

CURRICULUM VITAE



Full Name	Dr. Jagdishchandra L. Gothi
Date of Birth	10/01/1964
Age	54
Address Residential	193/3D XitijApartment -1 Sector-29, Gandhinagar-382029
Current Position	Professor, <i>Faculty of Physical education and sports science, Gujarat Vidyapith, Sadara, Gandhinagar.</i>
E-mail	drjlgothi251@gmail.com

Academic Qualifications:

Sr. No.	Degree	Subject	Institution/University	Year	Class
1	B.A.	Psychology	Gujarat University, Ahmedabad	1987	II
2	D.P.Ed	Phy.Edu.	G. S. E. B., Gandhinagar	1990	I
3	N.I.S	Handball	N.S.S.A.I., Gandhinagar	1989	II
4	M.P.E.	Phy.Edu.	Gujarat University, Ahmedabad	1992	II
5	M.Phil	Phy.Edu.	Gujarat Vidyapith, Ahmedabad	1999	I
6	Ph.D.	Phy.Edu.	Gujarat Vidyapith, Ahmedabad	2003	-

Contribution to Teaching:

<i>Subject Taught (Theoretical)</i>	<i>Course Name</i>	<i>Name of University / College Institution</i>	<i>Duration</i>
Fundamentals of Sports Training	B.P.E.	M.D.S.S. Mahavidyalaya Sadra	Since 1993 till now
Nutrition and Obesity	B.P.Ed.	M.D.S.S. Mahavidyalaya Sadra	Since 2015 till now
The science of Sports Nutrition	M.P.Ed.	M.D.S.S. Mahavidyalaya Sadra	Since 2010 till now
Sports Medicine	M.P.Ed.	M.D.S.S. Mahavidyalaya Sadra	Since 1996 till now

Subject Taught (Practical)	Course Name	Name of University / College Institution	Duration
Handball	B.P.E.	M.D.S.S. MahavidyalayaSadra	Since 1993 till now
Handball	B.P.Ed.	M.D.S.S. MahavidyalayaSadra	Since 1993 till now
Handball	M.P.Ed.	M.D.S.S. MahavidyalayaSadra	Since 1993 till now
Lawn Tennis	B.P.E., B.P.Ed.	M.D.S.S. MahavidyalayaSadra	Since 1996 till now
Athletics	B.P.E.	M.D.S.S. MahavidyalayaSadra	Since 1997 till now

Area of Specialization:

Theories: - Fundamental of Sports Training, Nutrition, and Obesity, Science of Sports Nutrition, Sports Medicine

Practical: - Handball, Lawn Tennis, Athletics

Academic Programme and Courses Evolved:

- M.P.Ed.Sports Medicine, 2009.
- B.P.E. Fundamental of Sports Training, 2001.
- B.P.E. Officiating and Coaching, 2009.
- B.P.Ed. Sports Science, 2001.
- B.P.Ed. Nutrition and Obesity, 2015.
- M.P.Ed.The science of Sports Nutrition, 2015.

Involvement in Institute Development:

- Involved in the establishment of UG and PG programs in the Department of Physical Education.
- M.P.Ed. Sports Medicine, 2009.
- B.P.E. Fundamental of Sports Training, 2001.

- B.P.E. Officiating and Coaching, 2009.
- B.P.Ed. Sports Science, 2001.
- B.P.Ed. Nutrition and Obesity, 2015.
- M.P.Ed. The science of Sports Nutrition, 2015.

Research Guidance:

- Ph.D. Awarded : 5
- Ph.D. Guidance (ongoing) : 0
- M.Phil., Awarded : 18
- M.P.ED. : 35

List of Publications

Books Published (5)

- *Rules and Measurement of Sports and Games*, Shantiprakashan, Delhi, 2009, ISBN No. 9788188652402. (English)
- *Yoga Evam Yogasana*, Shantiprakashan, Delhi, 2012, ISBN No. 9789350700372. (Hindi)
- *Sharirik Shikshan ane Ramat Gamat ma Ankadashastra*, Rama Prakashan, Gandhinagar, 2004. (Gujarati)
- *Sharirik Shikshan ma Vyastha Ane Sanchalan*, Hemchandracharya North Gujarat University, Patan, 2006. (Gujarti)
- *Vyayam Vignan Kosh-6*, Gujarat Vyayam Pracharak Mandal, Rajpipla, 2005. (Gujarati).

