

LIST OF PUBLICATIONS

Lt. (Dr.) Seema Sharma (Kaushik)

BOOKS-05

1. Lesson Planning, Teaching Methods and Class Management in Physical Education {English} (2001) by Dhananjay Shaw and Seema Kaushik, Khel Sahitya Kendra (KSK), Delhi, ISBN 978- 81-7524-022-9.
2. Sharirik Shiksha Mein Paath Niyojan Va Shikshan Paddhati Ke Siddhant {Hindi} (2000) by Seema Kaushik & Dhananjay Shaw, Friends Publications, Delhi, ISBN 81-7216-040-2.
3. Fitness, Aerobics & Gym Operations {English} (2009) by Sheela Kumari S., Amita Rana and Seema Kaushik, Khel Sahitya Kendra (KSK), Delhi, ISBN 81-7524-549-2
4. A Practical Workbook for Fitness, Aerobics & Gym Operations {English} (2010) by Sheela Kumari S., Amita Rana and Seema Kaushik, Khel Sahitya Kendra (KSK), Delhi, ISBN 978- 2 81-7524-550-6.
5. Fitness, Aerobics Va Gym Operations {Hindi} (2012) by Sheela Kumari S., Amita Rana and Seema Kaushik, Khel Sahitya Kendra (KSK), Delhi, ISBN 81-7524-585-9.

RESEARCH PAPERS/ ARTICLES IN JOURNALS

1. Dhananjay Shaw & Seema Sharma (Kaushik) (2020), Variability of Covariance of Selected Skeletal Diameters of Female in a Longitudinal Physical Training Programme. International Journal of Sport and Health Sciences by World Academy of Science, Engineering and Technology, Vol.14, No.1: 7-11. ISNI: 000000001950263.
2. Seema Sharma (Kaushik) & Dhananjay Shaw (2019), Length Dimension Correlates of Longitudinal Physical Conditioning on Indian Male Youth. International Journal of Sport and Health Sciences by World Academy of Science, Engineering and Technology, Vol.13, No.11: 461-464. ISNI: 000000001950263.
3. Lata Sharma & Seema Sharma/Kaushik (2018), Contribution of Indian Companies in Sports Promotion through CSR. *Indian Journal of Physical Education, Sports Medicine and Exercise Sciences*, LNIPE, ISSN: 0976-1101, Vol. 18 Special Issue (3): 201-203, UGC List No. 48336.
4. Alka Harneja & Seema Sharma (Kaushik), Status of Health Insurance Policies for Sports and Non-Sports Students in India. International Journal of Physical Education and Sports, Volume: 3, Issue: 05, Pages: 36-39, Impact Factor: 3.125 (RIF)
5. Rajender Lal & Seema Sharma/Kaushik (2017), Relationship of Job Stress and Job Satisfaction with Adjustment Variables of Male Physical Education Teachers of Himachal Pradesh. *Human Kinetics – A Journal of Physical Education and Fitness*, All India Council of Physical Education (AICPE), ISSN 0976-6588, Vol. 8 (1): 21-35. UGC List No. 0976-6588.
6. Seema Kaushik (2017), ICT Applications in Teaching and Learning of Physical Education and Sports. International Journal of Physical Education and Sports, Volume: 2, Issue: 11, Pages: 66-70, Impact Factor: 3.125 (RIF).
7. Amita Rana & Seema Kaushik (2016), Hosting of Mega Sports Events : An Assessment. *Human Kinetics – A Journal of Physical Education and Fitness*, All India Council of Physical Education (AICPE), ISSN 0976-6588, Vol.7 (II): 10-13. UGC List No. 48690.
8. Seema Kaushik (2015), Percentage Change in the Selected Skinfold Measurements of Male Students of University of Delhi due to Progressive and Constant Load of Physical Training. *Human Kinetics – A Journal of Physical Education and Fitness*, All India Council of Physical Education (AICPE), ISSN 0976-6588, Vol.5 (II): 37-49. UGC List No. 48690.
9. Seema Kaushik (2015), Influence of Intensive and Moderate Physical Training on Selected Body Indices of Female Students of University of Delhi. *Horizon Palaestra : International Journal of Health, Sports and Physical Education*, ISSN 2778-2982, Online ISSN 2319-659, Vol. 4 (1) : 34-38, UGC List No. 47091.
10. Seema Kaushik (2015), Effect of Progressive and Constant Load Training on Selected Body Indices of Male Students of University of Delhi. Online Journal: *International Educational E-Journal {Quarterly}*, ISSN 2277-2456 (ISSN), Vol. IV (IV) : 13-20.
11. Seema Kaushik & Neeva Singh (2015), Building Career through National Cadet Corps (NCC). *Research Reinforcement: A Bilingual & Half Yearly Refereed Journal of Multidisciplinary Research*. ISSN 2348-3857, Year 3, Vol. I:13-21, UGC List No. 64785.
12. Lata Sharma, Alka Harneja & Seema Kaushik (2015), Analysis of Growth Strategies of Adidas Group. *Research Reinforcement: A Bilingual & Half Yearly Refereed Journal of Multidisciplinary Research*, ISSN 2348-3857, Year 2, Vol. II : 7-10, UGC List No. 64785.
13. Anju Luthra, Shipra Verma and Seema Kaushik (2013), Career Prospects in Physical Education, Sports and Wellness. *International Research Journal of Sports Glimpses*, ISSN 2278 – 5027, Vol. II (II): 122-131., UGC List No. 63493.

