

Curriculum Vitae



Full Name : Dr. Arvind C. Rami
Date of Birth : 25/06/1973
Address : Main Bazaar, Tower Road, Sadra, Ta. Dist. Gandhinagar
Residential
Current : Assistant Professor, Faculty of Physical Education and
Position : 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
M.P.Ed	M.D.S.S. Mahavidyalaya, Gujarat Vidyapith	Physical Education	1996	First
B.P.E.	M.D.S.S. Mahavidyalaya, Gujarat Vidyapith	Physical Education	1994	First

Contribution to Teaching

Subject Taught (Theoretical)	Course Name	Name of University / College Institution	Duration
Recreation	B.P.E.	Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra,	Since 2013
Sport Sociology	B.P.E.	Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra,	Since 2011
Sports Injuries	B.P.E.	Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra,	Since 2011

Biomechanics	B.P.E.	Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra,	Since 2012
Sports Statistics	M.P.Ed	Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra,	Since 2011

Subject Taught (Practical)	Course Name	Name of University / College Institution	Duration
Gymnastics	B.P.E.	Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra,	Since 2011
Hockey	B.P.Ed.	Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra,	Since 2011
Lawn Tennis	M.P.Ed.	Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra,	Since 2011
Indigenous Activities	B.P.E.	Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra,	Since 2011
Malkhambh	B.P.E.	Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra,	Since 2011

Area of Specialization

- Sports Statistics and Sports Training,
- Volleyball,
- Lawn Tennis,
- Gymnastics,
- Hockey,
- Handball,
- Indigenous Activities

Academic Programme and Courses Evolved

1. M.P.Ed. Sports Statistics, 2011.
2. B.P.E. Recreation, 2013.
3. B.P.E. Sports Injuries, 2011.
4. B.P.E. Sports Sociology, 2011.
5. B.P.E. Biomechanics, 2011.

Involvement in Institute Development

1. Involved in the re - structuring of UG and PG programmes in the Department of Physical Education.
2. M.P.Ed. Sports Statistics, 2011.
3. B.P.E. Recreation, 2013.
4. B.P.E. Sports Injuries, 2011.
5. B.P.E. Sports Sociology, 2011.
6. B.P.E. Biomechanics, 2011.

Research Projects

1. Gujarat Vidyapith, Ahmedabad Sponsored Minor Research Project (MRP) ongoing as Principal Investigator title is “A study of effects of world yoga day recommended program on Body Composition, selected physiological variables of adolescent boys “, 2016-17
2. Gujarat Vidyapith, Ahmedabad Sponsored Minor Research Project (MRP) ongoing as Co- Investigator title is “Comparative Study of health related physical Fitness and Body Composition between Gandhian based school students and Non Gandhian based School Students “, 2016-17

Research Guidance

- Ph.D. Awarded : **0**
- Ph.D Guidance (ongoing) : **02**
- M.Phil, Awarded : **01**
- M.P.ED. : **28**

List of Publications

Books Published : 01 ખલકૂદ નિયમ એવમ્ માપ તોલ- 2017 (ISBN
(978-93-86444-00-4)

Publications

Papers Published

1. “Comparison of sixteen personality factors between different level of achievement in basketball”, *Research Link*, vol.VII(10),2008
2. “Comparative study of eating disorder between different zones of India in female players of Basetball ”, *Shodh, Samiksha Aur Mulyakan*, vol. II(6),2009
3. “A study of the psychological factors, anthropometric measurement and physical fitness of selected university players in Gujarat”, *Shodh, Samiksha Aur Mulyakan*, vol. II(6),2009
4. “Development and promotion indigenou activities in India”, *Shodh, Samiksha Aur Mulyakan*, vol. II(5),2009
5. “Parental motives for inspiring their daughters in Basketball games in Aanand and Ahmedabad city”, *AMASS Multilateral research journal*, vol. 2, 2010
6. “Comparative study of eating disorder in professional, academic and selected sports female” *journal of advances in developmental research*, vol. I (2),2010
7. “Effect of supplementary food and resistive running training program on performance of athlete”, *journal of advances in developmental research*, vol. II (2),2011
8. “A comparative study of the self concept and personality of sports students specific reference to sex”, *AMASS Multilateral research journal*, vol. 3, 2011
9. “A study of skipping and step- up training effects on abdominal and leg explosive strength”, *Wellness journal of health, physical education and sports*, vol. 4 No. 1, 2012

