

RESUME



NAME : - DR. MRS. ASHA VIJAYKUMAR BENGLE, HOD & Director of Physical Education & Sports

COLLEGE :- MES ABASAHEB GARWARE COLLEGE, KARVE ROAD, PUNE.

DEPARTMENT :- PHYSICAL EDUCATION AND SPORTS

DESIGNATION :- DIRECTOR OF PHYSICAL EDUCATION AND SPORTS

DATE AND PLACE OF BIRTH :- 05/03/1969, PUNE.

MARITAL STATUS :- MARRIED

NATIONALITY :- INDIAN

ADDRESS FOR CORRESPONDENCE (with Pincode) :- Model Colony, Shivajinagar, Pune 411016.

TELEPHONE NO :- 9922223233 EMAIL :-asha.bengle007@gmail.com

PERIOD OF TEACHING EXPERIENCE : - UG/PG – 23 years

B.O.S in SPPU

B.O.S. in St. Mira's College

Ph.D. Guide in SPPU

National Award got in Delhi on 2016 "Ramabai Ambedkar National Sanman Puraskar."

Best Teacher Award

ACADEMIC QUALIFICATIONS (Metric till post graduation) :-

Examinations	Name of the Board/University	Year of Passing	Subject
B.Com.	University of Pune	1992	Auditing/Accounting
B. Ed.in Phy.Edn	University of Pune	1994	Athletics
NIS Course	(Athletics) SAI Pune	1995	Athletics
M. Ed. in Phy. Edn.	University of Pune	1996/2001	Athletics
SET	University of Pune	1997	Physical Education
FTO	Pune	2001	Athletics

Ph.D in Phy. Edn.	Shivaji Uni.,Kolhapur	2010	Physical Education
M A	University of Pune(External)	2011	Politics
Yoga Training Course	Kaivalydharm Lonavana	2012	Yoga
LLB	SNDT, Mumbai Uni.	2016	Law
MBA	Chennai	2019	Sports Management

RESEARCH DEGREE / SUBJECT

Ph.D. "Yoga for Growth, Nutrition and Health Related Fitness Profiles of School Children belonging to Slum, Middle Class and Elite Society." 27/10/2010 Shivaji University, Kolhapur.

RESEARCH EXPERIENCE EXCLUDING YEARS SPENT IN M. Phil / Ph. D :- 5yrs

Research Book Published

1 "Yoga,Nutrition and Physical Fitness for Children." July 2015 ISBN-978-1-0828

FIELDS OF SPECIALIZATION UNDER THE SUBJECT

(a) Athletics – National & University Player in 800mtr. 1500mtrs.

(b) Cross Country – National & University Player

(c) Football – University Player

(d) Athletics – NIS and M.Ed. Phy. Edn. Specialization

(e) Yoga – Certificate Course

(h) FTO (Federation Technical Official)

ACADEMIC STAFF COLLEGE ORIENTATION / REFRESHER COURSE ATTENDED:

Name of the Course	Place	Duration
Refresher Programme	University of Pune	03-30 March 1999
Orientation Programme	University of Pune	02-29March 2001
Refresher Programme	University of Pune	15 Feb.-07Mar.2006
Refresher Programme	University of Pune	12July-01Aug. 2007

Total number of the Papers Published and Presented in Conferences, Seminars, Workshops, Symposia

International	National	State	Year
1	---	---	2010
1	---	---	2011
4	2	1	2012
2	1	---	2013
1	1	---	2014
1	---	---	2016
3	---	---	2017
4	---	---	2018
1	---	---	2019

Worked as a Technical Official in International Marathon & also in National, State level Competition.

Appointed as a subject experts, nominee for various University selection committees.

Contribution to corporate life

Life member of National Association of Physical Education & Sports Sciences. (NAPESS)

Executive Member of Pune District Amature Athletics Association.

Executive Committee Member of Pune City Zone Sports Committee

Member of Krida Vardhini, Shakti Gymnasium

Member of Krida Bharati

Member in different selection Committees PCZSC & SPPU

Participated in different committees appointed by the college for different academic activities

Intramural & Extramural is a regular feature of the college student related co-curricular

Activity is conducted every year in the month of January, including Interclass Tournament

i.e. Kabaddi, Volleyball, Cricket, Football, Table Tennis, Chess, Badminton.

Students Council Member

Sports Committee Head, Inter Collegiate Team Preparation, Inter Collegiate Teams and Individual selection, Explain the importance of scientific and technological knowledge in physical education and sports through Bio – mechanics and physical fitness factors i.e. strength, agility, flexibility, power, concentration, co-ordination, Explain the importance of Diet.

Recommendation to purchase books, CD'S on sports to Library

Conducting the selection trials and practice to search sports talent amongst the students and

classified the students to relevant games.

Organizing and conducting sports and games competition at the Inter Zonal Level and Inter Collegiate Level.

Organizing and conducting coaching camps / training programme for various games and events.

To organized friendly matches for the purpose of improve the game practice and pressure tactics.

Allocation of PCZSC Inter Collegiate work to conduct Inter Collegiate Smoothly.

Worked as Technical Committee Member for Inter National Wrestling & Athletics Championship

Worked as Technical Committee Member for Asian Track and Field Competition held in Pune.

Worked as Inter Zonal Secretary of Pune City Zonal Sports Committee 2004-05, 2010-11, 2011-12.

Providing relevant information and Current Awareness Service to students and Staff of the college, by displaying list of new arrivals.

We are providing the best sports facilities (Indoor & Outdoor) Within and outside the college campus i.e. Indoor Activities – Rifle/Pistol Shooting ,Chess, T.T., Badminton, Boxing, Gym. Equipment. Outdoor Sports facilities to the students -Volleyball, Football, Cricket, Archary, Kabaddi , Netball, Kho-Kho, Bsketball, Korfbal ect.

We provided good quality sports equipment to our students.

Display P.T. Time Table, P.T. Examination for FYBA, FYBSc, FYBCS, FYBiotch, FYBCA