

CURRICULUM VITAE



Full Name	Dr. Neeraj Silawat
Date of Birth	01/12/1975
Address Residential	Faculty of Physical Education & Sports Science, Gujarat Vidyapith, Sevak Niwas, Sadra, Ta. Dist. Gandhinagar
Current Position	Professor, Faculty of Physical Education and Sports Science, Gujarat Vidyapith, Sadra, Ta. Dist. Gandhinagar.
E-mail	niraj.silawat@gujaratvidyapith.org nsilawat77@gmail.com

Academic Qualifications:

Exam passed	Board/University	Subjects	Year	Division/ Grade/ Merit.
M.Sc. in Yoga	Jain Vishva Bharati Institute, Ladnu, Rajasthan	Yoga Education	2013	First Division
Ph.D.	Gujarat Vidyapith, Ahmedabad	Physical Education	2012	Awarded
M.Phil.	Vinayaka Missions University, Salem	Physical Education	2008	First Division
M.P.Ed.	D.A.V.V. Indore	Physical Education	1998	First Division Gold Medalist
B.P.E.	D.A.V.V. Indore	Physical Education	1996	First Division Gold Medalist

Area of Specialization: Exercise Physiology, Sports Medicine, Research Methodology
and Sports Injuries Management. Basketball
Badminton, Netball, Table Tennis, Korfball, Cricket

Awards, Honour and Achievement:

1. Achieved Indira Gandhi National Level Best program Officer in National Service Scheme NSS from Government of India received by Honorable President of India, New Delhi 2015-16
2. Achieved Best State Level Program Officer Award in National Services Scheme (NSS), Government of Gujarat, 2014 at H. N. G. University, Patan.
3. Achieved Best International Poster Presentation Award in 4th International Science Congress (ISC-2014), Organized by International Science Congress Association, 8th to 9th December, 2014 at Pacific University, Udaipur.
4. Achieved Best International Poster Presentation Award in 6th International Science Congress (ISC-2016), Organized by International Science Congress Association, 8th to 09th December, 2016 at Pune.
5. Achieved Gold medal in B.P.E. (Bachelor of Physical Education) in Devi Ahilya Vishwavidyalay, Indore, 1996
6. Achieved Gold medal in M.P.Ed. (Master of Physical Education) in Devi Ahilya Vishwavidyalay, Indore, 1998
7. Achieved Junior Research Fellowship (JRF) by University Grants Commission,

December, 1999

8. Cleared NET exam organized by University Grants Commission, June, 1999 and December, 1999
9. Achieved National Level Basketball Referee honour from Basketball Federation of India, 2001
10. Achieved First Position in 5000 m Run in the Athletics tournament which organized by Devi Ahilya Vishwavidyalay, Indore the Record was 17 minutes 13 seconds, 1994-95
11. Achieved Third Position in 12 km Cross- country Championship which organized by Devi Ahilya Vishwavidyalay, Indore the Record was 44 minutes 29 seconds, 1995-96
12. Achieved the honour of the captainship of the Devi Ahilya Vishwavidyalay Basketball Men team which was participated in west zone Basketball Championship, Mahrishi Dayanand Saraswati University, Ajmer, 1997-98

Research Guidance:

- Ph.D. Guidance (Awarded) : 04
- Ph.D. Guidance (ongoing) : 01
- M.P.Ed. : 41

Research Projects:

1. University Grant Commission Sponsored Minor Research Project (MRP)
Completed as Co-Investigator titled was “A Comparative Study of Hemoglobin and Body Composition of Sports Participated and Non-Sports Participated Adolescent Girls in Four District of Gujarat, India.” December 2013

2. 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”, 2017-2019
3. 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”, 2017-2019

List of Publications

Books Published : 05

1. Yoga Evam Yogasan. New Delhi: Shanti Prakashan, 2012. ISBN- 9789350700372.
2. Rules and Measurement of Sports & Games. (Co-Author). New Delhi: Shanti Prakashan, 2009. ISBN- 9788188652402.
3. “खेलकूद, नियम एवं मापतोल” शांति प्रकाशन, ISBN. 978-93-86444-00-4
4. “योग और योग के फायदे” शांति प्रकाशन, ISBN. 978-93-86444-99-8
5. “व्यायाम और योग क्रिया विज्ञान” सनराइज पब्लिशर्स एंड डिस्ट्रीब्यूटर, जयपुर, ISBN. 978-93-80207-88-9

