

PERSONAL PROFILE

Name	Dr. Anap Uttam Damu
Name of Department	Depart of Physical Education
Date Of Birth	1 st June 1970
Date Of Appointment	15 th Oct. 2007
P.G. Teacher Recognition	
Teaching Experience	23 years

Educational Qualification				
Degree	Year	Marks / Out Off	Class	University/ Institute
Graduation	1992		Second Class	University of Pune
Post-Graduation	1994		Second Class	University of Pune
SET / NET / GATE / CSIR	1995		Qualified	University of Pune
B.Ed. / M.Ed. / M.P.Ed / M. Lib	1993		First	University of Pune
MS-CIT / Tally	2007	A Grade		MKCI, Mumbai
M. Phil.				
Ph.D.	2015	Awards		University of Pune
Other				
N.C.C.	1991-92	B Grade		Mah. BN Ahmednagar
Athletic Official Exam	2009-10	A Grade		Ahmednagar
Kabaddi Official Exam	2009-10	A Grade		Ahmednagar
Kho-Kho Official Exam	2009-10	A Grade		Ahmednagar
Kabaddi Official Exam	2011-12	B Grade		Maharashtra State
Kho-Kho Official Exam	31/08/13	Qualified		Maharashtra State
NIS Cert. Course Kabaddi	2003-04	A Grade		Aurangabad

ACADEMIC PROFILE

- a) Details of Orientation/Refresher Courses / Summer School / Short Term course attended

Sr. No	Name of the Orientation /Refresher Courses	Dates and Duration	Place
1.	Orientation Program	2 nd to 29 th March 2009	University of Pune
2.	Refresher Course I	2 nd March to 22 nd March 2015	University of Pune

Sr. No	Name of the Orientation /Refresher Courses	Dates and Duration	Place
3.	Refresher Course II		
4.	Refresher Course III		
5.	Short Term Course	23 rd to 29 th April 2011	SNDT University, Mumbai

b) Details of Research (M. Phil. / Ph. D. Award)

Sr. No	Title of Thesis	University	Date of Award	Link to Shodhganga
Ph. D.	योग प्रशिक्षण आणि पाण्यातील (जल) व्यायामाचा धावण्याच्या वेगावर आणि भावनिक क्षमतेवर होणाऱ्या परिणामाचा अभ्यास	University of Pune	Aug. 2015	-
M Phil.	-	-	-	-

c) Details of Research Projects (Major / Minor): Grants for research projects sponsored by the non-government sources such as industry, corporate houses, international bodies, endowments, Chairs in the institution during the last five years

Project	Title	Duration	Amount sanctioned	Funding Agency
Major Research Project	-	-	-	-
Minor Research Project	Effect's of exercise on AAHPER Youth Physical Fitness Test of School Going Girls	2 Years	140000/-	UGC

d) Books / Reference Book Published

Title of Book	Name Publisher	ISBN/ ISSN	Year	Volume and Page numbers
-	-	-	-	-

e) Research Papers Published:

Total Impact Factor	30.813
Total Citation	-
H - index	-
I 10 -index	-
Scopus	-

f) Detail List of Publish Paper in following sequence

Name of Journal	Year	Volume	Issue	Page No.	Name of Author	Title	Impact Factor	ISBN / ISSN
SHODHANKAN	2013	02	02	5 to 9	Dr. Anap U.D.	Effect of Yoga and Aquatic Training on Ability to Function with Emotions	-	2250-0383
INDIAN STREAMS RESEARCH JOURNAL	2013	03	03	83	Dr. Anap U.D. & Dr. Wakchaure	योग प्रशिक्षण आणि पाण्यातील (जल) व्यायामाचा भावनिक क्षमतेतील भावनेची खोल जाणीव होणे व भावनेसह कार्य करण्याची क्षमता या घटकावर होणाऱ्या परिणामाचा अभ्यास	-	2230-7850
AJANTA	2017	07	01	34 to 38	Dr. Anap U.D.	A Career View of Sports and Games regarding Indian Women	4.361	2277-5730
AJANTA	2017	07	01	72 to 75	Dr. Anap U.D. & Prof. Kadu P.A.	Sports Injuries : Causes & Prevention & Psychological Rehabilitation	4.361	2277-5730
Vidya Warta International Research Journal	2018	MAH/MUL/03051/2012	-	63	Dr. Anap U.D.	The Health Status of Women	-	2319-9318

- g) Detail about Research Guide and Detail of Students registered awarded
M.Phil / Ph.D.

