

CURRICULUM VITAE

Mr. AARIF MAJEED



PERSONAL DATA

CONTACT INFORMATION

Department of Physical Education
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PERSONAL INFORMATION

Date of Birth: 02 Dec 1988
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Profile URLs:

Google Scholar

<http://scholar.google.com/citations?user=2dLnbJwAAAAJ&hl=en>

Research Gate

<http://www.researchgate.net/profile/Aarif-Majeed/research>

Research interest: 10.1

ORCID ID

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PROFESSIONAL QUALIFICATION

Professional

Description of Professional Qualification

Qualification

Doctor of Philosophy

(2019 to 2023) in Physical Education, Department of Physical Education, SANT GADGE BABA AMRAVATI UNIVERSITY AMRAVATI Maharashtra, Indian.

Title of Thesis

COMPARATIVE STUDY OF SELECTED ANTHROPOMETRIC MEASUREMENTS, PHYSIOLOGICAL PARAMETERS AND PHYSICAL FITNESS COMPONENTS OF COLLEGE STUDENTS OF DIFFERENT REGIONS OF JAMMU AND KASHMIR.

Supervisor	Dr. P.S. SAYAR Assistant Professor, Shri Shivaji College of Physical Education Amravati Maharashtra, India
M.Phil	(2015-2016) in Physical Education Department of Physical Education and Sports science Awadhesh Pratap Singh University REWA (M.P), India.
Title of Project	A Comparative Study of Physical Fitness and Achievements of Academic and Physical Education College Students.
Supervisor	Dr. Sanjeev Kumar Mishra Assistant Professor, Dept. of Physical Education and Sports Science Awadhesh Pratap Singh University REWA (M.P), India
M.P.Ed	(2012-2014) Department of Physical Education SANT GADGE BABA AMRAVATI UNIVERSITY AMRAVATI Maharashtra, India.
Title of Project	Effect of Weight Training on Arm, Shoulder and Explosive Leg Strength of volley ball Players.
Supervisor	Dr. Sanghpal Narnaware
B.P.E	(2009-2012) from SANT GADGE BABA AMRAVATI UNIVERSITY AMRAVATI Maharashtra, India.

ACADMIC QUALIFICATION

CLASS	ROLL NO.	SESSION	MAX. M	MIN. M	BOARD/UNIVERSITY	%AGE	SUBJECTS
10+2	119410	2007	600	310	JKBOSE	51.66	ENGLISH, MATHS, ECONOMICES, STATISTICS.
10 Th	600011	2004	500	302	JKBOSE	60.4	ENGLISH, MATHS, SCIENCE, URDU, S.SCIENCE.

DIGITAL SKILLS

Microsoft Word / Microsoft Excel / Microsoft Power Point / J-image Software / Reference Management Software Mendeley

RESEARCH RELATED EXPERIENCES

Research Work:	Description of Research Work
Published Research Paper:	Published more than thirteen research papers in national and international journals.
Research Paper Presented in the Conference:	Presented more than seven research papers in national and international conferences.
Attended Conferences, Workshop and Seminar:	Participated at least in fifty national and international conferences, workshops and seminars.

PAPER PUBLICATIONS

S.No.	Paper title	Journal Name with ISSN No. Impact Factor Volume and Issue	Year & Page No.
1	Effect of yogic training on obesity of adults of Amravati city	RESEARCH NEBULA An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Sciences ISSN 2277-8071 Impact factor 5.411	May 2020, 385-388
2	Comparative Study of Somatotype Of Inter University Kabaddi And Kho-Kho Players Of Amravati University	RESEARCH NEBULA An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Sciences ISSN 2277-8071	July 2020, 228-230

		Impact factor 5.411	
3	Effect of Selected Exercise On Reaction Time And Agility Of Athlete And Non-Athlete A Comparative Study.	International multidisciplinary quarterly Research Journal Ajanta ISSN 2277-5730, Vol. IX, Issue IV Impact factor 6.399	Dec 2020
4	Effect of Weight Training on Arm, Shoulder and Explosive Leg Strength of volley ball Players	Seshadripuram Journal of Social Sciences Pre reviewed open access National Journal ISSN: 2581-6748, Vol. 2, Issue 3.	Feb 2021, 6-12
5	Effect of selected exercise on flexibility and coordination of volleyball players	Entire Research multi-disciplinary international Journal ISSN: 0975-5020	March 2021, 25-30
6	Effect of selected exercise on flexibility and coordination of volleyball players	RESEARCH NEBULA An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Sciences ISSN 2277-8071 Impact factor 7.399	April 2021, 45-48
7	Effect of selected yogasanas on the development of strength of back muscles and abdominal muscles of male students	RESEARCH NEBULA An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Sciences ISSN 2277-8071 Impact factor 7.399	July 2021, 186-188
8	Effect of selected plyometric training on arm and leg strength of volleyball players	International journal of health, Physical Education & Computer Science in Sports ISSN: 2231-3265, Volume 43 No. 1, Impact factor 7.217	Sep 2021, 34-36
9	A comparative study of Jammu & Kashmir college students regarding physiological components & physical fitness	International journal of physiology, Nutrition & Physical Education. ISSN: 2456-0057, Volume 7, Issue: 1, Impact factor 5.48	Feb 2022, 354-357