Books Edited : 04

1. *Yoga, Health and Physical Education*, Standard 12th Text Book (Total 106 Pages)
Gujarat State Board of School Textbooks, Gandhinagar

2. *Yoga, Health and Physical Education*, Standard 11th Text Book (Total 128 Pages)
Gujarat State Board of School Textbooks, Gandhinagar
3. *Yoga, Health and Physical Education*, Standard 10th Text Book (Total 106 Pages)
Gujarat State Board of School Textbooks, Gandhinagar
4. *Yoga, Health and Physical Education*, Standard 9th Text Book (Total 128 Pages)
Gujarat State Board of School Textbooks, Gandhinagar

Papers Published : 38

1. “Loopholes and drawbacks in Physical Education and Sports that affect Indian Sports Performance”, International Level Journal, International Registered and Referralsod Monthly Journal, *Research Link*, Issue - 52, Vol. VII (5), PP. 122-123, ISSN No. 0973 – 1628, July 2008.
2. “A study of Psychological Factors, Anthropometric Measurement and Physical Fitness of Selected University Players in Gujarat”, International Level Journal, *Shodh Samiksha Aur Mulyakan*, Vol. II, Issue-6, PP. 853-855, ISSN No. 0974-2832, January – April 2009.
3. “Development and Promotion of Indigenous Sports and Activities in India”, International Level Journal, *Shodh Samiksha Aur Mulyakan*, Vol. II, Issue-5, PP. 541-542, ISSN No. 0974-2832, November – January 2009.
4. “Comparative Study of Eating Disorder between difference zones of India in Females Players of Basketball”, National level journal, *Wellness Journal of Health, Physical Education & Sports*. Vol. 1, No.2, PP. 19-23, July-December 2009. ISSN No. 0975-136X.
5. “Comparative study of Impact of Age on Physiological Variables, Body Composition and Blood Cholesterol in Selected Physical Education Professionals”, National Level Journal, *Journal of Exercise Science and Physiotherapy*, Vol. 5, PP. 62 65, 2009. ISSN No. 0973-2020.
6. “Comparative Study of Cardio-Vascular Endurance, Flexibility and Body Composition Parameters of Male Physical Education Teachers of Different District in Gujarat.” National Level Journal, *Journal*

of Exercise Science and Physiotherapy, Vol. 6 No. 2, PP. 91-94, 2010. ISSN No. 0973-2020.

7. "Parental Motives for Inspiring their Daughters in Basketball Game in Anand and Ahmedabad City." National Level Journal, Issue.2 Vol. 2, PP. 36-39, *Journal Advances in Development Research*, June 2010. ISSN No. 0976-4704.
8. "Parental Motives for Inspiring their children in Basketball Programme", National level journal, *Wellness Journal of Health, Physical Education & Sports*, Vol. 2, No.2, PP. 60-62, July-December 2010. ISSN No. 0975-136X.
9. "Parental Motives for inspiring their child to participate in different sports in Gujarat", International Level Journal, Refereed Research Journal – *International Journal of Physical Education, Sports and Yogic Sciences (IJPEYS)*, Volume-1, No. 4, PP. 78-80, August 2012. ISSN No. 2249-8575.
10. "Study of Effectiveness of Soccer Training Drill Programme on Physical Fitness", National level journal, *Wellness Journal of Health, Physical Education & Sports*, Volume-4 - No. 2, PP.30-32, July-December 2012. ISSN No. 0975-136X.
11. "A Study of Skipping and Step-up Training Effects on Abdominal and Leg Explosive Strength" National level journal, *Wellness Journal of Health, Physical Education & Sports*, Volume 4 - No. 1, PP. 52-55, January-June 2012. ISSN No. 0975-136X.
12. "A Comparative Study of Body Composition of Non-Sports Participated adolescent Girls in Four Districts of Gujarat" National level journal, *Wellness Journal of Health, Physical Education & Sports*, Volume-5 No. 2, PP.18-25, July-December 2013. ISSN No. 0975 - 136X.
13. "Comparative Study of Hemoglobin and Intelligence Quotient Level of Physical Education Students." International Level Journal, *Horizon Palacestra, International Journal of Health, Sports and Physical Education*, Vol. 02, No. 01, PP. 81-84, July 2013. ISSN No. 2278-2982.
14. "Comparative Study of Body Composition, Flexibility and Cardio-vascular Endurance of NSS Program Officers Of Different Region In Gujarat" National level journal, *Wellness Journal of Health, Physical Education & Sports*, Volume-5 No. 2, PP. 01-05, July-December 2013. ISSN No. 0975-136X.
15. "A comparative study of Hemoglobin of Sports Participated and Non Sport Participated adolescent girls in four District of Gujarat." National level journal, *Wellness Journal of Health, Physical Education & Sports*, Vol. 6 No. 1, PP. 18-21, January-July 2014. ISSN No. 0975-136X.

