



Name of the Teacher:

Dr. Madhavi A Mardikar

Designation:

Head, Department of Physical

Education

Name of the Employer with Address:

Institute of Science, Civil lines, Nagpur.

Joining Date in Government College:

23rd July 1998

Joining Date as a Coordinator PGTD

10 August 2016

Teaching Experience:

23 years as a Director, Physical Education
**7 Years PG teaching Experience for MPed in
PGTD, RTMNU Nagpur Uni.**

Permanent Address:

419, Sanjivani Aptt. Hanuman Nagar Nagpur

Contact No

7875155888

Educational Qualification

Exam Passed	University	Passing Year	Division
M.A.	R.T.M.Nagpur University	1991	I division
B.P.Ed.	R.T.M.Nagpur University	1992	2 nd topper in university
M.P.Ed.	R.T.M.Nagpur University	1994	1st topper with 2 gold medals
NET	Delhi	1997	Physical Education
NET	Delhi	1997	Physical Education
SET	Pune	1998	Physical Education
Ph.D.	R.T.M.Nagpur University	2005	Physical Education
Ph.D.	5 Students got Ph.D Degree	2018-2021	8 students are working
M.Phil	1 student got degree		2 students are working
Yoga Diploma	YCMOU Nashik	2021-22	Topper from Maharashtra

Honoured by 3 Award

- 1) *National Award of Best Physical Education Teacher by PEFI (recognized by Ministry of Youth affaires and Sports Government of India) 2021*
- 2) *Best women of the year by Patkar sanghatana Indutai Chashak cup 2018*
- 3) *Dhote Chashak for Well work done in the field of Physical Education Field. 2017*

Sports Achievement (India camp, National & University Level)

India camp attended at Sangali Maharashtra 1990.

NATIONAL LEVEL

- ✚ Volley Ball Women National Championship held at Ranchi Bihar. 1988.
- ✚ Volley Ball Women National Championship held at Cuttack Bhubaneswar
- ✚ 11th Volley Ball senior National Championship held at Mumbai from 11th to 15th May, 1986.

UNIVERSITY LEVEL

- ✚ Nagpur University, Nagpur in South West Zone Inter University Volley Ball Tournament for the Session 1985-86.
- ✚ Nagpur University, Nagpur in South West Zone Inter University Volley Ball Tournament for the Session 1986-87.
- ✚ Nagpur University, Nagpur in South West Zone Inter University Volley Ball Tournament for the Session 1987-88.
- ✚ Nagpur University, Nagpur in South West Zone Inter University Volley Ball Tournament for the Session 1988-89. (Caption)
- ✚ Nagpur University, Nagpur in South West Zone Inter University Volley Ball Tournament for the Session 1989-90.
- ✚ Nagpur University, Nagpur in South West Zone Inter University Volley Ball Tournament for the Session 1990-91.
- ✚ Nagpur University, Nagpur in South West Zone Inter University Volley Ball Tournament for the Session 1991-92.

Worked as Supervisor:

- ✚ Ph.D Supervisor, RTM Nagpur University
- ✚ Yashwantrao Chavan Maharashtra Open University for M.Phil.
- ✚ Three M.Phil Students of Y.C.M.O.U., Nashik are doing M.Phil under my Supervision. One M.Phil Student got degree from Y.C.M.O.U., Nashik under my Supervision.
- ✚ **Research Papers : Total 30 papers published**

1) Research Papers in UGC Care Listed Journals

Sr. no	Date	Name of the Journal	Name of the paper	Volume
1	Oct-Dec 2020	Kala Sarovar UGC Care List UGC Care Group – 1 Journal	Effect of Medicine Ball Exercise on Shoulder Strength of College Girl's Students	Vol-23 No.04(iii) ISSN: 0975-4520
2	Oct-Dec 2020	Kala Sarovar UGC Care List	The Role of Sports in Promoting Co- Education System	Vol-23 No.04(ii) ISSN: 0975- 4520
3	2021	Kalyani Bharati UGC Care Listed Group -1	Effect of Pranayama Techniques on Cardiovascular Endurance of Different College Students Of RTMNU, Nagpur	Volume 36 No.(IX) ISSN: 0976- 0822
4	2021	Kalyani Bharati UGC Care Listed Group -1	Effect of Isometric Handgrip Exercise on Handgrip Strength of Collegiate Women Students	Volume 36 No.(IX) ISSN: 0976- 0822

