

BIO – DATA

Name :- **Dr. Sangita Arvind Deshmukh.**

Address :- 40, Prasad Colony, Near Ambica Nagar
Amravati. Tq./ Dist. Amravati. Pin : 444606.
Off.07212673283, Mob. 9421993421.

Date of Birth :- 01 – 03 – 1967

Designation :- Director of Physical Education & Sports.

Institution :- Bharatiya Mahavidyalaya , Amravati.

Date of Appointment :- 01 -08- 1991

Academic Qualification :-

Name of Exam	Name of University	Year	% of Marks
B. Sc.	Amravati University	1987	47. 11 %

Professional Qualification :-

B.P.Ed.	Amravati University	1989	79.64% 4 th Merit in Amt.Uni.
M.P.Ed.	Amravati University	1991	67.3%
D.Y.Ed.	Amravati University	2008	54.35
Ph.D.	Amravati University	2014	

Experience :- 27 Years in Bharatiya Mahavidhyalaya Amravati.

Orientation Course.
Refresher Course

:- Orientation Course- 09/10/2007 to 05/11/2007 at R.S.T.M. Nagpur University, Nagpur

- 1) 25/03/2009 to 17/03/2009 at R.S.T.M. Nagpur University, Nagpur
- 2) 28/06/2010 to 17/07/2010 at S.G.B. Amravati University, Amravati.
- 3) 15/11/2011 to 05/12/2011 at S.G.B. Amravati University, Amravati.
- 4) 03-03-2015 TO23-03-2015 at S.G.B. Amravati University, Amravati.

Published Papers in Journal

Sr. No.	Year	Title with page nos.	Journal	ISSN/ ISBN No.
1	2011-2012	A comparative study of extrovert & introvert personality traits between B.E. & B.P. Ed Students.	DARJ	ISSN 0975-5906
2	2012-2013	“Indian Recreational & cultural activitie’s effect on the physical fitness of the household women.”page no.152	Research Link	ISSN-0973-1628
3	2013-2014	“वरीष्ठ महाविद्यालयातील कला व वाणिज्य शाखेतील प्राध्यापकांच्या शारीरिक शिक्षण व खेळाकडे पाहण्याच्या दृष्टिकोनाचे तुलनात्मक अध्ययनर ढमणछवण९४	DARJ	ISSN 0975-590X
4	2015-2016	ojh"B egkfo ky;krhy okf.kT; o foKku 'kk[ksrhy izk;/kidkaP;k 'kkjhfd f'k{k.k o [ksGkdMs ikg.;kP;k n`f"Vdksukps rqyukRed v/;;u Page no.52-55	DARJ	ISSN0975-590X
5	2015-2016	Body Composition And Physiological Relationship of Basket BallPlayers. P.No.44-48	AIIRJ	ISSN2349-638x
6	2016-2017	Disadvantage of Fast Food On Health	Global Journal of Applied Social, Political & Sports Science	ISSN 2278-4349
7	2016-2017	Occupational Stress among Police Personnel in Amravati City, Maharashtra P. No.139-143	Online International Interdisciplinary Research journal V.III,Issue-II,Mar-Apr 2017	ISSN 2249-9598
8	2017-28	Krida shikshaknache samagic yogdan; ek chikisak abhyas. P. No.56 to 59	INDO WESTERN RESEARCHERS ()	ISSN 2349-1027
9	2017-18	Manshanti ani arogyasathi yoga	UNIVERSAL RESEARCH ANALYSIS	ISSN 2229-4406
10	2017-18	Effect of Yoga Practice on the Body Composition of Fasting Females. P.No. 365 to 371	AAYUSHI INTERNATIONAL INTERDISCIPLINARY RESEARCH JOURNAL	ISSN 2349-638x

Books Published as single Author or as Editor :

Year	Title with page nos.	Types of Book & Authorship	Whether peer received	No. of co-authors	Whether you are the main author
2015-2016	GUIDE TO SPORTS NUTRITION	AUTHOR	ISBN 978-81-7524-778-9	2	no

Completed Projects / Consultancies.

Year.	Title	Agency	Period	Grant/ Amount Mobilized (Rs. lakh)
2015-2016	संत गाडगे बाबा अमरावती विद्यापीठा अंतर्गत होणा-या आंतर महाविद्यालयीन विविध क्रीडा स्पर्धेमध्ये भाग घेणा-या महिला खेळाडूंच्या बुद्धिमत्तेचे तुलनात्मक अध्ययन.३	U.G.C.	Two years	1,20000/

Full Papers in Conference Proceedings.

