

Teacher Profile



DR.MINAKSHI HARIBHAU GAWALI

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Road , Nashik-13

Personal Information

- o Name :Dr.Minakshi Haribhau Gawali
- o Date of Birth :10 – April - 1970
- o Nationality :Indian
- o Present Position :Director of Physical Education and Sports
- o Experience :30 Years
- o Marital Status :Married
- o Areas of Research :Yoga, Physical Education , Womens Physical & Mental Problem, Adolsense Problem
- o Vidwan ID : 346156
- o Orchid ID :----

Educational Details

Degree/Diploma	College/University	Year of Passing	Percentage Marks/CGPA	Class
B.A	Savitribai Phule Pune University, Pune	1989	63	First class
B.P.ed	Savitribai Phule Pune University, Pune	1991	66.08	First class
Yoga Teacher	YCMOU			Distinction
M.P.ed	N.M.U. Jalgaon	2010	75.56	Distinction.
M.A.(Politics)	Savitribai Phule Pune University, Pune	1999	58.75	High-Score
M.A.(Yogashastra)	K.K.U.Ramtec	2019	84.00	Distinction
M.A.(Darshansht)	K.K.U.Ramtec	2022	89.00	Distinction
M.Phill	Savitribai Phule Pune University, Pune	2012	A Grade	A
Ph.D	Savitribai Phule Pune University, Pune	2016		Awarded
SET	State (Pune)	2010		Qualified

Teaching Experience(30Years)

Organization	Duration	Designation	Total Experience
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Maratha Vidhya Prasharak Samaja's KRT HighSchool, Vani	01/01/1993 To19/08/1993	Physical Education & Sports	8 Month
Maratha Vidhya Prasharak Samaj's , Janata English School & Junior College, Dindori	20/08/1993 TO 04/07/2005	Physical Education & Sports	11 Year And 11 Month
K.G.D.M. college , Niphad , Nashik	01/09/2010 TO 24/09/2023	Physical Education & Sports	13 Years
K.S.K.W. Arts , Science & Commerce College Cidco, Nashik	25/09/2013 TO Till		

Research Paper Publications:

Sr. No.	Title of the Paper	Name of The Journal	Volume and Page No.	Year of Publication	ISSN/ISBN	Impact Factor
1.	Effects of Rhythmic yoga program on Problems During Menstruation of 13 To14 Years Girls.	International Conference on Yoga and Physical Education yoga for Human Well-Being		11-13Jan 2011		
2.	Sports Psychology Effect of Psychological Factors on Physical Performance Page	Shodh Sangam An International Research ,Journal of Physical Education Sports and Allied Sciences	Special ISSUE Volume– II Page no . 198 to 200	Jan2012	ISSN2249-717X	
3.	Comparative Study of Yoga and Pranayama Programme In Menstruation.	Personality Development Through Physical Education.	38 to 40	Jan-2012	ISBN978-81-921877-6-1	
4.	A Comparative Study of Muulti Activity Modal and Modified Muulti Activity Model For Secondary Education.	International Journal of Advances In Management , Technology And Engineering Science .	Vol .II Issue-V 73 to 75	Feb -2013	ISSN-2249-7455	

5.	Professional Development In Yoga Teacher Page	Peer-Reviewed Journal Global Online Electronic International Interdisciplinary. Research Journal	Vol.III Special Issue –I pageno. 643 To 645	November -2014	ISSN-2278-5639	1.021
6.	Effects of Surya Namaskar and Yoga Nidra on Physical Problems of Adolescent Girls During Their Menstruation	GlobalonlineelectronicInternational InterdisciplinaryResearchJournal	Vol – IV Issue –III Page no . 537 to 547	October 2015	ISSN2278-5639	1.883
7.	Advance Pedagogy And Teaching In Surya Namaskar	GlobalonlineelectronicInternational InterdisciplinaryResearchJournal	Vol –IV Issue – II Page No . 49 to 51	August 2015	ISSN2278-5639	1.883
8.	Future Trends in research and Technology in Physical Education and Sports.	Scholarly Research Journal For Interdisciplinary Studies An International	Special issue Vol-V Page no. 363 to 365	Oct-Dec,2016	ISSN2278-8808, Printed ISSN2319-4766	5.403
9	Surya Namesake: Awasto Healthy Life	PURSUIT (A Half Yearly International Peer Reviewed Multi-Disciplinary Research Journal)	Vol – IV, issue-III Page no.17 to 19	27 Jan2017	ISSN2394-2649	
10	Effects of Yoga Nidra Programme with traditional coaching of Volley ball skills of college age male players	PURSUIT (A Half Yearly International Peer Reviewed Multi-Disciplinary Research Journal) Vol. IV, Issue-III	Vol – IV , issue-3 Page no . 20 to 25	27 Jan2017	ISSN2394-2649	
11	Yoga for school students	PURSUIT (A Half Yearly International Peer Reviewed Multi-Disciplinary Research Journal) Vol.IV,Issue-III	Vol – Iv, issue-3 Page no. 30 to 31	27 Jan2017	ISSN2394-2649	
12	Effects of Yoga Nidra Programme with traditional coaching of Volley ball skills of college	International Peer Peer Reviewed &referredScholarlyResearchJournalForH humanityScience&En	4602 to 4607	04/04/2017	E-ISSN2348-3083 P-ISSN2349-9664	3.801