2. Research papers in UGC approved journals

Sr.no	Date	Journals	Name of the paper	Volume
1	July-Aug 2017	International Journal of Physical Education, Sports and Health	A Comparative Study of reaction ability and balance ability among players belonging to contact, semi-contact and non-contact sports	E-ISSN: 2394-1693 P-ISSN: 2394-1685 Issue – 4 Vol-04
2	September - 2017	Printing Area International Research Journal	A Comparative Study of Selected Physical Fitness Variables Between Students of Rural and Urban Areas of Nagpur District	ISSN: 2394-5303 Issue – 33 Vol-04
3	March-2018	Aayushi International Interdisciplinary Research Journal (AIIRJ)	Fartlek, Antartar va Circuit Prashikshan Padhatincha Jalandgati Dhavakanchya Sharirik Swasthawar Honarya Parinamacha Tulnatmak Abhyas	Vol-V Issue-III ISSN: 2349-638X
4	February-2019	University Grants Commission, New Delhi Recognized Journal No- 41311	Social Psychology of Sports	ISSN: 2347-503X ISSN: PRINT: 2347-5021
5	August -2021	B. Aadhar Holistic Approach of Health Science, Research, Sports Science and Yoga During 21 st Century	The Role of Physical Activity and Sports in Mental Health	Issue No-313 –A (cccxi) ISSN: 2278-9308

3.				
Sr. no	Period	Titles with page nos.	Journal	ISSN/ ISBN No.
1	2016-17	An analytical study of factors influencing attitude and(p.13-17)	IJBAT	Online 2347-517x
2	2016-17	naQyana pllyacyaa QaavaKavar fiTlak piSaxaNaacaa haNaara pBaava 3p.Ē.528– 531’	IJBAT	2347-8268
3	2016-17	A comparative study of kineanthropometric measurments of volley ball (p.75-78)	IJBAT	Online 2347-517x
4	2016-17	Professional sports management in Physical Edn Colleges of central India(P. 9-16)	velocity	2348-9057
5	2016-17	Comparative study of self motivation of state level volley ball players(23-26)	IJBAT	Online 2347-517x
6	2016-17	A study of application of lever mechanism in yogasana and gym exercise (30-34)	IJBAT	Online 2347-517x
7	2016-17	An analytical study of perception of physical education teachers in Nagpur region.....	Sai om International journal of Arts and education	2348-3520
8	2016-17	A comparative study of selected Physiological and psychomotor variables (26-29)	IJBAT	Online 2347-517x

9	2016-17	Perception of physical education teacherstowards importance of sports marketing (18-22)	IJBAT	Online 2347-517x
10	2016-17	A comparative study of selected coordinative abilities among players belonging (79-82)	IJBAT	Online 2347-517x
11	2016-17	Spirulina as protein supplement to improve athletes performance (83-86)	IJBAT	Online 2347-517x
12	2016-17	A study of stress level among sportsmen and non sportsmen of Nagpur city	velocity	2348-9057

