016.
Awards and Distinctions
1. National Eligibility Test (NET-JRF), University Grants Commission (2014)
Association With Professional Bodies
N/A
Other Activities
N/A

(M Kumar

Signature of Faculty Member