14. Seema Kaushik (2012), Effect of 18-Weeks Physical Conditioning on Selected Anthropometric Variables of Female Students of University of Delhi. *International Research Journal of Sports Glimpses*, ISSN 2278-5027, Vol. 1 (1): 1-8, UGC List No. 63493.
15. Seema Kaushik (2000), Computer Applications in Physical Education and Sports, *Indian Journal of Sports Studies*, Vol. 5(1): 1-5.
16. Seema Kaushik, Anju Bala and Dhananjay Shaw (1999), Development of Computer Assisted Test/Quiz on Olympic/ Asian Games. *Indian Journal of Sports Studies*, Vol.4 (2).

CHAPTER IN A BOOK/ PAPERS IN PROCEEDINGS

1. Neelam Vats, Seema Sharma (Kaushik) & Pramod C. Sharma (2019), Yoga for Health and Well-Being. Proceedings of the UGC Sponsored 3rd National Conference on Latest Trends in Health and Physical Education at University College of Medical Sciences, University of Delhi, Khel Sahitya Kendra, pp. 255-257. ISBN: 978-81-7524-879-3.
2. Rajender Lal, Seema Sharma (Kaushik) and Shipra Verma (2019), Contents of Social Media Marketing in Sports. Proceedings of the International Conference on Social Media Marketing – Opportunities and Challenges held at JMC, Delhi. Editors: Sunita Kaistha & Vibha Mathur, Pinnacle Learning, pp. 135-141. ISBN: 978-93-83848-53-9.
3. Lata Sharma, Seema Kaushik, & Rajender Lal (2018), Revisiting Women Participation in Olympics in *Women and Development: Issues and Challenges*. Editors: Rekha Kaul & Anita Malhotra, ISBN 978-81-935996-1, Elite Publishing House, Delhi, pp. 92-100.
4. Rajender Lal & Seema Kaushik (2017), Incultation of Human Values through Physical Education and Sports in *Shataritra*. Chief Editor: Prof. Bacchha Bharti, ISBN 978-81-932638-4-6, Rashtriya Sanskrit Sanstha, Jammu, pp. 82-86.
5. Seema Kaushik (2016), Plagiarism in the Contemporary Context – Issues Concerning Ethics in Writing in *Punatee*. Chief Editor Achary Ramanuj Devnath ISBN 13-978-81-932638-0-8, Rashtriya Sanskrit Sansthan, Jammu, pp. 542-547.
6. Seema Kaushik (2014), Procurement, Placement and Maintenance of Gym Equipment in *Fitness, Aerobics and Gym Operations*. Editor: Dr. Kavita Sharma, ISBN 978-81-89580-30-8, Jyoti Enterprises, Delhi, pp. 86-94.
7. Seema Kaushik (2014), Impact of 18-weeks Physical Conditioning on Selected Health Indicating Variables of Female Students of University of Delhi, *Proceedings of the National Conference on Physical Education and Sports*, LNUPE, Gwalior, Editor-in-Chief: Prof. A.K. Dutta, ISBN 978-81-7524-743-7, pp. 186-191.
8. Alka Harneja, Lata Sharma & Seema Kaushik (2014), Growth Strategies of Nike: An Appraisal in *Proceedings: National Conference on Physical Education and Sports Sciences*, LNUPE Gwalior, Editor-in-Chief: Prof. A.K. Dutta ISBN 978-81-7524-743-7, Khel Sahitya Kendra, Delhi, pp. 197-201.
9. Seema Kaushik (2014), Effect of Intensive and Moderate Physical Training on Selected Health Indicating Variables of Male Students of University of Delhi. *One India-Fit India : Proceedings of the National Seminar on Fitness & Wellness*, Department of Health Sciences & Fitness, LNUPE Gwalior, Editors: Prof. L.N. Sarkar, Prof. Manika Debnath, Dr. Akhilesh Kumar Yadav, Mr. Supriyo Mondal, ISBN 978-81-7879-801-1, pp. 289-293.