13	2017-18	A comparative study of reaction ability and balance ability among players belonging to contact, semi- contact and non-contact sports p.77-80	IJPESH	2394-1693
14	2017-18	ಫಿಟ್ಲಾಕ್ ಆಟರಾ ವಾ ಸಾಕಿಟಿ ಪಿಸಾಸಾನ್ ಪ೦ದ್ತಿಲಾ ಜಾಲದಗತಿ ಲಾಭಾಕಾರ್ಯಾ ಸಾರ್ಲಿಕ್ ಸ್ವಾಸ್ಥ್ಯಾಪಾರ ಹಾನ್-ಯಾ ಪಿರ್ನಾಮಾಕಾ ತಲಾಸಾನ್ಕ ಆಬ್ಯಾಸಾ ಪ.ಒ.498-503	AIIRJ	2349-638x
15	2017-18	Physical Education teacher's approach towards professional sports management p. 24-27	AIIRJ	2349-638x
16	2018-19	The nine mental skills of successful athletes p. 238-240	ITPESSY	2348-7143
17	2018-19	Effect of Suryanamasakar Training on Physical fitness components of collegiate students p.234-236	ITPESSY	2348-7143
18	2018-19	Sports psychology as method to boost performance p.251-253	ITPESSY	2348-7143
19	2018-19	Brain Mapping and Cognitive Training for Performance Enhancement Of Athletes p.46-50	Research Chronicler	2357-503x
20	2018-19	Effects of Dance Aerobics on Cardio-vascular Endurance and Fat Reduction of College Girls p.043-046	Vidyawarta	2319-9318
21	2018-19	Social Psychology of Sports p.70-73	Research Chronicler	2357-503x

Resource Person at National / International Conferences, Workshops, Webinars, Seminars.

Sr . no .	Date	Event	Level	Organized By	Topic
1	4 May 2020	Webinar	National	Shirpur	Stress Management from YOGA
2	11 May 2020	Webinar	National	Shirpur	Stress Management
3	20 June 2020	Webinar	College	Tai Golwalkar College Ramtek	Yoga and Stress Management
4	15 July 2020	Webinar	National	Lokmanya Tilak Mahavidyalaya MP	Expert Lecture on Volleyball
5	13 September 2020	Webinar	National	(PEFI): FIT India movement organised by Physical Education Foundation India	How to Be A Great Player

6	23 December 2020	Refresher Course	UGC HRDC	Sant Gadge Baba, Amravati University Human Resource Development Centre	API PBAS According To 7 th Pay
7	11 January 2021	Webinar	National	Sports Department of Govt Jata Shankar Trivedi P.G. College, Balaghat	Immunity Development in The Time of Covid-19
8	26-27 April 2021	Webinar	National	Sports and Physical Education Department, Gondwana University, Gadchiroli & Shri Dnyanesh Mahavidyalaya, Nawargaon, Chandrapur Armori	How to Build-Up Our Immune System and Brandishing of Champion
9	21 August 2021	Webinar	National	IQAC & Department of Physical Education and Sports Jalgaon	How to Manage Our Stress Through Health and Hygiene
10	29 August 2021	Webinar	College	Hislop College, Nagpur	Mental Health Fitness for Life
11	23 September 2021	Webinar	National	New Arts Commerce, Science college Wardha	How to Manage Our Stress Through Health and Hygiene
12	13 October 2021	Refresher Course	UGC HRDC	Sant Gadge Baba, Amravati University Human Resource Development Centre	Physical Education Sport Science and Yoga

5. Chairman in Conferences

Sr. No	Date	Level	Organized By	Organized
1	30-31 July 2020	International	S.G.B. Amravati University	Future Road Map for Health, Fitness & Wellness
2	17 December 2020	National	Manoharabhai Patel College of Arts, Commerce & Science Sakoli (Dist. Bhandara) Maharashtra	One Day Interdisciplinary National Webinar On Relevance of Medicinal Plants in Current Scenario
3	7 August 2021	International	International Interdisciplinary E-Conference – Seventh Session	Holistic Approach of Health Science, Research, Sports Science and Yoga During 21 st Century
4	29 August 2021	National	Dr. M.K. Umathe College	Technology for Enhancing Performance and Excellence in Sports
5	4.9.2020	International	KMM College Wes Bengal	Wellness in today's Pandemic Situation

