

Curriculum Vitae



Full Name	Dr. Nimeshkumar Dhansukhbhai Chaudhari
Date of Birth	21/05/79
Age	39
Address Residential	B-29, Akshar Bunglow, Chiloda, Ta. Dist. Gandhinagar.
Current Position	Assistant Professor, Gujarat Vidyapith, Ahmedabad Faculty of Physical Education & Sports Science, At. Sadra, Dist. Gandhinagar. St. Gujarat. India Pin No. 382320
E-mail	chaudharinimesh@gmail.com chaudharinimesh@gujaratvidyapith.org

Academic Qualifications

Exam passed	Board/University	Subjects	Year	Division/ Grade/ Merit.
B.P.E	Gujarat Vidyapith, Ahmedabad	Physical Education	April-2001	(First) 69.75%
M.P.E	Gujarat Vidyapith, Ahmedabad	Physical Education	April-2003	(First) 69.04%
M.Phil	Gujarat Vidyapith, Ahmedabad	Physical Education	November-2010	(Distinction) 70.00%
Ph.D	Hemchandracharya North Gujarat University, Patan. Gujarat	Physical Education	09, September, 2014	

Research Experience

Sr.	Year	Name of the Degree	Name of University and Department	Title
1	April, 2003	M.P.E	Gujarat Vidyapith, Ahmedabad	A Study of Physiological Variables on Science Stream Students of Mahadev Desai Gram Seva Mahavidyalaya run by Gujarat Vidyapith.
2	November, 2010	M.Phil	Gujarat Vidyapith, Ahmedabad	A Study of Mental health among college Boys & Girls Students
3	September, 2014	Ph.D	Hemchandracharya North Gujarat University, Patan. Gujarat	Effect of Plyometric and Resistance Training on Blood Profiles and Motor Fitness Components.
4	March, 2018	Research Project	Government Of Gujarat, Tribal Development Department, (Tribal Research Insitute & Training, Gujarat Vidyapith, Ahmedabad)	Gujarat State Tribal Traditional Game

Contribution to Teaching

Theoretical Subjects:

Subject Taught (Theoretical)	Course Name	Name of University / College Institution	Duration
Anatomy and Physiology,	B.P.E.	Faculty of Physical Education & Sports Science	Since 2005 till now
Health Education and Sports Theory	B.P.E.	Faculty of Physical Education & Sports Science	Since 2005 till now
Anatomy and Physiology,	B.P.Ed.	Faculty of Physical Education & Sports Science	Since 2005 till now
Health Education	B.P.Ed.	Faculty of Physical Education & Sports Science	Since 2005 till now
Health Education	M.P.Ed	Faculty of Physical Education & Sports Science	Since 2005 till now
Health Education and Research Methodology	M.P.E.S	Faculty of Physical Education & Sports Science	Since 2017 till now
Research Methodology & Statistics In Physical Education	M.Phil	Faculty of Physical Education & Sports Science	Since 2015 till now
Research Methodology & Statistics In Physical Education	Ph.D	Faculty of Physical Education & Sports Science	Since 2015 till now

Practical Subjects:

Subject Taught (Practical)	Course Name	Name of University / College Institution	Duration
Volleyball	B.P.E.	Faculty of Physical Education & Sports Science	Since 2005 till now
Gymnastics	B.P.E.	Faculty of Physical Education & Sports Science	Since 2005 till now
Athletics	B.P.E.	Faculty of Physical Education & Sports Science	Since 2005 till now
Volleyball	B.P.Ed.	Faculty of Physical Education & Sports Science	Since 2005 till now
Yoga	B.P.Ed.	Faculty of Physical Education & Sports Science	Since 2005 till now
Volleyball	M.P.Ed.	Faculty of Physical Education & Sports Science	Since 2005 till now

Area of Specialization**(Theoretical)**

1. Anatomy and Physiology.
2. Health Education.
3. Research Methodology & Statistics in Physical Education

(Practical)

1. Volleyball
2. Athletics
3. Gymnastics
4. Yoga

Academic Programme and Courses Evolved

1. M. Phil. Research Methodology & Statistics in Physical Education, 2015.
2. M.P.Ed. Health Education in Physical Education, 2005.
3. B.P.Ed. Anatomy and Physiology, 2005
4. B.P.Ed. Health Education in Physical Education, 2005.
5. B.P.E. Anatomy and Physiology, 2005.
6. B.P.E. Health Education in Physical Education, 2005.

