

Curriculum Vitae



Full Name	Dr. Prabhulal Mohanbhai Kasundra
Date of Birth	01/06/1963
Age	56
Address Residential	302, Basky Pearl, Plot No-310, Sector-22, Gandhinagar, Gujarat, India, Pin No- 382021
Current Position	Dean/ HOD Professor, Gujarat Vidyapith, Ahmedabad Faculty of Physical Education & Sports Science, At. Sadra, Dist. Gandhinagar. St. Gujarat. India. Pin No. 382320.
E-mail	kasundrapm@gujaratvidyapith.org kasundrapm@gmail.com

Academic Qualifications

Exam passed	Board/University	Subjects	Year	Division/ Grade/ Merit.
B.A.	Saurashtra University	Arts	1985	II
D.P.Ed	C.N. Vyayam Vidyalyaya, Ahmedabad	Physical Education	1986	I
M.P.E.	Gujarat University, Ahmedabad	Physical Education	1988	II
M.Phil	Gujarat Vidyapith, Ahmedabad	Physical Education	1999	I
Ph.D.	Gujarat Vidyapith, Ahmedabad	Physical Education	2002	-

Contribution to Teaching

Subject Taught (Theoretical)	Course Name	Name of University / College Institution	Duration
Test and Measurement	B.P.E.	Faculty of Physical Education & Sports Science	Since 1989
Test and Measurement	B.P.Ed	Faculty of Physical Education & Sports Science	Since 1996
Test and Measurement	M.P.Ed	Faculty of Physical Education & Sports Science	Since 1994
Fitness and Wellness	M.P.Ed	Faculty of Physical Education & Sports Science	Since 2010
Yoga Science	M.P.Ed	Faculty of Physical Education & Sports Science	Since 1994
Test and Measurement	M.Phil	Faculty of Physical Education & Sports Science	Since 2004

Subject Taught (Practical)	Course Name	Name of University / College Institution	Duration
Cricket	B.P.E.	Faculty of Physical Education & Sports Science	Since 1989
Cricket	B.P.Ed.	Faculty of Physical Education & Sports Science	Since 1996
Yoga	M.P.Ed.	Faculty of Physical Education & Sports Science	Since 1994
Athletics	M.P.Ed.	Faculty of Physical Education & Sports Science	Since 1994
Cricket	M.P.Ed.	Faculty of Physical Education & Sports Science	Since 1994

Area of Specialization

Test, Measurement and Evaluation in Physical Education. Athletics, Yoga

Academic Programme and Courses Evolved

1. M. Phil.: Test, Measurement and Evaluation in Physical Education, 2004.
2. M.P.Ed. : Test, Measurement and Evaluation in Physical Education, 1994.
3. B.P.Ed. : Test, Measurement and Evaluation in Physical Education, 1996.
4. B.P.E. : Test, Measurement and Evaluation in Physical Education, 1989.

Involvement in Institute Development

1. Involved in the establishment of UG and PG programmes in the Department of Physical Education,
2. Educational Development,
3. Administrative Development,
4. Infrastructural Development,
5. Research & Extension.

Research Guidance:

1. Ph.D. Awarded : **21**
2. Ph.D. Guidance (ongoing) : **01**
3. M.Phil. Awarded : **18**

Educational Research and Research Project: 05

Sr.	Year	Name of the Degree	Name of University	Title
1	1998	M.P.E.	Gujarat University, Ahmedabad.	A Survey Study of Sports Facility in Different Colleges of Saurashtra University.
2	1998	M.Phil	Gujarat Vidyapith, Ahmedabad.	A Study of Effect of Yoga on Cardio Vascular and Respiratory Ability on Colleges Students.
3	2002	Ph.D.	Gujarat Vidyapith, Ahmedabad.	A Study of Effect of Yoga and Aerobic Exercise on Physical Fitness Components, Physiological Variables and Aerobic Capacity.
4	2003	Research Project	Gujarat Vidyapith, Ahmedabad.	A Study of Physical Fitness Component, Physiological Variables and Body Composition of Teachers of Different Colleges.
5	2003	Research Project	Gujarat Vidyapith, Ahmedabad.	A Study of Effect of One Year Practical Programme on Athletics Performance.

Research Guidance Ph.D. 18

Sr.	Year	Name of the Student	Title
1	June 2006	Navinchandra J. Chaniyara	Construction of entrance practical test of Certificate course of Physical Education course in Gujarat State.
2	June 2006	Dharamsinh B. Desai	Comparative Study of Anxiety and Adjustment with the reference of Economic and Social Status of trainees of different physical education institute in Gujarat.
3	July 2006	Mukeshkumar L. Baladhiya	Study of Attitudes of Principals and Teachers of Basic Education Schools towards Physical Education and Sports.
4	August 2006	Ramesh J. Chaudhari	Comparative Study of Emotion and Achievement Motivation of Players of different games of different universities in Gujarat State.
5	July 2008	Harendra P. Solanki	Comparative Study of Physical Fitness of High School Students in Gujarat State.
6	July 2008	Rizvan H. Raja	Study of Effects of Yogasan and Rhythmic Exercise on Flexibility, Coordinative Ability and Reaction Time.
7	2009	Amit K. Godhani	A Study of Effects of Yoga and Gymnastics Exercise on Growth and Development of Students in High School Level age 12 to 15 years.
8	2010	Mayurdwajsinh Jadeja	A Comparative Study of Motor Ability and Intelligence of Selected Boys and Girls Players of different games those who participated National School Games.
9	2010	Gaurang Y. Rami	A Case Study of Arjun Awardee Players Shri Nareshkumar.
10	2010	Vishnu G. Chaudhari	A Comparative Study of Physical Fitness, Anthropometric and Skill Efficiency of Kabaddi Players as per their Playing Positions.
11	2010	Vipul H. Upadhyay	Bio Mechanical Analysis of 'Ipponashiyonage' skill of Inter University level Judo Players.
12	2011	Prakash J. Hathi	Study of Effect of Yoga, Calisthenics and Lead up Games and activity on Interest, Self-Conception, Speed and Agility of Students.
13	2011	Digantkumar Oza	A Study of Effects of Kathiyadvadi Traditional Dance, Yoga and Lead up activity training program on Physiological Variables and Physical Fitness.
14	2011	Chandrasinh G. Zala	Contribution of Lakulish Yoga Vidyalaya in

