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|---|---|
| Department | Sport (Physical Education) |
| Designation | Director of Physical education (Sport) |
| Professional Experience | 23 Years |
| Qualification(s) | M.P.Ed, M.Phil, Ph.D |
| Certification(s)/Professional Courses/Exams | ----- |
| Email-Id | rushikesh13022003@gmail.com |
| Mobile No. | 9423108111 (What's app) ; 9422231612 |
| Office Contact No: | ----- |

BIODATA

NAME:- DR.UMESH RAMCHANDRA SADEGAONKAR



Membership:

| | |
|--|--|
| Subject related organizations/ associations | Faculty Work as Advisory Board member in 'SHARARIK SHIKSHAK MAHASANGH' which is academic Association. |
| Member of Social organization | <ol style="list-style-type: none"> 1) Faculty Working in "MARATHWADA SAHITYA PARISHAD" Branch of Majalgaon. 2) Faculty work & member in "ARSHYOG SANSTHA" which arranged 10 days YOGA & PRANAYAM SHIBIR. 3) Faculty also Ex President Of "Majalgaon Taluka Patrakar Sangh". 4) Faculty also Ex President Of "Majalgaon Taluka Patrakar Halla Krati Samiti" 5) Faculty also work Devotedly & Having 14 Year Experience as Taluka Reporter Of 'LOKSATTA', 'PUNYANAGARI', 'THARUN BHARAT' |

Completed Orientation / Refresher/FDP/Short-term

| NAME OF COURSE | DATE & YEAR | ASC-UNIVERSITY |
|---------------------------|--|--|
| Orientation Course | 18 Nov. 2015 To 15 Dec. 2015 | Sant Gadgebaba Amravati University, Amravati. |
| Refresher Course | 25 Feb. 2017 To 17 March 2017 | Laxmibai National Institute of Physical education Gwalior (MP). (LNIPE) |
| Refresher Course | 04 Oct. 2019 To 17 Oct. 2019 | Laxmibai National Institute of Physical education Gwalior (MP). (LNIPE) |
| FDP | May 18 - June 03, 2020 | Sponsored by : Teaching learning centre, Ramanujan College,University of Delhi,Under MHRDC, Pandit Madan mohan Malaviya, National mission on teachers and teaching. On subject "MANAGING ONLINE CLASSES and CO-CREATING MOOCS: 2.0" |
| FDP | Nov. 20 - Nov. 26, 2020 | Sponsored by : Teaching learning centre, Ramanujan College,University of Delhi,Under MHRDC, Pandit Madan mohan Malaviya, National mission on teachers and teaching. On subject " TRANSFORMING LIFESTYLE THROUGH YOGA DARSHA & IT'S FUNCTIONAL MODES " |
| FDP | Aug. 09 - Aug. 13, 2021 | Organised by : All INDIA COUNCIL FOR TECHNICAL EDUCATION On the theme " INCHULCATING UNIVERSAL HUMAN VALUES IN TECHNICAL EDUCATION " |

"CHAPTER IN EDITED BOOK"

| Sr. No. | Title with page No. | Book Title, editor & Publisher | ISSN / ISBN No./ ISO | Whether Peer Reviewed | No. Of co-Authors | Whether you are main Author | Years |
|----------------|---|---|--|------------------------------|--------------------------|------------------------------------|----------------------|
| 01 | "Practice Consequences for Psychological wellness" Page No : 95-97 | 'Recent Trends In Physical Education and Sport' Edited by : Dr. Sagar P. Narkhede Published : Dnyanpath Publication (INDIA) | ISBN : 978-93-91331-41-2 ISO 9001: 2015 | Yes | Single | Yes | 01 March 2022 |
| 02 | Impact Of Exercise on Psychological Health Page No 274-279 | 'India's Journey Towards Superpower' Editor in Chief : Dr.Rajesh G.Umbarkar Published : Siddhi Publishing House | ISBN : 978-81-962287-1-2 | Yes | Single | Yes | 21 March 2024 |

State Level Conference/Seminar/Workshop

| Sr. No. | Title of Conference/Seminar/Workshop | Organisezer | Year |
|---------|--|---|---------------|
| 01 | 1) Quality culture development and new reforms in NAAC | <p>Swa. Sawarkar Arts, Science and Commerce college, Beed.</p> <p>*Collabaration with*</p> <p>Dr. BAM University, Aurangabad.</p> | 28 April 2019 |