Papers Published (19)

- “Parental Motives for Inspiring their Daughters in Basketball Game in Anand and Ahmedabad City”, **National Level Journal**, *AMASS Multilateral Research Journal Bi-lingual Bi-annual*, ISSN No. 0975-3966, May-June-2010.
- “Parental Motives for Inspiring their Children in Basketball Programme”, **National level journal**, *Wellness Journal of Health, Physical Education & Sports* ISSN No. 0975-136X July-Dec. 2010.
- “Comparative Study of Cardio-Vascular Endurance, Flexibility and Body Composition Parameters of Male Physical Education Teachers of Different Districts in Gujarat”, **National level journal**, *Journal of Exercise Science and Physiotherapy (India’s first peer-reviewed biannual Journal of Exercise Science)*, ISSN No. 0973-2020, Volume 6, No. 2, 2010.
- “Anxiety Level in Indian Basketball Referees at Different Levels of Officiating”, **National Level Journal**, *Journal of Advances in Developmental Research*, ISSN No. 0976-4704, June-2011.
- “A Study of Effect of Selected Asanas & Pranayam on Cardio Vascular Efficiency”, **International Level Journal**, *International Registered and Referred Monthly Journal, Research Link*, ISSN No. -0973 – 1628, Issue-88, Vol-X (5), July-2011.
- “Effect of Physical Education Handball Specialization Training on Strength of Handball Players”, **International Level Journal**, *Shodh Samiksha Aur Mulyakan*, ISSN No. 0974-2832, January – April – 2009.
- “Construction of Knowledge Test on Official Rules of Football for Physical Education Students”, **National level journal**, *Wellness Journal of Health, Physical Education & Sports* ISSN No. 0975-136X Jan-June-2012.
- “Study of Effectiveness of Soccer Training Drill Programme on Physical Fitness”, **National level journal**, *Wellness Journal of Health, Physical Education & Sports*

ISSN No. 0975-136X July-Dec-2012.

- “Effect of Different Exercises on Cardio-Respiratory Efficiency”, **International Level Journal**, *Refereed Research Journal - International Journal of Physical Education, Sports and Yogic Sciences (IJPEYS)*, ISSN No. 2244-8575, Volume-2, No. 1, November -2012.
- “The Effect of Selected Exercise on Body Composition of Women of Gandhinagar City”, **National Referred Journal** – *Biannual Publication, Journal of Humanities of Social Science & Management*, ISSN 0974-9772, July-Dec-2014.
- “A Comparative Study of Hemoglobin of Sports Participated Adolescent Girls in Four District of Gujarat, India”, **National level journal**, *Wellness Journal of Health, Physical Education & Sports* ISSN No. 0975-136X Jan-June-2014.
- “Comparative Study of Participation Motive Goal Orientation and Coping Skills of the Athletes Belonging to Individual and Team Sports Categories”, **International Level Journal**, *Biannual*, ISSN 2348-8921, Sept. 2014.
- “The effect of special exercises on butt, belly, and thigh of obese women with anthropometric measurement”. **An International Quarterly Referred Journal**, ISSN no.- 2319-8168, volume – 5, June 2017.
- “Study of the effect of Asanas of Pranayama’s on Endurance of Cardiovascular System”. **An International Journal Research India**, ISSN no. 2319-8168, volume – 6, December – 2017.
- “The Effect of Special exercises on butt, belly, and thigh of obese women with body composition”. **An International Quarterly**, volume – 5, December – 2016.
- “Study of Effect of Indigenous activity on breath holding capacity of obese individuals” **An International Level Journal, Vyayam Setu, By Annwlmultilingual**, ISSN no. 2349-3992, volume – 3, July 2016
- Effect of Exercise and Yoga training on Girls Physiological Variables”. **An International Journal Research link**, Impact factor 2:782 ISSN no. 0973-1620, Volume – 6, 2016