			Yoga Education.
15	2014	Mayank Thakor	A Study of Actual Age Physiological Age, Physical Age, Mental Age and IQ of Students of 7 th Standard Born in Different Seasons.
16	2014	Nimesh Chaudhari	Effect of Plyometric and Resistance Training on Blood Profiles and Motor Fitness Components.
17	2014	Chetan Patel	Study of Effect of Yogic Activity and Aerobic Exercise Training Program on Minerals and Blood Related Component in Human Body.
18	2018	Husain J Sherasiya	A Study of Achievement Motivation of Sportsmen studying in of Secondary School of Gujarat state with reference of Some of the Variables.
19	2018	Yajuvendrasinh L. Jethwa	Effect of Mountaineering Training on Physiological Variables and Acute Mountain Sickness on Mountaineering Trainees.
20	2018	Bhupatbhai B. Makwana	Effect of Aerobic and Yoga Programmes on Selected Psychomotor Domain of School Students.

Research Guidance in M.Phil 18

Sr.	Year	Name of the Students	Title
1	1999-2001	Biman Bihari Pal	A Study of Effect of Selected Yoga Training Program on Cardiovascular Ability and Flexibility of Selected Master Degree Students.
2	2002-2003	Rizvan H. Raja	A Study of Effect of Weight Training and Repetition Method on Physical Fitness Component.
3	2002-2003	Dharmendrasinh B. Solanki	A Study of Effect of Resistance Running Training on Speed, Length of stride and number of Stride.
4	2002-2003	Harendrasinh B. Solanki	A Study of Effect of Physical Education Practical Curriculum Training Program on Physiological Variables and Physical Fitness Component of Girls Student studying in Various Physical Education Institute in Gujarat.
5	2003-2004	Vasant S. Vithalapara	A Study of Effects of Skipping and Free Hand Exercise on Aerobic Capacity and Explosive Leg Power in College Female Students.
6	2003-2004	Ravishkumar J. Bhatt	A Study of Effects of Yog and Pranayam Training on Physiological Variables and Physical Fitness Components of 11 th to 12 th

			years students.
7	2003-04	Naresh S. Chaudhari	A Study of Attitude of Physical Education Training of Different Physical Education Institutes in Gujarat towards Physical Education.
8	2004-2005	Anandkumar N. Raval	Records of Indian Players in Sports.
9	2005-2006	Harshad A. Patel	A Comparative Study of Selected Inter University Players on Anthropometric Measurement, Body Composition, Coordinative Ability and Reaction Time.
10	2006-07	Gajanand M. Shukla	Effect of Isometric and Dynamic Progressive Resistance Training on Strength
11	2007-08	Mohsin R. Kureshi	A Study of Effect of Selected Asanas and Malkham on Flexibility and Abdominal Endurance of Trainings.
12	2007-2008	Harishkumar B. Raba	A Study of Effect of Callisthenic Exercise Lead up Activity on Hand Reaction Ability and Eye-Hand Coordination Ability of Students.
13	2008-2009	Jayeshkumar D. Mungara	A Study of Effects of Pranayam Training of Hematological Variables.

14	2009-10	Dashrath G. Patel	A Study of Effects of Yogasan and Lead up Activity on Flexibility and Coordinative Ability.
15	2009-10	Jatin H. Rajdeep	A Comparative Study of Body Mass Index and Health Related Fitness on Various Age group Physical Education Teachers in Gujarat.
16	2009-10	Pulkitkumar V. Suthar	A Comparative Study of Trained and Untrained Physical Education Students of Mahadev Desai Sharirik Shikshan Mahavidyalaya on Body Mass Index and Health Related Fitness Components.
17	2009-10	Kanubhai Patel	A Comparative Study of Intelligence Quotient and Anthropometric Measurement of Selected Male Players of Various Games.
18	2009-10	Natvarlal Sadat	A Comparative Study of Speed, Agility Explosive Power of Leg Abdominal Endurance and B.M.I.

List of Publications

Books Published : 8

Sr.	Name of book	Year	Publisher
1	<i>Test and Measurement in Physical Education and Sports</i>	23-12-2002	Rama Prakashan, Gandhinagar
2	<i>Statistics in Physical Education and Sports</i>	27-3-2004	Rama Prakashan, Gandhinagar
3	<i>Vyayam Vigyan Kosh-10 "Yoga and Treatment Science"</i>	15-8-2004	Gujarat Vyavam Pracharak Mandal, Rajpipla.
4	<i>Organization and Methods of Physical Education</i>	2006	H.N.G.U. Patan
5	<i>Research Report (Construction and Method) Physical Education and Sports Science</i>	14-1-2007	Om Printers, Memnagar, Ahmedabad.
6	<i>Physical Fitness and Wellness</i>	27-3-2010	Rama Prakashan, Gandhinagar
7	<i>Sports Awards in India</i>	May-2008	Pooja Printers, Idar.
8	<i>Test and Measurement in Physical Education and Sports</i>	23-11-2013	Rama Prakashan, Gandhinagar (New Edition)