	age male player	English Language				
13	Yoga in school Communities	International Peer Reviewed & referred Scholarly Research Journal For Humanity Science & English Language	4612 to 4613	04/04/2017	E-ISSN2348-3083 P-ISSN2349-9664	3.801
14	The Study of effect of Yogic Practice son Physical, Psychological and women living in society	Vidyawarta International Multilingual Refereed Research Journal	36 to 40	Oct.to Dec. 2018	2319-9318	5.131
15	Sukhi Jivanacha Manatr, Sudrudh Sharira CheTantr	International Research Fellows Association Research Journey (Physical Education, Sports, Yoga & Psychology)	Special issue -99(B) 185 TO 186	January 2019	2348-7143	6. 261
16	Yoga for Students and Women (Vidyarthiva Mahilankarita Yoga)	Peer Reviewed International Refereed Research Journal (Psychology and Other Disciplines)	Special issue – jan-2019 221 TO 227	4 th – 5 th February 2019	2319-9318 January 2019	5.234
17	21VeSatakaaniYoga	‘RESEARCH JOURNEY’ International E-Research Journal (Role of Yoga in Changing Adolescence)	Special issue -137 Page no . 94 to 97	February 2019	ISSN2348-7143	6.261
18	Trutiya Panthiyanchya Sharirik, Manasik, Bhavanik Samasya Nivaranasathi Yoga Aani Pranayam.	Nibandha Mala Journal (International Referred and Indexed Journal For Research Publication UGC Care Listed)	Vol-XII Issue -01 Page no. 96 to 98	01 January 2020	2277-2359	5.1
19	Effects of Yogic Programon Change in Feeling any Pain During Menstrual Cycle of College Girls	Our Heritage Journal (UGC Care Approved International Indexed and Referred Journal)	Vol -LXVIII Issue-XXX Page no. 3061 to 3067	30 February 2020	0474-9030	4.912
20	Samadhi Ashtang Yogache Sadhya	Nibandha Mala Journal (International Referred and Indexed Journal For Research Publication UGC Care Listed)	Vol -XII, Issue-II Page no. 1072 to 1075	30 February 2020	2277-2359	5.1

21	Effect of Selected Asanas and Pranayama on Feeling of Pain During menstrual period of mature Girls	Online Journal Review of Research	1-5	11 march 2022	2249-894x5.763 (UIF)	
22	New Education Policy 2020- Effect on Indian Student (navin saikhshanik dauran -2020 Bhartiya Vidyarthanwar Honara Parinam)	Mahya Bharti Humanities and Social Journal UGC care (Group-1)Journal	Vol-83 Issue –IV Jan-2023 Page no. 216 to 218	January 2023	0974-0066	

Resource Person for Conferences/seminar/workshops:

Sr. No.	Name of Person	Name of Programme	Date	Place
1	Dr. M.H. Gawali	Central Sport Festival As A Umpire	2012-13	Y.C. M.O.U. Nashik
2	Dr. M.H. Gawali	District Digester Management	2012-13	Bindu Ramrao Deshmukh College Mahila Vidyaly Nashik Roda
3	Dr. M.H. Gawali	National Balanc Day	2012-13	Mahashtra High School Upanagar Nashik
4	Dr. M.H. Gawali	Yoga And Surynamskar	2013-14	Janta Vidyalya Shirasgaon, Nashik
5	Dr. M.H. Gawali	Yoga Guidance	2013-14	Wagh Guruji School Gangapur Road, Nashik
6	Dr. M.H. Gawali	Personality Development For Girls	2013-14	Arts , Comm College Satpur, Nashik
7	Dr. M.H. Gawali	Lets Play Games In Major Games	2013-14	Sakal News Paper At Abhinav Bal Vikas Mandir
8	Dr. M.H. Gawali	Personality Development For Girls	2013-14	K.G.D.More College Niphad Nashik
9	Dr. M.H. Gawali	Personality Development (Yoga & Health)	2013-14	Karmaveer Genpat Dada More Arts , Com & Sic College Niphad Nashik
10	Dr. M.H. Gawali	Self Defense Guidance	2013-14	K.K.Wagh College, Pimpalgaon (B)
11	Dr. M.H. Gawali	District Digester Management	2014-15	Arts,Com & Sic College Dindory
12	Dr. M.H. Gawali	District Digester Management	2014-15	K.T.H.M College Nashik