Involvement in Institute Development**Involvement in Institute Development:**

1. Involved in the UG and PG programmes in the Department of Physical Education.
2. Research & Extension
3. Development of All Sports and Game Grounds
4. Development of Research Laboratory
5. Development of Library
6. Development of Sports Equipment
7. Development of Classrooms Teaching Equipment
8. Development of Indoor Hall and Gym Equipment

Research Guidance

- Ph.D. Awarded: **01**
- Ph.D Guidance (ongoing): **02**
- M.Phil, Awarded: **01**
- M.Phil, Awarded (ongoing): **00**
- M.P.Ed Awarded: **31 Scholar (2005 to 2019)**

Journal Editorial Board Members & Committee Member

- (1) **(Assistant Editor), International Journal of Yoga, Phyiotherapy and Physical Education**, UGC Approved Journal, ISSN: 2456-5067.
- (2) **(Assistant Editor), International Journal of Physical Education, Sports and Health**, Impact Factor (RJIF): 5:38, P-ISSN:2394-1685, E-ISSN: 2394-1693.
- (3) **(Review Member ID: 114567), Journal of Emerging Technology and Innovative Research**, An International Peer Reviewed Journal, ISSN 2349-5162, Impact Factor 5.87.
- (4) **(PEER REVIEWED COMMITTEE), Hemchandracharya International E Journal Of Research**, ISSN 2456–558X.
- (5) **(PEER REVIEWED COMMITTEE MEMBER), Shanti E Journal of Research – A peer Reviewed and Refereed Journal** ISSN 2278-4381
- (6) **Gujarat Vidyapith Ahmedabad** Scheduled Castes (SC) & Scheduled Tribes (ST) Member from 01/05/2016 to 30/06/2019
- (7) **Research Syllabus curriculum & Research Progress Monitoring Committee** of M. phil, Ph.D Physical Education of **Raksha Shakti University, LAVAD Campus, At Lavad, Ta. Dahegam, Dist. Gandhinagar.**

List of Publications

Papers Published : 33

1. Yoga for Back and Knee Pain, *National Level Vyayam Vigyan, Hanuman Vyayam Pracharam Mandal, Amravati*, ISSN No. -0973 – 1628, Nov-2008.

2. Critical Reflection on Psychological Status of College Female Students During Menstrual Cycle, *International Level Indian Journal of Exercise & Sport Science and Physical Education*, Visva Bharati University, Santiniketan, West Bengal. ISSN NO. 0975-265X, November-2008.
3. Educational Technology and Classroom Management, *National level Jansaksharata Journal*, State Resources Centre for Adult Education, Bhartiya Gramin Mahila Sangh, INDORE (M.P) September- 2009.
4. Indigence Activity "Callisthenic", *Ramat Jagat, National Level Monthly Journal*, Gandhinagar, ISSN NO. 2250-1428, March-2010.
5. Declaration of United National Indian, Date 20/11/1958, *Ramat Jagat, National Level Monthly Journal*, Gandhinagar, ISSN NO. 2250-1428, September -2010.
6. Edicational Stress among Private School & Government School Students, *Health and Physical Education A Bi- Annual Professional Journal*, Tribhuvan University P.N Campus, Pokhara, Nepal. October 2009- September 2010.
7. Effect of Altitude Training on Oxygen Saturation, *International Level AMASS Multi Discipline Research Journal*, Varanashi.(U.P), ISSN 0975- 3966. May-June 2010.
8. Analysis of Sports Competition anxiety Between male Handball and Volleyball Players, *International Level Indian Journal of Exercise & Sport Science and Physical Education*, Visva Bharati University, Santiniketan, West Bengal. ISSN NO. 0975-265X, 2011.
9. Comparative Study of Body Composition, Flexibility and Muscular Endurance Between Volleyball & Handball Players, *Ramat Jagat, National Level Monthly Journal*, Gandhinagar, ISSN NO. 2250-1428, July- 2012.
10. The Effect of a Fitness Programme On the Health Related Fitness of the Primary School Teachers, *Ramat Jagat, National Level Monthly Journal*, Gandhinagar, ISSN NO. 2250-1428, September- 2012.
11. Evaluation of the Body Proportions of Gujarat State Volleyball Players, *International Level (HESMA) A Research Journal of Health Education, Social Science Medical & All Objective Subjects*, Gandhinagar, ISSN NO. 2319-5959, Oct- December, 2012.
12. Effects of Selected Asanas and Pranayamas on Physiological Variables on the students, *Refereed Research Journal, International Journal of Physical education Hind Medical Research Institute*, Muzaffaranagar (U.P) ISSN No. 0974-2638, October- 2012.
13. Effect of Selected Pilates Exercises on Body Composition Percentage of Obese People, *International Level Research Zone India (A Journal of Multi Disciplines)*, Bhavanagar, ISSN No. 2319-8168, June, 2014.
14. Effect of Socio- Economic Status and Anxiety on Performance of Physical Education Students, *International Journal of Health, Physical Education and Computer Science in Sports*, Osmania University, Hyderabad, Telangana, Volume 15-1, 2231-3265. August- 2014.
15. Effect of Selected Yogic Practices on Physical Variables among College Male Students, *"Vyayam Setu" Biannual Multilingual International Journal of Physical*