16. "The Effects of selected exercise on Anthropometric Measurement of Bharuch City Girls." International Level Journal, *International Registered and Referred Monthly Journal, Research Link*, Issue-118, Vol.-XII (11), PP. 11-13, January 2014. ISSN No. -0973 – 1628.
17. "Comparative Study of Body Composition, Vital Capacity and Hand Eye Coordination of University Level Kho-Kho and Kabaddi Players." International Level Journal, *International Registered and Referred Monthly Journal, Research Link*, Issue-119, Vol-XII (12), PP. 24 – 26, February 2014. ISSN No.-0973 – 1628.
18. "A Comparative Study of Hemoglobin of Sports Participated and Non- Sports Participated Adolescent Girls in for District of Gujarat (P. No. 18- 21)." *Wellness Journal of Health Physical Education and Sports*, ISSN No. 0975-136-X, (Peer-Reviewed Refereed Research Journal)
19. "Motives of girls students of high school for inspiring them to participate in sports in Tillore Khurd village." *Wellness Journal of Health Physical Education and Sports*, ISSN No. 0975-136-X, (Peer-Reviewed Refereed Research Journal)
20. "Study of Effects of Training Program of Yoga and Pranayam on Health Related Physical Fitness of Students." *Wellness Journal of Health Physical Education and Sports*, ISSN No. 0975-136-X, (Peer-Reviewed Refereed Research Journal)
21. "Comparative study of selected physiological variables of Kendriya Vidhyalay Sangthan School girls of Gandhinagar and Chandigadh" *SOHAM An International Multidisciplinary Peer reviewed research journal*, ISSN 2350-0697
22. "A comparative study of anxiety among Basketball Players of Jamnagar, Rajkot and Porbandar" *International Journal of Physical Education, Sports and Yogic Science*, ISSN No. 22498575, (Peer Review Research Journal)
23. "Parental Attitude towards Females Participation in Badminton games in Gandhinagar Disrtict." *Wellness Journal of Health Physical Education and Sports*, ISSN No. 0975-136-X, (Peer-

Reviewed Refereed Research Journal)

24. "Construction of knowledge test on official rules of badminton for physical education's students." *Research Analysis & Evaluation*, UGC Regd No 41022 Approved, Accepted & Listed by UGC (University Grant Commission-New Delhi, Impact Factor 4.99)
25. "Comparative Study of Body Composition and Physiological Variables Between Rural and Urban Areas Girls Students." *Research Analysis & Evaluation*, UGC Regd No 41022, Approved, Accepted & Listed by UGC (University Grant Commission-New Delhi, Impact Factor 4.99)
26. "Comparative Study of Self Confidence of University Player of Different Sports" *International Journal of Physical Education, Sports and Yogic Science*, ISSN No. 22498575 (Peer Review Research Journal)
27. "Study of Effects of Training Program of Yoga and Pranayam on Health Related Physical Fitness of Students" *Wellness Journal of Health, Physical Education & Sports*, ISSN – 0975-136X, Volume 8, No. 1, Jan. – June 2016
28. "Comparative Study of Attitude of Teachers Towards Yoga from Various Faculties of the Universities Located in Central Gujarat" International Indexed and Refereed Research Journal 'Shodh, Samiksha aur Mulyankan', UGC Approved and Listed 41004, Impact Factor – 5.901, ISSN-0974-2832, 2018
29. "Comparative Study of Attitudes of Arts & Physical Education Female Student Towards Community Service", An International Indexed, Refereed, Interdisciplinary, Multilingual Monthly Research Journal 'Research Analysis and Evaluation', UGC Approved and Listed 41022, Impact Factor – 6.315, ISSN-0975-3486, 2018
30. "A Study of Attitudes of Coaches of Inter University Level Towards Yoga" An International Indexed, Refereed, Interdisciplinary, Multilingual Monthly Research Journal 'Research Analysis and Evaluation', UGC Approved and Listed 41022, Impact Factor – 6.315, ISSN-0975-3486, 2018
31. "Comparative Study of Selected Physiological Variables of Kendriya Vidyalaya Sanghathan

