

RESUME

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Designation : Director of Physical Education and Sports
(Professor Grade, Academic Level -14)
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Date of Birth : 18th November 1971
Martial Status : Married
Language Known : Marathi, Hindi, English
Discipline : Sports, Physical Fitness & Physical Education

Academic Qualification :

Exam.	Board/University	Year	Division
S.S.C.	Nagpur Board	1987	II
H.S.C.	Nagpur Board	1989	II
B.Com.	Amravati University	1992	II
B.P.Ed.	Amravati University	1993	I
M.P. Ed	Amravati University	1995	I
B.Ed.	Amravati University	1998	I
B.A. (His.)	Amravati University	1998	--
UGC-N.E.T. (Phy.Ed.)	U.G.C. New Delhi	June 1998	Cert. No. A 3022
Ph.D.	S.G.B. Amravati University, Amravati	2017	Notification on 23 rd June 2017
Ph.D. Supervisor	S.G.B. Amravati University, Amravati	2019	Notification on 14 th March 2019
Minor Research Project	U.G.C. New Delhi	2013- 2015	MRP Completed

Other Qualification :

A. Computer : Certificate Course in Computer Operations Jan.1999
B. Typing : English @ 50 W.P.M. 1988
Marathi @ 40 W.P.M. 1989
C. Hindi Exam. : Rashtrabhasha Parichay 1983
D. Drawing : Intermediate Grade 1984

Teaching Experiences:

Institute	Post	Period	Post Held
Dadasaheb Divekar College of Physical Education, Akola	Lecturer	1995-96	Temporary
Ramrao Sarnaik College of Physical Education, Washim	Lecturer	01/08/1998 To 28/02/1999	Temporary
Central School No.2, Kribhco, Surat, Gujrat	Physical Education Teacher	28/06/1999 To 16/04/2003	Permanent
Pratap College, Amalner, Distt. -Jalgaon, Maharashtra	Physical Director	17/04/2003 To 10/09/2003	Permanent
Shri R.L.T. College of Science, Akola, Maharashtra	Director of Physical Education & Sports (Professor Grade Academic Level-14)	11/09/2003	Permanent & onwards

Training / Orientation / Refresher Course Attended:

Name of the Course/ Summer School	Place	Duration	Sponsoring Agency
In-service Training Course for Physical Education Teacher	Ahmadabad	02-06-2000 To 22-06-2000	Kendriya Vidyalaya Sangathan Training Course held at Sports Authority of India, Gandhinagar, Gujarat
Orientation Course	Nagpur	20-09-2006 To 17-10-2006	U.G.C. –Academic Staff college, R.T.M. Nagpur University, Nagpur
Refresher Course	Shimla	10-03-2008 To 29-03-2008	U.G.C. –Academic Staff college, Himachal Pradesh University, Shimla
Refresher Course	Nagpur	04-03-2013 To 24-03-2013	U.G.C. –Academic Staff college, R.T.M. Nagpur University, Nagpur
Refresher Course	Nagpur	05-03-2014 To 25-03-2014	U.G.C. –Academic Staff college, R.T.M. Nagpur University, Nagpur
Short Term Course in “Fitness Management”	Gwalior	10th to 16 th March 2016	UGC-H.R.D.C. Laxmibai National Institute Physical Education Gwalior (M.P.)
Refresher Course	Amravati	2 nd to 16 th March 2020	UGC- H.R.D.C. Sant Gadge Baba Amravati University Amravati