Conference/Seminar/Workshop, Through Paper Published in journal

| Sr. No. | Research paper Title with page No. | Book Title, editor & Publisher | ISSN / ISBN No./ ISO Impact factor | Whether Peer Reviewed | No. Of co-Others | Whether you are main Author | Date/ Years | Conference National / International |
|---------|--|---|---|------------------------|------------------|-----------------------------|--------------|-------------------------------------|
| 01 | <p>"Krida Varta Chi Prabhav kshamata : Ek Abhyaas"</p> <p>Peg. No. 70-73</p> | <p>A Bimonthly Reffered Internationa l Journal</p> <p>CHRONICL E OF HUMANITI ES AND CULTURAL STUDIES</p> <p>Research Advancces In Languages, Literature</p> | <p>ISSN : 2454-5503</p> <p>Impact factor : 4.197(IJIF)</p> | UGC Approved No :63716 | Nil | Yes | 17 Feb. 2018 | International Conference |

| | | | | | | | | |
|----|--|---|---|------------------------------------|-----|-----|---------------|--------------------------|
| | | and Social Sciences Editor : Prof. Vinod Khedkar Dr. Atmaram Tekale | | | | | | |
| 02 | "Kheladunche maansik swasth va than thanav Vewasthapan" Page no: 203 to 205 | INTERNATIONAL RESEARCH JOURNEY "Globalisation : Challenges and Opportunities for India" Chief Editor :- Dr. Dhanraj T. Dhangar | ISSN-2348-7143 Impact factor : 6.261 | Peer reffered & Indexed Journal | One | Yes | 23 March 2019 | National Seminar |
| 03 | "Uposhan asthra : Gandhinna aahar va arogya vyvasthapanacha aadhar" | SCHOLARS IMPACT MAHATMA GANDHI IN THE CHANGING TIMES Dr. M. Raghiv Deshmukh | ISSN 2394-7632 EISSN 2394-7640 IMPACT FACTOR : 5.98 | UGC Approved Journal No - 41129 | Nil | Yes | 30 March 2019 | International Conference |

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|----|--|--|---|------------------|-----|-----|----------------------|---------------------|
| 04 | <p>"Effect of Physical Activity on Mental Health and Illness"</p> <p>Page No: 369 to 373</p> | <p>THINK INDIA</p> <p>"Psychological Contributions in Sustainable Human Development in Sports, Organizations and Community Health"</p> | <p>ISSN: 0971-1260</p> <p>Vol-12 Special issue-13</p> <p>Impact factor : 6.2</p> | Yes | Nil | Yes | December 20-21, 2019 | National Conference |
| 05 | <p>"Comparative Survey in School Children of Majalgaon Tahasil Selected Postural Deformities in School"</p> <p>Page No : 06 to 11</p> | <p>'OUR HERITAGE'</p> <p>"The Importance of Sports, Physical education and psychology for personality development At Present Scenario"</p> | <p>ISSN: 0474-9030</p> <p>vol-68, special Issue-14</p> <p>Impact factor : 6.8</p> | UGC Care Journal | Nil | Yes | 01 Feb. 2020 | National Seminar |
| 06 | <p>"Effect Of Yoga Therapy On Anxiety Of Women"</p> <p>Page. No. 193-194</p> | <p>International journal of Physical education, Health and Sport Sciences</p> <p>Interdisciplinary Approaches in</p> | <p>ISSN No 2279-0306</p> <p>Impact factor : 0.641(ISRA)</p> | UGC Approved | Nil | Yes | 7 March 2020 | National Conference |

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|-----------|--|--|---|---|------------|------------|--------------------------------------|-----------------------------|
| | | Education, Physical education, Sports and Yoga | | | | | | |
| 07 | "Nutrition and Physical Performance" Page No : 20 to 23 | 'Worldwide International Inter Disciplinary Research Journal ' "Role of Physical Education & Yoga for Maintainanc e of Health and Fitness Under Covid-19 Situation" Editor : Prof. Dr. Abhineet S. More | ISSN : 2454 - 7905 Year- 07, Issue- XL SJIF 2021 - Impac t factor : 6.91 | A Peer Revie wed Journa l | Nil | Yes | 15 Dece mber 2021 | National Seminar |
| 08 | "Benefits of Yoga & Meditation during Pandemic" Page No. : 24 to 27 | 'Internation al Journal of Advance and Applied Research' (IJAAR) "Importance of Physical Education & Sports Related to Interdiscipli nary Subject" | ISSN: 2347- 7075 Impac t factor : 7.328 Vol. 2 Issue- 1 | A Multid isciplin ary Intern ational level Referr ed and Peer Revie wed Journa l | Nil | Yes | 03 Febr uary 2022 | National Seminar |