Education and Sports Sciences, Swarnim Gujarat Sports University, Gandhinagar. ISSN NO. 2349-3992, December 2014.

16. Effect of Resistance and Endurance Training on Leg Strength and Cardio-respiratory Endurance, *International Level Research Zone India (A Journal of Multi Disciplines)*, Bhavanagar, ISSN No. 2319-8168, December, 2014.
17. Effectiveness of Biofeedback and Autoignition Training on Reaction and Co-ordination Time of Volleyball and Handball Player, *International Journal Engineering Research & Sports Sciece (A Multi-Disciplinary Double- Peer Review International Journal)*, IJERSS got 0.621 Impact Factor evaluated by ISRA: JIF, Acharya Nagarjuna University, Guntur, Volume-II, ISSUE-II, ISSN; 2348-2400, February- 2015.
18. A Comparative Study to Examine the Emotional Maturity among the Trainees of B.P.E and B.P.Ed. *International Level Vidyapith Journal*, Gujarat Vidyapith, Ashram Road, Amedabad, Gujarat. ISSN No. 0976-5794, January – March, 2015.
19. Combined Effect of Strength and Plyometric Training Programme on Upper and Lower Body Strength of Male Kabaddi Plyers. *International Level An Indexed Refereed Journal of Higher Education TOWARDS EXCELLENCE UGC-Academic Staff College*, Gujarat University, Ahmedabad, Gujarat, India, ISSN No. 0974-035X. Oct. 2014 Vol.6, Issue No. 2.
20. A Comparative study of Motor Fitness components of Football and Hockey Players *NAPeSS Journal of Physical Education and Sports Science*, Warangal, ISSN 2229-7049, VOLUME-1, 2016.
21. Effect of Asana Exercise Training Program on Physiological Variables of Physical Education Students, *Shanti E Journal Of Research Most Referred & Peer Reviewed Multi-Disciplinary*, Shanti Prakashan, Rohtak, Haryana. December 2016, Volume-5 ISSUE-20, ISSN: 2278-4381.
22. A Comparative Study of Emotional Maturity of Players Performing High Level and Low Level Performance in Boxing Tournament, *Shanti E Journal Of Research Most Referred & Peer Reviewed Multi-Disciplinary*, Shanti Prakashan, Rohtak, Haryana. December 2017, Volume-6 ISSUE-21, ISSN: 2278-4381.
23. Effect of Resistance Training on Motor Fitness Components. *International Level Research Zone India (A Journal of Multi Disciplines)*, Bhavanagar, Vol.:5, April-May- Jun 2017, Issue: 3, ISSN No. 2319-8168.
24. Effect of Fartlek training on Speed and Cardio-respiratory Endurance of University men Students *International Level An Indexed, Refereed & Peer Reviewed Journal, International Journal of Physicology, Nutrition and Physicl Education*, (Impact Factor (RJIF) : 5.43, Index for Jan- Jun, 2017 (Vol-2, Issue-I), ISSN: 2456-0057.
25. Effect of Yogic Asanas on Physical Fitness of College Level Physical Education Student in Relation to Sports Performance, *UGC Approved International Level An International Quarterly Referred Journal, Research Zone India (A Journal of Multi Disciplines)*, Bhavanagar, Vol.:5, July- Aug- Sept : 2017, Issue:4, ISSN No. 2319-8168.
26. “PRAYER” *International Level An Indexed Refereed Journal of Higher Education TOWARDS EXCELLENCE UGC-Academic Staff College*, Gujarat University, Ahmedabad, Gujarat, India, ISSN No. 0974-035X. July, 2017. VOL.9. ISSUE NO. 2
27. A comparison study mental toughness and self Confidence between bachelors of Physical education & sports and Bachelor of Arts students *International Journal of*