Sports Achievements

- Participate & Completed 21 KM running in Open Maharashtra Half Marathon Cross Country Race 1992 conducted by National Athletic & Games Association Amravati on 20th September 1992.
- Participated in All India Inter University Judo Tournament held at Jiwaji University, Gwalior, Madhya Pradesh in 1993-1994.
- Silver Medal in 1st Vidarbha Zonal Tournament of Judo organized by Shri Shivaji Judo Club, Amravati 1993-1994.
- Participated in All India Inter University Wrestling Tournament held at Shivaji University, Kolhapur, Maharashtra in 1995-1996.
- Silver Medal in 65 Kg Weight Category of Judo in 5th Maharashtra State Olympic Games- 1995.
- Bronze Medal in 25th Maharashtra Judo Tournament- Pune 1997-98 conducted by Poona Judo Association on 25th October 1997.
- Best Participant in State Level Masters Training “Swayamsiddha” Coaching Camp related to Women’s self-defense activity held at District Sports Complex, Latur from 28th July to 6th August 2008 of Directorate of Sports & Youth Services, Maharashtra State, Pune
- Silver Medal in Shot-put & Hammer Throw in 38th Maharashtra Masters Athletic Championship 2016 held at Nehru Stadium, Yavatmal from 9th to 11th December 2016.
- Bronze Medal in Hammer Throw in 39th Maharashtra Masters Inter District Athletic Championship 2017 held at District Krida Sankul, Washim from 30th November to 02nd December 2017.
- Silver Medal in Shot-put in 42nd Maharashtra Masters Athletic Championship 2021 held at Dr. Panjabrao Deshmukh Krishi Vidyapeeth, Akola from 6th to 8th January 2022.
- Expert in Karate without Belt Gradation.

Area of Sports & Coaching Experience

- 30 Years coaching experience in Physical Fitness & Self Defense Activities i.e. Judo, Karate, Wrestling, Boxing & Indian ancient weapons.
- Coaching Experience in regular Sports Activities- Athletics, Badminton, Table Tennis, Kabaddi, Kho-Kho, Volleyball, Weight Lifting, Power Lifting, Football etc.
- Technical Expert in District Level “Swayamsiddha” Women’s Self Defense Coaching Camps on 9th To 19 Jan. 2009 & 17th To 26th Mar. 2009 organized by District Sports Office, Akola
- Wrestling Coach of Women’s Wrestling Team of Sant Gadge Baba Amravati University. This team participated in All India Inter University Wrestling Tournament held at Jaipur University, Jaipur, Rajasthan.
- 12 Year experiences of Wrestling Selection Committee Member (Men & Women) of Sant Gadge Baba Amravati University.

Sports Organization & Teams Accompany Experience:

- Organization Secretary in 34th Junior State Judo Tournament 2006-07 organized by Akola District Judo Association, Akola on 30th & 31st December 2006.
- Organizing Secretary of UGC Sponsored State Level Seminar on “New Concepts of Exercise and Its Impact on the Physical Fitness of Individual” at Shri R.L.T. College of Sci., Akola 05th January 2010
- Scrutiny Committee Member for All India Inter University Wrestling (Men & Women) Championship 2012 held at Degree College of Physical Education, Amravati (H.V.P.M) on 12th to 16th Dec.2012
- Organizing Secretary of one day conference of Physical Education Teacher at Shri R.L.T. College of Science, Akola, 23th Feb 2014
- Person Incharge (Organizing Secretary) in various Inter College Tournament of Sant Gadge Baba Amravati University in Table Tennis, Badminton, Boxing, Taekwondo.
- Team Manager of Sant Gadge Baba Amravati University’s Women Wrestling Player for the Selection Trials for World University Wrestling Games June, 2016. held at M.D. University, Rohtak
- Weight Committee Member for West Zone Inter University Kabaddi Tournament (Women) held at Sant Gadge Baba Amravati University, Amravati from 5th to 9th December 2019.
- Organizing Secretary of National Conference on “Multidisciplinary Research in Science and Technology for Healthy Lifestyle Management” (NCMRST- 2020) at Shri R.L.T. College of Sci., Akola on 20th January 2020.