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|-----------|--|--|---|--------------------------------|------------|------------|----------------------|----------------------------------|
| | | Chief Editors : P. R. Talekar | | | | | | |
| 09 | Physiological Perspective of Yoga as an Alternative medicine Technique for the Mind and Body Page. No : 76-79 | Bimonthly International Journal CHRONICLE OF HUMANITIES AND CULTURAL STUDIES Chief Editor : Dr. Kalyan Gangarde | ISSN : 2454-5503 Impact factor : 4.197(IJIF) | A Peer Reviewed Journal | Nil | Yes | 13 March 2024 | National Conference |
| 10 | A Comparative Study Of Symptoms Of Militancy In Athletic And Non Athletic Students Page. No: 236-238 | 'Worldwide International Inter Disciplinary Research Journal' Editor in Chief: Dr. Rajesh Gangadharao Umbarkar | ISSN: 2454 - 7905 SJIF 2024 Impact Factor: 8.278 Vol. 1 ISSU E-XC V Year-9 | A Peer Reviewed Journal | No | Yes | 21 March 2024 | National Seminar (Online) |

***International Level* conference seminar workshop Paper Published in journal**

| Sr. No. | Research paper Title with page No. | Book Title, editor & Publisher | ISSN / ISBN No./ ISO Impact factor : | Whether Peer Reviewed | No. Of co-Authors | Whether you are main Author | Date/ Years |
|----------------|---|---|---|------------------------------|--------------------------|------------------------------------|--------------------|
| 01 | | | | | | | |

Research Paper Direct Published in Journal

| Sr. No. | Research paper Title with page No. | Book Title, editor & Publisher | ISSN / ISBN No./ ISO Impact factor : | Whether Peer Reviewed | No. Of co-Authors | Whether you are main Author | Date/Years |
|----------------|---|---|---|------------------------------|--------------------------|------------------------------------|----------------------------|
| 01 | "Sports Performance and Nutrition" Peg. No : 45-50 | An International Multidisciplinary Quarterly Research Journal AJANTA Ajanta Publicat | ISSN 2277-5730 Impact Factor/ Indexing 2013 - 0.703 Global Impact factor | UGC Approved | Nil | Yes | January -March 2013 |

| | | | | | | | |
|-----------|--|---|---|---|-------------------|-------------------|---|
| | | <p>ions</p> <p>Editor :- Asst. Prof. Vinay Shankar rao Hatole</p> | | | | | |
| 02 | <p>"Krida Patrakarite che Badalte Swarup - Nave Aakalan"</p> <p>Peg. No. 156-159</p> | <p>An Internat ional Multilin gual Quarterl y Reffered Researc h Journal</p> <p>POWER OF KNOW LEDGE</p> <p>Editor:- Dr. Sadashi v H. Sarkate</p> | <p>ISSN 2230-4 494</p> | <p>UGC Approve d</p> | <p>Nil</p> | <p>Yes</p> | <p>Oct-Dec. 2017</p> |
| 03 | <p>"Krida Varta Chi Prabhav kshamata : Ek Abhyaas"</p> <p>Peg. No. 70-73</p> | <p>A Bimonth ly Reffered Internat ional Journal</p> <p>CHRON ICLE OF HUMA NITIES AND CULTU</p> | <p>ISSN : 2454-5 503</p> <p>Impact factor : 4.197(I IJIF)</p> | <p>UGC Approve d No :63716</p> | <p>Nil</p> | <p>Yes</p> | <p>17 Feb. 2018</p> |

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|-----------|---|--|--|--|------------|------------|--|
| | | RAL STUDIE S Researc h Advancce es In Languag es, Literatu re and Social Sciences Editor : Prof. Vinod Khedka r Dr. Atmara m Tekale | | | | | |
| 04 | "Antarrash triya Sambhathat il Khel Thatvacha cha Abhyas" Peg. No. 133-134 | An Internat ional Multilin gual Researc h Journal VIDYA WARTA Editor : Dr. Bapu G. Gholap | ISSN : 2319-9 318 Impact factor : 5.131(I IJIF) | UGC Approve d No. 62759 | Nil | Yes | Issue-21 Vol-14, Jan.-Ma rch 2018 |
| 05 | "Khelatil Ajinkya Malikeche Satattya Kayam | Bimonth ly Reffered Internat | ISSN : 2454-5 503 Impact | UGC Approve d No :63716 | Nil | Yes | Vol. 4 ISSUE 6 Nov. 2018 |