	Name of University Recognition	Name of Students Registered and year of registration	Name of Students Awarded and Year of award
M. Phil.	-	-	-
Ph. D.	-	-	-

- h) Detail about Guidance to Students working under Project

	Name of Project	Number of Students guided	Level achieved
Project	Games and Sports (Phy. Edu)	192	College Level (SPPU University)
Avishkar	-	-	-
Chemiyad	-	-	-

- i) Research **Articles Published** in Seminar/Conference / Symposia in International / National / State / University

Sr.No	Name of Seminar/Conference and Place	Title of Article
1.	Indian Streams Research Journal	योग प्रशिक्षण आणि पाण्यातील (जल) व्यायामाचा भावनिक क्षमतेतील भावनेची खोल जाणीव होणे व भावनेसह कार्य करण्याची क्षमता या घटकावर होणाऱ्या परिणामाचा अभ्यास
2.	1 st International Virtual Congress	Effect of Yoga Training on Ability to Function with Emotions
3.	Interdisciplinary International Conference, New Arts, Commerce and Science College, Wardha	Gandhi In India : Rise of Leadership
4.	2 nd International Virtual Congress	Effect of Aquatic Training on Adequate Depth of Filling
5.	International Journal of Science and Research	Effect of Aqua Exercise on the Sit Ups Test of School Going Girls
6.	Interdisciplinary International Conference, New Arts, Commerce and Science College, Wardha	Gandhi In India : Rise of Leadership
7.	International Journal of Science and Research	Effect of Aqua Exercises on the Shuttle Run Test of School Going Girls

Sr.No	Name of Seminar/Conference and Place	Title of Article
8.	Future of Indian Democracy and Youth, New ACS College, Parner	National Integration and Youth
9.	Sports Management, Arts, Commerce, Home Science and BCA College for Women, Deopur, Dhule	Yoga and Stress Management
10.	Asia Pacific International Conference on Sports and Exercise Psychology, Dept. of Phy. Education and Sports of Ambedkar College, Deekshabhoomi, Nagpur	Effect of Yoga Training and Aquatic Training on Adequate Depth of Filling.
11.	Climate Change : Causes, Consequences and Coping Strategies, Womens College of Home Science and BCA, Loni	Climate Change and Human Health in India
12.	Status of Women in Emerging Social Structure, Womens College of Home Science and BCA, Loni	Health Status of Women in Rural Area
13.	Linkage Between Teacher Education and Phy Education Curriculum with Secondary Education Curriculum, College of Education, Barshi	Mental Health and Physical Training
14.	The Role of Phy Education and Sports in Overcoming Social Health Problems, New ACS College, Parner	The Role of Physical Education and Sports in Overcoming Social Health Problems
15.	Challenges of Researches for Quality Improvement in Higher Education, College of Education, Barshi	Current Health Status of Women in Urban India
16.	Integrating ICT for Quality Improvement in Higher Education, Womens College of Home Science and BCA, Loni	Use of ICT to facilitate Quality Research
17.	Modern Trends in Physical Education and Sports Sciences, New ACS College, Parner	Modern Trends in Physical Education and Sports Sciences
18.	Sensitisation of Women Emancipation, Womens College of Home Science and BCA, Loni	Use of ICT to facilitate Quality Research
19.	Self Confidence Through Fitness and Sports, Dept. of Physical Education, SNTT	Blood Coagulation
20.	Health and Physical Fitness Management	Physical Fitness for All

j) Details of **Attended** Seminar/Conference/workshop Symposia in
International / National / State / University

