

Bio- Data

Name: Dr. PANERU UMESHRAJ PADAMRAJ

Qualification: B.A, B.Ed (Phy.Edu), M.Ed (Phy. Edu), Ph.D.

Name of the College: Annasaheb Waghire Science, Arts and Commerce College, Otur.

Year of Joining: Sept 2008

Designation: Director of Physical Education and Sports

Educational Qualification

Sr. No.	Exam. Passed	Board / University	Year of Passing	Percentage	Class
1	High School S.S.C.	Pune	1998	54.53	2nd class
2	Intermediate H.S.C.	Pune	2000	55.83	1st class
3	Bachelor B.A.	Pune	2004	56.76	2nd class
4	Bachelor of Phy. Edu. B.Ed(Phy.Edu)	Pune	2005	71.04	1st class
5	Master of Phy. Edu. M.Ed (Phy Edu.)	Pune	2007	70.83	1st class With Distinction
6	SET (Phy. Edu.)	Pune	2006	-	-
7	Ph.D	Pune	2013		Completed

➤ **Overview**

- ❖ **Best Player of the Tournament in All India Inter University Championship 2001-2002.**
- ❖ **Selected for 1st Commonwealth Inter University Handball Championship** Kuala Lumpur (Malaysia).
- ❖ **Member of the Indian University Handball Team (AIU) 2004-2005.**
- ❖ **Got National sports scholarship three time Sponsored by SAI.**

- ❖ General Secretary and University Representative of **K.T.H.M. College, Nashik, 2002-2003.**
- ❖ Best player of the year in K.T.H.M. College Nasik 2001-2002.
- ❖ Passed **Maharashtra State Handball Association official** examination.
- ❖ Work as Joint Secretary for Pune District Local Zonal Sports Committee for Academic Year 2013-14.
- ❖ Work as **Secretary for Pune District Local Zonal Sports Committee** for Academic Year 2017-18.
- ❖ Work as **Board of Sports** Member for Savitribai Phule Pune University Pune for Academic Year 2017-18.
- ❖ Organized Two Day State Level Seminar **‘Recent Trends in Physical Education, Sports, Yoga and Psychology.**
- ❖ Resource person for Two Day Workshop on Stress Management at Work Place on 16, 17th January 2019 at M.P.College, Pimpri.
- ❖ Work as **Board of studies Physical Education, Sports and Games for Savitribai Phule Pune University** Pune for academic year 26.03.2019 to 25.03.2021.
- ❖ Executive editor of Research Journey UGC approve e Research Journal 99A and 99B for Special Issue on Physical Education, Sports, Yoga and Psychology January 2019.
- ❖ Executive **Book editor of Diamond Publication Individual games, Team games, Athletics** March 2022.
- ❖ **Seminar Conference/Workshop Attended and Paper/Article Publication**

Sr. No	Seminar And Publication	International	National	State
1.	Seminar Attended	04	12	11
2.	Publication Single Author	09	00	00
3.	Co-Other	06	00	00
4.	Book Chapter	01	04	00

➤ **Work Experience**

1. Working as a Director of Physical Education and Sports in Annasaheb Waghire College, Otur, Pune, from 17 September 2008 to till.
2. Worked as Physical Education Teacher at S.D.Katariya High School, Pune. (16 July 2006 to 16 September 2008)
3. Worked as a Physical Education Teacher at J.D's Academy, Pune.
4. Worked as Handball coach in Kendriya Vidyalaya Air Force Station Ozar, Nashik. Duration- July 2002 to Sept. 2004 and Aug 2005 to October 2005.
5. Worked as a Handball Coach for a Nashik District Handball Association.
6. Worked as a Handball Coach in Ahiliyance Kala Krida Mandal Nashik.
7. Worked as Maharashtra Mandal in Pune Vayamshala (Gultakadi) as a Teacher.
8. Worked as Selection committee Member for Savitribai Phule Pune University, Pune of Handball (W/M) Team 2009-10 to till.
9. Worked as a selection committee member of Pune district sports zone of Handball (M/W) team for 2009-10 to till.
10. Worked as a selection committee member of Pune district sports zone of Cross-Country (W) team for 2009-10 and 2010-11, 2018-19, 2021-22.
11. Worked as a selection committee member of Pune District sports zone of Handball (M/W) team.
12. Worked as a university of Pune Basketball (W) team coach in inter university tournament.
13. Worked as a university of Pune Basketball (M) team coach in inter university tournament.
14. Worked as Pune District Zonal Sports committee Handball (M/W) team manager in inter zonal tournament.
15. Work as Team Coach for All India Inter University handball tournament.
16. Work as Organising committee Member and Official for West Zone Inter-University Handball (W) Tournament at Chandrasekhar Agase College, of Physical Education and Research Centre, Gultekadi, Pune During 28 October to 01 Nov. 2018.
17. Work as Team Manager All India Roll ball Championship.
18. Working in College IQAC, Examination, Gymkhana etc. Committee.