13	Dr. M.H. Gawali	Personality Development	2014-15	Nandagaon Collage, Nashik
14	Dr. M.H. Gawali	Yoga And Suryanamkar	2014-15	Janta Vidyalya Pavan Nager Nashik
15	Dr. M.H. Gawali	For Good Health , Yoga	2014-15	K.V.N . Naik College Nashik
16	Dr. M.H. Gawali	Personality Development	2014-15	K.G.D.M. College Niphad
17	Dr. M.H. Gawali	Roval Ranger	2014-15	G.M.D.Arts., B.W. Comm. & Sci. Sinner College
18	Dr. M.H. Gawali	Woman S Day Celebration	2014-15	Brahmavallley College Of Engg. And Research Institutent Nashik
19	Dr. M.H. Gawali	Yoga	2014-15	Dr.B.R.Ambedkar Institute of Rural Technology & Management
20	Dr. M.H. Gawali	Lets Play Games In Major Games	2014-15	Sakal News Paper At Abhinav Bal Vikas Mandir
21	Dr. M.H. Gawali	Woman Employments	2015-16	K.V.N . Naik College Nashik
22	Dr. M.H. Gawali	External Examiner In Sport	2015-16	Smt. V.K.T.Arts, Science, College, Deolali
23	Dr. M.H. Gawali	Fearless Girl Campaign	2015-16	K.T.H.M College Nashik
24	Dr. M.H. Gawali	Lets Play Games In Major Games	2015-16	Sakal News Paper At Abhinav Bal Vikas Mandir
25	Dr. M.H. Gawali	External Senior Super Wiser	2015-16	N. B. Thakur Law College. Nashik
26	Dr. M.H. Gawali	Yoga And Pranayam	2016-17	Navajivan World Piece And Foundation Shivshkti Chwak
27	Dr. M.H. Gawali	Personality Development	2016-17	Law College Gangapur Road Nashik
28	Dr. M.H. Gawali	District Digester Management	2016-17	Arts, Com & Sci College Saikheda Niphad
29	Dr. M.H. Gawali	Yoga And Neuropathy	2016-17	M.J.College. Jalgaon
30	Dr. M.H. Gawali	Cerebrating Woman Emporment	2016-17	Navajivan World Piece And Foundation Shivshkti Chwak
31	Dr. M.H. Gawali	Fearless Girl Campaign	2016-17	C.M.C.S. College Gangapur Road
32	Dr. M.H. Gawali	District Digester Management	2016-17	Arts , Comm College Satpur, Nashik
33	Dr. M.H. Gawali	Personality Development For Girls	2016-17	N. B. Thakur Law College. Vidyanagar Nashik

34	Dr. M.H. Gawali	Chief Guest On Sport's Day	2016-17	Puspavati Rungata Kanvya Vidyalyaya
35	Dr. M.H. Gawali	External In Sport Examiner	2016-17	Arts Com. Sci. College Satpur
36	Dr. M.H. Gawali	All India Radio Nashik (Yoga Interiw)	2016-17	All India Radio Nashik Gangapyr Nashik
37	Dr. M.H. Gawali	Yoga International Day (Essay Writing External.)	2016-17	Y.C. M.O.U. Nashik
38	Dr. M.H. Gawali	Yuvak – Yoga & Personality	2016-17	Maharashtra State Sports & Nashik , Sinner
39	Dr. M.H. Gawali	Health & Education	2016-17	Ady. V.H. College of Education, Nashik
40	Dr. M.H. Gawali	District Digester Management	2016-17	K.P.G College Igatpuri Nashik
41	Dr. M.H. Gawali	Yoga	2016-17	All India Inter University
42	Dr. M.H. Gawali	Yoga & Health	2016-17	K.S.K.W College Cidco Nashik
43	Dr. M.H. Gawali	Lets Play Games In Major Games	2016-17	Sakal News Paper At Abhinav Bal Vikas Mandir
44	Dr. M.H. Gawali	Yoga	2016-17	Govt. of Maharashtra Nashik Sports
45	Dr. M.H. Gawali	Yoga	2016-17	Govt. of Maharashtra Nashik Sports
46	Dr. M.H. Gawali	International Yoga Day	2017-18	Brahma Valley College
47	Dr. M.H. Gawali	Yoga Guidance	21/06/2017	Jan shikshan Sansthan Nashik
48	Dr. M.H. Gawali	Yoga Guidance	21/06/2017	Brahma Valley College of Arts, Commerce & Science Nashik
49	Dr. M.H. Gawali	Invitation as an Expert to work on the selection committee for the post of Assistant Professor	28/06/2017	Nashik Shikshan Prasarak Mandal Sansthan Nashik
50	Dr. M.H. Gawali	Invitation as an Expert to work on the selection committee for the post of Assistant Professor	09/09/2017	Late G.N Sapkal College of Engg
51	Dr. M.H. Gawali	Appointed as a Team Guide for All India Inter University Yoga	27/9 To 6/10/2017	Pune University Pune
52	Dr. M.H. Gawali	Yoga Guidance	15/11/2017	Maharashtra Government Deputy Director, Sports And Youth Service Nashik,
53	Dr. M.H. Gawali	Research , guidance in the role of Psychology in Sports Sector	2/1/2018	Arts And Commerce College Satpur
54	Dr. M.H. Gawali	Nirbhay Kanya	09/01/2018	Arts & Com College, Khedgaon Dindori
55	Dr. M.H. Gawali	Yoga Guidance	11/01/2018	MVP Samaj's College of Education, Nashik
56	Dr. M.H. Gawali	Nirbhay Kanya	20/01/2018	Arts & Com College