Sr.No	Name of the Seminar /Conference	Dates and Duration	Place
1.	Sports Management	1 st Sept. 2007	Chincholi, Nasik
2.	Preparation of Research Proposal	3 rd and 4 th Feb 2007	Shrirampur
3.	Health and Physical Fitness	29-30 th Dec. 2008	PCPE Loni
4.	B.Ed Paper IV : CCM Subject Education	25 Aug. 2008	Pune (Pravaranagar)
5.	Self Confidence Through Fitness and Sports	25 th to 26 th March 2009	Mumbai
6.	B.Ed (Physical Education) Revised Syllabus	12to 13 th Sept 2008	Pune
7.	Stress Management	3 rd Jan. 2010	PCPE, Loni
8.	National Service Scheme Cell	21 st to 23 rd Dec 2009	SNDT, Mumbai
9.	Social Awareness	16 th to 18 th Feb 2010	ACS, Rahata
10.	Basketball Clinic	Feb. 2011	Mumbai
11.	Personality Development and Career Boosting	22-23 rd July 2011	BCA, Loni
12.	Constructivism	29-30 th Jan. 2011	Loni (Pravaranagar)
13.	Technology in Physical Education	7-8 th Feb. 2011	PCPE, Loni
14.	Sports Management	27 th Aug. 2011	Dhule
15.	Future of Indian Democracy	8 th to 9 th Feb. 2011	Parner
16.	Sustainable Development in Education	23-24 th Feb. 2012	Loni (Pravaranagar)
17.	Sports Fitness and Functional Training	23 th to 29 th April 2011	SNDT, Mumbai
18.	Climate Change : Causes, Consequences and Coping Strategies	16-17 th Aug. 2013	Loni
19.	Framing of FYBA / BSC Restructuring Syllabus	7 th March 2013	PVPC, Loni
20.	Personality Development through Sports	23 rd to 24 th April 2013	Mumbai
21.	Sports and Exercise Psychology	21 st to 23 rd Feb. 2013	Nagpur
22.	Status of Women in Emerging Social Structure	12-13 Dec. 2014	Loni

Sr.No	Name of the Seminar /Conference	Dates and Duration	Place
23.	Linkage between Teacher education and Physical Education curriculum with secondary Education curriculum	11 th Feb. 2015	Barshi
24.	Gandhi In India : Rise of Leadership	30-31 st Jan. 2015	Wardha
25.	The role of physical education and sports in overcoming social health problems	9-10 th oct. 2015	Parner
26.	Challenges of Researches for Quality improvement in higher education	18 th oct. 2015	Barshi
27.	Integrating ICT for Quality improvement in Higher Education	8-9 th Dec. 2016	Loni
28.	Modern Trends in Physical Education and Sports Sciences	11-12 th jan 2018	Parner
29.	Sensitisation of Women Emancipation	24 th Feb. 2018	Loni
30.	Electronic Equipment and Technology in Physical Education	7 th to 8 th Feb. 2014	Kolhar
31.	Personality Development through Sports	23 rd to 24 th April 2013	Alibag

k) Details of participation in **Organization** of Seminar / Conference / workshop / Symposia in International / National / State / University

Sr.No	Name of the Seminar /Conference	Dates and Duration	Nature of work done
1.	Personality Development and Career Boosting	22-23 rd July 2011	Work as a Seating Arrangement and discipline
2.	Climate Change : Causes, Consequences and Coping Strategies	16-17 th Aug. 2013	Worked as a Acceptation committee
3.	Status of Women in Emerging Social Structure	12-13 Dec. 2014	Worked as Tea, Breakfast, Lunch and Discipline Committee
4.	Integrating ICT for Quality improvement in Higher Education	8-9 th Dec. 2016	Discipline and Accommodation committee
5.	Sensitisation of Women Emancipation	24 th Feb. 2018	Worked as Seating and Discipline committee

l) Collaborations and Linkage International / National / Any other

	International	National	State	University	Dist	College
Collaboration	-	-	-	-	-	Guest Teacher B.P.Ed, B.Ed, EMS, NSS Camp, Lecturer
Linkage	-	-	-	-	-	-

m) Patents received

Type of Patent		Number and date
National/ International/ Commercialized	Applied	-
	Granted	-

n) **Research and Extension activities** awards / recognitions received by faculty and research fellows of the institute in the year