6. Yoga Courses Completed by Me			
Sr. No.	Date	Organized By	Topic
1	10- 16 may 2021	YCMOU Kaivalyadham Lonavala, Nasik	<i>Yoga Camp</i> : I Received the consolation prize for conducting a camp
2	18 September 2020 –18 August 2021 (1 Year)	YCMOU Nashik	<i>1st Rank</i> Holder in Yoga Diploma (Certificate awaited)
3	3 Aug – 1 Sept (One Month)	Department of Physical Education Shri Shivaji Science College Amravati	Course in Yoga and Meditation
4	12-21 June 2020 (One Week)	Department of Physical Education and Sports, D.A.K Degree College, Moradabad (U.P.)	Lifestyle Management Through Yoga and Fitness
5	10-16 June 2021 (One Week)	RTMNU Nagpur in collaboration with Distance Education , Kavi Kulguru Kalidas University Ramtek	Yoga and Holistic Health
6	21-26 June 2021 (One Week)	PWS College in Collaboration with PEFI	Yoga and Fitness

7. Workshops Attended and Successfully Completed			
Sr. No.	Date	Organized by	Title of the workshop
1	15-22 April2020	Indian institute of scientific research andanalysis, maharashtra	Sports and health education
2	10-17 april2020	Government of maharashtra, district sportsoffice, nashik	Fitness and sports
3	13-19 may 2020	Ramjkrushna mahavidyalaya darapur anddistrict sports office amravati	Health and fitness-present era
4	28-30 april2020	Department of physical education andsports-SNDT women's university, mumbai	Women's health and wellness

8. FDP (ICT) Successfully Completed

Sr. No .	Date	Organized By	Title of the Course
1	11- 16 May 2020	School of Mathematical Sciences, Swami Ramanandteerth Marathwada University, Nanded	ICT Tools for Effective Teaching Learning
2	4-8 June 2020	Universal Teachers' Academy	Creating Digital Posters, Creating Gif Images, Finding Copyright Free Images/Sounds, Introduction to Interactive E-Content, Creation to Interactive E-Content
3	April 20 – May 6 2020	Teaching Learning Center Ramanujan College, University of Elhi	Managing Online Classes and Co-Creating MOOCS
4	4-10 June 2020	Sant Gadge Baba, Amravati University	E-Content Development in Teaching
5	8 May 2020	Department of Commerce - Shift II, Patrician College, Chennai	Online Faculty Development Programme on Examinations In Wake Of Covid-19
6	14 May 2020	IQAC	Developing E-Content Using You Tube & Facebook Live for Effective Teaching-Learning Process
7	22-26 May 2020	Indian Institute of Scientific Research and Analysis, Maharashtra	Physical Education and Sports
8	24- 26 May 2021	Board of University Departments And Interdisciplinary Studies	Development of ICT Skills for Online Teaching Among Teachers of HEI's
9	2-7 June 2020	Vinayakrao Patil Mahavidyalay, Vaijapur, Aurangabad	Modern Teaching, Evaluation and Research Method
10	7-11 September 2020	Department of Physical Education, University Maharani College, Jaipur (Rajasthan)	Basics of Research and Statistical Tools in Physical Education and Sports Sciences

9. Examination related Work:		
Sr.no.	Exam work	University
1	Paper Setter	RTMNU Nagpur MPed 1 st , 2 nd 3 rd , 4 th sem,
2	Paper Setter	Maharashtra Government CET for MPed and BPed Admissions.
3	Paper Moderator	RTMNU Nagpur 1 st , 2 nd 3 rd , 4 th sem,
4	Paper Moderator	Maharashtra Government CET for MPed and BPed Admissions.
5	Paper Setter	4 th semester, SRN University Nanded,
6	Paper Setter	Udaipur
7	Internal Examiner for Ph.D Viva	RTMNU Nagpur
8	Internal Examiner for Ph.D Viva	<i>Gondvana</i> University Gadchiroli
9	External Examiner for Ph.D Viva	Warangal University
Work as a Government Nominee		
10	On Placement committee	
11	On Placement committee	
12	Inspections of Colleges for (BPed,MPed)	