				Dindori
57	Dr. M.H. Gawali	Nirbhay Kanya	23/01/2018	Bindu Ramrao Deshmukh College Mahila Vidyaly Nashik Roda
58	Dr. M.H. Gawali	Yoga Guidance	25/01/2018	MVP Samaj's College of Education, Nashik
59	Dr. M.H. Gawali	Women Empowerment	25/01/2018	K.K.Wagh Institute of Engineering Edu & Research, Nashik
60	Dr. M.H. Gawali	Yoga Guidance	07/02/2018	Jan shikshan Sansthan Nashik
61	Dr. M.H. Gawali	New Avenues Of Women Empowerment	16/02/2018	K.G.D.M. Art,Commerce & Science College Niphad Nashik
62	Dr. M.H. Gawali	Women's Day	08/03/2018	Employees Provident Fund Organisation Nashik
63	Dr. M.H. Gawali	Lets Play Games In Major Games	16 to 19 April 2018	Sakal News Paper At Abhinav Bal Vikas Mandir
64	Dr. M.H. Gawali	External in sport examiner	06/06/2018	Navajivan Low College Nashik
65	Dr. M.H. Gawali	Yoga for Women	15/07/2018	Inner Wheel Club of Nashik
66	Dr. M.H. Gawali	Yoga & Health	07/09/2018	Dadasaheb Bidkar Arts, Science And Commerce College, Peth
67	Dr. M.H. Gawali	Physiology and Dietary	18/10/2018	Late. Bindu Ramrao Deshmukh, Arts, Commerce Mahila Mahavidyaly Nashik Road
68	Dr. M.H. Gawali	Nirbhay Kanya	13/12/2018	Commrce Management And Computer Science (C.M.C.S.) Nashik
69	Dr. M.H. Gawali	Nirbhay Kanya	13/12/2018	Sasakiya Madhyamika Asramasala Pimparakheda , Dindori Nashik
70	Dr. M.H. Gawali	Sports and Women	15/12/2018	Inner Wheel Club of Nashik
71	Dr. M.H. Gawali	Letter Of Gratitude	19/12/2018	Global Vision International School Nashik
72	Dr. M.H. Gawali	Nirbhay Kanya	12/01/2019	Arts ,Commerce College Makhamalabad
73	Dr. M.H. Gawali	Nirbhay Kanya	17/01/2019	Arts, Commerce & Science College Dindori

74	Dr. M.H. Gawali	Disaster Management	22/01/2019	Arts And Commerce College Khedgaon, Dindori
75	Dr. M.H. Gawali	Disaster Management	23/01/2019	Shrimati Vimlaben Khemji Tejookaya. Art, Commerce & Science College Deolali Nashik
76	Dr. M.H. Gawali	Disaster Management	24 & 25/02/2019	Commerce, Management and Computer Science (C.M.C.S.) College Nashik
77	Dr. M.H. Gawali	Stress Management After Disaster	24/01/2019	Low College Gangapur Road Nashik
78	Dr. M.H. Gawali	Yoga Expert Guide	30 & 31/01/2019	Bindu Ramrao Deshmukh College Mahila Vidyaly Nashik Road
79	Dr. M.H. Gawali	Disaster Management	1 & 2/02/2019	Gokhale Education Society's N.B. Thakur Law College Nashik
80	Dr. M.H. Gawali	Letter of Gratitude	2/02/2019	Chandneshwar Vidyalaya, Chandanpuri Sangamner
81	Dr. M.H. Gawali	Expert guidance to state – level yoga seminars	06 & 07/02/2019	K..R.T. Arts & Commerce College Vani Nashik
82	Dr. M.H. Gawali	Nirbhay Kanya	08/02/2019	K..R.T. Arts & Commerce College Vani Nashik
83	Dr. M.H. Gawali	Disaster Management	20 & 21/02/2019	Karmaveer ADV. Baburao Ganpatrao Thakare College of Engineering Nashik
84	Dr. M.H. Gawali	Nirbhay Kanya	26/02/2019	Arts And Commerce College Vadner Bhairav Chandwad, Nashik
85	Dr. M.H. Gawali	Yoga- The Way of Life (Swayamsiddha Camp)	16/03/2019	S.M.R.K. Arts, Fine Arts, B.K. Commerce And A.K. Home Science Mahilia Mahavidyalaya, Nashik
86	Dr. M.H. Gawali	Lets Play Games In Major Games	15 to 20 April 2019	Sakal News Paper At Abhinav Bal Vikas Mandir
87	Dr. M.H. Gawali	Yoga & Health	24-09-2019	Arts And Commerce College, Satpur, Nashik
88	Dr. M.H. Gawali	Women Empowerment	27-12-2019	Karmaveer Kakasaheb Wagh Arts, Commerce