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|-----------|---|---|---|--|------------|------------|--------------------------------|
| | <p>Thevany Karita Sanghatan va Prashashna che Mahatva Ek Abyss"</p> <p>Peg. No : 50-51</p> | <p>ional Journal</p> <p>CHRONICLE OF HUMANITIES AND CULTURAL STUDIES</p> <p>Chief Editor : Dr. Kalyan Gangarde</p> | <p>factor : 4.197(IJIF)</p> | | | | |
| 06 | <p>"Vartmaan Manavi Samajatil Shararik va Manasik Tanachya Prashnavari l Yog Upchar : Ek Abyss"</p> <p>Page. No 112-113</p> | <p>International journal of multidisciplinary Studies</p> <p>NEW MAN</p> <p>Editor : Dr. Kalyan Gangarde</p> | <p>ISSN : 2348-1390</p> <p>Impact factor : 4.321(IJIF E-Journal</p> | <p>UGC Approved Journal</p> <p>Peer Reviewed And Indexed E-Journal</p> | Nil | Yes | Vol. 5 Issue 5 May 2018 |
| 07 | <p>"Social Support For Individual Development Games"</p> <p>Page. No 441-44</p> | <p>Bimonthly Reffered International Journal</p> <p>CHRONICLE</p> | <p>ISSN : 2454-5503</p> <p>Impact factor : 4.197(IJIF)</p> | <p>UGC Approved Journal</p> | Nil | Yes | June 2020 |

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|-----------|--|--|--|---|------------|------------|----------------------|
| | | OF HUMANITIES AND CULTURAL STUDIES Life, Culture and Education Today Chief Editor : Dr. Kalyan Gangarde | | | | | |
| 08 | "An Investigation of Public Significance of Indian School System: A Contextual analysis of Capacities in Indian School System" Page. No : 27-30 | 'Worldwide International Inter Disciplinary Research Journal Editor in Chief: Mrs. Pallavi Laxman Shete | ISSN: 2454 - 7905 SJIF Impact Factor: 7.479 Vol. 1 ISSUE- LXIV Year-7 | A Peer Reviewed Referred Journal | Nil | Yes | June 2022 |

Research

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|------------------------------|--|
| Area of interest in research | SPORT JOURNALISUM |
| Ph. D Title | "INDIAN PRIMAR LEGS CRICKET SPARDHA MULE ETHAR KHELANCHYA VARTANKANAVAR VA PRASARAVAR HONARE PARINAM; EK CHIKITSAK ABHYAAS" |
| M. Phil. Title | "DIFFERENCE BETWEEN DIFFERENT WEIGHT CATEGORIES IN RELATION TO ANAEROBIC CAPACITY OF WEIGHT LIFTERS" |

**PRESENT AS RESOURCE PERSON/CHAIRPERSON/CO-CHAIR PERSON/PAPER
PRESENT TITEL THROUGH CONFERENCE**

| Sr. No | Title of Conference/Seminar/Workshop | ORGANISER | PRESENT AS | NATIONAL/INTERNATIONAL | DATE & YEAR | Conference National / International |
|---------------|---|--|---|---------------------------------------|----------------------------|--|
| 01 | "Psychological Contributions in Sustainable Human Development in Sports, Organizations and Community Health" | Vnayakrao Patil Shikshan Prasarak Mandal's ARTS, COMMERCIAL & SCIENCE COLLEGE, KANNAD | Presented Paper "Physiological Benefits of Yoga in Physical Education" | Two Day National Conference | 20-21 December 2019 | |
| 02 | Women Leadership In Sports: Scope & Challenges | Shri Sant Savta Mali Gramin Mahavidyalaya, Phulambri & Art & Science College, Garbhada, Aurangabad. | Resource Person | One Day National Level Seminar | 18 March 2023 | |

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|-----------|--|--|--|--|----------------------------|------------------------------|
| 03 | Role Of Sports And Environment For Health | Matsyodari Shikshan Sanstha, Ja Ina | Presented Paper “YOGA AN ELIXIR FOR HUMAN LIFE TO PREVENT DOPING” | Two Day Multidisciplinary International Seminar | 27-28 December 2023 | International Seminar |
|-----------|--|--|--|--|----------------------------|------------------------------|

Research Guidance: -

| Sl. No. | Name of research student | Title of the thesis | Completed/ongoing |
|---------|--------------------------|---------------------|-------------------|
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Research Publications

| | | International/ National/ | Name of the Journal |
|--|--|-----------------------------|---------------------|
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Research Publications in conference/ seminar/ symposium

- 1.
- 2.
- 3.

Chapter in Edited book

| Sl. No. | Title with ISBN | Author/s | Publisher |
|-----------|-----------------|----------|-----------|
| 01 | | | |
| | | ----- | ----- |

Keynote Lecture Delivered

1. -----

2. -----

Conferences/ Seminars/Workshops/Symposia organized

| Sl. No. | Theme | Date |
|---------|-------|-------|
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No. of Conferences/ Seminars/Workshops/Symposia attended

| | Regional | State | National | International |
|--------------------|-----------|-----------|-----------|---------------|
| Conferences | | | 02 | 05 |
| Seminars | | | 08 | |
| Workshops | 01 | 01 | | |
| Symposia | | | | |

Other :-