



**Dr. Babita is an Associate Professor** in the Department of Physical Education at BPSMV, Khanpur Kalan (Sonipat), Haryana. Prior to this assignment, she served as the Head of the Department of Physical Education at Kishori Raman Girls Degree College, Mathura, Uttar Pradesh. She is an accomplished sportsperson and an **All-India Inter-University Gold Medallist in Handball**.

Her academic qualifications include **Ph.D. in Physical Education** from the University of Delhi, where she conducted research on *“An Assessment of Body Image, Body Shape Concern, and Quality of Life in Rural and Urban College Girls.”* She also holds an **M.Phil.** and **M.P.Ed.** from Kurukshetra University, Kurukshetra. Additionally, she has completed a Certificate Course in Yoga from IGNOU, Delhi, and a Certificate Course in French from Kurukshetra University, Kurukshetra.

With **18 years of teaching experience**, Dr. Babita has made significant contributions to academia. She has authored and edited **five books**, published **13 research** articles in peer-reviewed journals, and actively participated in numerous workshops, training programs, and national/international conferences and symposiums.

Her research interests focus on physical fitness, health education, sports psychology, and the impact of physical activity on overall well-being.