- Effect of exercise and yoga training on girl's physiological variables". **An international journal research link**, impact factor 2.782, ISSN No. 0973-1620, Volume-6, 2016
- "EFFECTS OF LOCO-MOTOR TRAINING ON SPECIAL CHILD", *Research Analysis & Evaluation*, UGC Regd No 41022, Impact Factor 6.315 (SJIF), ISSN No. (P) 0975-3486, 2019

Participation in Seminars, Workshops, Symposia, and Conferences:

- Participated in International Level Training Program "TAFISA Certified Leadership Course in Sports for all" Organized by The Association for International Sports for all (TAFISA) and Hanuman Vyayam Pracharak Mandal, 2nd to 6th October 2012, at Amravati, Maharashtra.
- Participated in "4th International Science Congress (ISC -2014) & Presented a Research Paper on "A Comparative Study of Body Composition of Sports Participated and Non-Sports Participated Adolescent Girls in Four Districts of Gujarat" Organized by International Science Congress Association, 8th & 9th December 2014, at Pacific University Udaipur, Rajasthan.
- Participated in National Level Seminar on "Principals of Training Methods in Physical Education" Organized by Charutar Vidya Mandal S. S. Patel College of Physical Education, 23rd & 24th September 2006 at Vallabh Vidyanagar, Anand, Gujarat.
- Participated in UGS Sponsored National Level Seminar on "Research and Statistics Techniques" Organized by M. D. S. S. Mahavidyalaya, Gujarat Vidyapith, 5th to 6th September 2008 at Sadara, Gandhinagar, Gujarat.
- Participated in National Workshop on "Physical Education and Sports" & Presented a Research Paper on "The Effects of Selected Exercise on Body Composition of Gandhinagar Cities Women's", Organized by KadiSarva Vishwavidyalaya, 28th &

29th March 2009, at Gandhinagar, Gujarat.

- Participated in National Level Seminar on “Play and Education” & Presented a Research Paper on “A Comparative Study of Intelligent Quotient of Male Handball, Volleyball and Football Players” Organized by Society for Sports Excellence, Gujarat State and Om Education Trust, 13th to 14th February 2010 at Chiloda, Gandhinagar, Gujarat.
- Participated in State Level Workshop on “Effects of Swarnim Gujarat Khel Mahakumbh on Games and Sports Activities of Gujarat” Organized by Charutar Vidya Mandal S. S. Patel College of Physical Education, 5th February 2011 at Vallabh Vidyanagar, Anand, Gujarat.
- Participated in UGC Sponsored National Work on “Training Methods and Orientation of Trends in Different Games (TMOTG-2013)” Organized by Department of Physical Education, Faculty of Arts, Banaras Hindu University, 15th to 22nd November 2013 at Varanasi, Uttar Pradesh.
- Participated in National Workshop on “Role of Maharshi Patanjali’s Astanga Yoga in Modern Time” Organized by Department of Yoga, Gujarat Vidyapith, 29th to 30th March 2014 at Ahmedabad, Gujarat.
- Participated in National Seminar on “RashtriyaSangoshthiSanshidhan Evam SankhyikiPrakriya” Organized by Department of Yoga, Gujarat Vidyapith, 5th to 7th September 2008 at Sadra, Gujarat.
- Participated in National Seminar on “Modern Approaches and Innovation in Psychology” Presented a Research Paper on “The Effect of Selected Exercise on Anthropometric Measurement of Women of Gandhinagar City” Organized by Department of Kohinoor Arts, Commerce & Science College, 17th to 18th February 2014 at Aurangabad, Maharashtra.
- Participated in National Orientation Workshop on “Teacher Education Regulations 2014, Norms and Standard and New Curriculum Framework”, Organized by Swarnim Gujarat Sports University, Gandhinagar & National Council for Teacher Education, 1 & 2 March 2015 at Gandhinagar, Gujarat.

