


Curriculum Vitae

	NAME	DR. TARAK LAKHANCHANDRA DAS
	ADDRESS	Plot No 04, Anil nagar, Nandurbar. 425412 (Maharashtra, India)
	DATE OF BIRTH	29 th May 1984
	RELIGION	Hindu
	CASTE	Open
	MARITAL STATUS	Married
	LANGUAGES KNOWN	English, Hindi, Marathi
	CONTACT NO.	09730008720
	E-MAIL ID	tarak19.das@gmail.com

Education Details:

Faculty	Degree	Specialization	University/ Board	Course Type	College	Month & Year of Passing	Class Obtained	Marks
Commerce	B.Com.	Accounts	Dr. B.A.M.U. Aurangabad	Regular	Deogiri College, Aurangabad.	MAR-06	Second	52.80%
M.C.V.C.	H.S.C.	Electrical Appliances	Pune Board	Regular	S.B.E.S's College of Science, Aurangabad.	FEB-01	First	71.67%
-----	S.S.C.	Comp. Sub.	Pune Board	Regular	Shishuwihar High School, Aurangabad.	MAR-99	First	60.00%

Computer Education Details:

Faculty	Degree	Specialization	University/Board	Course Type	Institute	Month & Year of Passing	Class Obtained	Marks
Computer	MS-CIT	Basic Comp. Knowledge	M.K.C.L.	Regular	Compu – World	MAR-12	First	75%

Professional Education Details:

Faculty	Degree	Specialization	University/Board	Course Type	College	Month & Year of Passing	Class Obtained	Marks
Phy. Edu.	Ph.D.	Physical Education	Dr. B.A.M.U. Aurangabad	-----	-----	JAN 2018	-----	-----
Phy. Edu.	N.E.T.	Physical Education	U.G.C.	-----	-----	DEC-12	Passed	-----
Phy. Edu.	N.E.T.	Physical Education	U.G.C.	-----	-----	JUN-12	Passed	-----
Physical Education	M.P. Ed.	Sports Psycho, Research, Sports Sci., Biomechanics, Kinesiology, Anthropology, Sports Medicine, Management.	Dr. B.A.M.U. Aurangabad	Regular	M.S.M's College of Physical Education	MAR-09	First	65.10%
Physical Education	B.P. Ed.	History of Phy. Edu., Psycho, Org. Adm. & Sup., Anatomy & Physiology, Officiating & Coaching, Methodology.	Dr. B.A.M.U. Aurangabad	Regular	M.S.M's College of Physical Education	MAR-07	First	67.66%

Teaching and Sports Coaching Experience:

Institute / School	Designation	Affiliation	Period
Aurangabad District Gymnastics Association.	Gymnastics Instructor	M.A.G.A.	During 2006 to 2012
Poornawad Sports and Health Promotion Academy, A.bad.	Instructor	-----	During 2006 to 2012
P.S.B.A. English School, Aurangabad	Sports Teacher	C.B.S.E.	01/06/2012 to 14/02/2014
Eklavya College of Physical Education, Jalgaon.	Assistant Professor	K.B.C.N.M.U.	14/02/2014 to 31/01/2015

Present Designation:

Designation	Department	Date of actual		Academic Level
		From	To	
Director of Physical Education And Sports	Physical Education and Sports	02/02/2015	Till Date	11
Research Guide	Physical Education	27/08/2020	Till Date	----

Orientation / Refresher Course/ ISTE - AICTE Sponsored STTP/SBP/FDP attended:

Name of the Course/ Summer School	Place	Duration	Sponsoring Agency
Orientation Course	West Bengal University, Siliguri, West Bengal	25/02/2016 to 23/03/2016	University Grant Commission
Interdisciplinary Refresher Course (Instrumental Analytical method & Interpretation)	Laksmibai National Institute of Physical Education, Gwalior	14/11/2018 to 04/12/2018	University Grant Commission
Faculty Development Program	managing Online Classes and Co-Creating MOOCS	20/04/ 2020 to 06/05/ 2020	MHRDC
Faculty Development Program	Comprehensive e-Learning to e-Training guide for Administrative Work	25/05/2020 to 05/06/2020	MHRDC
Interdisciplinary Refresher Course	Online Refresher Course in Education (Concerns in Educational Research and Assessment)	01/12/2020 to 31/03/2021	SWAYAM
Research Methodology Workshop	Online Mode	27/05/2020 to 02/06/2020	Pt. Ravishankar Shukla Uni., Raipur
Research Methodology Workshop	Online Mode	08/06/2020 to 12/06/2020	MHRDC

Research:

Sr. No.	Title	Funding Agency	Tenure	Remark
01	Sports Nurture Program	Poornavad Sports & Health Promotion Academy, Aurangabad.	2008-09	Completed
02	Sports Talent Search Program	Poornavad Sports & Health Promotion Academy, Aurangabad.	2007-08	Completed

Research Publications in Journals:

Sr. No.	Name of the Author	Title of the Paper	Name of the Journal	Publication No.	Year of Publication
01	T. L. Das & S. M. Kote	The Study of Upper Extremity Maximum Strength Among the Male School Children from 10-12 Years in Ahmednagar District	Proceedings of National Conference on Phy. Edu.	978-93-8087 6-03-0.	2011