School Girls Students of Gandhinagar and Chandigarh City” *An International Multidisciplinary Peer Reviewed Research Journal*, ISSN: 2350-0697, Impact Factor – 2.021

32. “Comparative Study of Anxiety Among Selected National Level School Boys Players of Volleyball, Kabaddi and Kho-Kho”, *Research Zone India*, 2319-8168, 2015, ISSN: 2319-8168
33. “Comparative Study of Anxiety Among Selected Inter University Male Players of Kabaddi, Volleyball and Basketball” *Research Zone India*, 2319-8168, 2015, ISSN: 2319-8168
34. “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
35. “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
36. “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
37. “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
38. “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, Training Camps, Symposia and Conferences: 28

1. 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.
2. 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.

3. Participated in National Seminar on **“Sports in the 21st Century.”** Organized by Government College of Arts, Science and Commerce & Directorate of Sports Government of Goa, 5th to 7th September 2002 at Khandola, Marcela, Goa.
4. Participated in National Workshop on **“Role of Scientific Research in Achieving Excellence in University Course.”** Sponsored by Association of Indian Universities, Organized by School of studies in Physical Education, Jiwaji University, 18th to 20th May 2005 at Gwalior, Madhya Pradesh.
5. Participated in National Workshop on **“Advance Computing Techniques in Physical Education and Research.”** Organized by B. N. College of Physical Education, Udaipur and Lakshmibai National Institute of Physical Education, Gwalior, 7th to 9th December 2006 at Udaipur, Rajasthan.
6. Participated in National Level Seminar on **"Physical Education, Yoga and Sports."** Organized by Charutar Vidya Mandals S. S. Patel College of Physical Education, 23rd & 24th September 2006 at Vallabh Vidyanagar, Anand, Gujarat.
7. 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 Sadra, Gandhinagar, Gujarat.
8. Participated in National Level Workshop on **"Data Analysis in Physical Education and Sports using SPSS."** Jointly Organized by Kumaun University, Nainital and Lakshmibai National University of Physical Education, Gwalior 8th to 10th July 2009 at Nainital, Uttarakhand.
9. 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."** Organized by Kadi Sarva Vishwavidyalaya, 28th & 29th March 2009, at Gandhinagar, Gujarat.
10. Participated in National Seminar on "Latest Trends in Research Methods Statistics and Use of Information and Communication Technology in Physical Education and Sports" & Presented a Research Paper on **"Comparative Study of Body Composition and Hemoglobin of 11th and 12th**

Class Student in Sadra." Organized by Charutar Vidya Mandals S. S. Patel College of Physical Education, 8th& 9th October 2009 at Vallabh Vidyanagar, Anand, Gujarat.