	variables		
10	Comparative study of selected Anthropometric measurements & physical fitness variables of college students of Jammu & Kashmir	B.Aadhar multidisciplinary international research journal. ISSN: 2278-9308, Issue No. 346 (CCCXLVI), Impact factor 8.575	April 2022, 1-5
11	Comparison of selected physiological parameters and anthropometric measurements between college level students of two regions of Jammu & Kashmir	International journal of yoga, physiotherapy, & Physical Education. ISSN: 2456-5067, Volume 7, Issue: 3, Impact factor: RJIF8	May 2022, 1-4

PAPER PRESENTATION ON NATION AND INTERNATIONAL CONFERENCES

S.No.	Paper	Conference title
1	Effect of selected exercise on reaction time and agility of athlete and non-athlete a comparative study.	One day interdisciplinary national e-conference on “Role of Holistic Approaches to yoga during Covid-19” Organised by Seth Kesarimal Porwal college of Arts & Science & Commerce, Kamptee, Nagpur on 29 August 2020 in collaboration with PEFI New Delhi.
2	Comparative study of selected physical fitness components among athletes and non-athletes.	International conference on sports & allied sciences 23rd & 24th February 2021, organized by department of exercises Physiology Lakshmibai National Institute of Physical Education Gwalior
3	Effect of selected yogasanas on the development of strength of back muscles and abdominal muscles of	2nd international E-conference on career & professional development held on 10th to 12th July 2021 in collaboration with Abhinav Bindra

	male students.	sports Medicine & research institute
4	A comparative study of Jammu & Kashmir college students regarding physiological components & physical fitness variables.	National conference on self-Reliant India (Aatmanirbhar Bharat) through skill-based education on 28-29 March at Swami Rmanand Teerth Marathwada University, Nanded.
5	Comparative study of selected Anthropometric measurements & physical fitness variables of college students of Jammu & Kashmir	International Conference on challenges & opportunities of Physical Education & Sports Sciences in the Next Normal on 29-30.3.2022, organized by Mhisadal Swimming Club.
6	Comparison of cardio respirator endurance & flexibility of Kashmir region students & Jammu region students	One day multidisciplinary national conference on “Role of social Sciences in contemporary society” Saturday 28th May 2022, organized by departments of Economics, geography, History, Political science, Psychology, Sociology, Physical Education & sports.

SEMINARS, CONFERENCES & WORKSHOPS ATTENDED

1. International conference on sports & allied sciences at LNIPE, Gwalior on 23 & 24 February 2021, organized by department of Exercise Physiology LNIPE, Gwalior.
2. One day interdisciplinary national e-conference on “Role of Holistic Approaches to yoga during Covid-19” Organised by Seth Kesarimal Porwal college of Arts & Science & Commerce, Kamptee, Nagpur on 29 August 2020 in collaboration with PEFI New Delhi.
3. international E-confereence on career & professional development held on 10th to 12th July 2021 in collaboration with Abhinav Bindra sports Medicine & research institute (ABSMARI).
4. National conference on self-Reliant India (Aatmanirbhar Bharat) through skill-based education on 28-29 March at Swami Ramanand Teerth Marathwada University, Nanded, Sponsored by: Indian Council of Social Science Research (ICSSR), Govt. of India, Organized by school of educational sciences Swami

Ramanand Teerth Marathwada University, Nanded, in collaboration with physical education foundation of India, New Delhi.