Papers Published : 33

1. Yoga Sports and Physical Education, Yoga and Total Health, *National Level Monthly Journal*, Vol. 7, PP. 7 Udaipur, 2003.
2. "A study of Effect of Yoga and Aerobic Exercises on Physical Fitness Components, Physiological Variables and Aerobic Capacity, Vyayam Vigyan, *National Level Yearly, Hanuman Vyayam Pracharam Mandal, Amravati*, Vol. 36, PP. 1-6, RL. 18732/67 November – 2003.
3. Yoga and Physical Education and Sports, Gujarat Vidyapith, *State Level Six Monthly Journal*, Vol. 214, PP. 15-20, Ahmedabad, 2003-04.
4. Meditation, *Journal of Physical Education and Sciences State Level Monthly Journal, Junagadh*, Vol.2, PP. 1-4, RL No. F-2480/2005, October-2007.
5. Physical Fitness, Ramat Jagat, *State Level Monthly Journal*, Vol. 1, PP. 17-20, R.N.I. No. GujGuj 13082-06-12, Gandhinagar, January -2010.
6. Yoga Sharirik Shikshan Ane Ramat-Gamat, Ramat Jagat, Vol. 2, PP. 4-9, R.N.I. No. GujGuj 13082-06-12 *State Level Monthly Journal*, Gandhinagar, February-2010.
7. Phycho-Acoustics : Science of Sound, Ramat Jagat, *State Level Monthly Journal*, Vol. 7, PP. 3-4, R.N.I. No. GujGuj 13082-06-12, Gandhinagar, August-2010.
8. Impact of Pranayama on Selected Components of Blood an Analytical Study, *Journal of Advances in Developmental Research*, ISSN 0976-4704, Vol. 1, No. 1, PP. 41-44, Gandhinagar – Gujarat, June - 2010.
9. Effect of Altitude Training on Oxygen Saturation, *AMASS Multi Discipline Research Journal*, ISSN. 0975-3966, Vol.2, No.1, PP. 13-16, Varanashi. June, 2010
10. Impact of Pranayama on Selected Components of Blood an Analytical Study, *National Level, Indian Journal of Yoga Exercise and Sport Science and Physical Education*, ISSN. 0975-265X, Vol. IV, No. 1& 2, PP. 7-13, Shantiniketan, 2010.
11. Age Related changes in Height, Weight, B.M.I., Speed, Agility, Endurance, Explosive Strength among Teen aged Boys and Gujarat State, *National Level, Scientific Approach Education Journal*, Rajkot, ISSN. 0976-1462, Vol. 8 , PP. 37-40, August – 2010.
12. Phycho-Acoustics : Science of Sound, Abhidrushti, *State Level Monthly Journal*, ISSN. 0971-6629, Vol. 39, PP. 1-2, February-2011.
13. The Effect of Sports Education Curriculum Training on Athletic Ability, Association of Indian Universities under the Aegis of NAFESS, Kasturba Medical College, Manipal, International Conference on Physical Education and Sports Sciences, Proceeding Paper, PP. 189-190, 2006.
14. Age related changes in Body Composition and Physical Fitness among Teen aged Boys of Gujarat State, *International Level Journal*, Dynamic Facts of Physical Education and Sports Studies, Manonmanian Sundaranar University, ISBN. 978-81-908352-3-7, PP. 172- 173, TERUNELVELLE, Tamilnadu, India, 2009.
15. Effect of Yoga and Gymnastics Training Program on Selected Component of Physical Fitness, *National Level Journal, A research Journal of Science Physical Education Applied Social Science*, Commerce and Education SPACE, ISSN. 0976-2175, Vol. 2, No. 3&4, PP. 47-52, Udaipur, September – 2011.

16. Creatine Overview in Relation to Sports, National Level Journal, *A research Journal of Science Physical Education Applied Social Science, Commerce and Education SPACE*, ISSN. 0976-2175, Vol. 2, No. 3&4, PP. 47-52 ISSN. 0976-2175, Vol. 2, No. 3&4, PP. 41-44. Udaipur, September – 2011.
17. Methods, Technique and Devices of Value Education in Bhartiya Shiksha, *International Level E-Journal*, www.Sanshodhan.net , ISSN. 0975-4245, PP. 205, Reg. No. GUJMUL00354/06/1/2003 December-2011.
18. Effect of Rock Climbing on Strength, Speed and Endurance, *National Level Journal, Journal of Exercise and Physiotherapy* “An official Publication of EFHA” First Indian Peer Reviewed Indian Journal, ISSN. 0972-2020, Vol.7, No. 1, PP. 19-23, 2011.
19. Sharirik Yogyata ane Sukhakari, Ramat Jagat, *State Level Monthly Journal, Ramat - Jagat*, Vol. 9, PP. 2-7, R.N.I. No. GujGuj 13082-06-12, Gandhinagar, October-2011.
20. Hriday Rudhirvahini Yogyata, Ramat Jagat, *State Level Monthly Journal, Ramat -Jagat*, Vol. 10, PP. 2-4, R.N.I. No. GujGuj 13082-06-12, Gandhinagar, November-2011.
21. Namaniyata, Ramat Jagat, *State Level Monthly Journal, Ramat Jagat*, ISSN. 2250-1428, Vol. 2, PP. 2-3, Gandhinagar, February, 2012
22. Stress Management, *National Journal, “Physical Education and Yogic Sciences Department of Physical Education S. V. N. I. T. Surat*, Proceeding Paper, PP. 148 -153, March-2012.
23. Effectiveness of Biofeedback and Autogenic Training on Reaction Ability, Co-ordination of Tennis and Cricket Players, *International Conference on Physical and Sports Sciences*, Manipal University, Under the Aegis of NAFESS, Proceeding Paper, PP. 222-228, January-2014.
24. Effectiveness of Biofeedback and Autogenic Training on Reaction Ability, Co-ordination of Tennis and Cricket Players, *National Level Journal, Research Zone India*, ISSN. 2319-8168, Vol. 2, PP. 81-85, June – 2014.
25. “A Study of Effect of Indigenous Activities and Yogic Exercise on Selected Psychomotor Domains”, *International Journal of Health, Physical Education and Computer Science in Sports*, ISSN. 2231-3265, Vol. 15, No.1, PP. 479-481 , July, 2014
26. “Effect of Plyometric and Yogasana training on Selected Variable of Motor Fitness”, *International Journal of Engineering Research and Sports Research*, Vol. 2, Issue 5, PP. 22-27, May, 2015.
27. “ A comparative Study to examine the emotional maturity among the trainees of B.P.E. And B.P.ED, National Level Journal, *A research Journal of Science Physical Education Applied Social Science, Commerce and Education SPACE*, ISSN. 0976-2175, Vol. 3, No. 3&4, PP. 26-27, July – December, 2012
28. “ગાંધીનગર શહેરની માધ્યમિક શાળાઓમાં અભ્યાસકરતા વિદ્યાર્થીઓની સિધ્ધિ પ્રેરણાનો કેટલાક ચલોના સંદર્ભમાં અભ્યાસ” – માર્ચ – 2018.
29. “કામધેનુ યુનિવર્સિટીના ખેલાડીઓની સિધ્ધિ પ્રેરણાનો તુલનાત્મક અભ્યાસ”, ડીસે. – 2017, પા.ન . 160 થી 162.
30. “બાસ્કેટબોલ અને ક્રિકેટ રમતના ખેલાડીઓની ગત્યાત્મક યોગ્યતાના પાસાઓનો તુલનાત્મક અભ્યાસ”, સપ્ટેમ્બર-2017, પા. નં. 122 થી 124.