- Team Manager/Coach of Various Teams of Sant Gadge Baba Amravati University
 - 2003-2004 Table Tennis (Men & Women)
Jiwaji University, Gwalior, Madhya Pradesh
 - 2005-2006 Badminton (Men & Women) Jiwaji University, Gwalior, Madhya Pradesh
 - 2007-2008 Judo (Women) Panjab University, Chandigarh
 - 2008-2009 Wrestling (Men) M.D. University, Rohtak, Haryana
 - 2016-2017 Wrestling (Men) C.D. University, Sirsa, Haryana
 - 2017-2018 Wrestling (Women) M.D. University, Rohtak, Haryana
 - 2017-2018 Power Lifting (Men) Panjab University, Chandigarh
 - 2021-22 Wrestling (Men), Chaudhary Bansi Lal Univ., Bhiwani, Haryana
 - 2021-22 Wrestling & Athletics (Men & Women) Khelo India 2021 Jain University, Bengaluru, Karnataka

Other Experiences:

- Officer Incharge of Sant Gadge Baba Amravati University's summer 2011 Examination.
- Committee Member of College Affiliation Committee of Sant Gadge Baba Amravati University on 03/03/2011 at Amravati.
- Sant Gadge Baba Amravati University's Committee Member of Placement committee of Mr. Kailash Karale, D.P.E., Shri Narsing Arts College, Akot
- Sant Gadge Baba Amravati University's Expert Committee Member for Starting New Women College, Shegaon Dt, 23rd March 2016.
- Co-Officer of Winter Examination 2016 of Sant Gadge Baba Amravati University held at Smt. L.R.T. College of Comm., Akola.
- Incharge of UGC Merged Grant Scheme – Coaching Classes Entry in Services of SC/ST/OBC & Minorities.
- Attended as Chairperson in Multidisciplinary UGC Sponsored Two Day National Level Conference on Health, Physical Activities and Chronic Diseases Dt. 20th & 21st August 2016 held at Smt. N.W. Art College, Yavatmal.
- Incharge Head of Department of Languages of Shri R.L.T. College of Science, Akola for the session 2013-14 & 2014-2015.
- Sant Gadge Baba Amravati University's Committee Member of Placement committee of Dr. Sagar Narkhede, D.P.E.S, Smt. Saraswati Kala Mahavidyalaya, Dahihanda, Akola
- Sant Gadge Baba Amravati University's Committee Member of Placement committee of Dr. Chandshekar Kade, D.P.E.S, Shankarlal Khandelwal Arts, Commerce and Science College, Akola
- Sant Gadge Baba Amravati University's Committee Member of Placement committee of Mr. Sunil Dhakulkar, D.P.E.S, Shri Vasantao Naik Arts and Amarshing Naik Commerce Mahavidyalaya, Mangrulpir, Washim
- Worked as Chairman or Member in various committees of College Level.

Research, Publications and Academic Contributions.