10. Lata Sharma, Seema Kaushik, Alka Harneja & Virender Singh Jaggi (2014), HIL as a Revitalization Strategy for Hockey in India: An Analysis of Players' Bidding. *Proceedings of the 2nd National Conference on Youth Enrichment through Sports and Physical Education (YES PE)*, Amity University, Editors: Dr. Jogiswar Goswami & Dr. Ajit, ISBN 978-81-7524-740-6, pp. 126-134.
11. Seema Kaushik, Sunita Arora & Amita Rana (2014), Applying Technology in Building Venues and Conducting Events in Sports in *E-Business : Issues and Challenges in Indian Perspective*, Editors : Lata Sharma & Alka Harneja, ISBN 978-93-83838-66-0, Shivalik Prakashan, Delhi, pp. 166-175.
12. Seema Kaushik & Amita Rana (2012), Effect of Intensive and Moderate Physical Training on Somatotypes of Male and Female. *Proceedings of the Pre-Olympic Congress on Sports Science and Computer Science in Sport (IACSS 2012)* Ed. Prof. Yong Jiang & Prof. Arnold Baca; World Academic Union, England, UK, ISBN 978-1-84626-094-0, pp. 46-52.
13. Amita Rana & Seema Kaushik (2012), Sports in Hindi Cinema. *Proceedings of the International Seminar on Physical Education, Recreation and Yogic Sciences*, Department of Physical Education, BHU, ISBN 92-8867-511-8, pp. 312-317.
14. Seema Kaushik (2008), Judo–The Wonderful Sport. *Ankuran: A Sports, Fitness, Health & Lifestyle Magazine*, Vol.-1 (1), p. 6.
15. Dhananjay Shaw & Seema Kaushik (2005), Effect of Physical Exercise on the Relationship between Selected Kinanthropometric Variables and Percentage Height of Centre of Gravity of Male. *Biomechanics: Proceedings of the National Conference on Biomechanics* held at IIT, Delhi, Editors: R.K. Saxena & P. Mishra, Amulya Publishers, Delhi, ISBN 81-88342-49-1, pp.144-154.
16. Seema Kaushik & Dhananjay Shaw (2005), Effect of Physical Exercise on the Relationship between Selected Kinanthropometric Variables and Percentage Height of Centre of Gravity of Female. *Biomechanics: Proceedings of the National Conference on Biomechanics* held at IIT, Delhi, Editors: R.K. Saxena & P. Mishra, Amulya Publishers, Delhi, ISBN 81-88342-49-1, pp.240-250.
17. Dhananjay Shaw, Seema Kaushik & Indu Kaushik (2005), Effect of Physical Exercise on Three-Dimensional Centre of Gravity, Height, Weight and Ponderal Index of the Students of University of Delhi. *Biomechanics: Proceedings of the National*

Conference on Biomechanics held at IIT, Delhi. Editors: R.K. Saxena & P. Mishra, Amulya Publishers, Delhi, ISBN 81-88342-49-1, pp. 281-288.

18. Dhananjay Shaw, Seema Kaushik & Rekha Kaushik (1998), Reliability of Reaction Board Method for Determination of Three-Dimensional Centre of Gravity. *Advances in Biomechanics: Proceedings of 6th National Conference on Biomechanics* Editor: Kamal Raj Pardasani.
19. Dhananjay Shaw, Seema Kaushik & Rekha Kaushik (1998), Reliability of Reaction Board Method of Determination of Selected Segmental Mass. *Advances in Biomechanics : Proceedings of 6th National Conference on Biomechanics*, Editor: Kamal Raj Pardasani.
20. Dhananjay Shaw, Dev Prakash Sharma, Seema Kaushik & Gauri Vashishtha (1998), Validation of Ingeniously Developed Reaction Board Method. *Advances in Biomechanics: Proceedings of 6th National Conference on Biomechanics*, Editor: Kamal Raj Pardasani.