31. "Relationship o Lakulice Score with Selected Physiological Variables at Different Attitude", Sept. 2017, P. No. 125 to 128.
32. "Relationship of Luck Luice Score with Heart Rate and Oxygen Saturation at Different Attitude, Dec. 2017,P. No. 117 to 120.
33. "Effect of Calisthenics, Yoga and Aerobics Exercises on Psychomotor Fitness of School Boys", January – 2018, P. No. 37 to 42.
34. "કબડ્ડી રમતમાં કૌશલ્યલક્ષી સર્કિટ તાલીમ દ્વારા ગતિસુમેળ, અને ચપળતા ઉપર થતી અસરનો અભ્યાસ." 2019, National Seminar, Naroda, ISBN No. 978-93-86640-703.
35. "Comparison of Explosive Strength Between Handball and Volleyball Players." March-2019 International Seminar, Mt. Abu (Raj.) ISBN No. 978-93-86640-66-6.
36. શારીરિક શિક્ષણ અને વિજ્ઞાન વિદ્યાશાખાના વિદ્યાર્થી ભાઈઓની આવેગીક પરિપક્વતા, માનસિક સ્વાસ્થ્ય, અને જીવન સંતોષનો તુલનાત્મક અભ્યાસ." એપ્રિલ-2019,

Participation in Seminars, Workshops, Symposia and Conferences: 49

1. Participated in National Seminar on Physical Education Key to Health Fitness and Excellence in Sports, 23-24, August, 1992 at Coimbatore.
2. Participated in National Seminar on "Creation of Literature in Physical Education", 4 to 6, March, 1995 at Sadra.
3. Participated in National Seminar on "Modern Trends in Physical Education and Sports & presented A Research Paper importance of Yoga in daily life, at Sadra, 13 to 15 March, 1998.
4. Participated in 4th International Conference on "Yoga Research and Value Education" & Presented A Research Paper "The Effect of Yoga and Aerobic Exercises on Aerobic Capacity Physical Fitness Component and Physiological Variables" Lonavala, 28 to 31 December, 2002.
5. Participated in Asia Specific International Conference for Sports Administrators & Presented A Research Paper "A Study on the Effect of Aerobic Exercise on Explosive Leg Power, Muscular Endurance, Cardiovascular Endurance, Flexibility and Vital Capacity", Tiruneveli, Tamilnadu, 25 to 28 September 2003.
6. Participated in National Workshop on University Sports Management sponsored by Association of Indian University, Annamalainagar, Tamilnadu, 30 September to 3 October 2004.
7. Participated in International Conference on Physical Education and Sports Science & Presented a Research Paper "The Effect of Sports Education Curriculum Training on Athletic Ability", Manipal, 28 to 30 April 2006.
8. Participated in National Seminar on Physical Education Yoga and Sports & Presented a Research Paper "Yogic Diet for Holistic Health", Vallabh Vidyannagar, 23-24 September, 2006.
9. Participated in National Level Conference Centre for Advance Study in Education & Presented a Research Paper "Dealing with Special Groups Rehabilitation through Aquatherapy", Baroda, 22-23 December 2006.