10 Duties of UGC-HRDC					
1	24 Au - 5 September 2020	As a coordinator	Physical Education	UGC HRDC	Refresher Course
2	12-24 July 2021	As a coordinator	Physical Education	UGC HRDC	Refresher Course
3	2-4 September 2021	As a coordinator	Physical Education	UGC HRDC	Refresher Course

11.Events Organised

Sr. No	Date	Level	Event	Organized By	Title
1	21 June 2020	College	Yoga Camp	Department of Physical Education	Yoga
2	11 – 13 August 2020 (3 Days)	National	Workshop	Institute of Science, PGTD Phy. Edu.RTMNU ,J.M.Patel College Bhandara	PBAS-API (for Physical Education Directors) Revised & Updated According to UGC Guidelines As Per 6 Pay & 7 Pay Regulation.
3	22 Oct-3 Nov 2020 (2weeks)	University	Yoga	Physical Education & Sports Department Institute of Science, Nagpur	Yoga Camp
4	5-9 March 2021 (1 Week)	University		Physical Education Department Institute of Science	Karate Camp for The Institute's Students
5	12 March 2021 (1 Day)	National	Workshop	Institute of Science Nagpur, &PGTD Physical Education RTMNU Nagpur	New Sports Policy
6	28 March 2021 (1 Day)	College	Pranayama camp	Physical Education Department Institute of Science	How Bhramary & Meditation Helps to Concentrate on Studies in Exam Time.
7	10 – 16 may 2021 (1 Week)	National	Yoga Camp	Department of Physical Education, Institute of Science	Yoga
8	6-7 June 2021 (2 Days)	College	Essay Competition	Department of Physical Education, Institute of Science Nagpur	Leadership of Shivaji Maharaj & Leadership in Sports

9	18-22 June 2021 (1 Week)	State	Yoga Camp	Jointly Organized By- Institute of Science Nagpur, Joint Director Higher Education Nagpur Region, Government Institute of Forensic Science Nagpur, Govt Science College Gadchiroli, P.G,T.D.Physical Edu.Rtmnu Nagpur, Vasantrya Naik, Govt.Institute of Arts & Social Sci.Nagpur	Yoga Workshop on The Eve of International Yoga
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10	12 June 21 (1 Day)	National	Webinar	Institute of Science, Nagpur Vasantrao Naik Govt. Institute of Arts & Social Sci. Nagpur	Neuroscience of Adolescence. from Turmoil to Tranquillity, Care to be taken after vaccination & Mucor Mycosis (Black Fungus) and white Fungus: Symptoms, precautions and remedies
11	8 July 2021 (1 Day)	State	Webinar	Department of Physical Education & Department of Zoology, Institute of Science Nagpur	Stress Management And Immunity Boosting Nutrition
12	10 July 2021 (1 Day)	International	Workshop	Department of Physical Education, Institute of Science & PGTD Physical Education, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur	Opportunities for Physical Education Teachers / Sports Coaches / Sportsman in Gulf/ Foreign Countries
13	18 August 2021	National	Yoga	Physical Education Department Institute of Science	How to Improve Our Immune System & Lung Capacity
14	2-4 Sept 2021 (3 Days)	International	Conference	Institute of Science, Nagpur Sharirik Shikshan Mahavidyalay, PGTD RTMNU, S.B. City Nagpur.	Role of Sports Psychology and Fitness Management for Sportsmen During Covid-19 Pandemic Era
15	11 November 2021	College		IQAC, Institute Of Science, (Organising Secretary Dr.Madhavi Mardikar)	IPR- Patent

12. University level Competitions organized by Institute of Science, Nagpur

Volleyball	Men and women	11 - 16 October 2019	RTM Nagpur University
Fencing	Men and women	<u>19 - 20 December</u>	Institute of Science
Floorball	Men and women	11 - 13 February 2020	Institute of Science
Minigolf	Men and women	27 - 29 February	Manakapur Stadium