10. “A comparative study of physical fitness among Kho-Kho and Handball female players”, *Horizon Palaestra International Journal of Health, Sports and Physical Education*, vol. 02 No. 01, 2013
11. “A study of co- relation of physical fitness components with body mass index of handball, kho-kho and volleball femal players” *Ramat Jagat Journal* vol. 02 No.02, 2014
12. “A comparative study of Selected inter University Cricket and Baseball male Players on Speed, Agility and Throwing Ability” *Research Link*, vol.15 no.05,2016
13. “ચક્રિય તાલીમ દ્વારા તાલીમાર્થીઓની રૂઢિરાખિસરણ સહનશક્તિ પર થતી અસરોનો અભ્યાસ” *Research Zone India*, vol.6, Apr. May -June :2018
14. “આંતર વિશ્વવિદ્યાલય કક્ષાના બાસ્કેટબોલ, હેન્ડબોલઅને વોલીબોલ રમતના ખેલાડીઓની ઝડપ, ચપલતા અને નમનીયતાનો તુલનાત્મક અભ્યાસ” *Research Zone India*, vol.6, March 2018
15. “Comparative Study of Motor Fitness Components between Students Studying in Rural and Urban Secondary School of Limbdi Taluka” *Research Link*, vol.XVII no.04, 2018
16. “Comparative Study of Physical Fitness and Anthropometric Measurement Components Between Rural and Urban School Students” *Research Analysis and Evaluation*, Issue106-108, July - Sept.2018
17. “Gramya Ane Shehri Shalaona Vidhayarthioni Hath Ane Khabha Na Snayuoni Sahan Shakti Temaj Pith Ane Pet na Snayu Bal no Tulnatmak Abhyas” *Promotion of Physical Education, Sports Management With Multidisciplinary Subject, Akshar Book Agency* ,2019
18. “Comparative Study of Mental Health Between High and Low Level Sports Performance in Kho - Kho Players” *Analysis and Evaluation Issue* -112,113,114,Jan-March 2019
19. “Study of Effects of World Yoga Day Recommended Training Program on Selected Body Composition of School Boys”, *Research Analysis &*

Evaluation, UGC Regd No 41022, Impact Factor 6.315 (SJIF), ISSN No. (P) 0975-3486, June -2019

20. “Study Of Effects Of World Yoga Day Recommended Training Program On selected Physiological Variables Of School Boys”, *Research Analysis & Evaluation*, UGC Regd No 41022, Impact Factor 6.315 (SJIF), ISSN No. (P) 0975-3486, June -2019
21. “Study Of Effects Of World Yoga Day Recommended Training Program On selected Psychological Variables Of School Boys”, *Research Analysis & Evaluation*, UGC Regd No 41022, Impact Factor 6.315 (SJIF), ISSN No. (P) 0975-3486, June -2019
22. “A comparative study of Cardio-respiratory endurance between Gandhian system based school students and non - Gandhian system based school students”, *Research Analysis & Evaluation*, UGC Regd No 41022, Impact Factor 6.315 (SJIF), ISSN No. (P) 0975-3486, June - 2019
23. “A comparative study of body composition between Gandhian system based school students and non - Gandhian system based school students.”, *Research Analysis & Evaluation*, UGC Regd No 41022, Impact Factor 6.315 (SJIF), ISSN No. (P) 0975-3486, June -2019

Participation in Seminars, Workshops, Symposia and Conferences

International level

1. Participated in international level Seminar on “Obesity Management”, & Poster presented on, 15-16, may, 2011 at H.N.G.U. Patan.
2. Participated in international level Conference on “Physical Education and Sports Science”, & a research paper presented on “A case study of an Arjune Award winner Lajja Goswami”, 06-07, January, 2015 at Department of physical education J.E.C.R.C.University, Jaipur.
3. Participated in international level Seminar on “Comparative Study of Physical Fitness of Students between C.P.Ed and P.T.C. students in Ahmedabad on 8 & 9 December 2016 at Hutatma Rajguru Mahavidyalaya, Rajgurunagar, Pune, Maharashtra”

4. Participated in international level Seminar on “Comparative Study of Intelligence Quotient of Students of Master of Physical in Different Institution of Physical Education in Gujarat, India” 8 & 9 December 2017 College of Science and Technology ,Royal University of Bhutan,