A) Research Papers published in Journals

Sr. No	Title	Journal	ISSN/ ISBN No	Whether peer reviewed. Impact Factor, If any
1	Current status of computer literacy and its applications used by Physical Education Teacher of Various Schools in Akola City.	Academic Sports Scholar – International online Physical Education & Sports Research Journal Vol. 4 Issue. 3 March 2015	ISSN 2277-3665 (March 2015)	International Recognized Double-Blind Peer Reviewed Research Journal. <u>Impact Factor- 2.1052. Indexed</u>
2	महाराष्ट्रातील ग्रामीण व शहरी क्षेत्रातील कुस्तीगिरांना प्राप्त होणाऱ्या साधन व सुविधांचे तुलनात्मक अध्ययन	Academic Sports Scholar – International online Physical Education & Sports Research Journal Vol. 4 Issue. 5 May 2015	ISSN 2277-3665 (May 2015)	International Recognized Double-Blind Peer Reviewed Research Journal. <u>Impact Factor- 2.1052(UIF) Indexed</u>
3	महाराष्ट्रातील ग्रामीण व शहरी क्षेत्रातील कुस्तीगिरांना प्राप्त होणारा आहार व आहाराशी संबंधित घटकांचे तुलनात्मक अध्ययन	Academic Sports Scholar – International online Physical Education & Sports Research Journal Vol. 4 Issue. 6 June 2015	ISSN 2277-3665 (June 2015)	International Recognized Double-Blind Peer Reviewed Research Journal. <u>Impact Factor- 2.1052(UIF) Indexed</u>
4	An analytic study of the effect of immediate weight loss before competition on Judo skill performance of Judokas	Academic Sports Scholar – International online Physical Education & Sports Research Journal Vol. 5 Issue. 4 April 2016	ISSN 2277-3665 (April 2016)	International Recognized Double-Blind Peer Reviewed Research Journal. <u>Impact Factor- 2.1052(UIF) Indexed</u>
5	Effect of high fat diet on different Physical Fitness components Of Wresters in Vidharbha Region.	Global Journal of Applied Social, Political, Sports & Science Vol. 7 Issue. 11 August 2016	ISSN 2278-4349 (August 2016)	<u>Impact Factor- 1.814</u>
6	A maximum use of Computer Technology is helpful to correct Judgment in Sports Tournament.	An International Multidisciplinary Research Journal Shodh Samagra Issue 8, Vol.-II (4) December 2016	ISSN 2395-2725 Issue 8, Vol.-II (4) (December 2016)	-----
7	An Analytical Study of the Effect of Weight Loss on Wrestling Skill Performances of Wrestlers in Vidarbha Region before competition	Aayushi International Inter-Disciplinary Research Journals (AIIRJ) VOL- IV Issue-III	ISSN 2349-638x VOL- IV Issue-III (Mar.2017)	Refereed And Indexed Journal <u>Impact Factor- 3.025</u>

Sr. No	Title	Journal	ISSN/ ISBN No	Whether peer reviewed. Impact Factor, If any
8	A Comparative Study of Upper Body Strength among Judo Players and Wrestlers of Akola City	International Online Physical Education & Sports Research Journal (Academic Sports Scholar) ISSN No. 22773665	ISSN 2277-3665 Vol. No.06 Issue o.07 (July 2017)	International Recognized Double-Blind Peer Reviewed Research Journal. <u>Impact Factor- 3.102(UIF)</u> Indexed
9	A Study of Aerobic endurance among Judo Players and Wrestlers of Akola City.	Online International Inter-disciplinary Journal. (Bi-Monthly) ISSN No. 22499598	ISSN 2249-9598 Vol. No.07 Special Issue (July 2017)	Online International Inter-disciplinary Journal. <u>Impact Factor- 3.816</u>
10	Application of Advanced Technology to enhance the performance of Wrestlers	Aayushi International Interdisciplinary Research Journal	ISSN 2349-638x Special Issue (Dec.2018)	Refereed And Indexed Journal Impact Factor- 4.574
11	Healthy Diet affects the Youth	Global Journal of Applied Social, Political, Sports & Sci.	ISSN 2278-4349 Mar.2018	Multi-disciplinary & Peer Reviewed Journal Impact Factor-1.90
12	Role of Youth to making Nation Superpower.	Vidyawarta International Multilingual Referred Research Journal	ISSN 2319-9318 Special Issue Vol.II (Aug. 2019)	Referred Research Journal Impact Factor- 5.131
13	The impact of Science and Technology on Sports Skill	Aayushi International Interdisciplinary Research Journal	ISSN 2349-638x Special Issue No.61 (Dec.2019)	Refereed And Indexed Journal Impact Factor- 5.707
14	Science and Technology helps to Improve Sports Skill	Aayushi International Interdisciplinary Research Journal	ISSN 2349-638x Special Issue No.70 (Jan.2020)	Refereed And Indexed Journal Impact Factor- 6.293
15	Strengthen Immunity for Covid-19 pandemic period.	Research Nebula International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Science	ISSN 2277-8071 Special Issue July 2020	Refereed, Peer Reviewed & Indexed Quarterly Journal Impact Factor 5.411