10. Participated in XIth National Conference on Dynamic Role of Physical Education and Sports Sciences for the Development of Sports Culture in Indian University & Presented a Research Paper, "Effect of Isometric and Dynamic Progressive Resistance Training on Strength Dynamometry", Kolkata, 23-25 February 2007.
11. Participated in National Seminar on High Performance in Sports Rajyoga Meditation, Mount Abu, 30th July to 5 August 2007.
12. Participated in National Level Seminar on Statistics Techniques in Research & Presented A Research Paper "Research and Evaluation in Physical Education", Sadra, 5-7 September 2008.
13. Participated in National Level Seminar on Cum Retreat "Values in Sports", Mount Abu, 28 April to 2 May 2009.
14. Participated in 1st State Level Seminar on Physical Education Sports and Yogic Exercise & Presented a Research Paper, "Stress Management through Yoga", Ahmedabad, 7-8 March 2009.
15. Participated in National Seminar on Management of Teacher Education (UGC), Baroda, 23-24 March 2009.
16. Participated in National Level Seminar Cum Retreat on Harmony in Sports through Spiritual Awakening & Presented a Research Paper, "Art of Positive Thinking in Sports", Mount Abu, 9 to 13 May 2009.
17. Participated in National Sports Seminar and Meditation Retreat on Excellence in Sports through Spirituality" Mount Abu, 18 to 21 July 2006.
18. Participated in International Conference on Honing Managerial Skills in Sports & Presented a Research Paper, "Age Related Changes in Body Composition and Physical Fitness among Teen Aged Boys of Gujarat State", Kanyakumari, Tamilnadu, 20-22 August 2009.
19. Participated as a Expert in State Level Workshop on Restructured of Physical Education Curriculum, Sadra, 14-15 September 2009.
20. Participated in the International 12th Asian Federation of Sports Medicine Congress, Amritsar, 5 to 6 December 2009.
21. Participated in National Conference on Naturopathy and Yoga, Ahmedabad, 19-20 December 2009.
22. Participated in National Seminar on Physical Education Sports Management and Sports Sciences & Presented a Research Paper "Impact of IT in Physical Education", Unjha, 19-20 February 2010.
23. Participated in National Seminar on Spiritual Application Research Centre, Gyan Sarovar, Mount Abu, 4 to 7 September 2010.
24. Participated in National Seminar on Physical Education Sports Management and Sports Sciences & Presented A Research Paper "Stress Management", Bardoli, Gujarat, 11 to 12 January 2011.
25. Participated in International Conference on Physical Education and Sports Sciences & Presented A Research Paper, "Effect of Yoga & Gymnastics Training Program on Selected Component of Physical Fitness, GOA, 25 to 27 February 2011.
26. Participated in National Seminar in Physical Education & Presented A Research Paper, "Fitness Management and Evaluation" Naroda, Ahmedabad, 6-7 March 2011.

27. Participated in National Seminar on Participation of Women in Games and Sports & Presented a Research Paper "Dealing with Girls special Group Rehabilitation through Aqua Therapy", Udaipur, Rajasthan, 9-11 September 2011.
28. Participated in National Seminar, Mount Abu, Rajasthan, 1 to 5 September 2011.
29. Participated in International Conference on Elevation Learning & Presented a Research Paper "Bhartiya Shikshan ane Mulya Shiksha ki Paddhatiya avam Pravidhiya", 3-4 December 2011.
30. Participated in National Seminar on Physical Education and Yogic Science & Presented a Research Paper "Stress Management", Surat, Gujarat, 2 to 4 March 2012.
31. Participated in National Seminar on Inner Skills and Meditation for Higher Performance in Sports, Mount Abu, and 31 August to 4 September 2012.
32. Participated in UGC Sponsored National Seminar on Yoga Education and Personality Development, Presented A Research Paper "Yoga and Manosharirik Swasthya", Kapadwanj, Gujarat, 21 to 22 September 2012.
33. Participated in Short Terms Course on "Gandhi Vichar", Rajkot, Gujarat, 25 to 31 October 2012.
34. Participated in UGC Sponsored National Seminar on Modern Trends in Physical Education and Sports, Sadra, Gujarat 27 to 29 February 2012.
35. Participated in National Seminar on Relevance of Gandhian Thoughts in Search of Sustainable Dimension of Family and Community Science & Presented A Research Paper, "Vartman Jivan Shallima Vikaroma Samposhit Arogya Poshan Vyastha", Randheja, Gujarat, 8 to 9 February 2013.
36. Participated in National Seminar on Health Yoga and Adopted Physical Education in various Disabilities & Presented A Research Paper, "Stress Free Living in 21st Century", Ahmedabad Gujarat, 18 to 19 February 2013.
37. Participated in International Conference on Human Education and Social Development & Presented A Research Paper, Gujarat Vidyapith, Ahmedabad, 21st to 23rd February, 2013.
38. Participated in National Seminar on Physical Education and Sports Sciences & Presented A Research Paper "Exercise for Diseases Prevention and Health Promotion", Ahmedabad, 10 to 11 March 2013.
39. Participated in International Conference on Physical Education and Sports Sciences & Presented A Research Paper "Effectiveness of Biofeedback and Autogenic Training on Reaction Ability and Coordination of Tennis and Cricket Player", Manipal, 9 to 11 January 2014.
40. Participated in State Level Seminar on Modern Trends in Physical Education and Sports & Presented A Research Paper "Ramatoma Valueno Vikas and Swasthya ane Yogyata", Sadra, Gujarat, 28 February to 2 March, 2014.
41. Participated in International Conference on Sports and Physical Education & Presented A Research Paper "A Study of Effect of Indigenous Activities and Yogik Exercise on Selected Psychomotor Domain", Hyderabad, 8 to 10 August 2014.
42. Participated in National Conference on "Yog : An Integrative Life Style " and Presented a Paper on "Effect of Suryanamaskar on Anxiety level of Physical Education Students, 21st June 2015.
43. Participated in "Previbrant Gujarat Sports Summit", Decoding Sports Eco System on 17 October 2014 Jointly organized by SYCD and SGSU at Mahatma Mandir, Gandhinagar.

44. Participated in “Yoga : An Integrative Life Style”, National Conference and Presented a Paper on “Effect of Suryanamaskar on Anxiety Level of Physical Student”, Organized by Gujarat Vidyapith, Ahmedabad Department of Yoga, January-2015,.
45. Participated in “National Sports Mine Power for Conference” Mount Abu. 2016
46. Participated in “Effect of Continues Training and Internal Training on Selected Variable of Kinesthetic Preparation”, Organized by **International Conference on Physical Education & Sports Sciences**, SVS Sridora Caculo College of Commerce & Management Studies Mapusa-Goa 2nd – 4th June, 2016.
47. Participated in “Different Perspective of Research”, Organized by State Level Seminar, Gujarat Vidyapith, Sadra, June-2016.
48. Participated in “Life Style Management and Wellness Through Physical Education and Sports Science”, Paper Present on “Effect of Selected Minor Game and Yoga Training Programme on Selected Component of Physical Fitness”, 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.
49. Participated in **International Conference** on UGC Sponsored International Conference on “Modern Trends in Physical Education, Sports and Yogic Science” Presented a Research Paper on “Acute Mountain Sickness and Various Attitude Effect of Calisthenics, Yoga and Aerobic Exercise on Psychomotor Fitness of School Boys”, 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.
50. Participated in **International Conference** on “ Body, Mind and Soul.” An Integral and Interdisciplinary Perspective. Presented a Research Paper on “Comparison of Explosive Strength between Handball and Volleyball Players”