National level

1. Participated in National level Seminar on “Naturopathy and Yoga”, organized by International naturopathy organization, Gujarat, 19 to 20 December, 2009 at Ahmedabad.
2. Participated in National level Seminar on “Physical education”, & presented a research paper on “Study of curriculum and teacher achievement of physical education in Gujarat”, organized by Society for sports excellence Gujarat state,13 to 14, February, 2010 at Om landmark school, Chiloda – Gandhinagar.
3. Participated in National level Seminar on “Physical education”, & presented a research paper on “Promotion and development of Yoga in india”, organized by Sardar Patel University, 2006 at Vallabh Vidyanagar, Anand
4. Participated in National level Seminar on “Physical education”, & presented a research paper on “Yoga way of life for sound mental health”, organized by Gujarat Vidyapith,16 to 17, March, 2007 at Ahmedabad.
5. Participated in National level Seminar on “Physical Education” organized by Sardar Patel University, 2006 at Vallabh Vidyanagar, Anand.
6. Participated in National level Workshop on “Statistics Techniques in Research”, 5-7 September, 2008 at Sadra Ta. Dist. Gandhinagar.
7. Participated in National level Seminar on “Physical Education”, & presented a research paper on “Development and promotion of indigenous sports and activities in India” organized by Sardar Patel University,08 to 09, October, 2009 at Vallabh Vidyanagar, Anand.
8. Participated in National level Seminar on “Sports for peace and prosperity”, 1 to 5 September, 2011 at Mount Abu, Rajasthan.
9. Participated in UGC Sponsored National level Seminar on “Modern Trends in Physical Education and Sports”, 27 to 29th February, 2012 at Sadra, Ta. Dist. Gandhinagar- Gujarat

10. Participated in National level Seminar on “Inner Skills and Meditation for Higher Performance in Sports”, 31st August to 4th September, 2012 at Mount Abu.
11. Participated in UGC Sponsored National level Seminar on “Physical Education”, & presented a research paper on “Yoga education and personality development”, organized by Gujarat University, 21st to 22nd September, 2012 at Kapadvanj.
12. Participated in UGC Sponsored National level Seminar on “Physical Education”, & presented a research paper on “Sociological aspects of women participation in sports: an analytical Study”, organized by M.G. Science Institute, 18th to 19th February, 2013 at Ahmedabad.
13. Participated in National level Workshop on “Role of Mahrishi Patanjali Ashtang Yoga in Modern theme”, organized by Gujarat Vidyapith, 29th to 30th March, 2014 at Ahmedabad.
14. Participated in UGC Sponsored National level Seminar on “Physical Education”, & presented a research paper on “Comparative study of health related fitness between physical education and science stream girl students”, organized by D.P.C.B.L. Arts and commerce college, 19th September, 2014 at Dhansura Dist. Sabarkantha- Gujarat.
15. Participated in Pre-Vibrant Gujarat Sports Summit, organized by Swarnim Gujarat Sports University, 17th October, 2014 at Mahatma Mandir, Gandhinagar.
16. Participated in UGC Sponsored National level Seminar on “Yog: An Integrative Life Style”, & presented a research paper on “A study on effect of yoga and laughing exercises on cardio-respiratory abilities”, organized by Gujarat Vidyapith, 20 – 22 June, 2015 at Ahmedabad
17. One Day National Conference on “Literature, Social Sciences, Regional Studies, Management Practices, & presented a research paper on “A Study of Attitudes of Principals and Teachers of Secondary Schools Towards Curriculum of Physical Education.” organized by IQAC Cell, VNSB Ltd Arts &Commerce College, Vadnagar on 18 February 2017 at Vadnagar
18. One Day National Seminar on Multidisciplinary Subjects on “Promotion of Physical Education, Sports Management & Sports Sciences “Gramya Ane Shehri Shalaona Vidharthioni Hath Ane Khabha na Snayuoni Sahan Shakti Temaj Pith Ane Pet na Snayu Bal no Tulnatmak Abhyas. organized by Smt.A.P.Patel Arts & Late Shree N.P.Patel Commerce College, Naroda, 04 January, 2019 at Ahmedabad

19. National Seminar on Modern Trends in Yoga, Physical Education, Sports Sciences and Sports Management & presented a research paper "Comparative Study Between Attitudes of Female Players of Saurashtra university and Bhakta kavi Narsinh Meath University Towards diet Related Habits" Ambaji, Gujarat during 5-6, April,2019