	International	National	State	University	Dist	College
Award	-	-	-	-	-	-
Recognition	-	-	-	-	-	-
Fellowship	-	-	-	-	-	-
Other	-	-	-	-	-	-

o) Various Committees as LIC, subject experts, chairpersons or resource persons by University or other Govt / Non-Govt. bodies

Sr.No	Name of Committee	Place	Duration
1.	Chairman, B.Ed Physical Final Exam Paper Setter	SPPU, Pune	1999 to 2013
2.	Chairman, B.Ed Physical Internal Moderation Committee	SPPU, Pune	2005 to 2017
3.	Chairman, Special Exam, B.Ed Physical Final Exam	SPPU, Pune	2006
4.	Chairman, Squad, Final Exam	SPPU, Pune	2006
5.	Chair Person, Vigilance Squad, Final Exam	SNDT, Mumbai	2013
6.	Chairman, Revised Syllabus, B.Ed General	SPPU, Pune	2007
7.	Resource Person, F.Y.B.A., F.Y.B.Sc Restructuring Syllabus	SPPU, Pune	2013
8.	Resource Person, Syllabus Revised, B.Ed General	SPPU, Pune	2007
9.	Resource Person of Stress Management	Alibag	24 Apr. 2013
10.	Papre Moderator, B.Ed Physical Final Exam	SPPU, Pune	2005 to 2010

Sr.No	Name of Committee	Place	Duration
11.	Paper Setter, B.Ed Physical Final Exam	SPPU, Pune	1996 to 2016
12.	Paper Examiner, B.Ed Physical Final Exam	SPPU, Pune	1996 to 2016
13.	Paper Examiner, B.Ed General	SPPU, Pune	2007
14.	External Sr. Supervisor, B.A., B.Sc, B.Com	SPPU, Pune	2006 to 2009
15.	Member, Selection of Lecturer, B.Ed General	SPPU, Pune	2007 to 2009
16.	External Examiner, B.Ed Physical Education	SPPU, Pune	2005 to 2012
17.	Internal Examiner, B.Ed Physical Education	SPPU, Pune	2001 to 2012
18.	Examiner, Sports & Games Level 2, B.Ed Physical Education	Pune	2009 to 2013
19.	Member, Internal Marks, B.Ed Physical	SPPU, Pune	2005 to 2012
20.	Member, Faculty of Education, B.Ed General	SPPU, Pune	2005 to 2008
21.	Member, Faculty of Physical Education, B.Ed Physical Education	SPPU, Pune	2005 to 2008
22.	Member, Final Teaching Lesson, B.Ed Physical Education	SPPU, Pune	1997 to 2013
23.	Coordinator, Final Lesson, B.Ed Physical Education	SPPU, Pune	2009 to 2011
24.	Member, College Closing Committee, B.Ed Physical Education	SPPU, Pune	2007
25.	Member, Syllabus Revised Committee, B.Ed Physical Education	SPPU, Pune	2007 to 2013
26.	Member, LIC Committee, B.Ed General	SPPU, Pune	2006 to 2008
27.	Member, LIC Committee, B.Ed Physical Education	SPPU, Pune	2005 to 2007
28.	Different Sports	Sports Officials, District and University	1995 to 2018
29.	Resource Person, National Seminar	Parner	2018

p) Various Committees as Board of Studies / Faculty member/ Dean by University / other Govt / Non-Govt. bodies

