

# Curriculum Vitae



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**Date of Birth** 01/11/1955  
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**Residential** Gujarat Vidyapith, Sevak Niwas, Sadra Ta. Dist. Gandhinagar  
**Current Position** Associate Professor, Faculty of Physical Education & Sports Science Gujarat Vidyapith, Sadra, Ta. Dist. Gandhinagar.  
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## Academic Qualifications

Exam passed	Board/University	Subjects	Year	Division/ Grade/ Merit.
Ph.D.	Gujarat Vidyapith, Ahmedabad	Physical Education	2004	Awarded
M.Phil	Gujarat Vidyapith, Ahmedabad	Physical Education	2000	First Division
M.P.E.	Gujarat University, Ahmedabad	Physical Education	1989	Second Division
B.P.E.	Jiwaji University, Gwalior	Physical Education	1980	Second Division

## Contribution to Teaching

Subject Taught (Theoretical)	Course Name	Name of University / College Institution	Duration
Recreation	B.P.E.	M.D.S.S. Mahavidyalaya,	Since 2009

		Sadra	
Biomechanics	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	Since 1989
Kinesiology	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	Since 1989
Foundation of Physical Education	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	From 2012 to 2014
Biomechanics	B.P.ED	M.D.S.S. Mahavidyalaya, Sadra	Since 2014
Kinesiology & Biomechanics	M.P.Ed	M.D.S.S. Mahavidyalaya, Sadra	Since 2009
Exercise Physiology	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	From 1989 to 2001
Physical fitness & Wellness	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	From 2014 to 2015
Anatomy & physiology	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	From 1989 to 2001
Philosophical foundation of physical education & history	M.P.Ed	M.D.S.S. Mahavidyalaya, Sadra	Since 1996
Kinesiology & Biomechanics	M.Phil	M.D.S.S. Mahavidyalaya, Sadra	From 2006 to 2009
Yoga	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	From 1989 to 2001

<b>Subject Taught (Practical)</b>	<b>Course Name</b>	<b>Name of University / College Institution</b>	<b>Duration</b>
Kho-Kho	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	Since 1989
Wrestling	B.P.Ed.	M.D.S.S. Mahavidyalaya, Sadra	Since 1996
Indigenous Activities	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	Since 1989
Malkhambh	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	Since 1989
Athletics	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	Since 1989
Indigenous Activities	B.P.Ed.	M.D.S.S. Mahavidyalaya, Sadra	Since 1996
Kho-Kho	M.P.ED	M.D.S.S. Mahavidyalaya, Sadra	Since 1994
Kho-Kho	B.P.Ed.	M.D.S.S. Mahavidyalaya, Sadra	Since 1996
Yoga	B.P.E.	M.D.S.S. Mahavidyalaya, Sadra	From 1989 to 2001

### ***Area of Specialization***

Sports Biomechanics & Kinesiology, Kho-Kho, Athletics, Wrestling, Indigenous Activities, Malkhambh

### ***Academic Programme and Courses Evolved***

1. M.P.Ed. Kinesiology & Biomechanics, 2009.
2. B.P.E. Recreation, 2009.
3. B.P.E. Biomechanics, 1989.
4. B.P.E. Kinesiology, 1989.
5. B.P.ED. Biomechanics, 2014.
6. B.P.E. Foundation of Physical Education, 2012.
7. M.P.Ed. Philosophical foundation of physical education & history, 1996.
8. B.P.E. Anatomy & physiology, 1989.
9. B.P.E. Exercise Physiology, 2009.
10. B.P.E. Yoga, 1989.
11. M.Phil. Kinesiology & Biomechanics, 2006
12. B.P.E. Physical Fitness & Wellness, 2014.

### ***Involvement in Institute Development***

1. Involved in the establishment of UG and PG programmes in the Department of Physical Education.
2. M.P.Ed. Kinesiology & Biomechanics, 2009.
3. B.P.E. Recreation, 2009.
4. B.P.E. Biomechanics, 1989.
5. B.P.E. Kinesiology, 1989.
6. B.P.Ed Biomechanics, 2014.
7. B.P.E. Foundation of Physical Education, 2012.
8. M.P.Ed Philosophical foundation of physical education & history, 1996.
9. B.P.E. Anatomy & physiology, 1989.
10. B.P.E. Exercise Physiology, 2009.
11. B.P.E. Yoga, 1989.
12. M.Phil. Kinesiology & Biomechanics, 2006
13. B.P.E. Physical Fitness & Wellness, 2014

