



Kirori Mal College

(University of Delhi)

University of Delhi, Delhi-110007

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Print Date : 15-02-2026

1. Personal Profile

Title: **Prof.** First Name: **BENU** Last Name: **GUPTA**



Designation: **PROFESSOR** Mobile No. -----

Phone No. (Office) ----- Phone No. (Residence): -----

Email: **benu@kmc.du.ac.in** Webpage: -----

Facebook: ----- Twitter: -----

LinkedIn: ----- Instagram: -----

Youtube: ----- Research Gate Link: -----

Google Scholar Link: -----

Address: -----

2. Educational Qualifications

Degree/ Certification	Institution	Year
B. A. Physical Education	Banasthali University	1989
M.A. Physical Education	Kurukshetra University	1991
Ph. D. URS Research Scholar	Kurukshetra University	1998
PGDSM	Algappa University	2005

3. Career Profile & Administrative Assignments

Category	Role/ Designation	Department/ Committee	Date From - To	Remarks
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4. Other Profiles

Other Profile Name/ Description

SUBJECTS TAUGHT

1. Olympic Education
2. Yoga & Stress Management
3. Fit India

SUBJECTS TAUGHT

- *Olympic Education
- *Yoga & Stress Management*Fit India
- *Sports Management
- *Talent Identification
- *Sports Training
- *Exercise Physiology
- *Ethics and Value Education
- *Sports Technology
- *Research Methodology in Physical Education and Sports Sciences
- *Sports Psychology

5. Research Guidance

Year	Guide For	Title of the Dissertation/ Thesis	Scholar Name	Status
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6. Research Projects

Year	Title of Project	Sponsorship Agency	Duration	Amount Sanctioned	Date of Sanction
2011	Study on Relevant Effects of AEROYOGA on Physiological Parameters of Youth	University Grants Commission	3 years	10 Lakh	17.Mar.2008
2019	Psychological Profile and Performance Sustainability with Omission of Inequality of Indian Athletes : An Analytical Study	Ministry of Youth Affairs & Sports, Department of Sports	3 years	10 Lakh	20.Sep.2016

7. Publications

Category	Publication Name	Title	Name of Author	Reference Link/ DOI Link	Publication (Month-Year)
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JOURNAL PAPER (National)	Aggressive Behavior and Adjustment in Individual Aggressive Behavior and Adjustment in Individual and Team Women Players in Relation to their Performance	Research Journal of Sports and Sports Sciences, Sports Authority of India, NSNIS Patiala (Journal Periodical: National Government Publication: English)	Benu Gupta (Sole Author)		July 2008
JOURNAL PAPER (International)	Eco-Tourism and Sports In India	PATRON An International Multilingual Monthly Referred Research Journal	Benu Gupta (Joint Author)		April 2011
JOURNAL PAPER (International)	Is Olympism & Indian Society are Complementary or Supplementary?	International Journal of Research in Economics & Social Sciences	Benu Gupta (Sole Author)		August 2013
JOURNAL PAPER (International)	Sports And Its Accessibility To The Last Mile In India	International Journal of Research in Engineering & Applied Sciences	Benu Gupta (Corresponding Author)		April 2015

8. Books

Category	Book Name	Title	Name of Author	ISSN/ ISBN Number
BOOK (National)	Sports For All	Benu Gupta (Joint Author)	Friends Publication India	978-81-937234-0-1
BOOK (National)	Yoga and Stress Management	Benu Gupta (Joint Author)	Friends Publication India	978-81-7216-568-0
BOOK (National)	Text Book-Health Education Anatomy and Physiology	Benu Gupta (Joint Author)	Khel Sahity Kendra	978-81-7524-957-8

9. Faculty Achievements

Year	Category of Achievement	Role	National/ International etc.	Name	Date From-To
2024	SEMINAR ATTENDED	PROFESSOR	International	31st International Seminar on Olympic Studies for Post Graduate Students	20.Sep.2024 - 12.Oct.2024

Prof. BENU GUPTA