Summary of Work/ duties done during 2019-2021		
Organised Workshop, Conference, Seminars, Webinars, Camps and Essay Competition.		
1	For Students	
	2 Weeks Yoga camp for students	22 Oct-03 Nov 2020
	Bhrameri Pranayam Camp for Student	28 March 2021
	Essay Competition on Leadership of Chhatrapati Shivaji Maharaj & Leadership In sports.	6 & 7 June 2021
	One Day International Workshop on Jumpstart Your Career. In Gulf countries & Other Foreign Countries	
	1 Week Self Defence (Karate Camp for Girls)	5-9 March 2021
	2 Year Daily current affairs, GK Questions, & E - contents	Every Day See Appendix I
2	For staff & Students	
	One day workshop on Stress Management and Immunity Boosting Nutrition	8 July 2021
	National Webinar on Neuroscience of Adolescence. From Turmoil to Tranquillity, Care to be taken after vaccination & Mucor mycosis (Black Fungus) and white Fungus: Symptoms, precautions, and remedies	12 June 2021
	5 Days YOGA Camp for student and Staff	18-22 June 2021
3	Only for Staff	
	API – PBAS according to 7 th Pay 3 Days National Worksop	11-13 August 2020

	UGC HRDC Refresher Course in Physical Education	24 August - 5 September 2020
	UGC HRDC Refresher Course in Physical Education	12-24 July 2021
	UGC HRDC Refresher Course in Yogic Sciences	
	International Conference	2-4 September 2021
4.	Community services	2019-2021
	Yoga Camp For community	
	Awareness about vaccination	
	Pot Distribution to Sparrow	
	Distributed Blind Student Scholarship	
	Food distributed to Vrudhashrama	
5.	Self	
	YOGA 1 year Diploma from Kaivalyadham Lonavala , Nasik (<i>Best Camp Conducted Award</i>)	10 May-16 May 2021
	YOGA Teacher <i>One year Diploma</i> from Kaivalyadham Lonavala , Nasik, stood 1st in Maharashtra in Theory and Practical Exam	18 September 2020 – 18 August 2021
	One Month Yoga Camp Conducted by Shivaji College Amaravati	
	Completed 10 Faculty Development Programme	

	22 times Resource Person/ Chairperson in International, National, State level Conferences, Seminars, Webinars	
	Completed Refresher Course In E-Contents, ICT Ramanujam Delhi, MOOC	
6.	Students' Participation in Sports	2019-20
	01 Player 29 Players 06 Players 08 Players	International Level All India Level National Level State Level
7.	Six University Level (Inter Collegiate Tournaments) were Organised.	Volleyball, Tug of war, Mini Golf, Fencing, Floor ball,
8.	Research	
	<i>04 Papers</i> Published in UGC Care List	
	<i>04 Papers</i> Published in UGC Approved Journals.	
	<i>20 Papers</i> in Refereed / Peer Revied Journals	
	<i>05 PhD</i> Students awarded PhD Degree & <i>3 Students</i> awarded MPhil	
9.	Infrastructure development in College	Sanction From 2016-21
	<i>1 crore 99 lakhs</i> for ground wall, Lawn, Volley ball courts, Mud-Track	State Government
	<i>1.8 crore</i> Physical education Department, (Multipurpose Sports Complex)	State Government
	<i>32 lakhs</i> for Basketball Court	D.P.C.
	<i>7 Lakhs</i> for Gym	DSO
	<i>2.5 Lakhs</i> for Gym	State government

	67 Thousand for Various Courts maintenance	UGC
	1.25 Lakhs for consumable Equipment	UGC
10.	MOU with Dental College	2021
11	<p>Honoured by 2 Award</p> <p><i>1) Best women of the year by Patrkar sanghatana Indutai Chashak cup</i></p> <p><i>2 Dhote Chashak for Well work done in the field of Physical Education Field.</i></p>	