11. Participated in National Level Seminar on "Play and Education" & Presented a Research Paper on **"A Comparative Study of Intelligent Quotient of Male Basketball, 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.
12. Participated in Zonal Level Workshop on **"Training of Trainers on Social Harmony and National Unity Program."** Organized by Rajiv Gandhi National Institute of Youth Development, 19th to 23rd July 2010 at Ahmedabad, Gujarat.
13. Participated in NCTE National Workshop on **"Relevance and Efficacy of Nomenclatures of Different Courses in Physical Education, Offered in the Country."** Organized by Lakshmibai National University of Physical Education, 15th to 16th July 2011, at Gwalior, Madhya Pradesh.
14. Participated in State Level Workshop on **"Effects of Swarnim Gujarat Khel Mahakumbh on Games and Sports Activities of Gujarat."** Organized by Charutar Vidya Mandals S. S. Patel College of Physical Education, 5th February 2011 at Vallabh Vidyanagar, Anand, Gujarat.
15. Participated in National Level Training Workshop on **"Physical Education and Sports."** Organized by Swarnim Gujarat Sports University, Gandhinagar & National Council for Teacher Education, 23rd to 27th February 2013 at Gandhinagar, Gujarat.
16. Participated in Six day NSS Program officer Training Workshop Organized by Youth Program and sports ministry - empanelled training institute, National Service Scheme, Gujarat Vidyapith, 27th February to 05th March 2013 at Sadra, Gujarat.
17. 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.
18. 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.

19. Participated in 10 days Elementary Course of Snow Skiing and also Completed Leadership of the Gujarat NSS Group in Elementary Course of Snow Skiing, organized Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports, Manali, 24/01/2014 to 02/02/2014 at Manali (Himachal Pradesh).
20. 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.
21. Participated in National Conference on "Yog : An Integrative Life-Style" & Presented a Research Paper on **"Study of Effects of Yoga Training on Body Composition, Vital Capacity and Flexibility on Selected Revenue Talati in Gujarat State."** Organized by Department of Yoga, Gujarat Vidyapith, 20th to 22nd June 2015 at Ahmedabad, Gujarat.
22. Participated in West Zone Workshop on **"Considering NSS as an Elective Subject."** Organized by University of Mumbai, 6th& 7th June 2014 at Mumbai.
23. Participated in 1st State Level Seminar on **"Physical Education, Sports & Yogic Exercise."** Organized by Gujarat State University and Colleges Physical Education Teacher Association, 7th to 8th March 2009 at Ahmedabad, Gujarat.
24. Participated in State Level Seminar on **"Curriculum design in physical education."** Organized by M. D. S. S. Mahavidyalaya, Gujarat Vidyapith, 14th to 15th September 2009 at Sadra, Gandhinagar, Gujarat.
25. 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 Sadra, Gandhinagar, Gujarat.
26. Participated in "6th International Science Congress (ISC -2016) & 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, 2016 at Pune.
27. Participated in "7th International Science Congress (ISC -2017) & 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 2017 at Bhutan.

28. Participated in "8th International Science Congress (ISC -2017) & Presented a Research Paper on **"Comparative Study Of Psychological And -Motor Physical Fitness Components Between Selected National Level Basketball And Netball School Boys Players In Gujarat."** Organized by International Science Congress Association, 8th& 9th December 2018 at Ambala, Hariyana.

Seminars / Workshops / Training Camps/ Conferences Organised: 01

1. 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, Gujarat.

Lectures Delivered (National/ Local level Programmes): 10

1. Lecture Delivered in National Workshop on "Significance of the Physical Education and Sports in 21st Century" Organized by Kadi Sarva Vishwavidyalaya, 29-3-2009 at Gandhinagar, Gujarat.
2. Lecture Delivered in 6th Refresher Course in Environmental Science on "Physical Education in 21st Century", 7-7-2011, Organized by Department of Botany, University School of Science, Gujarat University, Ahmedabad.
3. 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 Ane Uchhatar Madhyamik Shala Vyayam Mandal, Amreli.
4. 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.

5. Key Lecture Delivered in Sharirik Shikshan, Shaikshanik Sajjata ane 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.
6. Lecture Delivered in Seminar of Physical Education Teachers on "Present and Future of Physical Education and Sports" 25-02-2009. Organized by H.N.G.University, Patan.
7. 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.
8. 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 Mandals S. S. Patel College of Physical Education, Vallabh Vidyanagar, Anand, Gujarat.
9. Key Lecture Delivered in New Concept of Physical Education and Yog Seminar on "Importance of Physical Education and Sports in 21st Century" 30-7-2011. Organized by Banaskantha Jilla Madhyamik Uchatar Madhyamik Shala Vyayam Mandal, Ambaji.
10. Key Lecture Delivered in Physical Education Teacher Seminar on "Fitness and Wellness" 13-12-2015. Organized by Banaskantha Jilla Madhyamik Uchatar Madhyamik Shala Vyayam Mandal, Ambaji.