				& Science College Bhausaheb Nagar, Naphad, Nashik
89	Dr. M.H. Gawali	External in sport examiner	4,5 and 06 February 2020	Bindu Ramrao Deshmukh College Mahila Vidyaly Nashik Road
90	Dr. M.H. Gawali	Yoga Expert Guide	05 February 2020	Bindu Ramrao Deshmukh College Mahila Vidyaly Nashik Road
91	Dr. M.H. Gawali	Swayamsiddha Programme	6 February 2020	Government of Maharashtra District Sports Office Nashik & Bhonsala Military School (Girls) Nashik
92	Dr. M.H. Gawali	Swayamsiddha Camp	13 February 2020	Government of Maharashtra District Sports Office Nashik & Bhonsala Military School (Girls) Nashik
93	Dr. M.H. Gawali	Healthy and Fit India Through Yogic Science	23 th 24 th January 2020	Savitribai Phule Pune University, Pune (BCUD Pune) & MVP's KSKW College CIDCO Nashik
94	Dr. M.H. Gawali	Health and Fitness through Yogic Science	4 th to 10 th May 2020	Government of Maharashtra District Sports Office Nashik , Board of Sports and Physical Education, Savitribai Phule Pune University And MVP's KSKW College CIDCO Nashik
95	Dr. M.H. Gawali	Yoga Nidra – Practical Guidance	01 to 21-06-2021	Yogeshwari Mahavidyalaya, Ambajogal, Beed
96	Dr. M.H. Gawali	Yoga Guidance for Society (Yoga Nidri)	16-01-2022	Bindu Ramrao Deshmukh College Mahila Vidyaly Nashik Road
97	Dr. M.H. Gawali	External Guidance	17-08-2021	K.P.G Arts, Commerce and Science College, Igatpuri, Nashik
98	Dr. M.H. Gawali	Women Empowerment	16-02-2022	GMD Arts, B.W.Commerce& Science College, Sinnar, Nashik
99	Dr. M.H. Gawali	Nirbhay Kany Abhiyan	23-02-2022	K.R.A Arts, Science &

				Commerce College Deola, Nashik
100	Dr. M.H. Gawali	Nirbhay Kany Abhiyan (Self-Defense)	25-02-2022	S.V.K.T Arts, Science & Commerce College Deolali Camp, Nashik
101	Dr. M.H. Gawali	Nirbhay Kany Abhiyan	28-02-2022	Bindu Ramrao Deshmukh College Mahila Vidyaly Nashik Road
102	Dr. M.H. Gawali	Guidance for Sport Player	07-03-2022	Ekatmic Adivasi Vikas Prakalp, Adivasi Krida Prabodhini Nashik
103	Dr. M.H. Gawali	Health And Yoga	21-04-2022	College of Education, Nashik Gangapur Road, Nashik
104	Dr. M.H. Gawali	Yoga And Pranayam	28-04-2022	College of Education, Nashik Gangapur Road, Nashik
105	Dr. M.H. Gawali	Yoga for Body, Mind & Soul	23-05-2022	Sunderao Solanke Mahavidyalaya, Majalgaon, Beed

Books Published:

Sr. No.	Title of Book	Name of Publication	Year
1	- 1to4 th Class. Mulya Jivan Shikshan Book(Moral Education Book)	M.V.PPress	2012-13
2	- 5to7 th Class,Mulya Jivan ShikshanBook(Moral Education Book)		2013-14
3	- 8to10 th Class,Mulya Jivan Shikshan Book(Moral Education Book)		
4	- 11to12 th ClassJunior College Mulya Jivan Shikshan Book (Moral Education Book)		
5	- Senior College Mulya Jivan Shikshan Book (Moral Education Book)		
6	Health&Physical EducationProjectworkBook	Swaraj Publications Mumbai	2015-16
7	Yoga Syllabus Bookin Marathi	YCMO University Nashik	2015-16
	Yoga Syllabus Bookin English	YCMO University Nashik	2016-17
8	Yog Ek Jivanshailly	Poddar Prakashan with ISBN No. – 978-81-952671-8-7	2020-21
9	Suryanamaskar labh –Yogik V Shastriya Drushtikonatun	ISBN No.978-93-93562-05-0	2021-2022
10	Yogasan Spardha – Yash tumachya hatat		2021-2022

Research Degree	Title of work/Theses	University where the work was carried out	Stage
M.Phil.	Effect of Rhythmic Yogaand Pranayamaon Problems during Menstruation of 13 to 14 Years Old Girls	Savitri bai Phule Pune,University	Awarded
Ph.D.	Effect of Suryanamaskar and yoga Nidra on Menstruation Problems of Adoleseent Girls.	Savitri bai Phule Pune,University	Awarded
Minor Research Projects	1)A Comparative Study of Effect of Rhythmic Yoga Program and Rythmic Yoga and Diet Program on Problem During Menstruation of13 to14YearOldGirls	Funded by BCUD Savitribai Phule Pune, University	Completed
M.Phil.	M.Phil.Research Guide	Savitribai Phule Pune, University	
Ph.D	Ph.D .Research Guide	Savitribai Phule Pune, University	

Refresher/Orientation/FDP/Trainings:

