

# Curriculum Vitae

**NIDHI**

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## AREAS OF EXPERTISE

✚ **Sports Psychologist**

✚ **Elite Kayaking & Canoeing Athlete:**

### EVENTS

- ❖ Canoe Slalom
- ❖ Canoe Polo
- ❖ Canoe Sprint
- ❖ Wild Water

- ★ Technical Official (Canoe Polo)
- ★ Former Cricketer
- ★ Former Athlete, Athletics (Junior Level) (100,200, 400 M Sprinter).

## EDUCATION

- Master's in Sports Psychology from National Sports University, Imphal, Manipur. (**\*Freeship Scholar for the entire course and Sports Excellence Award\* - 1<sup>st</sup> & 2<sup>nd</sup> year**).
- Bachelor's in Psychology Honors from Bharti College, University of Delhi Batch: 2019 - 2022. (**\*All Rounder Sportsperson of the Year 2022\***).
- Intermediate: CBSE Board 2019. (**\*Golden Sportsperson of the Year\***)
- Matriculation: CBSE Board 2017. (**\*Best Athlete of the Year\***)

## WORK EXPERIENCE

**Tata Steel Adventure Foundation:** Internship from 18<sup>th</sup> December to 29<sup>th</sup> February 2024.

**Exhibitor:** 11<sup>th</sup> India International Sporting Goods Show, India's biggest sport and fitness business expo 2023.

**Delegate:** International conference on “Fit for Life” Empowering youth through physical education, sports science, and traditional sports, held at Goa from 18<sup>th</sup> to 20<sup>th</sup> February 2025.

**Volunteer as a Sports Psychologist:** Asian Youth Sport Climbing Championship 2024.

**Intern as a Sports Psychologist:** Tata Steel Sports Climbing Championship 2024.

**Organizing Staff:** Senior Asian Wrestling Championships 2017 (Media & Result).

**Volunteer:** Junior Asian Wrestling Championships, IG Stadium, 2018.

## Area of Psychological Training -:

- Athletes Case Study
- Recording and Interpretation of EEG, BP, EMG, ECG
  - Electro dermal activity (EDA) interpretation using biofeedback
  - Respiratory testing.
  - Measuring the HRV of an athlete.
  - Stress Control Intervention training.
- Relaxation Procedures (PMR, Autogenic Training)
- Biofeedback training
- Developing a schedule for athletic energy management.
- Memory experiments: Measuring memory of (Combative sports).
- Intelligence testing (Bhatia Battery, Ravens Progressive Matrices).
- Neuro tracker(Cognitive training system).
- Fitlight (Reaction light training system).
- Neuro Balance
- Quick Board(Neuro-Cognitive Training

# SPORTS ACHIEVEMENTS

## 2025

- Participated in the 38<sup>th</sup> National Games held at Goa, from 28<sup>th</sup> January to 14<sup>th</sup> February 2025

## 2024

- 3<sup>rd</sup> Position in Kayak Cross-National Championships, held at Uttarakhand from 26<sup>th</sup> to 30<sup>th</sup> December 2024.
- University Sports Scholarship ~ Freeship for the entire course, presented on 16<sup>th</sup> January 2024
- 2<sup>nd</sup> position in the 9<sup>th</sup> National Canoe Polo Championship 2024, held at Metha Talab (M.P) from 26<sup>th</sup> to 27<sup>th</sup> September 2024. **(Delhi Team Captain)**
- Best Scorer in the 9<sup>th</sup> National Canoe Polo Championship 2024, held at Metha Talab (M.P) from 26<sup>th</sup> to 27<sup>th</sup> September 2024.

## 2023

- Participated in the World Canoe Slalom Championship held at Lee Valley (U.K) from 19<sup>th</sup> Sep to 24<sup>th</sup> Sep 2023.
- 3<sup>rd</sup> Position in the 11<sup>th</sup> Canoe Slalom Senior National Championship held at Bhopal, Madhya Pradesh from 17<sup>th</sup> to 18<sup>th</sup> October 2023.
- Participated in the 37<sup>th</sup> National Games held at Goa
- 3<sup>rd</sup> Position in Asian Canoe Slalom Championship held at Rayong, Thailand from 18<sup>th</sup> - 21<sup>st</sup> May 2023.
- 2<sup>nd</sup> Position in All India Inter University Organized by Punjab University 2023.
- 3<sup>rd</sup> Position in All India Ranking Trials held at Maheshwar, M.P 2023.