- Participated in National Conference on “Yog: An Integrative Life-Style” & Presented a Research Paper on “Effect of Pranayama and Asana on Respiratory System of Higher Secondary School Level Students”, Organized by Department of Yoga, Gujarat Vidyapith, 20th to 22nd June 2015 at Ahmedabad, Gujarat.
- Participated in National Level Seminar on “Relevance of Yoga in Twenty-First Century” Presented Research Paper on “Medvridhhi Aur Yogasana”, Organized by, Gujarat Vidyapith, Yoga Department, 16th to 17th March 2007 at Ahmedabad, Gujarat.
- Participated in UGS Sponsored National Level Seminar on “Health, Yogic & Adapted Physical Education in Various Disabilities” Presented Research Paper on “Effect of Different Exercises like Stepping, Belt Running and Flop Jump on the Cardio-Respiratory Efficiency”, Organized by, M.G. Science College, Ahmedabad 18th to 19th February, 2013 at Ahmedabad, Gujarat.
- Participated in State Level Seminar on “Physical Education, Sports & Yogic Exercises” Presented a Research Paper on “The Effect of Three Years Practical Training on Physical Fitness of B.P.E. Students”, Organized by Smt. A. P. Patel Arts & Late Shree N. P. Patel Comm. College, 7th to 8th March 2009 at Ahmedabad, Gujarat.
- Participated in National Level Seminar on “Sports Psychology” Organized by Lakshmibai National College of Physical Education, Thiruvananthapuram, 28th to 30th December 1999 at Thiruvananthapuram, Kerala.
- Participated in National Level “Seminar on Sports Medicine” Organized by Indian Sports Medicine Association, 10th to 12th April 2001 at New Delhi.
- Participated in National Level Seminar on “Science and Philosophy of Healing” Organized by Gujarat Vidyapith, 1st February 2005 at Ahmedabad.
- Participated in National Level Workshop on “Research Methodology and Introduction to Computers and Information Technology” Organized by Krida Mandal’s Nagpur Sharirik Shikshan Mahavidyalaya, 9th to 11th March 2003 at Nagpur.

- Participated in National Level Seminar cum Retreat on “Values in Sports” Organized by Sports Wing of Rajyoga Education & Research Foundation and National Association of Physical Education & Sports Sciences (NAPESS), 28th April to 2nd May 2008 at Mt. Abu.
- Participated in State Level Seminar on “Modern Trends in Physical and Sports” Organized by M. D. S. S. Mahavidyalaya, Gujarat Vidyapith, 28th February to 2nd March 2014 at Sadara, Gandhinagar, Gujarat.

Seminars / Workshops / Training Camps/ Conferences Organized:

- Served as an Organizing Secretary in National Level Seminar on “Modern Trends in Physical Education and Sports” Organized by M. D. S. S. Mahavidyalaya, Gujarat Vidyapith, 27th to 29th February 2012 at Sadra, Gandhinagar, and Gujarat.
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Seminars / Workshops / Training Camps Organized

- **1995** Organized state level workshop on Construction of Literature in Physical Education 4th to 6th March
- **1998** National Level Seminar on “Modern Trends in Physical Education” 13th to 15th March
- **1999** Organized Refresher Course of Physical Education from 8th to 28th March
- **2001** Organized Refresher Course of Physical Education in November – December
- **2003** Organized Refresher Course of Physical Education from 25th March to 11th April
- **2008** Organized workshop on “Research and Statistical Procedure” on 5th & 7th September (Organizing Secretary)
- **2008** Organized Skill Development Training Camp at Randheja from 19th – 25th January
- **2009** Organized State Level Seminar on Re-Construction of Syllabus on 14th & 15th September
- **2012** Organized National Level Seminar on “Modern Trends in Physical Education and Sports”

27th to 29th February

- **2012** Organized “NaiTalimAdhiveshan” at MDSS Mahavidyalaya, Sadra, Gujarat Vidyapith

Lectures Delivered (National/ Local level Programs):