Sr. No.	Name of Refresher/Orientation/FDP / Trainings Program meat tended	Organizing Institute	Period	Grade Or Completed
1	Orientation Course	UGC, Academic Staff College, Pune University, Pune	05.03.2014 To 25.03.2014	A
2	Refresher Course	K.T. H. M. College, Nashik	06/05/2015 To 26/05/2015	A
3	Faculty Development Programme	L.V.H Arts, Science and commerce college Panchavati Nashik	11/10/2018 to 31/10/2018	A
4	Refresher Course	K.S.K.W Arts, Science and commerce college CIDCO NASHIK	18/08/2019 to 31/08/2019	A
5	Basic Yoga certificate course Coordinator	K.S.K.W Arts, Science and commerce college CIDCO NASHIK	19 /04/2018 to 30 04/2018	A
6	Advance Yoga certificate course Coordinator	K.S.K.W Arts, Science and commerce college CIDCO NASHIK	01/04/2019 to 30/04/2019	A
7	Swayamsiddha certificate course Coordinator	K.S.K.W Arts, Science and commerce college CIDCO NASHIK	14 /02/ 2019 to 30/02/ 2019	
8	Fitness & Sports Workshop	Online Workshop	10/04/2020 to 17/04/2020	
9	Education 4.0	Online Workshop	28/04/2020 to 30/04/2020	
10	National Webinar	School of Education & Board of Sports &Physical Education. SPPU Pune	25.05.2020 To 05.06.2020	
11	Faculty Development Programme	D.J. Arts, Science & Commerce College, Adinath Nagar, Pathardi G. A. D. Teaching Learning Center SGTB Khalsa College, Uni. Of Delhi.	21/04/2022 to 27/04/2022	A
12	National Faculty Development Program	Guru Angad Dev Teaching Learning Centre, a Centre under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) of Ministry of Education and Department of Business Economics, SGTB Khalsa College,	31st May to 06th June 2022	A

		University of Delhi.		
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Seminar/Conference/STTP Attended:

Sr.No	Seminars/Conferences and Symposia	International /National / State	Attended /Presented papers/	Place	Datedd/mm/yyyy
1	Impact of Sports Psychology on Performance of Sportsmen	State	Attended	Vani College, Nashik	4 & 5 Feb 2011
2	Fitness and Wellness	State	Attended	Deolali Camp College Nashik	17 & 18 Jan 2011
3	Yoga . And Physical Education.	International	Attended	Sir Parashurambhau college Pune 30	11-13 Jan 2011
4	Issues and themes in physical education and sports.	National	Attended	Mahatma Gandhi Mahavidya laya Ahmedpur	28 – 30 Jan 2011
5	Yoga and Psychology	State	Attended	K.G.D. More college Niphad	13 & 14 Feb.2012
6	Recent Trends in Marking	State	Attended	K.G.D. More college Niphad	13 & 14 Feb. 2012
7	Personality Development Through Physical Education	State	Attended	K.G.D. More college Niphad	3 & 4 Feb. 2012
8	Recent Trends In Life Sciences	University	Attended	K.G.D. More Colege Niphad	15-Feb-12
9	Sports Workshop	University	Attended	Savitribai Phule Pune	29-31 Mar 2012
10	Sports Workshop	University	Attended	Nashik	6 – 7 July 2012
11	International conference on Contemporary Enrichment in physical education and sports.	International	Attended	University Of Mumbai (ICCEPS)	10-12 Jan 2012
12	Stress Management and Sports Psychology in Physical Education	National	Attended	B.Y.K (Sinnar) College of Commerce	7 – 8 Mar 2012
13	Qualities of leadership Development	State	Attended	K.G.D.M college Niphad Nashik	18- 19 Mar 2013
14	Regional Research Conference INNOVATION - 2013	University	Attended	S.P. Pune University PUNE	15 -16 April 2013
15	Sports Workshops	University	Attended	S.P. Pune University (Nashik)	9 – 11 July 2013

16	Innovative Emerging Strategies in Commerce, Economics, Management, Engineering, Technology and Social Sciences.	International	Attended	K.THM College, Nashik	20 – 21 Feb 2013
17	Innovative Emerging Strategies in Commerce, Economics, Management, Engineering, Technology and Social Sciences	International	Attended	K.THM College, Nashik	20 – 21 Feb2013
18	New trends in education and research.	National	Attended	S.N.D. College of education, Babhulgaon, Nashik	29 – 30 Feb2013
19	Women Empowerment	National	Attended	S.P. Hiray Mahila Mahaviday Malegaon Nashik.	23-24 Oct2013
20	Sustainable development of forest and environment.	National	Attended	K.G.D.M College Niphad Nashik	21- 22 March 2013
21	Innovation – 2014 Regional Research Conference For College . Teacher (Moral, Mental, Social, Science & Education	University	Attended	Adv. V.H. College Nashik	28th Apr 2014
22	Professional development of teacher and teacher educators.	National	Attended	Adv. Vitthalrao Hande college of Education, Nashik	29 – 30 Nov 2014
23	Innovation – 2015 Regional Research Conference For College . Teacher (Moral, Mental, Social, Science & Education	University	Attended	M.D. Arts & Science College, Sinnar Nashik	3-Jul-15
24	Yoga for Sports, Education and Fitness.	National	Attended	Department of Physical Education, Pune University	27-Jun-15
25	Environment and Education.	National	Attended	Adv. Vitthalrao Hande college of Education, Nashik	11-Oct-15
26	The role of physical education and sports in overcoming social health problems	National	Attended	New Arts, Commerce and Science college, Parner	9 – 10 Oct 2015