➤ **Sports Achievement**

1. Selected for 1st Commonwealth Inter University Handball Championship Kuala Lumpur (Malaysia).
2. Participated in 33rd Senior National Handball Championship Jamshedpur (Jharkhand).
3. Participated in 34th Senior National Handball Championship Ludhiyana (Punjab).
4. Participated in 35th Senior National Handball Championship Bilaspur (H.P).
5. All India Inter University Handball Championship.

Year	Position	Venue
2001-02	Gold medal	Pune
2002-03	4th place	Varanasi
2003-04	Silver medal	Annamalai
2004-05	Participation	Chandigarh
2005-06	Selected	Annamalai

6. Got all India Bronze Medal in U/19 National School Games 98-99.
7. Participated in 4 National School Games.

➤ **Research and Publication:**

❖ **Research work:**

Completed research on handball, preparing selection norms for senior handball players of Maharashtra state. Study entitles, “**Development of Norms for Selection of Senior Male Maharashtra State Handball Players**” under guidance of Dr. Shinde A.F at Chandrasekhar Agase College of physical Education and Research Centre Gultakadi, Pune Date of Award 10 April 2013.

Research Publication:					
Sr.No	Title of the Article/ Paper	Name of the authors	Name of the journal	Year	ISBN/ISSN Number
1	A Study of Physical fitness status and skill status of Maharashtra state senior handball Player	Dr. Paneru U.P	Inter National Research Journal of Commerce, Management and Social Sciences	2014-15	2321-9831
2	Government Schemes for Pramotion of Sports in India	Dr. Paneru U.P	Ajantha Prakashan, Aurangabad	2017-18	2277-5730
3	Career Opportunities in Physical Education, Adventurous sports and Games	Dr. Paneru U.P	IJRMS	2017-18	2454-8499
4	Ethical Issues in Behavioural Sciences Research	Dr..Walke S.B Dr. Paneru U.P	International Journal of Multifaceted and Multilingual Studies	2017-19	2394-207X
5	Importance of Physical education and sports for Youth	Dr. Paneru U.P	Swatidhan Publication, Yeola	2018-19	2348-7143
6	Physics of the taekwondo Axe Kick	A.V.Kardile, Shweta Dodmani, Umesh Paneru, Ajit Dumbre	Swatidhan Publication, Yeola	2018-19	2348-7143
7	Grading Scale For Handball Players Performance Analysis	Dr. Paneru U.P	Swatidhan Publication, Yeola	2018-19	2348-7143
8	Correlation between Body Mass Index (BMI), Resting Metabolism (RM) and Body Age by using Bioelectrical Analysis Method: Survey of College youth and Staff	A.S.Dumbre, A.V.Kardile, Krushnat Nalawade, S.F.Dhakane, R.U.Mene, U.P.Paneru	Swatidhan Publication, Yeola	2018-19	2348-7143
9	Impact of Sport on Indian Society	Dr. Paneru U.P	Our Heritage	2019-20	0474-9030
10	Personal Stress Between Sportsmen and Non-Sportsmen Students of College	Dr. Paneru U.P	IRJMS	2019-20	2454-8499
11	Assessment of sports Orientation among Male and Femal Non-Athletes	Dr. Paneru U.P	Peer Reviewed and Refreed Journal Entire Resrach Multi-Disciplinary International Journal	2020-21	0975-5020
12	Gender Difference in Emotional Intelligence among Male and Female Students	Dr. P.K.Lohote Dr. Paneru U.P	A Journal Shodh Sarita UGC Care Journal	2020-21	2348-2397
13	A Study of Stress Management Techniques In IT Sector in India	Dr. P.K.Lohote Dr. Paneru U.P	Sambodhi Journal	2020-21	2249-6661