Basic and Advance Research ISSN 2454-4639 (P) 2456-1372 (O), Published: 30 April 2018. Impact Factor 5.825.

28. An analysis of self-concept and anxiety among Volleyball and Handball players *International Journal of Physiology, Nutrition and Physical Education*; Vo, 3 Issue 2: Page No. 668-670, ISSN: 2456-0057, July 2018. Impact Factor 5.43.
29. A Comparative Study of Explosive Strength and Speed Variables of School Level Volleyball Players of Urban and Rural Area of Gandhinagar *International Journal of Science and Research (IJSR)* ISSN: 2319-7064, Volume 7 Issue 10, October 2018. Impact Factor 7.26.
30. Effect of Pranayama and Suryanamaskar training on Breath Holding Time and Cardiovascular Endurance of male Students, *Journal of Emerging Technology and Innovative Research, (An International Peer Reviewed Journal)*, ISSN 2349-5162, Volume-6, Issue-4, April- 2019. Impact Factor 5.87.
31. Effect of Nadishodhan Pranayama and Bhastrika Pranayama Training on Psychological Variables Anxiety & Self - Confidence of Agriculture School Students, *Journal of Emerging Technology and Innovative Research, (An International Peer Reviewed Journal)*, ISSN 2349-5162, Volume-6, Issue-4, April- 2019. UGC & ISSN Approved and Impact Factor. 5.87.
32. Personality of University Kho-Kho Players: A Comparative Study, *IJRAR – International Journal of Research and Analytical Reviews*, E-ISSN 2348-1269, P-ISSN 2349-5138, Volume 6, Issue 2, May 2019. UGC & ISSN Approved and Impact Factor. 5.75.
33. “Two Best Friends Mind and Breath” *International Level An Indexed Refereed Journal of Higher Education TOWARDS EXCELLENCE UGC-Academic Staff College, Gujarat University, Ahmedabad, Gujarat, India*, ISSN No. 0974-035X. Dec, 2018. VOL.10. ISSUE NO. 3.

Papers Published Proceedings & Books

Papers Published : 06

1. A Comparative Study of arm Length of High and Low Level Performance of Volleyball Players of Gujarat, *Proceedings International Conference on Physical and Sports Sciences*, Manipal University, Under the Aegis of NAPESS, January-2014.
2. “A Comparative Study of Mental Health and Intelligence Quotient of urban and rural Secondary School Students of South Gujarat”, *Tribal Society Book Chapter No 24.*, Public in Akshar Book Agency, Ahmedabad, Edition Year 2017-2018, ISBN 978-93-86522-05-4.
3. “Effect of Sand Running on Cardiorespiratory Endurance of University Men Students” *Life Style Management & Wellness Through Physical Education & Sports Book Chapter- 3*, Public in Akshar Book Agency, Ahmedabad, Edition Year 2017, ISBN 978-93-86522-07-8.
4. Effect of Plyometric Exercises on Leg Strength and Abdominal Strength of Handball Players, “*Modern Trends in Physical Education, Sports and Yogic Science Book Chapter- 25*” Public in Akshar Book Agency, Ahmedabad, Edition Year 2018, ISBN 978-93-86640-09-3.
5. Yoga ane Aerobic Kashrato ni Swasthy Sambandhit Yogyta Upar Thati asro no

- Abhyas, Promotin of Physical Education, Sports Science and Sports Management with Multi-Disciplinary Subject, Chapter- 6 Public in Akshar Book Agency, Ahmedabad, Edition Year 2019, ISBN 978-93-86640-70-3.
6. A Comparative study of Cardiovascular Fitness between Athletes and Non-Athletes College male Students, "*Innovative Perspectives on Body, Mind & Soul Book Chapter- 25*" Public in Akshar Book Agency, Ahmedabad, Edition Year 2019, ISBN 978-93-86640-66-6.