Sr. No	Name of Committee	Place	Duration
1.	Physical Education	Ex. Ad. Board of Studies Member, SNTT	2013
2.	B.Ed Physical Education	Member, Inter Board of Studies Committee, Pune	2006 to 2007
3.	B.Ed Education	Ex. Ad. Board of Studies Member, Education Faculty	2006 to 2009
4.	B.Ed Physical Education	Ex. Ad. Board of Studies Member, Physical Education Faculty	2006 to 2009

q) Physical Team Manager / Coach

Sr.No.	Year	Event and Game	Appointment	Day and Place
1	2008	All India Inter University (Chess)	Team Manager	U.P. Ujjain
2	2008	All India Inter University (Volley Ball)	Team Coach	Tumkar University, Karnataka, 13 th to 23 rd Oct. 2008
3	2008	Ashwamedh Sports (Athletics)	Team Coach	MPKV Rahuri 27 th Nov. to 1 st Dec. 2008
4	2010	All India Inter University (Badminton)	Team Manager	Mangalore Univrsity, Mangalore 12 th to 19 th Dec. 2010
5	2010	All India Inter University (Chess)	Team Manager	Chennai 24 th Dec. to 2 nd Jan. 2010
6	2011	All India Inter University (Badminton)	Team Manager	Gujrat 22 nd to 28 th Oct. 2010
7	2011	Ashwamedh Sports (Athletics)	Team Coach	Parbhani 27 th Nov to 1 st Jan. 2011
8	2013	All India Inter University (Chess)	Team Manager	UP Ujjain
9	2016	All India Inter University (Swimming)	Team Manager	Punjab
10	2017	All India Inter University (Swimming)	Team Manager	Punjab
11	2017	West Zone Football Women	Team Manager	Gwalior 20 th to 25 th Dec. 2017

r) Organization of Coaching Camp

Sr.No.	Duration	Event and Game	Appointment	Place
1	1 st to 9 th Nov. 2008	SNDT University Volleyball Coaching Camp	Camp Organizer and Team Manager	Women's College of Home Science & BCA, Loni
2	27 th Nov. to 1 st Jan. 2010	SNDT University Athletic Coaching Camp	Camp Organizer and Team Manager	Women's College of Home Science & BCA, Loni
3	18 th to 25 th Nov. 2011	SNDT University Athletics Coaching Camp	Camp Organizer and Team Manager	Women's College of Home Science & BCA, Loni
4	2 nd to 11 th Jan. 2014	SNDT University Cricket Coaching Camp	Camp Organizer and Team Manager	Women's College of Home Science & BCA, Loni
5	20 th to 27 th Dec 2014	SNDT University Athletics Coaching Camp	Camp Organizer and Team Manager	Women's College of Home Science & BCA, Loni
6	14 th to 19 th Dec. 2017	SNDT University Football Coaching Camp	Camp Organizer and Team Manager	Women's College of Home Science & BCA, Loni

s) Hosting Sr. Inter Collegiate & University Tournaments

Sr.No.	Name of Games	Date	Place
1	BasketBall, Volleyball, Taekwondo & Boxing Tournament & Quiz Competition	26 th to 27 th Sept 2011	Women's College of Home Science & BCA, Loni
2	Kabaddi Kho-Kho, Boxing and Essay Competition	12 th to 13 th Sept. 2012	Women's College of Home Science & BCA, Loni
3	Basketball, Volleball, Rope Mall Khamb Tournament and Quiz Competition	23 rd to 24 th Sept. 2013	Women's College of Home Science & BCA, Loni
4	Athletics, Road Race, Soft Ball, Cricket Competitions	19 th to 20 th Nov. 2014	Women's College of Home Science & BCA, Loni
5	Volleball, Basketball, Badminton, Fencing, Judo Tournament and Essay Competition	1 st to 2 nd Sept. 2015	Women's College of Home Science & BCA, Loni
6	Basketball, Volleyball, Taekwondo, Rope Mall Khamb Tournament and Quiz Competition	29 th to 30 th Aug. 2016	Women's College of Home Science & BCA, Loni
7	Organization of SPPU Ahmednagar Zone Basket Ball Torunament	15 th Sept. 2016	Women's College of Home Science & BCA, Loni