## 2022

- 3<sup>rd</sup> Position in K-1 head to head Slalom in 36<sup>th</sup> National Games held at Gujarat from 7<sup>th</sup> to 9<sup>th</sup> October 2022.
- 2<sup>nd</sup> Position in K-1 Sr. Women, 10<sup>th</sup> National Canoe Slalom Championship from 23 August 2022 in Udham Singh Nagar, Uttarakhand.
- 2<sup>nd</sup> Position in White water Sprint in Ganga Kayak Festival in January 2022 at Rishikesh, Uttarakhand.
- 3<sup>rd</sup> Position in White water Slalom in Ganga Kayak Festival in January 2022 at Rishikesh, Uttarakhand.
- 1<sup>st</sup> Position in mixed double 11 Km Kayakathon in Kannur, Kerala organised by Kerala Tourism.
- 2<sup>nd</sup> Position in 1<sup>st</sup> Canoe Polo League Championships, held at Indore(M.P) From 10<sup>th</sup> June TO 12<sup>th</sup> June 2022.

## 2021

- 3rd Position in k-1 Sr. Women, 8th National Canoe Slalom Championship from 3rd TO 6th January 2021.
- 2nd Position in Sprint Women Pro, Ganga Kayak Festival 2021, from 17th TO 19th February 2021 held at India.
- 2nd Position in Boater Cross Women Pro, Ganga Kayak Festival 2021, from 17th TO 19th February 2021 held at India.
- 3rd Position in Slalom Women Pro, Ganga Kayak Festival 2021, from 17th TO 19th February 2021 held at India.
- All India Radio New Series (know your sport) Episode 1 Kayaking and Canoeing.

## 2020

- 4th Place in New Zealand National League, C – Grade open (Men's) First Round ,From 29th FEB TO 1st MAR 2020 held at Palmerston North, NEW ZEALAND.
- 1st Rank in women's B grade , Art DECO Championship From 15th To 16th FEB 2020, held at Hawkes Bay, NEW ZEALAND.
- 2nd Position in Sprints, 7th National Canoe Slalom Championships from 3rd TO 5th January 2020 held at Maheshwar (M.P).
- 3rd Position in 7th National Canoe Slalom Championships (K1 Team event) from 3rd TO 5th January 2020 held at Maheshwar (M.P).
- 3rd Position on Slalom , 7th National Canoe Slalom Championships from 3rd TO 5th January 2020 held at Maheshwar (M.P).

## 2019

- Ganga Kayak Festival 2019, India International Rafting & Kayaking Competition (3rd position in women overall-open category).
- 2nd Rank in U23 K1 Women DRS, 6th National Canoe Slalom Championships from 10th TO 13th January 2019 held at Maheshwar (M.P).
- 2nd Rank in U23 K1 Women Team, 6th National Canoe Slalom Championships from 10th TO 13th January 2019 held at Maheshwar (M.P).
- 3rd Rank in U23 K1 Women, 6th National Canoe Slalom Championships from 10th TO 13th January 2019 held at Maheshwar (M.P).

## **2018**

- 1st Rank in C1 Women 200m, Delhi Olympics Games, 10th TO 20th October 2018.
- 1st Rank in C2 Women 200m, Delhi Olympics Games, 10th TO 20th October 2018.
- 1st Rank in Dragon Boat, Delhi Olympics Games, 10th TO 20th October 2018.
- 3rd Rank in 6th National Canoe Slalom Championships in K1 Slalom under 18 Girls from 23rd TO 25th February 2018.
- 2ND Rank in 6th National Canoe Slalom Championships in K1 Sprint under 18 Girls from 23rd TO 25th February 2018.
- Participation 28th National Canoe Sprint Championships at Bhopal(MP) from 8th TO 13th January 2018.

## **2017**

- Participation, 17th Asian Canoe Polo Championships 2017 at Malaysia from 8 to 12 Nov, 2017.
- 1st Rank in 5th National Canoe Polo Championships at Indore, 9 to 12 September 2017.
- Participation 28th National Canoe Sprint Championships 2018 at Bhopal (MP) from 8 to 13 Jan. 2018 participation certificate.