Participation in Seminars, Conferences, Workshops and Training Programs at State, National & International Level

Seminars:

1. Participated in **National Level Seminar** on "Physical Education, Yoga and Sports" Organized by Charutar Vidya Mandals S. S. Patel College of Physical Education, Presented A Research Paper "Posture Education" 23rd & 24th September, 2006 at Vallabh Vidyanagar, Anand, Gujarat.
2. Participated in **National Level Seminar** Sports Semainal & Meditation Retreat on "Excellence in Sports through Spirituality" organised by Sports wing of Rajyoga Education & Research Foundation, Brahma Kumaris Academy for a Better World, Gyan Sarovar, Mount Abu, Rajasthan from 18th to 21st July, 2006.
3. Participated in **National Level Seminar** on Statistics Techniques in Research & Presented A Research Paper "Research in Physical Education", Sadra, 5-7 September, 2008.
4. Participated in **U.G.C Sponsored 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 Sadara, Gandhinagar, Gujarat.
5. Participated in **UGC Sponsored National Seminar** on Yoga Education and Personality Development, Presented A Research Paper "Need of Latest Trends & Developments in Profession of Yoga Teachers", Kapadwanj, Gujarat, 21 to 22nd September, 2012.
6. Participated in **U.G.C Sponsored National Seminar** on Health Yoga and Adopted Physical Education in various Disabilities & Presented A Research Paper, " Effect of selected Pilates Exercises on Body Composition Percentage of obese People", Ahmedabad Gujarat, 18 to 19th February, 2013.
7. Participated in **State Level Seminar** on Modern Trends in Physical Education and Sports & Presented a Paper "Volleyball Rules", Sadra, Gujarat, 28 February to 2nd March, 2014.
8. Participated in **National Level Seminar** on 'Tribal Society' Presented a Paper "A Comparative Study of Mental Health and Intelligency Qustient of urban and rural Secondary School Students of South Gujarat" Tribal Research and Training centre Gujarat Vidyapith Ahmedabad. 14 February, 2016.
9. Participated in **National Seminar** on Life Style Management & Wellness Through Phsical Education & Sports Presented a paper "Effect of Sand Running on Cardiorespiratory Endurance of University Men Students" Shri Naroda Kelavani Mandal, Smt. A.P Patel & Late Shree N.P. Patel Commerce

- College, hree Prahladbhai Kashidas Patel Vidhya Sankul, Naroda, Ahmedabad-382320 on 28th February, 2017.
10. Participated in **National Seminar** on Physical Education Promotion of Physical Education, Sports Management & Sports Science Presented a paper “Yoga ane Aerobic Kashrato ni Swasthy Sambandhit Yogya Upar Thati asro no Abhyas” Shri Naroda Kelavani Mandal, Smt. A.P Patel & Late Shree N.P. Patel Commerce College, hree Prahladbhai Kashidas Patel Vidhya Sankul, Naroda, Ahmedabad & Gujrat Sahitya Academy Jointy Organize-382320 on 04th January, 2019.
 11. Participated in **National Seminar** on Modern Trends In Yoga, Physical Education, Sports Sciences and Sports Management Presented a paper “Effect of yogasana training on speed”, Organized by Uttar Gujarat College – University Sharirik Shikshan Adhyapak Kalyan Mandal, Under the aegis of Gujarat State University & College physical Education Teachers’ Association, held at Ambaji, Gujarat during 5-6, April, 2019.