5. International Conference on challenges & opportunities of Physical Education & Sports Sciences in the Next Normal on 29-30.3.2022, organized by Mhisadal Swimming Club.
6. One day multidisciplinary national conference on “Role of social Sciences in contemporary society” Saturday 28th May 2022, organized by departments of Economics, geography, History, Political science, Psychology, Sociology, Physical Education & sports Kanya Mahavidyalaya, Miraj.
7. Chhatrapati Shivaji Kala Mahavidyalaya, Asegaon Purna, Dist. Amravati & Shripad Krushna Kolhatkar Mahavidyalaya, Jaalgaon Jamod, Dist. Buldhana in collaboration with international federation of physical education, fitness and sports science association organizing two days international scientific E-conference on physical Education, sports sciences, Health, Fitness, Physical Activity and sports Competitions held on 20th & 21th August, 2021.
8. International interdisciplinary E-conference on “Holistic Approach of Health Science, Research, Sports Science and Yoga During 21th Century” organized by the department of Physical Education & Sports, Sardar Patel Maavidyalaya, Chandrapur, Maharashtra.
9. 4th international & 31 national conference on sports psychology serving athletes & coaches (March 9, 10, & 12, 2021) jointly organized by Indira Gandhi institute of physical education & sports science, DU department of physical education & sports sciences, DU sports psychology association of India (SPAI).
10. International e-conference on “Future road map for health, fitness and wellness” organized by, department of physical education & IQAC of S. G. B. Amravati University, Amravati (Maharashtra, India) on 30th & 31st July 2020.
11. Two day international e-conference organized by district institute of education & training, Rajinder Nagar, New Delhi under state council of educational research & training, Delhi from August 27th to 28th 2021.
12. National conference on direction of physical education and sports in the next normal on 23rd march 2021 organized by Siliguri college, West Bengal in collaboration with physical education foundation of India (PEFI), West Bengal chapter.

13. Inter-disciplinary international e-conference on “covid-19 pandemic: challenges, opportunities & solutions Infront of higher education” organized by Shankarlal Khandelwal arts, science & commerce college Akola & arts & science College, Kurha, Amravati & saraswati kala Mahavidyalaya, Dahihanda, Akola in collaboration with physical education foundation of India, New Delhi on 21st August 2021.
14. National e-conference on “the relevance of physical and sporting activities for present & future scenarios” held on 27th September 2021 organized by department of physical education, Kalinga University, Naya Raipur (CG) in association with physical education foundation of India (PEFI).
15. National e-conference on advances in sports, exercise science and pedagogy of physical education organized by the IQAC and department of physical education, sir K.P. college of commerce, Surat on 18th March 2021.
16. International e-conference on futuristic trends of yogic practices in the next normal on 19th March,2021 organized by Seva Bhatati Mahavidyalaya, Kapgari, Jhargram, West Bengal in collaboration with physical education foundation of India (PEFI), West Bengal chapter.
17. International conference on “education and new learning technologies (EDULEARN-2021)” organised by YMCA College of Physical Education on 7th August 2021.
18. International conference on “New norms for enhancing physical activity, health & lifestyle management-NEPAHLM 2021” organised by YMCA College of physical education on 14th August 2021.
19. International conference on “Psychological preparedness on peak performance (PPOPP) 2021” organised by YMCA College of physical education on 31st July 2021.
20. National e-conference on “know and recognize your swadeshi (Indigenous) games” 21st -22nd September 2020 organized by physical education foundation of India (PEFI).
21. International virtual conference on physical fitness & yoga- A remedy to covid-19 organized by department of physical education & sports, the Tamil Nadu Dr. Ambedkar Law University on 26th July 2020.
22. National conference on trends & practices of physical education & yoga in current scenario held on 17th March 2021 organized by Physical Education & IQAC,

Acharya Prafulla Candra College in collaboration with Physical Education Foundation of India (PEFI), West Bengal chapter.

23. International conference entitled “Yoga, health, fitness & sports during- Covid-19” held on 22nd June 2021 to 28th June 2021 organized by Seshadripuram First Grade College in association with North Bangalore Science Forum (NBSF) department of physical education and sports.
24. UGC sponsored one-day national level seminar on “a study of improvements in rules and regulations of certain games on 18 January 2010 organized by department of physical education Bharatiya Vidya Mandir Amravati’s Bharatiya Mahavidyalaya Morshi.
25. One day national level workshop on anti-doping awareness organized by M.P.Ed wing directorate of physical education and sports University of Kashmir in collaboration with National Anti-Doping Agency (NADA), ministry of youth affairs & sports, Govt. of India 20th June, 2019.
26. One day national workshop on research techniques, 15th January 2020 organized by Smt. Kesharbai Lahotimahavidyalaya, Amravati.
27. National level workshop on physical education & sports: A need of Collegiate students (PESNCS, 2020) on 8th February 2020 organized Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon & Physical Education Foundation of India Smt. H.R Patel Arts Mahila College & Patel Arts, Commerce & Science College, Shirpur.
28. One day workshop on New Sports Policy on 12 March 2021 organised by PGTD Phy. Edu. RTMNU, IOS Nagur & JCPE, Nagpur.
29. Seven day international workshop on career awareness & role of Physical Education for Healthy Lifestyle from 23rd to 29th August 2020 organized by Govt. college Ramnagar in collaboration with PEFI India.
30. National workshop on Health & Physical Fitness-Present Era jointly organized by Ramkrushna Mahavidyalaya Darapur & District Sport office Amravati in Association with Sant Gadge baba Amravati University (Dept. of Phy.Edu.) held from 13 to 19 May, 2020.
31. International online seminar & workshop on new challenges & opportunities in physical education, recreation, health & well-being, yoga, psychology, nutrition, educational technology, environment, sports tourism, sports marketing, library & information science, women empowerment, economic growth & multimedia

development 2020 held on 25th to 28th may 2020 organized by shri Shivaji college of Physical Education, Amravati, Maharashtra, India.