Sr.No.	Name of Games	Date	Place
8	Organization of SPPU Ahmednagar Zone Football Tournament	19 th Sept. 2016	Women's College of Home Science & BCA, Loni
9	Organization of Pravara Krida Mahostav Kho-Kho Tournament	2 nd Feb. 2016	Women's College of Home Science & BCA, Loni
10	Athletics, Road Race, Cricket, Football, Hand Ball, Badminton, Boxing and Quiz Competition	19 th to 20 th Nov. 2017	Women's College of Home Science, Loni

t) Visits to Places

Sr.No.	City	Purpose
1	Kerrala	Volleyball Team Manager
2	Karnataka	Chess Team Coach
3	Mangalore	Badminton Team Manager
4	Chennai	Chess Team Manager
5	Gujrat	Badminton Team Manager
6	Kannur	Volleyball Team Manager
7	Goa	Educational Trip
8	UP Ujjain	Chess Team Manager
9	Nagpur	International Conference
10	Gwalior	Football Team Manager
11	Punjab	Swimming (M / W) Team Manager

u) Extension activities in the neighborhood community in terms of impact and sensitizing students to Skill development, social issues and holistic development during the last five years

Extension Activity	Nature of work carried	Beneficiary
Soft-Skill development	-	-
Social issues	-	-
Holistic development	-	-

v) Special guidance to Slow and Advanced learner during the last five years

Extension Activity	Nature of work carried	Beneficiary
Slow learner	-	-
Advanced learner	-	-

w) Number of awards and recognition received for extension activities from Government /recognized bodies during the last five years

	International	National	State	University	Dist	College
Award	-	-	-	-	-	-
Recognition	-	-	-	-	-	-
Other	-	-	-	-	-	-

x) Extension and outreach programs conducted in collaboration with industry, community and Non- Government Organizations (NGO) through NSS /NCC /Red Cross /YRC etc., during the last five years

- Name and number of the extension and outreach programs
- Name of the collaborating agency: Non- government, industry, community with contact details
- Year of the Activity

y) Participation in extension activities with Government Organizations, Non-Government Organizations and programs such as Swachh Bharat, AIDS Awareness, Gender Issue, etc. during the last five years

Sr. No.	Activity Name	Year of Activity	Teacher participated	Student participated
1	Pravara Krida Mahostav Women's Kho-Kho	2016	12	48
2	Fun Run for Health	2017	16	72
3	Fun Run for Health	2018	19	89

z) Linkages for faculty exchange, student exchange, internship, field trip, on-the-job training, research, etc during the last five years

- Title of the linkage : -
- Name of the partnering institution/ industry /research lab with contact details : -
- Year of commencement : -
- Duration (From-To) : -
- Nature of linkage : -

aa) Functional MoUs with institutions of National, International importance, other universities, industries, corporate houses etc. during the last five years (only functional MoUs with ongoing activities to be considered)

- Organization with which MoU is signed : -
- Name of the institution/ industry/ corporate house : -
- Year of signing MoU : -
- Duration : -
- List the actual activities under each MoU : -
- Number of students/teachers participated under MoUs : -

bb) Innovative Teaching methods used, use of ICT, e-learning resources, etc.

Methods	Details
Innovative Teaching methods	-
ICT	-
e-learning resources	-

cc) Internal Evaluation of students

Method of evaluation	Process adopted	Frequency / year / subject
Internal Test	Yes	Physical Education and Sports 2016 to 2018
Seminars	-	-
Tutorial	-	-
Oral	Yes	Physical Education and Sports 2016 to 2018
Practical	Yes	Physical Education and Sports 2016 to 2018

dd) Yearwise Result of subject taught

Subject Taught	% Result
Physical Education and Sports	100%

ee) List of books in personal library

Sr. No.	Title of Book

ff) List of Journals / periodicals subscribed

Sr. No.	Title	Duration

gg) Use of college library / n-list resource in average days per year :

hh) Any other special activity :