Refresher Course Organized 01

1. Served as a Coordinator in 21 days Refresher Course which was organized by Gujarat Vidyapith Ahmedabad, 1998.

Seminars / Workshops / Training Camps Organized 08

1. Served as a Organizing Secretary in National Level Seminar, “Creation of Literature in Physical Education” which was organized by Gujarat Vidyapith Ahmedabad, 1995.
2. Served as a Organizing Secretary of National Level Seminar Modern Trends in Physical Education which was organized by Gujarat Vidyapith, Ahmedabad, 1998.
3. Served as a Chief Organizer in National Integration Camp, Sadra, 1989.
4. Inter University Tournament Handball – Secretary 1998.
5. Inter University Kabaddi Tournament Organizing Secretary, 2000.
6. Training Camps Organized for IUT Team of Athletic & Cricket from 1990 to 2014.
7. Organized Secretary in UGC Sponsored National Workshop on Research and Statistical Procedures
8. Two Years Responsibility completed in NSS as Programme Officer.

Lectures delivered in Refresher Course 01

- Resource Person in Orientation and Refresher Course UGC – ASCCR Gardi Academic Staff College, Rajkot 12-9-2007.
- Resource Person Research and Innovation is one of the initiative of KCG Under Which we are Organizing 7 day Shorts term Research Methodology Course on “Physical Education and Sports”, “Thesis Format” 10-7-2018.

Lectures Delivered (National/ Local level Programmes): 06

1. Lectures – UGC Sponsored Coaching Classes of NET/SLET Organized by CPDCPE Rajpipla.
2. Lectures, “Vyayvam Shikshak Sajjata Shibir”, 21-4-2015 Surendranagar and 2 to 3 October 2010
3. Participated in National Conference on Rajyoga, Olympism and Sports Humanity and Global Peace and Presented a Keynote speech on “Rajyog, a Missing Dimension and Sports”, at Mount Abu, from 8 to 12 May 2015.
4. Keynote speech on “Fitness Management and Evaluation”, in National Seminar Physical Education at Naroda, Ahmedabad, March 2011.
5. Keynote address on “Exercise for Disease Prevention and Health Prevention”, UGC Sponsored National Seminar on Physical Education and Sports Science, Maninagar, Ahmedabad March-2013.
6. Keynotes speech on “Art of Positive Thinking in Sports”, National Seminar cum Retreat on Harmony in Sports, the spiritual awakening at Mount Abu, May 2009.
7. Keynotes speech on “Holistic Sports” International Conference on “ Body, Mind and Soul.” An Integral and Interdisciplinary Perspective.

Committee Member 05

1. IQ AC Committee
2. Committee Member in Recruitment of Gujarat Police, 2008-09
3. Trustee, Gujarat Vidyapith, Ahmedabad.
4. Member, Board of Studies, Gujarat Vidyapith, Ahmedabad.
5. Secretary, Board of Sports, Mahavidhyalaya Sadra, Gujarat Vidyapith Ahmedabad.

International Experience 01

- “Academic Acquisition Participate and Knowledge Transfer” 11 – 03 – 2012 to 30 – 03 – 2012 Visit to Coventry University (U.K.).

Administrative Work 03

1. Head of Department, MDSS Mahavidyalaya Sadra, Department of Physical Education, Gujarat Vidyapith, Ahmedabad from 1-10-1994 to 31-3-2000.
2. Coordinator of MDSS Mahavidyalaya Sadra, Gujarat Vidyapith from 1-4-2000 to 2006.
3. Secretary, Board of Sports, Mahavidyalaya Sadra, Gujarat Vidyapith Ahmedabad.

Board of Studies 03

- Gujarat Vidyapith Ahmedabad

No.	Name	Year	Place
1	એડહોક બોર્ડના સભ્ય સૌરાષ્ટ્ર યુનિવર્સિટી શારીરિક શિક્ષણ વિવેચના એડહોકબોર્ડના સભ્ય	11 માર્ચ 2011	રાજકોટ
2	Advisory committee Member ‘Journal of Physical Education and Sports Science	April 2007	Navagadh (Gujarat)
3	Referee Board Member “A Research Journal of Science, Physical Education, Applied Social Sciences, Commerce and Education (SPACE) ISSN 0976-2175	Jan – Mach 2011	Udaipur (Raj.)
4	Expert Selection committee “Department of Phy. Edu. M. K. Amin Arts & Science College, Padra, M. S. Uni. Baroda.	13 July 2011	Padra (Baroda)
5	સ્થાનિક તપાસ સમિતિ સભ્ય સરદાર પટેલ યુનિવર્સિટી ચારુવર વિદ્યામંડળ પોસ્ટ ગ્રેજ્યુએટ, ડી. ઈન યોગા.	22-3-2004	વિદ્યાનગર
6	Expert on a Selection Committee Hemchandracharya North Gujarat University Patan (Ad-Hoc Lectures in Phy. Edu.)	19-6-2005	PATAN
7	Expert of Selection Temporary Assistant Director M.S. University Baroda	2-6-2011	BARODA