32. E workshop on SWAYAM MOOC & Academic writing held on January 6th 2021.
33. International workshop on role of yoga in enhancing immunity during covid-19 Pandemic on 12th May 2021 organized by sports authority of India, Lakshmi Bai national college of physical education in collaboration with Svyasa Deemed University (Bangalore) & Bihar school of Yoga (Muner).
34. Online three Days National Workshop on Scope, Aspects And Techniques of Visual & Performing Arts from 28-30 April, 2021 organized by Art & Culture Society of Dasmesh girls college, Chak Alla Bash, Mukerian.
35. Two day's online workshop on "Plagiarism & research ethics" under UGC scheme, stride Component- I (Research capacity building) organized by department of library, Vinayakrao Patil Mahavidyalaya, Vaijapur, Dist. Aurangabad (MS), on 7th & 8th June 2021.
36. International workshop on Covid-19 Recovery on 22nd day of 2021 organized by international association of physical education & sports in collaboration with physical education foundation of India & Sree Balaji Medical College & hospital.
37. National level workshop on how to write & get your research paper published from 18-01-2022 to 02-02-2022 organized by ESSGEE DIGISKILLS A way to excellence and skill building.
38. workshop on stress management & sound holistic health: exercise for immunity during Covid pandemic under UGC scheme, STRIDE Component- I (Research capacity building) organized by department of sports, Vinayakrao Patil Mahavidyalaya, Vaijapur, Dist. Aurangabad (MS), from 17th May & 22th May 2021.
39. Two days international workshop Rejuvenation through Yoga during COVID organized by department of physical education on 1st to 2nd June 2020.
40. Seven day workshop on theme quality enhancement in research organized by internal quality assurance cell (IQAC) & sponsored by MPHEQIP Govt of MP from 11-17 Jan 2022.
41. One week national workshop on making sports persons aware of the status of sports in India & its road map for aspiring athletes jointly organized by Manikchand Pahade Law College, Aurangabad (MS) & Dr. Sow. I.B.P. Mahila

Kala Mahavidyalaya, Aurangabad department of physical education & sports from 14th December 2020 to 21st December 2020.

42. International virtual workshop on promoting physical activity in schools an effort to establish comprehensive school physical activity programs on January 24, 2021 organized by physical education foundation of India (PEFI).
43. Three days international online seminar and workshop on physical education to physical literacy a paradigm shift in India with reference to fit India movement in association with physical literacy India movement held from 30th March 2021 to 1st April 2021 organized by Gurukul College of Commerce.
44. National workshop on alternative therapies for physical & mental health organized by department of physical education on 22nd to 23rd Feb 2021 organized by Dayanand College Hisar.

FACULTY DEVELOPMENT PROGRAM

6 national and international faculty development programs

IT SKILLS

1 YEAR DCA PROGRAM FROM SUPER COMPUTERS ANANTNAG IN YEAR 2006

LANGUAGES

- ENGLISH
- URDU

GAMES

- VOLLYBALL
- CRICKET
- BADMINTON
- KABADDI
- KHO-KHO.
- ATHLETES.

MASSIVE OPEN ONLINE COURSES

Online course in food nutrition for healthy living from 15th may 2020 to 29th October 2020 offered by NCERT, New Delhi under Enrollment ID: FNHL/2020/00025.

Online course on nutrition during sports training and main day (02-07-2020) sponsored by national alliance for safe food Pakistan, young dietitians Pakistan and dietitians and nutritionists in clinical practice.

Online ARPIT course for Pedagogical Innovations and Research Methodology (Interdisciplinary) from 1st Dec 2020 to 31st March 2021 reg. No. ARP20AP22943222002, With a Grade “B” in the proctored examination held on 21/08/2021 Guru Jambheshwar University of Science & Technology Hisar, Haryana.

REFERENCES

Dr. P.S. SAYAR Assistant Professor Shri Shivaji College of Physical Education Amravati Maharashtra, India 444602 Email: sayarpremsingh@gmail.com	Dr. ANJALI P. THAKARE Principal Shri Shivaji College of Physical Education Amravati Maharashtra, India 444602 Email: dr.anjali5475@gmail.com
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