Year.	Tital with page no.	Details of conference publication	ISSN/ISBN No.
2010-11	A comparative study of extrivert & introvert of personality traits between B.P.Ed. & B. Ed. Students. P.no. 58-62	Two days international conference held at Shri shivaji college of education.	ISSN No. 0977-0277.
2011-12	Sports- A remedy to stress & restlessness p.no.37	One day National conference held at Dhanawate national college Nagpur	ISBN No. -13-978-81-921416-6-4
	Sports & women p.no. 156-157.	Two days International conference held at Ramkrushana Mah. Darapur.	ISBN No.978-81-922414-0-1
	Physical fitness of students through Aerobics p.no.144-145	World conference held at Abasaheb Maha. Yavatmal.	ISBN No.81-8645993
	Effect of stress in life.p.no. 257-258	National seminar held at Prin. A.K. Maha. Nagpur.	ISBN No. 978-923736-0-7
2012-13	Yoga & Sudhurudhata p.no.56-57	One day national seminar held at Br. Shesharao Wankhade College Khaparkheda	ISSN No. 978-81-926144-2-5
	Long distance running injuries and their preventions. P. no.128-129	One day National seminar held at L.M.M. Arts,Commarce & Ashok science college Chandur relay.	ISBN No. 978-81-909640-7-4
	Importance of martial arts p.no. 164-165	National seminar held at B.B.Arts N.B. Commarce & B.P> Science college Digras.	ISBN No. 978-81-923312-8-7
	Lattha mule navya pidhicha prashna		
2013-14	Sports media & journalism.pg no. 192-93	Two days National Conference at Hislop College ,Nagpur.	ISBN No.973-93-82351-31-3
	Sharir Swasthasathi youg awashak	One day National seminar at New arts ,commacee & science College Wardha	ISBN.No.978-93-5137-935-5
2014-15	Mental health & endurance among sports person p.no.111-112	National conference held at Nagpur Sharirik Shikshan Mahavidhyalaya Nagpur	ISBN No.978-81-927144-17
	Balance diet & sporting performance p.no. 47-49	National conference held at Smt. Vatsalabai Naik Mahila maha. Pusad.	ISBN No. 978-9383993-98-7
	Impact of walking on	National Conference held at	ISBN.No. 978-81-

	improvement of adult women p. no. 40-41.	S.K.Arts,Science &Commarce College Akola.	929160-7-1
2005-16	Women in the field of science & technology.p.no. 139-141	International conference held at Takshashila Mahavidhylaya Amraati.	ISBN No.978-81-927144-1-7

Paper presented in Conference and seminars.

Year.	Title of the paper present	Title of the conference/seminar.	Organized by
2006-07	Role of Yoga in Sports	Role of Yoga in Sports	State level seminar held at J.D. Patil college Daryapur.
2008-09	Need of health clubs & yoga centers	Need of health clubs & yoga centers In 21 century.	National seminar at M.F. Maha Warud
	Importance of Re-accreditation	Importance of Re-accreditation	National seminar held at Shri shivaji college of phe. Edu. Amravati
2009-10	Role of phy. Edu. & sports in solving the problems of students.	Contribution of Phy. Edu. Towards solution of psychosocio problems of students	National seminar held at Dr. B.N.C.P.E. Yavtmal.
	A study of improvement in rules & regulation of Badminton.	A study of improvement in rules & regulation of certain game.	National seminar held at B.M.V. Morshi.
	Helth & Yoga.	Yoga & Phy. Education.	State level seminar held at Pandharinath Arts & Commarce college Narkhed.
2010-11	Physical fitness & holistic life	Physical fitness & holistic life	National seminar held at Pulsing Naik Maha. Pusad.
	Contribution of physical education in development of personality.	Contribution of physical education in development of personality.	State level seminar held at New Arts ,Commarce &Science college Wardha
	Yog-sadhana ani ahar – vihar vishranti	Research Trends in Yoga & physical education	State level conference held at Shri Shivaji college Akot
2011-12	Importance of physical fitness in life	The relevance of Gandhiyan Ideology in the present era	National Conference held at Smt K.L. college Amravati
2016-17	Physical Education & Sports for develop women personality.		National conference held at Govt.Home-science Agrani College Hoshangabad
2017-18	Three Pillars-Non-Violence,Satyagraha.Khadi	Three Pillars-Non-Violence,Satyagraha.Khadi”	”International conference held at New Arts,Commarce & Science College Wardha

Signature

(Dr. Sangita . A. Deshmukh)

Director

**Dept. Physical Education &Sports
Bharatiya Mahavidyalaya,Amravati.**