## **Research Guidance**

1. M.Phil, Awarded : 11
2. M.P.ED. : 47

## **List of Publications**

### **Books 01**

1. Kinesiology. Ahmedabad: Anada Book Dipot, Pustak Prakashan Ane Vikreta, 2002.

### **Papers Published 03**

1. “The study of attitudes towards physical education and sports of Gujarat State university vice-chancellors, registrars and principals of colleges.” International level journal – H.P.E. – Forum – *A Bi-Annual professional journal*, Tribhuvan University, Nepal, 2010. pp. 50-52.
2. “Attitude of principals of colleges of various universities in Gujarat towards physical education and sports.” National level Journal – *Journal of Advances in Developmental Research*, vol. II (2), June 2011. pp. 87-88.
3. “Comparative study of Physical fitness of students between B.P.ED and B.P.E. students in Sadra”, SOHAM An International Multidisciplinary Peer reviewed research journal , ISSN 2350-0697

## **Participation in Seminars, Workshops, Symposia and Conferences**

### **International level**

1. Participated in international level Congress on “**Management of physical education and sports.**” 2 to 6 October 1998 at L.N.U.P.E. Gwalior.
2. Participated in “4<sup>th</sup> International Science Congress (ISC - 2014) & Presented a Research Paper on “**Attitudes of principals of colleges of various universities in Gujarat towards physical education and sports**” organized by International Science Congress Association, 8<sup>th</sup> & 9<sup>th</sup> December 2014 at Pacific University Udaipur, Rajasthan.

### **National level**

1. Participated in National level Seminar on “Modern trends in physical education and sports”, organized by Gujarat Vidyapith, 1998 at Ahmedabad.
2. Participated in National level Seminar on “Sports Psychology”, organized by Jammu University, 2004 at Jammu.
3. Participated in National level Seminar on “Physical education, Yoga and Sports” and presented a Poster paper on “Posture Education” organized by Sardar Patel University, 2006 at Vallabh Vidyanagar, Anand
4. Participated in National level Conference on “Relevance of Yoga in twenty first century” and presented a research paper on “Importance of yoga in twenty first century” organized by Gujarat Vidyapith, 2007 at Ahmedabad.
5. Participated in National level Workshop on “Statistics Techniques in Research” organized by Gujarat Vidyapith, 2008 at Sadra.
6. Participated in National level Workshop on “Role of Mahrishi Patanjali Ashtang Yoga in Modern theme” organized by Gujarat Vidyapith, 2014 at Ahmedabad.
7. Participated in National Conference on “Yoga: An Integrative Life-Style” and presented a Research Paper on “A study of attitudes of principals and teachers of primary schools in Gandhinagar district towards yoga” organized by Department of Yoga, Gujarat Vidyapith, 2015 at Ahmedabad, Gujarat.
8. Participated in National Seminar on “Modern Trends in Physical Education and Sports” and presented A Research Paper on “Importance of Yoga in daily life” at Sadra, 13 to 15 March 1998.
9. Participated in National Seminar on “Creation of Literature in Physical Education” 4 to 6 March 1995 at Sadra.
10. Participated in National Seminar on “Latest Trends in Research Methods Statistics and Use of Information and Communication Technology in Physical Education and Sports” and presented a Research Paper on **“Comparative Study of Body Composition and Hemoglobin of 11<sup>th</sup> and 12<sup>th</sup> Class Student in Sadra”** organized by Charutar Vidya Mandals S. S. Patel College of Physical Education, 8<sup>th</sup> & 9<sup>th</sup> October 2009 at Vallabh Vidyanagar, Anand, Gujarat.
11. Participated in National Conference on “Naturopathy and Yoga” organized by International naturopathy organization, Gujarat, 19 to 20 December 2009 at Ahmedabad.

12. Participated in State Level Seminar on “**Curriculum design in physical education**” organized by M. D. S. S. Mahavidyalaya, Gujarat Vidyapith, 14<sup>th</sup> to 15<sup>th</sup> September 2009 at Sadra, Gandhinagar, Gujarat.
13. Participated in State Level Seminar on “**Modern Trends in Physical education and Sports**” organized by M. D. S. S. Mahavidyalaya, Gujarat Vidyapith, 28<sup>th</sup> February to 2<sup>nd</sup> March 2014 at Sadra, Gandhinagar, Gujarat

### ***Seminars / Workshops / Training Camps/ Conferences Organized***

#### **Refresher Course Organized**

1. Served as a Coordinator in 21 days UGC sponsored Refresher Course which was organized by Gujarat Vidyapith, Ahmedabad, 20 November to 7 December 2001.
2. Served as a Sub Coordinator in 21 days UGC sponsored Refresher Course which was organized by Gujarat Vidyapith, Ahmedabad, 25 March to 11 April 2003.