10 Appendix I: Some Examples of material posted online to students through social media During Covid-19 pandemic		
Name of the teacher	Date	Content posted in Google class room and WhatsApp group / YouTube videos BSc and MSc Sports students
Dr. Madhavi Mardikar Head, Institute of Science Physical Education Department	2.9.2020	Misconception of YOGA
	3.9.2020	Information About final University exam
	4.9.2020	Notification about back Student
		Yoga
	6.9.2020	Yoga
	7.9.2020	Discussion About final Exam, MCQ Questions.
	8.9.2020	Value of Referee and Judges
		Resource Person
		Current Affairs quiz
	9.9.2020	Ashatang YOGA
		Current Affairs quiz GK Mock test
		Hon.VC audio about examination
		Notification about Exam
	10.9.2020	Health Tips
	11.9.2020	Final Exam Time Table
	12.9.2020	Yoga and Suryanamaskar
		Current Affairs quiz
	13.9.2020	Discussion About final Exam
		Current Affairs quiz
		Conduct online meeting
		Online Class
	14.9.2020	Online Class
		Information about NET Examination
	15 9.2020	E-Guideline and information for Covid care (Indian Medical association)
		Leg fat Burner Workout
	3.Aug.-1september 2020	30 days online Certificate Course in YOGA and MEDIAION

	24.8 - 5.9.2020	Course - coordinator Refresher course in physical education organised by HRDC RTMNU Nagpur university
	4.9.2020	Chairperson in International Conference on Wellness in today's Pandemic Situation, Organised by KMM College Wes Bengal
	13.9.2020	Resource person: FIT India movement organised by Physical Education Foundation India TOPIC: How to be a great player

SEMINAR / CONFERENCE / WORKSHOP:

PAPER PUBLISHED

- ✚ Inter National Asia Specific conference for sports administrators held at Tirunelveli, on 25th to 28 sept. 2003.
- ✚ 30th Jan to 1st Feb. 2004. National Level Seminar on Sports Management & Sports Medicine meeting Nutrition Needs by Mean of Vegetarian Diets by Dr. Ambedkar College, Nagpur.
- ✚ & 6 March 2005, National Level Seminar on 1st Indian Congress on Sports Psychology Topic "Athletics Injuries and Rehabilitation by Dr. Ambedkar College, Nagpur & Sports Psychology Association of India, New Delhi.
- ✚ 3-4 March 2006, UGC Sponsored National Conference on The Role of YOGA in Modern Life. Topic - "Importance of Yoga in Modern Life".

PAPER PRESENTATION

- ✚ 24 725 April 1999 National Seminar held at Nagpur. Titled Role of Physical Education in Nation Building.
- ✚ Inter National Asia Specific conference for sports administrators held at tirunerveli, on 25th to 28 sept. 2003 titled A Comparative study of Soma Anthropometric measurements of volley ball & basketball players.
- ✚ 30th Jan to 1st Feb. 2004. National Level Seminar on Sports Management & Sports Medicine meeting Nutrition Needs by Mean of Vegetarian Diets by Dr. Ambedkar College, Nagpur. Titled :bomb Calorimeter
- ✚ 4 & 6 March 2005, National Level Seminar on 1st Indian Congress on Sports Phychology Topic "Athletics Injuries and Rehabilitation by Dr. Ambedkar College, Nagpur & Sports Physhology Association of India, New Delhi..
- ✚ 23rd jan 2007 seminar held at I.D.C.P.E. Nagpur' titled Women & Sports Yesterday, today, & tomarrow.
- ✚ 3rd to 4th March 2006, U.G.C.Sponsores National Level Conference. The Role of Yoga in ModernLife. Topic "Yoga in Life" by Dhanwate National College Nagpur.
- ✚ State level Seminar 3rd oct 2008 held at koradi. titled : Yoga & Obesity.

- ✚ 15th January, 2010, National Level Conference on New Challenges in Indian Physical Education and Sports. Topic “Indian Economy and its Effect on Physical Education and Sport’s”.