14	A study of Physical Fitness and Skill Performance of Maharashtra State Senior Handball Players	Dr. Paneru U.P	Scholarly Research Journal for Interdisciplinary Studies	2020-21	2319-4766
15	Comparison of Mental health between Men and Women	Dr. P.K.Lohote Dr. Paneru U.P	Printing Aria International Interdisciplinary Research Journal	2021-22	2394-5303

Chapter in Edited Book

Sr.No	Title of the Book	Name of the authors	Name of the Publisher	Year	ISBN/ISSN Number
1	Role of Physical education in Health Building for upliftment of Nation	Dr. Paneru U.P	Purbayon Publication Satmile,Near Guwahati University, Guwahati Assam	2017-20	978-93-87863-39-0
2	Mental Health Assessment of Under and Post Graduate Students	Dr.Lohote P.K, Dr. Paneru.U.P	PEFI& IAPES	June, 2021	978-93-90461-00-4
3	Stress Management of Professors through Yoga	Dr. Paneru.U.P	AkiNik Publication New Delhi	Mar-22	978-93-5570-141-1
4	Handball (Team Games Rules and Skill)	Dr. Paneru.U.P	Daimond Publicatio, Pune	Mar-22	978-93-91948-63-4
5	Physical Fitness Test (Individual games)	Dr. Daptare S.S, Dr.Lohote P.K, Dr. Paneru.U.P	Daimond	Mar-22	978-93-91948-63-1

Editor of Book by National Publisher

Sr.No	Title of the Book	Editors	Name of the Publisher	Month, Year	ISBN/ISSN Number
1	Team games Rules and Basic Skills	Dr. Mane D., Dr. Daptare S.S, Dr. Paneru.U.P, Dr.Lohote P.K,	Diamond Publication Pune	Mar-22	978-93-91948-63-4
2	Individual Sports Rules and Basic Skills	Dr. Mane D., Dr. Daptare S.S, Dr. Paneru.U.P, Dr.Lohote P.K,	Diamond Publication Pune	Mar-22	978-93-91948-63-1
3	Athletics Rules and Basic Skills	Dr. Mane D., Dr. Daptare S.S, Dr. Paneru.U.P, Dr.Lohote P.K,	Diamond Publication Pune	Mar-22	978-93-91948-63-9

➤ **UGC Physical Fitness Test**

1. Perform UGC Physical Fitness Test on 24.08.2013 Performance 2100Mts.

➤ **Orientation and Refresher Course:**

Sr.No	Name of the Course	Subject	Place	Duration	Total days
1	Orientation course	Physical Education	Academic Staff College, Kumaun University, Nainital.	20/02/2013 to 19/03/2013	28
2	Refresher course in Physical Education	Physical Education	Academic Staff College, L.N.U.P.E., Gwalior	05.03.2015 To 25.03.2014	21
3	Refresher course in Physical Education	Yoga, Physical Education and Soft Skill	HRDC, Gauhati	07/03/2018 to 27/03/2018	21
4	FDP	Soft Skill (Physical Education)	HRDC, SPPU, Pune	03/07/2019 to 12/07/2019	10
5	FDP	Developing Future Generation Teachers	HRDC- PMMMNMTI, New Delhi	18/04/2020 to 23/04/2020	6
6	FDP	MANAGING ONLINE CLASSES and CO-CREATING MOOCS"	MHRD- Ramanujan College, Delhi	20/04/2020 to 06/05/2020	17
7	FDP	ADVANCED CONCEPTS FOR DEVELOPING MOOCS	MHRD- Ramanujan College, Delhi	02/07/2020 to 17/07/2020	15
8	Refresher Course	Refresher Course in ICT/Moocs	UGC HRDC, School of Education SPPU, Pune	14/02/2021 to 28/02/2021	15

➤ **Event Organization: (Senior College)**

- **Inter-collegiate organization: -** Every academic year our college organised inter-collegiate tournaments objective of these matches to create sportive environment in college students and introduce new games in rural area college from last three year college conducts various different inter collegiate activities.