27	Pedology and Teaching-Learning	National	Attended	Adv. Vitthalrao Hande college of Education, Nashik	7 – 8 Feb 2015
28	‘ Ahclent Yoga : Different Traditions – one Mission’’	International	Attended	The Lonavia Yoga institute (India)	17-Jan-15
29	Workshop on Anti Doping Awareness	National	Attended	S.P. Pune University PUNE	11-Aug-15
30	Regional Research Conference , INNOVATION - 2016	University	Attended	K.T.H.M College Nashik	30-Sep-16
31	Sports workshops	University	Attended	Sangmner college	7-10 July 2016
32	A Holistic Approach to Enhance Human Knowledge, Performance And Health Through Sports And Library Sciences	National	Presented	Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri Dist. Aurangabad	24-Feb-18
33	National Conference on Current Trends in Sports Psychology for Enhancing Sports Performance	National.	Presented	Yoga Supports Player for their Psychological Problem	6- 7 February 2018
34	Role of Psychology in Sports: Coaching, Research and Pracices	State	Presented	Arts And Commerce College Satpur	2-Jan-18
35	Sports workshops	University	Attended	Graminidhi Mandal ‘ S Arts, Science & Commerce College Narayangaon Pune	17-19 July 2017
36	Sports workshops	University	Attended	Graminidhi Mandal ‘ S Arts, Science & Commerce College Narayangaon Pune	18-20 July 2018
37	UGC- HRDC (Refresher Programme) Vidyawarta International Multilingual Refereed Research Journal	International	Attended	Loknete Vyankatrao Hiray College Panchavati, Nashik	Oct. to Dec 2018
38	Psychology and other Disciplines	State	Presented	Arts and Commerce college Makhamalabad, Nashik	4- 5 February 2019
39	Sahityika Mahatma Jyotirava Phule	National	Attended	KSKW Arts, Science & Commerce College CIDCO NASHIK	5- 6 February 2019

40	Physical Education, Sports, Yoga & Psychology	International	Presented	PDEA's Annasaheb Waghire Science, Arts & Commerce College Otur, Tal- Junnar, Dist. Pune	Jan-19
41	Role of Yoga in Changing Adolescence	State	Presented	Maratha Vidya Prasarak Samaj's Karmaveer Raosaheb Thorat Arts & Commerce College, Vani, Tal. Dindori, Dist. Nashik	6- 7 February 2019
42	Sports workshops	University	Attended	Graminidhi Mandal 'S Arts, Science & Commerce College Narayangaon Pune	18-20 July 2018
43	Gender Sensitization: Special Reference To Third gender	National	Attended	KSKW Arts, Science & Commerce College CIDCO NASHIK	17 and 18 January 2020
44	Healthy and Fit India Through Yogic Science	State	Presented	KSKW Arts, Science & Commerce College CIDCO NASHIK	23 and 24 January 2020
45	Yoga Training Camp & Workshop	District level	Attended	Bindu Ramrao Deshmukh College Mahila Vidyaly Nashik Road	5- 6 February 2020
46	Article Publis in sakal News paper	State	Published	Sakal office Satpur Nashik	2019-20
47	Online Workshop on fitness and Sports	State	Attended	Online Government of Maharashtra's District Sports office, Nashik	10 April to 17 April 2020
48	Online Covid- 19 Awareness Quiz	State	Attended	Baburaoji Gholap College Sangavi	24-Apr-20
49	Online Covid- 19 Awareness Program	State	Attended	Shivaji University Kolhapur.	26-Apr-20
50	Workshop on Basic Fencing	State	Attended	Online Government of Maharashtra's District Sports office, Nashik & Maharashtra	26 th April 3 rd May 2020
51	Online workshop on- Education 4.0	State	Attended	Atharva College of Eng. Mumbai Fencing Association	28 to 30 April 2020
52	Online Marathon Quiz	State	Attended	K.T.H.M College Nashik	11-May-20

53	Wellness An Introspective Approach Towards lifestyle	National	Attended	SPPU Pune , Department of Phy. Edu Sports	14 to 16 May 2020
54	Covid-19 Awareness Quiz 2020	State	Attended	KSKW College CIDCO Nashik	May-20
55	“Role of Yoga in Enhancing immunity during Covid-19 Pandemic”	International	Attended	Sports Authority of India - Lakshmibai National College of Physical Education in Collaboration with Svyasa Deemed University (Bangalore) and Bihar School Of Yoga (Munger).	12th May 2021
56	Yoga Certification	National	Attended	Yoga Certification Board Ministry of AYUSH, Government of India	5/1/2021
57	International Surya Namsakara Day	National	Attended	YCMOU Nashik	18-Feb-21
58	Intellectual Property Rights (IPR'S)	National	Attended	KSKW College CIDCO Nashik	2-Feb-21
59	Yoga Intervention For Post COVID-19	National	Attended	Lakshmibai National Institute of Physical Education, Gwalior	06 January, 2021
60	"YOGA FOR MENTAL HEALTH "	International	Attended	GONDWANA UNIVERSITY GADCHIROLI and Shri Chintamani Shikshan Prasarak Mandal Ballarpur's CHINTAMANI MAHAVIDYALAYA , GHUGUS Tal. Dist.Chandrapur Maharashtra	18 September, 2020
61	National Sports Day State level Online Sports webinar	State	Attended	Government Of Maharashtra Deputy Director, Sports & Youth. Nashik Division District Sports Office, Nashik In Collaboration With Kskw College Cidco, Nashik, Nashik District Basketball Association & The	29th August 2020.