#### **Workshops Organized**

1. Served as a Coordinator in State level workshop “Modern trends in physical education and sports“ which was organized by M. D. S. S. Mahavidyalaya, Gujarat Vidyapith, 28<sup>th</sup> February to 2<sup>nd</sup> March 2014 at Sadra, Gandhinagar, Gujarat

### ***Tournament Organized***

1. Served as a Organizing secretary in West Zone Inter University Kho- Kho Women Tournament, Organized by Gujarat Vidyapith, Ahmedabad, 2013-14
2. Served as a Organizing secretary in West Zone Inter University Kho- Kho Women Tournament, Organized by Gujarat Vidyapith, Ahmedabad, 2017-18
3. Served as a Organizing secretary in All India Inter University Kho- Kho Women Tournament, Organized by Gujarat Vidyapith, Ahmedabad, 2017-18

### ***Lectures Delivered (National/ Local level Programmes)***

1. Key Lecture Delivered on New Concept of Physical Education and Yoga Seminar on **“Importance of Physical Fitness in daily life”** on 13 February, 2015 organized by Banaskantha Jilla Madhyamik Uchatar Madhyamik Shala Vyayam Mandal, Ambaji.

### *Committee Member*

1. Member of Advisory Committee for Special Assistance Program (DRS – 1) which was sponsored by University Grants Commission from 2007 to 2012.

### *Administrative Work*

1. Served as Programme Officer in National Services Scheme (NSS), Mahadev Desai Sharirik Shikshan Mahavidyalaya, Gujarat Vidyapith, Sadra, since 1991 to 2013.
2. Examiner in Theoretical and Practical Exam, Gujarat Vidyapith, Ahmedabad.
3. Examiner in Theoretical and Practical Exam, Kutch University, Kutch.
4. Examiner in Theoretical and Practical Exam, S. P. University, Anand.
5. Examiner in Theoretical and Practical Exam, Swarnim Gujarat Sports University, Gandhinagar.
6. Examiner in Theoretical and Practical Exam, Saurashtra University, Rajkot.
7. Examiner in Theoretical and Practical Exam, Kadi Sarva Vishwavidyalaya.
8. Examiner in Theoretical and Practical Exam, S.N.D.T. Women University, Mumbai
9. Examiner in Theoretical and Practical Exam, H.N.G. University, Patan

### *Academic and NGO's*

1. Served as a resource person & subject expert in physical education, sports & yoga in various educational institutes for their development in health & physical Fitness.

## ***Extension Activities***

1. Organized UGC Sponsored Border Awareness Programme “Aapni Sarhad Olkho” for Student from 31-10-2006 to 9-11-2006.
2. Served as a Leader in Basic Mountaineering Course for B.P.Ed. Students, organized by Pandit Dindayal Parvatarohan Kendra, Junagadh, from 22-12-2009 to 31-12-2009.
3. Organized “Cycle Yatra for Peace and Harmony” with 15 Students from Sadra to Ambaji, 1990.
4. Organized Environment Awareness Program with the Help of Prasaran Vibhag, Gujarat Van Sanshodhan Sankul, 12-09-2013 to 13-09-2013.
5. Organized Disaster Management Training Camp for B.P.Ed students with the help of Muktajivan Disaster Management and Rescue Training Academy recognized by Government of India and International Certified Organization from 17-12-2014 to 19-12-2014.
6. Organized Disaster Management Training Camp for N.S.S. Volunteers with the Help of Muktajivan Disaster Management and Rescue Training Academy recognized by Government of India and International Certified Organization from 15-09-2014 to 17-09-2014.
7. Organized Many Blood Donation Program, Medical Checkup Program, Environment Awareness Program, Aids Awareness Program, Thelesemea Awareness Program, Sports & Physical Activity Awareness Program, Health Awareness Program, Vyasankmukti Program, Saksharta Program with NSS Volunteers in Sadara, Motipura, Kalyanpura and Madhavgad Village.