B) Full Research Papers published in Conference Proceedings

Sr. No	Title with page nos.	Details of Conference Publications	ISSN/ ISBN No
1	Current status of computer literacy and its applications used by Director of Physical Education in Senior Colleges of Sant Gadge Baba Amravati University, Amravati Page No. 226 to 229	International Conference on “Current Trends in Education, Physical Education & Sports” held at Shri Shivaji College of Education, Amravati on 12 th & 13 th March 2011	0977-0277
2	Karate is especially useful for Physical Fitness and self defense of women. Page No.33 to 37	UGC sponsored National Level Seminar on Importance of Martial Arts in Today’s Era at B.B.Arts, N.B.Comm. & B.P.Sci. College, Digras On 27 th Sept. 2012	ISBN-978-81-923312-8-7
3	Yoga enhances the physical fitness of wrestlers Page No.11 to 13	UGC Sponsored One Day National Seminar on Recent Trends in Yoga & Physical Education held at New Arts, Commerce & Science College, Wardha on 22 January 2014	ISBN-978-93-5137-935-5
4	An Analytical Study on various Wrestlers and Management of Wrestling Clubs, Akhada, Talim & Wrestling Center in Maharashtra Page No. 146to149	UGC Sponsored Two Day National Conference on Lifestyle Management & Wellness at MLA First Grade College for Women, Bangalore on 14 th & 15 th February 2014	0975-7732
5	An Analytic Study of the Effect of Weight Loss on Wrestling Skill Performances of Wrestler in Akola City before Competition.	UGC Sponsored National Conference on Modern Trends in Physical Education. Organized by Shankarlal Khandelwal College, Akola Dt. 15 th December 2014.	978-81-929160-7-1

C) Research Papers presented in Conferences, Seminars, Workshops, Symposia.

Sr. No	Title of the Paper presented	Title of Conferences / Seminar	Organized By	Whether International / National / State / Regional / College or University level
1	योग आणि शारीरिक क्षमता	UGC Sponsored National Conference "Yoga and Holistic Health" held at on 5 th April 2009	Nabira Mah., Katol, Nagpur	National Level Conference
2	आत्मसंरक्षण खेळ काळाची गरज तसेच शारीरिक क्षमता विकासाचे प्रभावी माध्यम.	UGC Sponsored State Level Seminar on "New Concepts of Exercise and Its Impact on the Physical Fitness of Individual"	Shri R.L.T. College of Sci., Akola on 05 th January 2010	State Level Conference
3	Amendments in Wrestling rules clinch	UGC Sponsored National Level Seminar on "A Study of Improvements in Ruels & Regulations of Certain Games"	Bharatiya Mahavidyal-aya, Morshi 18 th January 2010	National Level Conference
4	Physical Education and Yoga	UGC Sponsored State Level Conference on "Recent Trends in Yoga & Physical Education" on 4 th & 5 th March 2011	Shri Shivaji College, Akot	State Level Conference
5	The Relevance of Yoga Practices in Modern Human Life	International Conference on "Current Trends in Education, Physical Education & Sports" on 12 th & 13 th March 2011	Shri Shivaji College of Education, Amravati	International Conference
6	Yoga for Obesity Control	Traditional Physical Culture, Sports & Games	D.C.P.E. Amravati on 15 th & 17 th Jan.12	National Conference