- Lecture Delivered in National Workshop on “Obesity and Nutrition” Organized by KadiSarva Vishwavidyalaya, 29-3-2009, at Gandhinagar, Gujarat.
- Key Lecture Delivered in Seminar of Physical Education Teacher on “Physical Education and Sports in 21st Century”, 20-7-2008, Organized by Amreli Jilla Madhyamik AneUchhatar Madhyamik Shala Vyayam Mandal, Amreli.
- Key Lecture Delivered in Seminar of Physical Education Teacher on “Modern Trends in Physical Education”, 15-7-2009, Organized by Surendranagar Jilla Uchhatar Madhyamik Shala Vyayam Mandal and DEO, Surendranagar.
- Key Lecture Delivered in Sharirik Shikshan, Shaikshanik Sajjataan Yog Seminar on “New Trends in Physical Education”, 29-12-2009, Organized by Ahmedabad Jilla Madhyamik Uchatar Madhyamik Shala Vyayam Shikshak Sangh and DEO, Ahmedabad.
- Key Lecture Delivered in GCERT Sponsored PTC Seminar on “Benefits of Intramural Sports”, 5-1-2010, Organized by Surendranagar Jilla Madhyamik Uchatar Madhyamik Shala Vyayam Mandal, Lakhtar.
- Key Lecture Delivered in Workshop on “Effect of Swarnim Gujarat Khel Mahakumbh on Games and Sports Activities in Gujarat State”, 5-2-2011, Organized by Charutar Vidya Mandal S. S. Patel College of Physical Education, Vallabh Vidyanagar, Anand, Gujarat.

Committee Member:

- Member of IQAC committee, Gujarat Vidyapith, Ahmedabad
- Member of Selection Committee for Coaches in Kendriya Vidyalaya No.3 Army Can't, Gandhinagar, 2010.
- Member of Referee Board in Handball Gujarat State Handball Association.
- Member of Board of Referee in International Journal of Physical Education, Sports and Yogic Sciences (IJPEYS), ISSN No. 2249-8575.
- Member of Editorial Advisory Board Referee in National Journal of Humanities Social Science & Management, ISSN No. 0974-9772.

Administrative Work:

- Served as Lab In-charge in Physical Education and Sports Research Laboratory, Mahadev Desai Sharirik Shikshan Mahavidhyalay, Gujarat vidyapith, Sadra, since 2000 to till now.

Examinership:

- Examiner in Theoretical and Practical Exam, Kutch University, Kutch.
- Examiner in Theoretical and Practical Exam, S. P. University, Anand.
- Examiner in Theoretical and Practical Exam, Swarnim Gujarat Sports University, Gandhinagar.
- Examiner in Theoretical and Practical Exam, Saurashtra University, Rajkot.
- Examiner in Theoretical and Practical Exam, South Gujarat Surat University, Surat.
- Examiner in Theoretical Exam, KadiSarva Vishwavidyalaya.
- Examiner in Theoretical and Practical Exam, Hemchandracharya North Gujarat University, Patan.

Extension Activities:

1993-94	Organized all Youth Festivals of Gujarat Vidyapith
1994	Organized Summer Camp of Different Games for Sports Authority of Gujarat
1994-95	Organized all Youth Festivals of Gujarat Vidyapith
1995-96	Organized all Youth Festivals of Gujarat Vidyapith
1996-97	Organized all Youth Festivals of Gujarat Vidyapith
1998	Organized South & West Zone Handball Inter-University from 11 th to 15 th December
1999	Organized State Level School Games Athletics Meet
2000	Organized South & West Zone Handball Inter-University (Girls and Boys) from 3 rd to 9 th November
2000	Lezim Demonstration at Sardar Patel Stadium Ahmedabad in National Youth Festival
2000	Lezim Demonstration at National Stadium, Delhi in Golden Jubilee Year on 27 th January
2002	Organized 21 Days' Coaching Camp for Sports Authority of Gujarat of 13 different Games/Sports
2002	Organized Gujarat State Inter-University Staff Cricket Tournament.
2003	Organized West Zone Inter-University Kabaddi Tournament from 25 th to 27 th Nov.
2004	Organized Medical Checkup Camp
2004	Organized Blood Donation Camp on the Occasion of 125 th Birth Anniversary of Sardar Vallabhbhai Patel
2005	Tree Plantation at Narmada Van, (1200 trees planted)
2005	Organized Practical Examination for Recruitment of Gujarat Police for 15000 Candidates
2005	Organized Medical Checkup Camp