8	ઓન ધી સ્પોટ સમિતિ સરદાર પટેલ યુનિ. એસ. એસ. પટેલ કોલેજ ઓફ ફિઝિકલ એજ્યુ. બી.પી.એડ. અભ્યાસક્રમ અંગે.	11-10-04	વિદ્યાનગર
9	Selection committee for committee for Appointment of lecturers ITOLA ફિઝિકલ એજ્યુકેશન કોલેજ.	13/7/2005	ITOLA
10	Selection Committee for Principal S. S. Patel College of Phy. Edu. Sardar Patel Uni. V.V.Nagar.	5/12/2005	Vidyanagar
11	અધ્યાપક સહાયક પસંદગી સમિતિ સભ્ય પી.ટી.આઈ. ચારુચર વિદ્યામંડળ, વલ્લભવિદ્યાનગર.	માર્ચ 2006	વિદ્યાનગર
12	વિષય નિષ્ણાંત વ્યાખ્યાતા ઈન્ટરવ્યુ ભક્તિજીવન બી.પી.એડ. કોલેજ, ભાવનગર	7/6/2006	ભાવનગર
13	Members of Selection Committee Selection of Lecturer in Senior Grade Bhavnagar Uni. Bhavnagar	18/8/2006	Bhavnagar
14	Selection Committee Member 'Assistant Director of Phy. Edu. Ganpat University.	11/9/2006	Kherva
15	એડહોક સમિતિ CBSE સીસ્ટમ પ્રમાણે અભ્યાસક્રમ તૈયાર કરવા, સૌરાષ્ટ્ર યુનિવર્સિટી, રાજકોટ.	12/10/2009	રાજકોટ
16	Expert Member on the Selection Committee Post of Principal, S. S. Patel College of Phy. Edu. V.V.Nagar	30/4/2008	V.V.Nagar
17	આર.ડી.સી. તજજ્ઞ શારીરિક શિક્ષણ, સૌરાષ્ટ્ર યુનિવર્સિટી, રાજકોટ.	20/8/2010	રાજકોટ.
18	વિષય નિષ્ણાંત વ્યાખ્યાતાનાં ઈન્ટરવ્યુ સહજાનંદ ગુરુકુળ, ભાવનગર	29/7/2006	ભાવનગર
19	ફિઝિકલ એજ્યુકેશન Ph.D. રીસર્ચ સ્ટડીઝ સમિતિના સભ્ય દક્ષિણ ગુજરાત યુનિવર્સિટી.	19/2/2013	સુરત

Examinership 01

1. Chief Supervisor, MDSS Mahavidyalaya, Sadra, 2006 & 2010.

Ph.D., Evaluation 01

1. 37 Ph.D. Thesis Evaluated

Examiner for P.G, M.Phil & Ph.D., Program 08

1. Paper Setter and Ph.D. RDC in Gujarat Vidyapith, Ahmedabad,
2. Saurashtra University Rajkot.
3. Bhavnagar University, Bhavnagar.
4. H.N.G.U. Patan
5. Gujarat University, Ahmedabad.
6. S. P.U., V.V. Nagar
7. V.N.S.G.U. Surat
8. B. N. University, Department of Physical Education, Udaipur.

Extension Activities 65

1.	1989	Organized National Integration Camp for 1500 Students of 58 Indian Universities
2.	1992	Organized Sports Competition of Handball from 20 February to 23 February
3.	1993	Organized 10 Days Training program for Home Guards of Gandhinagar District
4.	1993-94	Organized all Youth Festivals of Gujarat Vidyapith
5.	1994	Organized Summer Camp of Different Games for Sports Authority of Gujarat
6.	1994-95	Organized all Youth Festivals of Gujarat Vidyapith
7.	1995-96	Organized all Youth Festivals of Gujarat Vidyapith
8.	1996-97	Organized all Youth Festivals of Gujarat Vidyapith
9.	1998	Organized South & West Zone Handball Inter-University from 11 December to 15 December
10.	1999	Organized State Level School Games Athletics Meet
11.	2000	Organized South & West Zone Handball Inter-University (Girls and Boys) from 3 November to 9 November
12.	2000	Lezim Demonstration at Sardar Patel Stadium Ahmedabad in National Youth Festival
13.	2000	Lezim Demonstration at National Stadium, Delhi in Golden Jubilee Year on 27 January
14.	2002	Organized 21 Days' Coaching Camp for Sports Authority of Gujarat of 13 different Games/Sports
15.	2002	Organized Gujarat State Inter-University Staff Cricket Tournament.
16.	2003	Organized West Zone Inter-University Kabaddi Tournament from 25 November to 27 November
17.	2004	Organized Medical Checkup Camp
18.	2004	Organized Blood Donation Camp on the Occasion of 125 Birth Anniversary of Sardar Vallabhbhai Patel

