

Dr. Nilesh Nanasaheb Bansode

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Dr. Babasaheb Ambedkar Society,
Near Sarvoday School,
Bhim Nagar,
Ghatkopar (W), Mumbai 400086.
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OBJECTIVE

I would like to be a part of a corporate entity where I can maximize inductive learning and grow as a professionally by working passionately towards achieving the time bound organizational goals.

QUALIFICATION

Educational Qualification :

Qualification	University	Class	Passing Year
Ph. D. Awarded	JJTU	-	2012 Sept
M. P. Ed	Mumbai	Second	2008 May
B. P. Ed	Mumbai	Second	2006 June
B. A.	Mumbai	Second	2005 Mar
H. S. C.	Mumbai	Second	2001 Feb
S. S. C.	Mumbai	Second	1999 Mar

Additional Qualification :

- ❖ Computer Knowledge - MS-CIT, Internet
- ❖ English & Marathi typing @ 40 w.p.m.

WORKING EXPERIENCE

- **Research Guide** Swami Vivekanand University, Sagar (M P) since 2015
- **05 Ph D Students awarded from** Swami Vivekanand University, Sagar (M P)

- ❖ **School** - **Shishuvan School (ICSE Affiliated),**
- ❖ **Position** - **Head of Sports Department**
- ❖ **Period** - **18 Years (June 2006 to till date)**
- ❖ **Location** - **Matunga, Mumbai, (Maharashtra)**

- Preparing reports of children
- Periodic meetings with parents including creating presentations and workshops
- Sourcing field trip sites and doing a thorough reconnaissance before the actual field trip
- Preparing the children for all events in the school for the academic year and participating
- Attending meetings and workshops organized / suggested by the school
- Attending the school Parliament meetings
- Take charge of SUPW, zero period, assemblies, houses, clubs and Ministries, co-ordination of festivals, evaluation, report cards and any other work assigned to you by your Head of Department
- Attend subject department meetings
- Monitoring students' lunch, sports day heats and practice, annual day practice, clubs, non-institutional working days, inter-house and inter-school competitions

PAPER PUBLISHED

- ❖ **A Brief Comparison on the Mental and Physical Health of Regular Yoga Practitioners and Non- Practitioners** *Entire Research* International Research Vol.-12, Issue- II November 2020.
- ❖ **A study of Effect of Fartlek Training Program on Selected Physical Fitness Variables and Performance of 1500 Meter Run for Secondary School Children.**
- ❖ **Effect of selected Yogic Exercise on Fitness Components & Basic Basketball Skills of school children from 12 to 14 years.**
- ❖ **“Effect of Yoga on the psycho-physiological components of the adolescent fencers”. International Journal of physiology, Nutrition and Physical education, ISSN – 2456-0057, UGC JOURNAL NO: 44404.**
- ❖ **“Effect of yoga on the physical fitness components of the adolescent fencers.” International Journal of Yogic, Human Movement and Sports Sciences, ISSN- 2456-4419.**

PAPER PRESENTATION (as Research Scholar)

- ❖ Presented paper on **“STRESS REDUCTION THROUGH YOGA”** in UGC sponsored national seminar held at **Ramniranjan Jhunjhunwala College, Ghatkopar** on 4th & 5th Feb, 2011.
- ❖ Presented paper on **“STUDY OF EFFECT OF YOGASAN ON MOTER FITNESS OF CHILDREN AGE GROUP 12 TO 14 YEARS”** in UGC sponsored national seminar held at **P. E. S. College of Physical Education, Nagsenvana, Aurangabad**, on 28th & 29th Jan, 2011.
- ❖ Presented paper on **“A STUDY OF EFECT OF FARTLEK TRAINNING PROGRAMME ON SELECTED PHYSICAL FITNESS VARIABLES AND PERFORMANCE OF 1500 METER RUN FOR SECONDARY SCHOOL CHILDERN”** in UGC sponsored national seminar held at **P. E. S. College of Physical Education Nagsenvana, Aurangabad**, on 28th & 29th Jan, 2011.
- ❖ Paper presented on **“DIFFERENCES IN PERSONALITY CHARACTARISTICS OF NATIONAL TUG OF WAR PLAYERS”** in national conference on **PHYSICAL EDUCATION & SPORTS SCIENCE** organized by **Global Human Research & Welfare Society, Thane** in association with **SHRI JAGADISHPRASAD JHABARMAL TIBREWALA UNIVERSITY**, On 29th December 2011.
- ❖ Paper presented on **“Innovative Coaching & Training in Physical Education & Sports”** Organized by the Department of physical Education, **University of Mumbai**, On 23rd & 24th March 2013.
- ❖ Presented Paper on **“Effect of selected yogic exercise on fitness components & Basic Basketball skill of school children from 12 to 14 year”** In **Dubai International YOGA Conference & Competition 2015**.
- ❖ Paper Presented on **“A Study on Impact Sports Movies as a Career W.R.T Mumbai Region.”** In International conference on **Global Opportunities in the Context of Digital Era for Sustainable Indian Economy**, jointly organized by **Shri Jagdish Prasad Jhabaral Tibrewala University** and **Vidhya Niketan Degree Collage of Commerce** on 4th and 5th March 2017.

