

The cover features a collage of sports-related images. At the top, a golfer in a white shirt and dark pants is captured mid-swing on a green golf course under a blue sky with white clouds. Below this, the title 'Sports Psychology' is prominently displayed in a large, bold, yellow font with a black outline. Underneath the title, the authors' names 'Dr. Sunita Arora • Dr. Mukesh Agarwal' are written in a smaller, bold, black font. The lower half of the cover is dominated by a soccer goalkeeper in a yellow jersey and black shorts, diving horizontally to catch a white soccer ball with blue accents. In the bottom right corner, a baseball is shown in mid-air above a grassy field, with a player in a black jersey and red shorts running towards it. The entire cover has a glossy, reflective finish with some visible wear and tear.

**Dr. Sunita Arora • Dr. Mukesh Agarwal**



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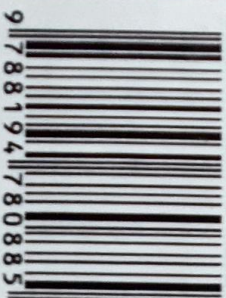
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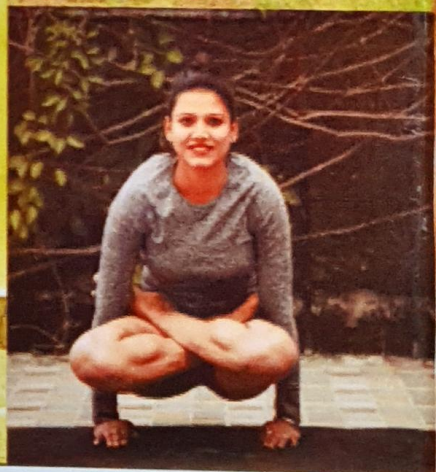
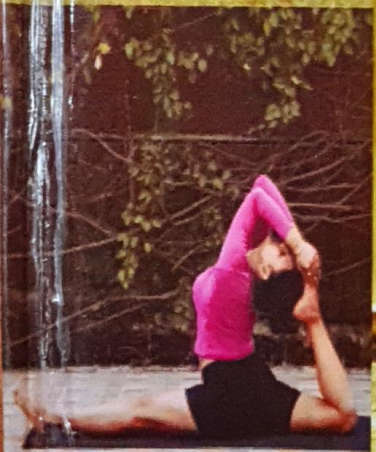
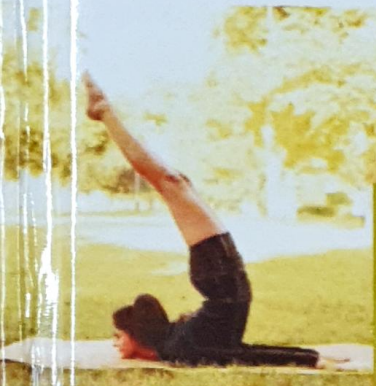
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# YOGA



# SKILLS



**Dr. Mukesh Agarwal**

**Dr. Sunita Arora**

**Ms. Neeva Singh**





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**Dr. Mukesh Agarwal** worked in the field of sports administration as Joint Secretary in Delhi University Sports Council. Recently working as head department of Physical Education in Maharaja Agarsen College with an experience of around 12 years. Expertise in organizing National/International conference and seminars.

He has also organized various events at International level in various disciplines, like Hockey, Archery etc. He has edited many books and presented various research in International Conferences & Journals. Also he has the experience of delivering talks and lessons in various countries like Finland (Sports Institute of Finland, Greece)[International Olympic Academy]. Britain (Cambridge University) and Italy. He has been associated with various organizations like ILRO, SPAA, DAA as board executive. He also holds a Ph.D. from CSS University.



**Sunita Arora** is working as Associate Professor in the Department of Physical Education, Lakshmbai College, University of Delhi. She obtained her Ph.D from Central Institute of Education, University of Delhi and M.A. (P.E.) from Lakshmbai National College of Physical Education, (now LNIPE) Gwalior. She pursued her Graduation in Humanities from Daulat Ram College, University of Delhi. She has been a University and National athlete.

She was the Principal investigator of a Major Research project –“Modern Lifestyle Obstacles of Youth in Metro Cities of India”. She has dedicated her efforts and years of service to turn Lakshmbai College into one of the most coveted institutes for Physical Education and Sports. She has Authored and Co-authored many books on physical education.

She served as the Vice President of Delhi State Volleyball Association for more than six years. She has also held the office and served as the Vice President of Delhi State Kabaddi Association and Vice President Delhi State Baseball Association. She has organised many tournaments at different level.

She was an organizing committee member of International and National conferences. She was venue manager of training venues of Boxing and Netball in Commonwealth Games 2010. She has presented paper/articles in International and National sports conferences and the papers also got published in Journals/proceedings/book.



**Ms Neeva Singh** is currently posted as a Girl Cadet Instructor in National Cadet Corps under Ministry of Defence since 2007. She has completed Masters in English Literature (IGNOU) and M A Yoga (Himalayan University), Diploma in Naturopathy and Yogic Science from Akhil Bhartiya Prakritik Chikitsa Parishad and PG Diploma in Yoga (Annamalai University). She has done Diploma and Certificate Course in Fitness Aerobics.

She has authored 3 books on yoga for Class VI, VII and VIII as per NCERT Curriculum published by Ashoka Publishing House and translated one book on 'Spine and Mind Management' for Chaitanya Foundation. She has Co-authored book on 'Aerobics: Fitness & Style'. Her Articles on Yoga, Aerobics and Fitness are published in various newspaper and magazines namely State Times, Excelsior, Jansatta, Meri Dilli, Streekaal, Navyoga Mantra and Street Voice Magazine.

She has been yoga practitioner since childhood and won International Championship in 2004 held at Pondicherry. She has trained and represented Delhi University Yoga team as Coach/ Manager in 2013, 2014, 2015 and 2016 in All India Inter University Yoga Competition. She has been awarded with DGNCC Commendation in 2014 and Defence Secretary Commendation Card in 2017 by Ministry of Defence, Govt of India. For her contribution in field of yoga and fitness she is awarded NCC Achievers Award (2018), Fitness Excellence Award (2017), International Icon Award (2019), Women of Worth Award (2019), Nari Shakti Global Award (2017) and Bhartiya Mahila Samman- 2019.



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