				Hockey Nashik.	
62	NATIONAL SPORTS DAY & Fit India Freedom Run	State	Attended	Government Of Maharashtra Directorate Of Sports And Youth Services, Maharashtra State Deputy Director, Sports & Youth, Nashik Division District Sports Office, Nashik In Collaboration With Nashik Cyclists Foundation & Kskw College Cidco, Nashik	29th August 2020.
63	Skill- oriented employment in Rural Development	National Webinar	Attended	KSKW college CIDCO Nashik & Aurangabad University	13-12-2021
64	Yoga for Wellness	State Level Workshop	Attended	Arts, Science & Commerce College, Adinathnagar, Pathardi, Ahmednagar & Kai.Rasika College, Deoni, Latur & C.S.B college Taloda, Nandurbar.	18-05-2022

Detail of Activities	Category
Head Of Department From 2010	Administrative
BOS Member Pune University	Education
BOS Member YCMOU University, Nashik	Education
International Service Team Scout & Guide.	Scout & Guide
National level MVP Marathon Organization Committee.	Marathon
Treasurer of Maharashtra state Shuttlecock Association.	Sports
Treasurer of Nashik District Throw-ball Association.	Sports
Member of Nashik District Yoga Association.	Sports
Member Nashik District Sports Teacher Association.	Sports
Joint Secretary of Maharashtra Dance Sports Association.	Sports
Nashik District Ring Tennis Association	Sports
Yogik Science Association , Nashik -Secretary	Yoga

International Achievements:

1. Representing India as a member of International Service Team in International Scout Guide 2007-08 at Jamboree (England).
2. 15 Research Paper published in Journal of International.
3. Four Supervised students selected in International Scout Guide at Jamboree (England).
4. Supervised students achievements in International Competition as a following:
 - a) Volleyball Boys Team awarded by Silver medal in Asian School Game-2015 organized at Nepal.
 - b) Silver medal in International Kick boxing Competition Delhi-2014
 - c) Silver medal in International Karate Competition Delhi-2014.
5. Organized International level online webinar

National-level Achievements:

1. Achieved Two Silver and One Bronze medal in **Swimming** competition at Hyderabad.
2. Presented various Research papers on the topic of 'Physical Education and Yoga'.
3. Selected as a Captain, Maharashtra Team of 'Tug of War' competition organized at Uttar Pradesh.
4. National level Yoga competition participated in & Awarded Gold medal.
5. Awarded Gold medal in **Baithal** competition.
6. Organized National level online webinar & many competitions.

State-level Achievements:

1. Selected in '**Yogasan Competition**' for consecutive five years(2006 to 2012) at Aurangabad, Nagar, Pune and Nandurbar
2. Achieved 'Eight Gold and Silver medal in **Swimming Competition**' at Aurangabad, Nashik, and Nagpur (2010 to 2015).
3. Organized a successful competition of **many games**.
4. **organized conference** 2011-12 on the subject of '**Yoga and Psychology**'.
5. Organized a successful conference 2011-12 at university level on '**Recent trends in Sports and Physical Education**'- as a Coordinator.
6. Organized a successful State-level conference on "**Role of Yoga in Changing Adolescence**" 2016-17- as a Coordinator.
7. Organized a successful State level conference on Health & fitness through Yogic Science.

Membership and Co-curricular activities:

1. Books published - **Eight Books in moral Education**.
2. Civil Defense Basic and Warden Course completed.
3. Speech given on the subject of '**Yoga and Fitness**'.
4. Speech given on the topic of '**Yogasan and Personality Development**'.

5. Participated in '**Literacy Campaign**'.
6. Delivered Health related Speech organized by **Sakal Newspaper Madhurangan group**.
7. Delivered **Self Defense Guidance for Women**.
8. Various **Articles, Poems and Plays published** in Newspapers.
9. Treasurer of Maharashtra state **Shuttlecock Association**.
10. Treasurer of Nashik **District Throw-ball Association**.
11. Member of Nashik **District Yoga Association**.
12. Achieved 1st Prize for consecutive 5 Years in Essay and Speech Competition organized by Directorate of Sports and Youth Services Maharashtra State.
13. Organized **Basic Advanced Yoga Certificate Course** with District Sports office Nashik, Maharashtra. As a Co-ordinator.
14. Organized **Swayam Siddha Course** for women with District Sports office Nashik, Maharashtra. As a Co-ordinator.
15. Speech given on the topic of '**Yoga for Women Health**'
16. Guidance Yoga for special child.
17. Guidance Yoga practical program for senior citizen.
18. Guidance Yoga for practical program for Women & Girls.
19. Guidance preparing Competitive Exam Students .
20. Organized Tree plantation program , Beti Bachav , Swach Bharat Abhiyan, Self Defence for women , AIDS awareness program , Organization- Blood donation camp , Traditional game, Organization first aid awareness program , Disaster management program, National Sports Day program.
21. Worked as a Vice Secretary of S.P.Pune University Nashik Zone Sports Committee.
22. Worked as a Selection committee of S.P.Pune University Yoga & Swimming Competition .

I hereby declare that the above written particulars are true to the best of my knowledge and belief.

Date:19/4/2023



(Dr.M.H.Gawali)

Name and digital signature