State level

1. Participated in State level Seminar on "Physical Education", organized by Gujarat State physical education lecturer association, March, 2004 at Narmada.
2. Participated in State level Workshop on "Physical Education", organized by Gujarat Vidyapith, March, 2009 at Sadra Ta. Dist. Gandhinagar

Administrative Work

1. Served as a Warden in Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra, since 2011.

Membership in Professional and other Bodies

- Member in **Board of Referees** in International Journal of *Health, Sports and Physical Education HORIZON PALASTRA*, ISSN No. 2278-2982.
- Member in **Board of Editorial** in Journal of *Advances in Developmental Research*, ISSN No. 0976-4707.
- Member in **Board of Referees** in International Journal of *Physical Education, Sports and Yogic Sciences (IJPE SYS)*, ISSN No. 2249-8575.
- Member in **Board of Referees** in WELLNESS Journal of *Health, Physical Education, Sports*, ISSN No. 0975-136X.

Examiner ship

1. Examiner in Theory and Practical Exam, Gujarat Vidyapith, Ahmedabad.

2. Examiner in Theory and Practical Exam, S. P. University, Anand.
3. Examiner in Theory and Practical Exam, Saurashtra University, Rajkot.
4. Examiner in Theory and Practical Exam, Kadi Sarva Vishwavidyalaya.
5. Examiner in Theory and Practical Exam, H.N.G. University, Patan.

Extension Activities

1. Experience of N.S.S. Programme activities since 1996 to till now.
2. Served as a Co-Organizer in educational tour, picnic and mountaineering camps.

Other Work Experience

1. Served as a Co-Organizer in Inter University South & West Zone Handball Tournament, 1998-99 at Sadra.
2. Served as a Co-Organizer in Inter University South & West Zone Handball Tournament, 2000-01 at Sadra.
3. Served as a Co-Organizer in Gujarat Inter State University Staff Cricket Tournament 2001-02, at Sadra.
4. Served as a Co-Organizer in Inter University South & West Zone Kabaddi Tournament, 2003-04 at Sadra.
5. Served as an Organizer of Summer Camp for selected players who participated in National Level Schools Games Tournament, 2002 at Sadra.
6. Served as a Co-Organizer in in Lezium Demonstration during National Youth Festival at Sardar Patel Stadium, Ahmedabad and National Stadium, Delhi.
7. Participated in West Zone Inter University Volleyball Tournament, 1993-1994 at Udaipur (Rajasthan).
8. Served as an Official in Inter Collegiate Football Competition, 1994 at Sadra.
9. Served as an Official in Inter Collegiate Kabaddi Competition, 1994 at Sadra.
10. Served as an Official in Inter Collegiate Handball Competition, 1994 at Sadra.

11. Served as an Official in Inter Collegiate Kho-Kho Competition, 1994 at Sadra.
12. Served as an Official in Inter Collegiate Volleyball competition, 1994 at Sadra.
13. Served as an Official in Inter Collegiate Athletics Competition, 1994 at Sadra.
14. Served as an Official in South Zone Inter Collegiate Volleyball Competition, 1996 at Sadra.
15. Served as an Official in Regional volleyball competition Organized by Kendriya vidhalay Sangthan, 1997 at Gandhinagar.
16. Served as an Official in South Zone Inter Collegiate Handball competition, 1996 at Gujarat University, Ahmedabad.
17. Served as an Official in South Zone Inter Collegiate Athletics Competition, 1996 at Ahemdabad.
18. Served as an Official in 10th West Zone Inter State Handball Competition, 1996-97 at Ahmedabad.
19. Served as an Official in South & West Zone Inter University Handball Competition, 1998 at Gujarat Vidhyapith, sadra.
20. Served as an Official in South & West Zone Inter University Handball Competition, 2000 at Gujarat Vidhyapith, sadra.
21. Served as an Official in West Zone Inter University Kabaddi Tournament, 2003-04 at Gujarat Vidhyapith, Sadra
22. Served as an Organizer in P.T.C. College Athletic Meet, 2005-2006 at Sadra Taluka District Gandhinagar.
23. Served as an Official in South & West Zone Inter University Kho- Kho women Competition, 2013-2014 at Gujarat Vidhyapith, Sadra.
24. Served as a Co-Organizer in Inter University & West Zone & All India Kho-Kho Tournament, 2017-2018 at Sadra.