Resource Person/ Chairperson

Sr. No	Title of Conferences / Seminar	Date	Organized By	Whether International / National / State / Regional / College or University level
1	International Conference on Recent Trends in Commerce and Humanities	23 rd & 24 th March 2019	Mahajan College of Technology & Smt. N. W.Arts College, Yavatmal	International Level
2	An Inter Disciplinary National Conference on Role of Higher Education in Making India Superpower.	21 st August 2019	S.N. Arts & U.K. Commerce College, Akola	National Level
3	International Conference on “Academic Research and Innovation in Teaching & Arising Inclination in Professional Education”	27 th & 28 th December 2019	College of Management and Computer Science, Yavatmal & Smt. N.W. Arts College, Yavatmal	International Level
4	Online Certificate Course in Yoga and Holistic Health	31 st July 2021	Mungasaji Maharaj Mahavidyalaya, Darwha	National Level
5	National Level Workshop भारतीय खेल व्यवस्था का अंतरराष्ट्रीय खेल सहभाग एवं उपलब्धी पर परिणाम	25 th August 2021	Shri Shivaji Science, and Arts College, Chikhali	National Level
6	Two days National Scientific E-Workshop on “Impact of Yoga and Meditation Intervention on Students Stress and Anxiety Levels	25 th & 26 th August 2021	Bapumiya Sirajoddin Patel Arts, Commerce and Science College Kurha Road, Pimpalgaon Kale, Tq. Jalgaon (Jamod	National Level
7	One Day International Interdisciplinary E-Conference on Role of Physical Activities, Health and Fitness in Today’s Crisis	16 th October 2021	Mahatma Jyotiba Fule Mahavidyalaya, Amravati. Late Dattatraya Pusadkar Arts College, Nandgaon Peth, Amravati. Narayanrao Rana Mahavidyalaya, Badner	International Level

Professional Development Activities

Sr. No	Member
1	Life Member of Physical Teachers Association University Level
2	Life Member of Nagpur University Teacher Association
3	Joint Secretary of Akola District Judo Association, Akola
4	Life Member of Masters Athletics Association, Akola
5	Life Member of Indian Federation of Computer Science in Sports, Hyderabad
6	Life Member of International Federation of Physical Education, Fitness and Sports Science Association, Hyderabad

E Content Developed

YouTube Channel Link:

https://www.youtube.com/channel/UCB6E1vJl3YwmDWPM510xzSA/videos?disable_polymer=true

S.N.	Video	YouTube Link
1	Immunity and Physical Fitness	https://www.youtube.com/watch?v=FapQiOUbg5k&feature=youtu.be
2	Stretching Exercises Information	https://www.youtube.com/watch?v=RbvACIhe43s&feature=youtu.be
3	Stretching Exercise for All	https://www.youtube.com/watch?v=itO23bWTli4&t=32s
4	Skipping Rope	https://www.youtube.com/watch?v=iQBg6mc5lA
5	Warm-Up Exercises	https://www.youtube.com/watch?v=WK_3i8op5BI&feature=youtu.be
6	Self Defense Techniques.	https://www.youtube.com/watch?v=h1TzNBwNhSw&feature=youtu.be
7	Karate (Part1)	https://www.youtube.com/watch?v=lhXxtAnmbo&t=462s
8	कोरोना एक संघर्ष (B.Sc.III Students)	https://www.youtube.com/watch?v=0iyM-BIuAUM&t=409s
9	अभिवादन कोरोना संहारकांना (B.Sc.III Students)	https://www.youtube.com/watch?v=upFLCHo_Iss&t=11s
10	स्पर्धात्मक परिक्षा एक दृष्टिकोन	https://www.youtube.com/watch?v=Od7g7hrs5F8&t=321s
11	व्यवसाय एक सुवर्ण संधी	https://youtu.be/5Bj70cQVf58
12	कृषी व खाद्य व्यवसाय एक सुवर्ण संधी	https://youtu.be/ogatSQUJjyA
13	तांत्रिक व्यवसाय एक सुवर्ण संधी	https://youtu.be/H2O7O_f7Ys
14	Video Editing	https://youtu.be/FAPn-unFuSk
15	एका पतंगीची आत्मकथा	https://youtu.be/PZLi158WJgA
16	गोष्ट 100/- रुपयाची	https://youtu.be/YfTAG5SkJdQ
17	एक इवलेसे रोपटे	https://youtu.be/Rtl4bfHm6_Q