

RESUME

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Date of Birth : 18th November 1971
Marital Status : Married
Language Known : Marathi, Hindi, English
Discipline : Physical Education and Education

Academic Qualification :

Exam.	Board/University	Year	% Marks	Division
S.S.C.	Nagpur Board	1987	56.67%	II
H.S.C.	Nagpur Board	1989	54.83%	II
B.Com.	Amravati University	1992	50.22%	II
B.P.Ed.	Amravati University	1993	68.91%	I
M.P.Ed	Amravati University	1995	64.70%	I
B.Ed.	Amravati University	1998	64.50%	I
B.A. (His.)	Amravati University	1998	--	--
N.E.T. (Phy.Edn.)	U.G.C. New Delhi	1998	Cert. No. A 3022	
Ph.D.	S.G.B.Amt. University	2011	On 23 rd June 2017	

Other Qualification :

A. Typing : English @ 50 W.P.M.
Marathi @ 40 W.P.M.
B. Hindi Exam. : Rashtrabhasha Parichay
C. Drawing : Intermediate Grade
D. Computer : Cert. Course in Comp. Operation

Teaching Experiences :

Institute	Post	Period	Post Held
Dadasaheb Divekar College of Physical Educationn., Akola	Lecturer	1995-96	Temporary
Ramrao Sarnaik College of Physical Education, Washim	Lecturer	01/08/1998 To 28/02/1999	Temporary
Centra School No.2, Kribhco, Surat, Gujrat	P.E.T.	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 Phy. Edn.	11/09/2003	Permanent

Sports Achievements

- Colour Coats awarded by University in Judo & Wrestling
- Karate Brown Belt
- Specializations in Sports Activity - Judo, Karate, Wrestling, Boxing & Indian ancient weapons.
- 20 Years coaching experience in Karate, Judo, Boxing & Wrestling.

Academic Staff College Orientation / Refresher Course attended:

Name of the Course/ Summer School	Place	Duration	Sponsoring Agency
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

Professional Development Activities

Sr.No	Member / Post
1	Life Member of Physical Teachers Association Univ. Level
2	Life Member of N.U.T.A
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

Research , Publications and Academic Contributions.

A) Published Papers 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</u> Indexed
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)</u> Indexed
3	महाराष्ट्रातील ग्रामीण व शहरी क्षेत्रातील कुस्तीगिरांना प्राप्त होणारा आहार व आहाराशी संबंधीत 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)</u> Indexed
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)</u> Indexed
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>

B) Full Papers in Conference Proceedings

Sr. No	Title with page nos.	Details of Conference Publications	ISSN/ ISBN No
1	Current Status of Comp. Literacy -----in Amravati Univ. 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 specially 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.Coll., 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 on14th & 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 NationalConference on ModernTrends in Physical Edn. Organised byShankarlal Khandelwal College, AkolaDt. 15 th December 2014.	978-81-929160-7-1
6	Effect of high fat diet on different Physical Fitness components Of Wresters in Vidharbha Region	UGC Sponsored National Level Two Days Inter- disciplinary Seminar on Health , Physical Activity and Chronic Disease held at Smt. N.W. College, Akola Dt. 15 th December 2014.	

C) 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	Yoga ani Sharirik Kshamata	UGC Sponsored National Conference “ Yoga and Holistic Health” held at on 5 th April 2009	Nabira Mah., Katol, Nagpur	National Level Conference
2	Atmasarankshan khel,kalachi garaj tasech sharirik Kshamata vikasache Prabhavi Madhyam	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 Mahavidyala ya, 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

Minor Research Project of UGC Completed on the Subject :

विदर्भातील कुस्तीगिरांना प्राप्त होणाऱ्या साधन सुविधा व कुस्तीगिरांनी प्राप्त केलेल्या प्राविण्याच्या सहसंबंधाचे अध्ययन