Conferences:

1. Participated in **State Level Conference** on Sports Management, The Confernce is organised by the Sheth Purshottamdas Thakurdas Mahila College of arts & Home Science and Vanita Vishram Women's College of Commerce, Surat in collaboration with S.N.D.T. Women's University Mumbai Department of Physical Education, 29th August, 2004.
2. Participated in **National Conference** on Relevance of Yoga in Twenty first Century, Presented A Research Paper “Importance of Yoga in 21st Century” at Gujarat Vidyapith, Ahmedabad, Gujarat. 16th to 17th March, 2007.
3. Participated in **National Conference** on Naturopathy & Yog, International Naturopathy Organisation, Surya Foundation, Maninagar, Ahmedabad, Gujarat. 19-20 December, 2009
4. Participated in **International Conference** on Physical Education and Sports Sciences & Presented A Research Paper, “Analysis of sports Competition anxiety between inter moral tournaments boys handball & Volleyball Players”, GOA, 25 to 27th February, 2011.
5. Participated in **International Conference** on Physical Education and Sports Sciences & Presented A Research Paper “A Comparative Study of arm Length of High and Low Level Performance of Volleyball Players of Gujarat,” Manipal, Karnataka. 9 to 11th January, 2014.
6. Participated in **International Conference** on Sports and Physical Education & Presented A Research Paper “Effect of Socio-Economic status and Anxiety on performance of Physical Education”, Osmania University, Hyderabad, Telangana. 8 to 10th August, 2014.
7. Participated in **National Conference** on “Yog: An Integrative Life-Style” & Presented a Research Paper on “Effects of Pranayamas on selected Physiological Variables of College Students”, Organized by Department of Yoga, Gujarat Vidyapith, 20th to 22nd June, 2015 at Ahmedabad, Gujarat.
8. Participated in **International Conference** on “Physical Education & Sports Sciences”& Presented a Research Paper on A Comparative study of Motor

Fitness components of Football and Hockey Players S.V.'S Sridora Caculo College of Commerce & Management Studies, From 2nd to 4th June 2016, Mapusa, Goa.

9. Participated in **International Conference** on UGC Sponsored International Conference on “Modern Trends in Physical Education, Sports and Yogic Science” Presented a Research Paper on Effect of Plyometric Exercises on Leg Strength and Abdominal Strength of Handball Players, Shri Naroda Kelavani Mandal, Smt. A.P Patel & Late Shree N.P. Patel Commerce College, shree Prahladbhai Kashidas Patel Vidhya Sankul, Naroda, Gujarat State University & College Physical education Teacher’s Association & Gujarat University, Ahmedabad, January 8- 10, 2018.
10. Participated in **“International Conference** at Mount Abu (Rajasthan) Innovative Perspectives on Body, Mind & Soul “A Comparative study of Cardiovascular Fitness between Athletes and Non-Athletes College male Students”, GLS (Sadguna & B.D) College for Girls and Gujarat State University & College Physical education College Teacher’s Association, & Gujarat University, Ahmedabad, 1st to 3rd March, 2019.

Workshops:

1. Participated in **National Level** “Research Workshop on Statistics & Computer Application” Date 18-20 january, 2007 organised by Lakshmibi National Institute of Physical Education, Gwalior (M.P) & Sh. Madhaorao Wankhade Sharirik Shikshan Mahavidyalaya, Kamptee, Dist. Nagpur, (M.S)
2. Participated in **National Level** Workshop on “Job Prospective for Physical Education in Different Areas in Modern Society” Organised by Charutar Vidya Mandal's S.S.Patel College of Physical Education, Vallabh Vidyanagar 13th September, 2008.
3. Participated as a Expert in **State Level** Workshop on Restructured of Physical Education Curriculum, Gujarat Vidyapith, M.D Sharirik Shikshan Mahavidyalaya, At Sadra, 14-15th September, 2009.
4. Participated in **National Level** “Faculty Development Programme on Research Analysis with SPSS” Organized by S.K. College of Business Management, Hemachandracharya North Gujarat University, Patan From 31st July to 2nd August, 2011.
5. Participated as a Expert in **State Level** Workshop on G.C.E.R.T New Norms and Standard & new Book in physical Education 1 to 8 Standard , Gujarat Vidyapith, M.D Sharirik Shikshan Mahavidyalaya, At Sadra , Gujarat.16-9-2011
6. Participated in **National Level** Workshop for “Physical Educationalist on use of Computer Application in Research” Jointly Organized by Swarnim Gujarat Sports University, Gandhinagar & H.L.College of Commerce, Frome 16th to 22nd December, 2014.
7. Participated in **National Level** Workshop on “Teacher Education Regulation 2014, Norms and Standard and New Carriculum Frameworks” Organized by Swarnim Gujarat Sports University, Gandhinagar in Collaboration with National Council for Teacher Education, New Delhi (NCTE) from 1st to 2nd March, 2015.