ATTENDED

- ✚ In 10th April 1999 one day seminar
- ✚ 16th aril 2000 one day seminar
- ✚ 4th May 2002 one day seminar
- ✚ State Level Workshop on Teaching Skill 6th oct 2003
- ✚ 3rd March 2008, State Level Seminar on Physical Education & Sports of RTM Nagpur University by D.N.C & Nagpur University Teacher Association.
- ✚ 31st March 2008, State level Seminar on Importance of management in Physical Education andSports by P.G.T.D. of Physical Education R.T.M.Nagpur University, Nagpur.
- ✚ 7th & 8th Feb. 2010, National Workshop on Psychological Testing in Physical Education & Sportsby Shri Nashikrao Tirpude College of Phy. Education, Nagpur.

FACULTY IMPROVEMENT PROGRAM

- ✚ UGC Refresher Programme organized by Academic Staff College, Nagpur dated 28.02.03 to20.03.03
- ✚ UGC Refresher Course organised by Academic Staff College, Nagpur dated 05.032007 to 26.03.2007.
- ✚UGC SSP organised by Academic Staff College, Nagpur dated 14.06.2008 to 04.01.2008.
- ✚Chief Guest for guiding the students at Jamdar School
- ✚Chief Guest for guiding the students at Mulinchi shala
- ✚Guest lecture in J.C.P.E Nagpur.
- ✚Guest speaker in P.G.T.D.Nagpur

SPORT PROMOTION WORK

National &state level

- ✚ Maharashtra volley ball women team coach held at Nagpur.2008.
- ✚ Passed state level volley ball referee exam in 2005.
- ✚ Appointed as a referee in all India departmental tournaments 2009.

Official

- ✚ 1994 to 2011, Inter Collegiate Track & Field meet of Nagpur University, Nagpur
- ✚ 24th Nov. 2004, Maharashtra S.R.P.F. Meet Track & Field
- ✚ 19th Feb.2006, Garuda Orange City Half Marathan Nagpur.
- ✚ 20th August 2006.,Rajiv Gandhi Akshay Urja Half Marathan at Nagpur.
- ✚ 5th Nov. 2006, Indian AIR Force Platinum Jubilee Half Marathan
- ✚ 25th Dec. 2006, Dr.Punjab Deshmukh Memorial State Cross Country Championship by D.N.C., Nagpur

- + 14th Jan. 2007, Garuda Orange City Marathon.
- + Ashwmedh 1999 Athletics inter University tournaments

d) Organizational Work

- + Ashwmedh 1999 Basket Ball inter University tournaments
- + 3rd-12th Jan. 2004, Member Organization Committee of all India Inter University Badminton Tournament held at Nagpur
- + 23 Sept.2008- Member Organization Committee of Youth Batten Rely.
- + Appointed as starting point official of Nagpur International Marathon, Nagpur'

Association with Nagpur University

- + Member of volley ball Selection Committee of Nagpur University men & women team
- + in1998, 2004,2005,2006,2007,2009,2010,2011,2012,2015,2016,2017,2018,2019
- + Member of table Tennis Selection Committee of Nagpur University men & women team
- + in12004 &2011.
- + Member of BadmintonSelection Committee of Nagpur University men & women team
- + in12004 &2011
- + Appointed as a Govt. nominee for Lecturer Selection Committee.
- + Appointed as a Govt. nominee for Lecturer's placement.
- + Appointed as teacher-In-charge in Inter Collegiate volley ball Tournament Nagpur University.
- + Appointed as a Paper Setter, B.P.E.II Physical Education by Udaipur university Rajsthan.
- + Nagpur university volley ball women team coach held at Tiruanatpuram 1998.
- + Nagpur university volley ball women team coach held at Gwlaioer 2010
- + Nagpur university volley ball women team coach for Ashwamedh held at Mumbai 2002
- + Nagpur university volley ball women team coach for Ashwamedh held at Amaravati 2003
- + Nagpur university volley ball women team coach for Ashwamedh held at Dapoli 2010

Other Achievements

- + M.S.C.I.T. Exam passed with 82 %.
- + Sports special scholarship.
- + First Aid Certificate
- + **YCMOU Nasik 1 year YOGA DEPLOMA 1st merit from Maharashtra**