02	T. L. Das	<i>Present Requirement of Redesigning the Curriculum of Physical Education from K.G. to P.G.</i>	<i>Proceedings of National Conference on Phy. Edu.</i>	2279-0306	2014
03	T. L. Das	<i>Multiculturalism of Indian Origin Form of Physical Activities</i>	<i>Research Journey of Social Science, Jalgaon</i>	0976-061X	2017
04	T. L. Das	<i>Correlation of Agility, Explosive Leg Strength and Core Stability of Schooling Age Pupil of Nandurbar District</i>	<i>Research Aaj Tak</i>	2278-2001	2017
05	Dr.T. L. Das	<i>Traditional Recreational Activities can be the Solution to Psychological Problems of Modern society in Maharashtra</i>	<i>Vidyawartra</i>	2319-9318	2018
06	Dr. Tarak L. Das	<i>Challenges and Issues of Women's of nandurbar District in the Perspective Competitive Sports</i>	<i>Research journey</i>	2348-7143	2019
07	Asst. Prof. Nilesh D. Joshi Dr. Tarak L. Das	<i>16 te 20 Vaeshe Vayogatatil Gramin ani Shahari Bhagatil Kheladoo Mulinchya Sandarbhat Samajik Bhay va Chinta yancha Tulanatmak Abhyas</i>	<i>Journal of Research and Development</i>	2230-9578	2020
08	Asst. Prof. Upendra Dhagdhage Dr. Tarak L. Das	<i>COVID Mahamariche Bhartiy Uchch Shikshan Padhdhtis Aavhan: Online Shikshan</i>	<i>B.Aadhar</i>	2278-9308	2021
09	Dr. Tarak Lakhanchandra Das Dr. Nilesh D. Joshi	<i>Post COVID 19 Scenario of Physical Education, and Competitive Sports and Games in India</i>	<i>Shodh Sarita</i>	2348-2397	2020
10	Dr. Tarak Lakhanchandra Das Asst.Prof. Nilesh D. Joshi	<i>Role of Protein Content in Endurance Sports and its Resources from Indian Food</i>	<i>Platinum</i>	2231-0096	2023

Workshops / Seminars / Conference Attended at Various Levels:

<i>Workshops / Seminars / Conference</i>	<i>Paper Presented / Attended</i>	<i>Name of the Author</i>	<i>Title of the Paper</i>	<i>Date</i>	<i>Venue</i>	<i>Sponsored by</i>
<i>National Conference on Phy. Edu.</i>	<i>Presented a Paper</i>	<i>T. L. Das & S. M. Kote</i>	<i>The Study of Upper Extremity Maximum Strength Among the Male School Children from 10-12 Years in Ahmednagar District</i>	<i>31st Jan. & 01st Feb. 2011</i>	<i>Aurangabad</i>	<i>U.G.C.</i>

National Seminar	Presented a Paper	T. L. Das	Multiculturalism of Indian Origin form of Physical Activities	24 th Nov. 2017	Jalgaon	K.B.C. N.M. U. Jalgaon
State Level Seminar	Presented a Paper	T. L. Das	Challenges and Issues Women's of Nandurbar District in the Perspective of Competitive Sports	22 nd & 23 rd Jan. 2019	Pune	BOD, Savitribai Phule Pune University
National Seminar	Presented a Paper	T. L. Das	Need for a National Policy on Education in the Context of Physical Education	26 th June 2019	Jalgaon	K.B.C. N.M. U. Jalgaon
Multidisciplinary National Conference	Presented a Paper	T. L. Das	A comparative study of social fear and social anxiety in rural and urban sports girls aged 16 to 20 years	18 th Jan. 2020	Jalgaon	K.B.C. N.M. U. Jalgaon

Participation as an official:

Particulars
Qualified State Level Judge for Aerobic Gymnastics in Olympic Cycle 2008-2012.
Acted as Official for Various Games in District, Divisional & State Level.

Participation as a Sportsman (Aerobic Gymnastics):

Level	Details	Year
<i>International</i>	Participation in 9 th Aerobic Gymnastics World Championships	2006
<i>International</i>	Participation in 8 th World Championships in Sports Aerobics	2004
<i>National</i>	Silver medal in mixed pair in 10 th National Aerobics Gymnastics Championships, held at Rajkot, Gujarat.	2009-10
<i>National</i>	Bronze medal in mixed pair in 10 th National Aerobics Gymnastics Championships, held at Rajkot, Gujarat.	2009-10
<i>National</i>	Silver medal in group in 9 th National Aerobics Gymnastics Championships, held at Rajkot, Gujarat	2006-07
<i>National</i>	Bronze medal in Trio in 9 th National Aerobics Gymnastics Championships, held at Rajkot, Gujarat.	2006-07
<i>National</i>	Silver medal in group in 8 th National Aerobics Gymnastics Championships, held at Trivendrum, Kerala.	2004-05
<i>National</i>	Silver medal in Trio in 7 th National Aerobics Gymnastics Championships, held at Mohali, Chandigarh.	2003-04

<i>National</i>	<i>Bronze medal in Trio in 43rd Senior National Gymnastics Championships, held at Narayanpur, West Bengal.</i>	<i>2002-03</i>
-----------------	---	----------------

Other Activities:


<i>Level</i>	<i>Details</i>	<i>Organization</i>	<i>Year</i>
<i>National</i>	<i>Annual Training Camp</i>	<i>N.C.C.</i>	<i>OCT-2000</i>

Special Achievements:

<i>Sr. No</i>	<i>Award</i>	<i>Year</i>
<i>1.</i>	<i>Shiv Chhatrapati Rajya Krida Puraskar by Maharashtra Government (State Level Award)</i>	<i>2008-09</i>
<i>2.</i>	<i>Districts Sports Award</i>	<i>2007-08</i>

Self Declaration,

I, Mr. Tarak Lakhanchandra Das, hereby declare that the information given by me in this profile is true and correct to the best of my knowledge and belief.

<p><i>Date: 14/06/2023</i> <i>Place: Nandurbar</i></p>	<p>Signature with Stamp:</p> <div style="text-align: center;">  (Dr. T. L. Das) Director of Physical Education & Sports DIRECTOR Physical Education & Sports G.T. Patil College, NANDURBAR 425412 (MS) </div>
--	---