Training Program (Orientation Programme, Refresher Course):

1. Participated in **State Level** Training program For” Environmental Study” organized by Forest Research Department of Gujarat, Gandhinager, during 2 to 3 February, 2009.
2. Participated in **State Level** Training program for “Sociology of Disaster Management” Gujarat Institute of Disaster Management, Raisan, Gandhinagar during 18-22 November 2013.
3. Participated in **Orientation Programme** Sponsored by UGC- ASC Academic Staff College, Gujarat University Campus, Navarangpura, AHMEDABAD-380 009 (Gujarat)
4. Participated in **Refresher Course** in ‘Education Psychology’ (inter Disci) UGC- ASC Smt. C.R Gardi Academic Staff College, Saurashtra University, Rajkot, From 24/08/2009 to 13/09/2009.
5. Participated in **Refresher Course** in ‘Environmental Studies’ from 12/08/2017 To 01/07/2018. Human Resource Development Centre School of Social Sciences Building Gujarat University Campus, Navarangpura, AHMEDABAD-380 009 (Gujarat)

Workshops & Training Camps Organized

1. Organized **State Level Seminar** on Re-Construction of Syllabus on 14th & 15th September 2009. Gujarat Vidyapith, M.D Sharirik Shikshan Mahavidyalaya, At Sadra, Gujarat. (Committee Member)
2. Organized **National Level Seminar** on “Modern Trends in Physical Education and Sports” 27th to 29th February, 2012. Gujarat Vidyapith, M.D Sharirik Shikshan Mahavidyalaya, At Sadra, Gujarat. (Committee Member)
3. Organized “Nai Talim Adhiveshan” Gujarat Vidyapith, M.D Sharirik Shikshan Mahavidyalaya, At Sadra, Gujarat. 2012. (Committee Member)
4. Organized **State Level** Workshop and Referee Examination State level of Gujarat State Volleyball Association from 18th – 20th May at Sadra, 2012. (Committee Member)

Lectures Delivered (Local level Programmes)

1. Lecture delivered in orientation program of Gujarat Vidyapith organized each year for new students.

Examinership

Examiner for U.G, P.G., M. Phil., & Ph. D. programs:

1. Examiner in Theoretical and Practical Exam, Hemchandracharya north Gujarat University, Patan. Gujarat
2. Examiner in Theoretical and Practical Exam, Swarnim Gujarat Sports University, Gandhinagar. Gujarat.
3. Examiner in Theoretical and Practical Exam, Department of Yoga, Gujarat Vidyapith, Ahmedabad, Gujarat

4. Examiner in Theoretical and Practical Exam, Bhupal Nobles' University, Department Of Physical Education & Sports Science, Udaipur-313001 (Rajasthan).

Extension Activities

1. Tree Plantation at Narmada Van, (1200 trees planted) 2005
2. Organized Practical Examination for Recruitment of Gujarat Police for 1500 Candidates, (Committee Member) 2005
3. Organized Medical Check-up Camp, (Committee Member) 2005
4. Organized a training camp for Physical Education Teachers of Gandhinagar District (Committee Member) 2005.
5. Organized 2nd Annual Athletics Meet of Gujarat Vidyapith Chief Official 7 Committee member 2006
6. Organized NSS Camp for Flood Relief Rescue camp Bhalada, Ta. Matar, Dist. Kheda from 21st to 31st August. (Co-ordinator) 2006.
7. Organized Athletics Coaching Camp for the Students of KVS, Committee Member, 2006.
8. Organized Cycle Expedition from Gandhi Ashram, Ahmedabad to Porbandar from 2nd to 7th Oct. (Co-Coordinator)
9. Organized Practical Examination for Recruitment of PSI from 12th to 13th January, Committee member, 2007.
10. Organized Practical Examination for Recruitment of PSI from 1st to 4th February in which approximately 2000 candidates were examined, 2007.
11. Organized "Gandhi Jivan Padyatra" with all staff and students from 28th Sept. to 2nd Oct. 2007.
12. Organized "Gandhi Jivan Padyatra" with all staff and students from 29th Sept. to 2nd Oct., 2008.
13. Organized Seven Days' National Coaching Camp of Athletics for KVS Students, 2008.
14. Organized Medical Check-up Camp, in which Honorable Governor of Gujarat State, Shri Naval Kishor Sharma grace the occasion, Committee member, 2009.
15. Organized Cricket Tournament for Maheshwari Yuva Sangathan Committee member, on 10th January, 2009.
16. Organized "Gandhi Katha" at Town Hall, Gandhinagar Committee member, from 21st – 25th June. 2009.
17. Organized Medical Check-up Camp on 21st February, 2010 Committee member.
18. Organized "Gandhi Jivan Padyatra" with all staff and students from 1st – 4th Oct. in Surendranagar District, 2010.
19. Organized Cycle Expedition from Sabarmati Ashram to Halvad on the occasion of Birth Century of Lt. Babalbhai Mehta from 5th to 10th Oct. 2010. (Co-Coordinator)
20. Organized "GranthYatra" on the occasion of Birth Anniversary of Shri Mahadevbhai Desai, 2011.