PARTICIPATION AS COACH

- ❖ Participated in the **ASSISTANT COACH OF MUMBAI SUBURBAN MAHARASTRA STATE INTER DISTRICT SENIOR GIRLS MAHARASTRA STATE VOLLEYBALL CHAMPIONSHIP** held at **SASWAD** from 9th Dec, 09 to 13th Dec 09.
- ❖ Participated in the **ASSISTANT COACH OF MUMBAI SUBURBAN MAHARASTRA STATE INTER ZONE SUB JUNIOR BOYS MAHARASTRA STATE VOLLEYBALL CHAMPIONSHIP** held at **WANI** from 23rd Oct, 2013 to 27th Oct 2013.
- ❖ Participated in the **COACH OF THE MAHARASHTRA BALL-BADMINTON ASSOCIATION, 39TH-SUB JUNIOR MAHARASHTRA STATE 2019-20**, held at **Aurangabad**, from 27th Sept to 29th Sept 2019.

SPECIAL ACHIEVEMENTS

- ❖ **State Represented** in Fencing 30th Senior Maharashtra State Fencing Championship organized by Maharashtra State Fencing Association, **in the year of 13th to 15th Dec 2019, At Nashik.**
- ❖ **NAIONAL CONFERENCE ON ANTI DOPING** Jointly organized by National Anti-Doping agency (NADA) and Physical education foundation on India (PEFI), on 30th & 31st January 2019 at Dr. Ambedkar International Centre, New Delhi.
- ❖ **International Conference on “Contemporary Movements in Sports Tourism, Management, Research, Sports and Yogic sciences** organized by Ramniranjan Jhunjhunwala Collage, associated with University of Mumbai, PEFI and GHRWS, On 19th & 20th January 2018.
- ❖ **International conference cum Workshop “EMERGING TRENDS IN SPORTS SCIENCE”** Organized by University of Mumbai, On 26th to 28th March 2018.
- ❖ **International Sports Science Congress & Workshop cum Exhibition** organized by University of Mumbai, on 21st to 23rd March 2016, at Department of Physical Education, Sports complex, Kalina.
- ❖ **National conference on Physical Education and sports Science** organized by Global Human Reserech & Welfare Society, Thane On 29th December 2011 as an Organizing Committee.
- ❖ **Passed the official examination of Mumbai City Kabaddi Association's** in the year December 2005-2006
- ❖ **Passed the Kho-Kho Official Examination from Mumbai Kho-Kho Association's** in the year 2006
- ❖ **Passed the Langadi Official Examination from the BPCA'S College of Physical Education** in the year 2005-2006
- ❖ **Passed the 'Bombay City District Amateur Athletic Association Official Examination** in the year Feb 2006

SPORTS ACTIVITY

- ❖ Had been appointed as a Race Official for ' Standard Chartered International Marathon' 15 Jan 2006
- ❖ Represented on the behalf of Mumbai University Sports Pavilion in Rifle Shooting for University level
- ❖ Selected as Secretary of Mumbai city Tennis Cricket Association.

PARTICIPATION

SEMINARS

- ❖ Participated in the **STATE LEVEL** seminar on “**RECENT RESEARCH IN PHYSICAL EDUCATION & SPORTS**” held at **DEPARTMENT OF PHYSICAL EDUCATION, UNIVERSITY OF MUMBAI** on 6th march 2010.
- ❖ Participated in the **BRITISH COUNCIL YOUTH SPORT LEADERSHIP CAMP** held by **British Council**, New Delhi on 23rd, 24th & 25th Feb, 2012.
- ❖ **PARTICIPATED IN THE NATIONAL CONFERENCE ON “PHYSICAL EDUCATION & SPORTS SCIENCE” HELD AT ROYAL PLAZA, GHODBUNDER ROAD, THANE, ON 29TH DECEMBER 2011 AS An ORGANISING COMMITTEE**

Book Publication

Effects of Yogic Exercises on Fitness & Basic Basketball Skills of School Children (2019)
from Khel Sahitya Kendra, New Delhi. **ISBN:** 978-93-88159-59-3

Honors & Awards

- ❖ **Samaj Ratna Award-** by K N D Bah-Uddeshiya Sanstha, Nasik (2015)
- ❖ **Best Teacher Award** by Shikshan Samvedan National Research Journal ISSN 2248-972X (2016)
- ❖ **Special Achievement Award** by Sathi College Times Educational News Chanel, Thane (2017)

PERSONAL INFORMATION

Date of Birth	:	6 th September, 1983.
Marital status	:	Married
Gender	:	Male
Nationality	:	Indian
Language Known	:	English, Hindi and Marathi
Hobbies	:	Reading, Music, Cricket

REFERENCE

Dr. Balwant Gopal Singh

Ph. D. in Physical Education

Dean Faculty of Physical Education in J.J.T. University

Date:

Place: Mumbai

(Dr. Nilesh Nanasaheb Bansode)