Sr.No	Event	Gender	Date
1	Handball	Men	6 Nov 2009
2	Handball	Women	7 Nov 2009
3	Cross-country	Men	21 Aug. 2010
4	Cross-Country	Women	21 Aug. 2010
5	Handball	Women	10 Oct. 2010
6	Football	Men	24- 26 Aug. 2011
7	Athletics	Men/Women	13-16 Oct. 2011
8	Cross-Country for (Under/14. U/17., U/19., Above 19)	Men/Women	21 July 2012
9	Cricket	Men	30 to 5 Sept. 2012
10	Football	Men	10 th to 14 Sept.
11	Athletics	Men/Women	29 th to 31 st Octo. 2012
12*	Kho-Kho	Men/Women	21 st Dec.2012
13*	Athletics	Men/Women	21 st Dec.2012
14	Cricket (Men)	Men	12 to 16 Sept. 2013
15	Football	Women	22 Octo.2013
16*	Athletes	Men/Women	9 Dec. 2013
17*	Kho-Kho	Men/Women	9 Dec. 2013
18*	Volleyball	Men/Women	9 Dec. 2013
19	Cricket	(Men)	26 Sept. to 2 Octo. 2014
20	Handball	(Women)	18 Sept. 2014
21*	Athletics	Men/Women	6 Nov. 2014
22*	Volleyball	Men/Women	6 Nov. 2014
23	Cricket (Men)		7 to 12 Dec. 2015
24*	Athletics	Men/Women	14 Dec. 2015
25*	Volleyball	Men/Women	14 Dec. 2015
26	Handball	(Women)	26 October 2016

27	Cricket	(Men)	12 to 15 Dec. 2016
28	Athletics		3 Dec. 2016
29*	Volleyball	Men/Women	3 Dec. 2016
30	Athletics	Men/Women	27 to 29 Sept. 17
31	Cricket	(Men)	12 to 18 Dec. 2017
32*	Athletics	Men/Women	26 Nov. 2017
33	Football	Men	31 Sept. to 5 Octo. 18
34	Handball	Men	19 to 20 Octo.2018
35	Cricket	Men	12 to 27 Octo. 2018
36*	Volleyball	Men/Women	17 Dec. 2018
37*	Athletics	Men/Women	17 December 2018
38.	Athletics	Men/Women	19 to 21 Sept. 2019
39.	Handball	Men	30 Nov. 2019
40.	Cricket	Men	22 to 26 Nov.2019
41.	Volleyball	Men/Women	16 Dec. 2019
42.	Athletics	Men/Women	16 Dec. 2019
43.	Handball	Men	06 January 2022
44.	Handball	Women	06 January 2022
45.	Handball	Women	24 November 2022

* Indicate events organized for only P.D.E.A'S College Only.

➤ **Inter-Zonal Competition:**

Sr. No	Event	Level	Men/Women	Date
1	Handball	Inter-Zonal	Men	6, 7 Oct. 2012
2	Handball	Inter-Zonal	Women	7, 8 Oct. 2012
3.	Football	Inter-Zonal	Women	25, 26 Oct. 2013
4.	Handball	Inter-Zonal	Men	5,6 Nov. 2016
5.	Handball	Inter-Zonal	Men	19, 20 Sept. 2017
6.	Handball	Inter-Zonal	Men	02,03 Dec. 2019
7.	Handball	Inter-Zonal	Women	14, 15 Feb. 2022
8.	Handball	Inter-Zonal	Men	25, 26 Nov. 2022
9.	Handball	Inter-Zonal	Men	26, 27 Nov. 2022

➤ **Personal and Contac details**

Name:	PANERU UMESHRAJ PADAMRAJ
Permanent Address: -	Shatalaxmi Appartment Flat.No.104, Monica Chouk, Otur, Tal. Junnar Dist.Pune, Maharashtra. Pine Code. 412409.
Official Address: -	P.D.E.A'S, Annasaheb Waghire Science, Arts and Commerce College, Otur, Tal.Junnar District: Pune, Maharashtra. Pine code. 412409.
Date of appointment: -	17 Sept 2008.
Approval Date: -	CCO/Apro. (Camp)/267. Date: 18 Oct 2008
Permanent order Date: -	17 Sept 2010.
Phone No:	9405019623, 8080552212.
Date of Birth:	3 rd Nov, 1980.
Nationality:	Indian.
Sex:	Male.
Marital Status:	Married.
Email address: -	Paneru.umesh@gmail.com