21. Organized Gandhinagar District Athletics Meet Committee member, from 6th – 9th Sept.2011.
22. Organized “Gandhi Jivan Padyatra” with all staff and students from 26th – 29th Sept. in Mansa Taluka, 2011.
23. Organized Co-ordinater Desert Safari, Kutch, Banaskantha from 29 February to 3 March. 2012.
24. Organized 61st Annual Seminar of ‘Nai Talim Sangh’ Committee member from 11th – 13th January, 2012.
25. Organized Gujarat State Inter-University Staff Cricket Tournament from Committee member 27th to 29th January, 2012.
26. Organized as a Expert Yoga Training Program for 400 High School Teachers of State Education Department from 31st January to 25th February, 2012.
27. Organized “Gandhi Jivan Padyatra” with all staff and students from in Danta and Vadgam Taluka of Banaskatha District, 2012.
28. Organized Blood Donation Camp on the occasion of Siler Jubilee Year of MDSS Mahavidyalaya, Sadra, Committee member 2013.
29. Organized “Gandhi Katha” at Sadra, Gandhinagar from 26th – 31st January , 2013.
30. Organized as a Chief Official Special Olympics Khel Mahakumbh from 8th to 12th January,2013.
31. Organized NSS Camp at Ambaliyasan (NSS Camp Coordinator) 2013.
32. Organized West Zone Inter-University Kho-Kho (W) Tournament Committee member from 21st to 24th December, 2013.
33. Organized as a Chief Official in PAYKA Sports Competition of DIET on 8th February (N.S.T.C.), 2014.
34. Organized Committee member Inter-Department Cricket Tournament of Gujarat Vidyapith, 2014.
35. Organized “Gandhi Jivan Padyatra” with all staff and students from in Amirgadh and Danta Talukas of Banaskatha District,2014.
36. Organized Committee member & Volleyball Chief Official Sports Meet for Maheshwari Yuva Sangathan from 19th – 20th Dec. 2014.
37. Organized Inter-Department Cricket Tournament Committee member of Gujarat Vidyapith on 14th February, 2014.
38. Organized NSS Camp for Flood Relief Rescue camp Babapur, Amreli District from 17th – 24th July,2015.(Co-ordinate)
39. Organized Committee member “Educational and Administrative Seminar” of ‘Nai Talim Sangh’ & Gujarat Vidyapith for the Principals of ‘Ashram Shala’ and ‘Uttar Buniyadi Vidyalaya’ from 11th – 13th January, 2015.
40. Organized Blood Donation Camp, 2016.
41. Organized NSS Camp for Flood Relief Rescue Camp – 21-8-2017 to 27- 8-2017.
42. Organized All India West & Inter Zone Women Kho-Kho Tournament 30th November to 6th December - 2017.
43. Organized Blood Donation Camp, 2017.

Other Work Experience

1. Coordinator of N.S.S. Camp 2006 and 2014.
2. Coaching and Training Camp for Volleyball, Cricket & Athletics Team Every Year.
3. Intramural Coordinator. 2013.
4. Coach and Manager of Gujarat Vidyapith Inter University Team Every Year.