Committee Member:

1. Member of Selection Committee for Part Time Yoga Teacher in Somnath Sanskrit University, Veraval, 24-11-2009.
2. Member of Curriculum Design Committee for Yoga Education, Somnath Sanskrit University, Veraval, 19-2-2010.
3. Member of Selection Committee for Coaches in Kendriya Vidhyalaya No.3 Army Cant, Gandhinagar, 2010
4. Member of Selection Committee for Part Time Yoga Teacher in Somnath Sanskrit University, Veraval, 28-1-2011.

5. Member of Curriculum Design Committee for 1 to 8 Standard, DIET, Gandhinagar 11- 4-2011 to 12-4-2011.
6. Member of Selection Committee for Coaches in Kendriya Vidhyalaya No.3 Army Cant, Gandhinagar, 2011.
7. Member of Selection Committee for Coaches in Kendriya Vidhyalaya, Sector-30, Gandhinagar, 2011.
8. Member of Selection Committee for Coaches in Kendriya Vidhyalaya No.3 Army Cant, Gandhinagar, 2012.
9. Member of Referee Board in Basketball Federation of India.
10. Member of Referee Board in Gujarat Basketball Association.
11. Member in Board of Referee in *International Journal of Health, Sports and Physical Education* HORIZON PALASTRA, ISSN No. 2278-2982.
12. Member in Board of Editorial in *Journal of Advances in Developmental Research*, ISSN No. 0976-4707.
13. Member in Board of Referee in *International Journal of Physical Education, Sports and Yogic Sciences (IJPEYS)*, ISSN No. 2249-8575.
14. Member in Board of Referee in *WELNESS Journal of Health, Physical Education, Sports*, ISSN No. 0975-136X.
15. Member of NAAC Preparation Committee, Gujarat Vidyapith, Ahmedabad, 2014.
16. Member of API-PBAS Committee, Gujarat Vidyapith, Ahmedabad, 2014.
17. Member of BPES Curriculum Committee, Swarnim Gujarat Sports University, Gandhinagar

Administrative Work:

1. Served as Program Officer in National Services Scheme (NSS), Mahadev Desai Sharirik Shikshan Mahavidhyalay, Gujarat Vidyapith, Sadra, since 2013.

Examinership :

1. Examiner in Theoretical and Practical Exam, Devi Ahilya Vishva Vidyalaya, Indore.

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, South Gujarat Surat University, Surat.
8. Examiner in Theoretical and Practical Exam, Kadi Sarva Vishwavidyalaya.
9. Examiner in Theoretical and Practical Exam, JNV University, Jodhpur
10. Examiner in Theoretical and Practical Exam, ISIS University Jaipur.
11. Examiner in Theoretical and Practical Exam, Bhopal University. Udaipur
12. Examiner in Theoretical and Practical Exam, Pacific University. Udaipur

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 which organized by Pandit Dindayal Parvatarohan Kendra, Junagadh, from 22-12-2009 to 31-12-2009.
3. Organized UGC Sponsored Border Awareness Program "Aapni Sarhad Olkho" for Student from 18-1-2010 to 28-1-2010.
4. Organized UGC Sponsored Program "Cycle Yatra for Peace and Harmony" with 30 Students from Ahmedabad to Gandhikaba ka Dela, Rajkot, 24-09-2011 to 30-09-2011.
5. Organized Environment Awareness Programme with the Help of Prasaran Vibhag, Gujarat Van Sanshodhan Sankul, 12-09-2013 to 13-09-2013.
6. 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.

