

Dr. Vineet Mehta

Assistant Professor, Department of Physical Education and Sports Sciences
Shaheed Bhagat Singh Evening College, University of Delhi
Phone: 9891591786 Email: vineet.mehta@sbse.du.ac.in

Academic Qualifications

- Ph.D. (Banasthali University) – Stress and Coping Strategies in Athletes
- M.Phil. (Annamalai University) – Test and Measurement
- M.P.Ed. & B.Sc. (IGIPSS, Delhi University)

Certifications

- UGC-NET JRF & SLET Qualified
- PG Diploma in Sports Management (Alagappa University)
- Certified Doping Control Official, CWG 2010
- Foundation Course in Yoga (MDNIY)
- Black Belt in Judo

Professional Experience (14+ years)

- Assistant Professor, SBSEC, University of Delhi (2023–Present)
- Director of Physical Education, SRCC (2011–2023)
- Lecturer, Amity University & DIET (2010–2011)

Key Roles & Assignments

- Chaperone Coordinator, CWG 2010
- Resource Person for NVS, CBSE, KVS, SAI-LNCPE
- Member, CBSE & NIOS Curriculum Committees
- Manager/Coordinator for multiple Delhi University sports teams

Publications

- Authored/Edited **24+ research articles & book chapters**
- Contributor to NIOS & CBSE curriculum textbooks
- Editor: *The Eternity – Research Journal of Humanities & Social Sciences*

Presentations & Conferences

- 13+ paper presentations at national & international forums
- Themes: Stress in athletes, personality traits, fitness & wellness, pedagogy

Sports Achievements

- National-Level Judoka & Tug-of-War Player
- Multiple medals in Delhi State, Inter-College, and National Championships

Research Interests

- Sports Psychology, Athlete Stress & Coping, Physical Education Pedagogy
- Fitness Assessment, Curriculum Design, Health Education