2005	Organized a training camp for Physical Education Teachers of Gandhinagar District
2006	Organized 2 nd Annual Athletics Meet of Gujarat Vidyapith
2006	Organized B.P.Ed Students Camp for Flood Relief Rescue camp at Surat City, Gujarat from 21 st to 31 st August.
2007	Organized Practical Examination for Recruitment of PSI from 12 th to 13 th January
2007	Organized Practical Examination for Recruitment of PSI from 1 st to 4 th February in which approximately 2000 candidates were examined
2007	Organized “Gandhi Jivan Padyatra” with all staff and students from 28 th Sept. to 2 nd Oct.
2007	Organized 56 th State Open Volleyball Tournament
2008	Organized Cycle Expedition from Gujarat Vidyapith, Ahmedabad to Rajkot from
2008	Organized “Gandhi Jivan Padyatra” with all staff and students from 29 th Sept. to 2 nd Oct.
2008	Organized Seven Days’ National Coaching Camp of Athletics for KVS Students
2009	Organized Cycle Expedition from Sadra to Thamna on the occasion of Birth Century of Lt. Babalbhai Mehta
2009	Organized Medical Checkup Camp, in which Honorable Governor of Gujarat State, Shri Naval Kishor Sharma grace the occasion
2009	Organized Cricket Tournament for Maheshwari Yuva Sangathan on 10 th January.
2009	Organized “Gandhi Katha” at Town Hall, Gandhinagar from 21 st – 25 th June.
2010	Organized in Nature Awareness Camp at Gandhinagar in January
2010	Organized Medical Checkup Camp on 21 st February
2010	Organized “Gandhi Jivan Padyatra” with all staff and students from 1 st – 4 th Oct. in Surendranagar District
2011	Organized “Granth Yatra” on the occasion of Birth Anniversary of Shri Mahadevbhai Desai

2011	Organized educational tour from 1 st to 4 th February
2011	Organized Gandhinagar District Athletics Meet from 6 th – 9 th Sept.
2011	Organized “Gandhi Jivan Padyatra” with all staff and students from 26 th – 29 th Sept. in Mansa Taluka
2012	Organized 61 st Annual Seminar of ‘Nai Talim Sangh’ from 11 th – 13 th January
2012	Organized Gujarat State Inter-University Staff Cricket Tournament from 27 th to 29 th January
2012	Organized Yoga Training Program for 400 High School Teachers of State Education Department from 31 st January to 25 th February
2012	Organized “Gandhi Jivan Padyatra” with all staff and students from in Danta and Vadgam Taluka of Banaskatha District
2013	Organized Blood Donation Camp on the occasion of Siler Jubilee Year of MDSS Mahavidyalaya, Sadra
2013	Organized “Gandhi Katha” at Sadra, Gandhinagar from 26 th – 31 st January
2013	Organized Special Olympics Khel Mahakumbh from 8 th to 12 th January
2013	Organized West Zone Inter-University Kho-Kho (W) Tournament from 21 st to 24 th December
2013	Organized Memorable First Sports Meet of IITE, Gandhinagar from 11 th – 12 th January
2014	Organized PAYKA Sports Competition of DIET on 8 th February (N.S.T.C.)
2014	Organized Inter-Department Cricket Tournament of Gujarat Vidyapith
2014	Organized “Gandhi Jivan Padyatra” with all staff and students from in Amirgadh and Danta Talukas of Banaskatha District
2014	Organized Sports Meet for Maheshwari Yuva Sangathan from 19 th – 20 th Dec.
2015	Organized Inter-Department Cricket Tournament of Gujarat Vidyapith on 14 th February

2015	Organized NSS Camp for Flood Relief Rescue camp Babapur, Amreli District from 17 th – 24 th July
2015	Organized “Educational and Administrative Seminar” of ‘Nai Talim Sangh’ & Gujarat Vidyapith for the Principals of ‘Ashram Shala’ and ‘Uttar Buniyadi Vidyalaya’ from 11 th – 13 th January

Other Work Experience:

- Program Officer and Coordinator of N.S.S. Camp.
- Coaching and Training Camp for Handball Team Every Year.
- Intramural Coordinator.
- Counselor in Essay Competition on “Life and Work of Shri Morarji Desai” 25th Sept. 2007
- An official in “Police Public Goodwill Sports Meet” Gandhinagar Range, Gandhinagar on 29th January 2008.
- An official in Special Olympics Bharat –Gujarat, 6th State Championship – 2010 from 2nd – 5th January 2010
- KVS Regional Athletics Meet – Technical Official from 22nd to 24th August 2013.
- Coach and Manager of Gujarat Vidyapith Inter-University Handball and Other Game Every Year.