7. 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.
8. Organized 101 bottled blood donation camp as PO in NSS Unit with the help of Civil Hospital, Ahmedabad, 21/03/2012 at Sadra.
9. Organized 108 bottled blood donation camp as PO in NSS Unit with the help of Civil Hospital, Gandhinagar, 01/01/2013 at Sadra.
10. Organized Thalassemia Prevention Program for 148 students as PO in NSS Unit with the help of Indian Red cross Society- Gujarat State Branch, 02/01/2013 at Sadra.
11. Served as a Leader in Basic Mountaineering Course for Students, "SAHAS SHIBIR" Jointly Organized by Youth Affair and Cultural Ministry, Gujarat Government and Gujarat Vidyapith, Ahmedabad from 20-12-2014 to 29-12-2014.
12. Served as a Leader in Basic Mountaineering Course for Students, "SAHAS SHIBIR" Jointly Organized by Youth Affair and Cultural Ministry, Gujarat Government and Gujarat Vidyapith, Ahmedabad from 17-1-2015 to 26-1-2015.
13. Organized Forest and environment awareness Program as PO in NSS Unit with the help of Forest Department Gujarat State, Gandhinagar, 11/07/2013 to 12/07/2013 at Vijaynagar.
14. Organized Many Blood Donation Programs, Medical Checkup Programs, Environment Awareness Programs, Aids Awareness Programs, Thelasemia Prevention Programs, Sports & Physical Activity Awareness Programs, Health Awareness Programs, Vyasankmukti Programs, Saksharta Programs, Plantation Programs and Cleaning Programs with NSS Volunteers in Sadra, Motipura, Kalyanpura and Madhavgad Village.

Other Work Experience:

1. Officiating Experience as BFI Referee in Senior National Basketball Championship, 2008 Organized by Gujarat Basketball Association from 31-12-2008 to 7-1-2009 held at Surat.

2. Officiating Experience as BFI Referee in Federation Cup Basketball Championship, 2005 Organized by Gujarat Basketball Association from 15-02-2005 to 19-2-2005 held at Bhavnagar.
3. Officiating Experience as BFI Referee in All India Civil Service Basketball Tournament, 2010 Organized by Gujarat Basketball Association from 26-10-2010 to 29-10-2010 held at Bhavnagar.
4. Officiating Experience as BFI Referee in Youth National Basketball Championship 2001 Organized by Madhya Pradesh Basketball Association from 14-10-2001 to 20-10-2001 held at Indore.
5. Member of Student Council, University Teaching Department, D.A.V.V., Indore. 1997-98.
6. Represented Devi Ahilya University Basketball team in All India Inter University Basketball Championship, 1995-96, Pant Nagar, Nanital.
7. Represented Devi Ahilya University Cross Country team in All India Inter University Cross Country Championship, 1992-93, Hissar, Haryana.
8. Represented Devi Ahilya University Cross Country team in All India Inter University Cross Country Championship, 1995-96, Ahmedabad.
9. Captain of Devi Ahilya University Basketball Team in West Zone Basketball Championship in 1997-98, Ajmer.
10. Represented Devi Ahilya University Athletics Team in Inter University Madhya Pradesh State Championship in 1995-96, Jabalpur.
11. Represented Devi Ahilya University Basketball team in Inter State University Championship, 1991-92, Jaora, Ratlam.
12. Represented Devi Ahilya University Basketball team in West Zone Basketball Championship in 1993-94, 1994-95 at Nagpur, Gwalior.
13. Represented Devi Ahilya University Basketball team in West Zone Basketball Championship in 1995-96 at Indore.
14. Represented Indore District Basketball Team in Junior State Basketball Championship in 1993-94, 1994-95 and 1996-97.

15. Winning member of Indore District Basketball Team in Junior State Basketball Championship in 1995-96, Indore.
16. Represented Indore District Basketball Team in Youth State Basketball Championship in 1992-93, 1993-94, 1994-95 and 1995-96.
17. First place in 5000 meter run in Inter Collegiate Athletic Championship in 1995-96.
18. IIIrd place in Intercollegiate Cross Country Championship of D.A.V.V. in 1995-96.
19. Captain of University Teaching Department, Indore Basketball Team in 1995-96, 1997-98.
20. Represented University Teaching Department, Indore Basketball Team in 1992-93, 1993-94, 1994-95, 1996-97.
21. Represented University Teaching Department, Indore Cross Country Championship in 1993-94, 1994-95, 1995-96.
22. Represented University Teaching Department, Indore Athletics Team in 1993-94, 1994-95, 1995-96.
23. Represented University Teaching Department, Indore Handball Team in 1993-94, 1994-95.