19.	2005	Tree Plantation at Narmada Van, (1200 trees planted)
20.	2005	Organized Practical Examination for Recruitment of Gujarat Police for 15000 Candidates
21.	2005	Organized Medical Checkup Camp
22.	2005	Organized a training camp for Physical Education Teachers of Gandhinagar District
23.	2006	Organized 2 nd Annual Athletics Meet of Gujarat Vidyapith
24.	2006	Organized NSS Camp for Flood Relief Rescue camp Bhalada, Ta. Matar, Dist. Kheda from 21 August to 31 August.
25.	2006	Organized Athletics Coaching Camp for the Students of KVS
26.	2006	Organized Cycle Expedition from Gandhi Ashram, Ahmedabad to Porbandar from 2 October to 7 October.
27.	2006	Organized Desert Safari, Kutch, Banaskantha from 31 October to 9 November.
28.	2007	Organized Practical Examination for Recruitment of PSI from 12 January to 13 January
29.	2007	Organized Practical Examination for Recruitment of PSI from 1 February to 4 February in which approximately 2000 candidates were examined
30.	2007	Organized “Gandhi JivanPadyatra” with all staff and students from 28 September to 2 October.
31.	2008	Organized “Gandhi JivanPadyatra” with all staff and students from 29 September to 2 October.
32.	2008	Organized Seven Days’ National Coaching Camp of Athletics for KVS Students
33.	2009	Organized Medical Checkup Camp, in which Honorable Governor of Gujarat State, Shri Naval Kishor Sharma grace the occasion
34.	2009	Organized Cricket Tournament for Maheshwari Yuva Sangathan on 10 January.
35.	2009	Organized “Gandhi Katha” at Town Hall, Gandhinagar from 21 June to 25 June.
36.	2010	Organized Medical Checkup Camp on 21 February
37.	2010	Organized “Gandhi JivanPadyatra” with all staff and students from 1 October to 4 October in Surendranagar District
38.	2010	Organized Cycle Expedition from Sabarmati Ashram to Halvad on the occasion of Birth Century of Lt. Babalbhai Mehta from 5 October to 10 October
39.	2011	Organized “Granth Yatra” on the occasion of Birth Anniversary of Shri Mahadevbhai Desai
40.	2011	Organized educational tour from 1 February to 4 February
41.	2011	Organized Gandhinagar District Athletics Meet from 6 September to 9 September
42.	2011	Organized “Gandhi Jivan Padyatra” with all staff and students from 26 September to 29 September in Mansa Taluka
43.	2012	Organized 61 Annual Seminar of ‘Nai Talim Sangh’ from 11 January to 13 January
44.	2012	Organized Gujarat State Inter-University Staff Cricket Tournament from 27 January to 29 January
45.	2012	Organized Yoga Training Program for 400 High School Teachers of State Education Department from 31 January to 25 February
46.	2012	Organized Marin Camp at Dunny Point, Okha from 19 February to 22 February
47.	2012	Organized “Gandhi Jivan Padyatra” with all staff and students from in Danta and

		Vadgam Taluka of Banaskatha District
48.	2013	Organized Blood Donation Camp on the occasion of Silver Jubilee Year of MDSS Mahavidyalaya, Sadra
49.	2013	Organized "Gandhi Katha" at Sadra, Gandhinagar from 26 January to 31 January
50.	2013	Organized Special Olympics Khel Mahakumbh from 8 January to 12 January
51.	2013	Organized NSS Camp at Ambaliyasan (NSS Camp Coordinator)
52.	2013	Organized West Zone Inter-University Kho-Kho (W) Tournament from 21 December to 24 December
53.	2013	Organized Memorable First Sports Meet of IITE, Gandhinagar from 11 January to 12 January
54.	2014	Organized PAYKA Sports Competition of DIET on 8 th February (N.S.T.C.)
55.	2014	Organized Inter-Department Cricket Tournament of Gujarat Vidyapith
56.	2014	Organized "Gandhi Jivan Padyatra" with all staff and students from in Amirgadh and Danta Talukas of Banaskatha District
57.	2014	Organized Sports Meet for Maheshwari Yuva Sangathan from 19 December to 20 December.
58.	2015	Organized Inter-Department Cricket Tournament of Gujarat Vidyapith on 14 February
59.	2015	Organized NSS Camp for Flood Relief Rescue camp Babapur, Amreli District from 17 July to 24 July
60.	2015	Organized "Educational and Administrative Seminar" of 'Nai Talim Sangh' & Gujarat Vidyapith for the Principals of 'Ashram Shala' and 'Uttar Buniyadi Vidyalaya' from 11 January to 13 January
61.	2016	Organized Blood Donation Camp
62.	2016	Organized Students Skill Development Program 1 January to 21 January (21 Days Yoga Camp)
63.	2017	Organized NSS Camp for Flood Relief Rescue Camp
64.	2017	Organized All India West & Inter Zone Women Kho-Kho Tournament 30th November 2017.
65.	2017	Organized Blood Donation Camp.
66.	2018	Organized Inter Faculty Sports meet of Gujarat Vidyapith, 26 January.
67.	2017	Organized "Gandhi Jivan Padyatra" with all staff and students from Patan District.
68.	2018	Organized Inter-Department Cricket Tournament of Gujarat "Vidyapith on 23 February.
69.	2018	Organized Blood Donation Camp, Gandhinagar. 9th August.
70.	2018	Organized Medical Checkup Camp, 9th September.

71	2018	Organized “Gandhi Jivan Padyatra” With all Staff and Students From Dantivada, Banaskantha.
72	2018	Lawn Plantation – Faculty of Physical Education and Sports Science, Sadra.
73	2019	Organized Blood Donation Camp, Sadra, 10th January.

Other Work Experience

1. Program Officer and Coordinator of N.S.S. Camp.
2. Coaching and Training Camp for Volleyball & Athletics Team Every Year.
3. Intramural Coordinator.
4. Refresher Course in ASC, Saurashtra University, Rajkot, from 22 – 06 -1998 to 11 – 07 – 1998 (Physical Education).
5. Refresher Course on Academic Staff College Gujarat University – Ahmadabad, 30 – 11 – 2000 to 17 – 12 – 2000 (Physical Education).
6. Orientation Course on Academic Staff College Gujarat University – Ahmadabad, 31 – 03 – 2001 to 23 – 04 – 2001 (Physical Education)
7. Official in All Indian Civil Services Volleyball Tournament, Gandhinagar, Gujarat from 29th – 31st Oct. 2001
8. Convener, Exam Committee, Gujarat Vidyapith for the Academic Year of 2006, 2010.
9. Official in “Police Public Goodwill Sports Meet” Gandhinagar Range, Gandhinagar on 29th January 2008.
10. Official in Special Olympics Bharat –Gujarat, 6th State Championship – 2010 from 2nd – 5th January 2010.
11. Coach and Manager of All India Interuniversity Targetable Medalist team, Rohtak, Haryana, (Boys & Girls). Boys-Bronze Medal and Girls-Silver Medal. 2019
12. Coach and Manager of Gujarat Vidyapith Inter University Team Every Year.