

PERSONAL PROFILE

DR. REKHABEN H. KACHADIYA



E-MAIL

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CONTACT DETAILS :

9925733275,

PERMANENT ADDRESS:

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PERSONAL DATA:

DATE OF BIRTH : 13/08/1983
GENDER : FEMALE
NATIONALITY : INDIAN
CATAGERY : OPEN
LANGUAGES :GUJATI,HINDI
ENGLISH

OBJECTIVE:

To work in a healthy, innovative and challenging environment extracting the best out of me, which is conducive to learn and grow at professional as well as personal level thereby directing my future endeavours as an asset to the organization.

ACHIEVEMENTS:

⇒ **1st Rank** in M.P.ED.(Gold Medalist) Exam with Physical Education Subject in Hemchndracharya North Gujarat University-Patan

EDUCATION QUALIFICATION:

Academic Qualification	University/Board	Year of Passing	Result %
S.S.C	G.S.E.B	March,1999	65.57
H.S.C	G.S.E.B	March,2001	66.33
B.COM	Saurashtra Uni.	April,2004	47.87
B.P.ED	Saurashtra Uni	April,2005	81.33
M.P.ED	HNGU- PATAN	March- Jun.2007	73.08
GSET	M.S.University	2012	-
D.Y.ED	Shree somnath sanskrit Uni	April, 2012	55.40
CCC-BAOU	Dr.B.A.Open University	April,2007	66
CCC+	Spipa	29 July 2016	Pass
PH.D	Saurashtra Uni	23-04-2020	---

PROFESSIONAL EXPERIENCE:

POST	PERIOD	INSTITUTION
Assistant Professor In Physical Education	26-03-2012To Till Date	M.M. Ghodasara Mahila Arts & Comm. College- Junagadh

EXTRA CURRICULAR ACTIVITIES AND ACHIEVEMENTS:

Research of Ph.D. work	A Study of the effect of Yoga and Aerobics training on Vital capacity, Pulse rate, Cardio vascular endurance, Flexibility and Speed on the Students
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TRAINING COURSE OP/RC/STC/WORKSHOP

SR. NO	THEME	ORGANIZERS	COURSE	DATE	DAY	YEAR
1	Training for NSS Programme Officer	Gujarat Vidyapith- Ahmedabad	GIMYAS NSS	24-09-2012 to 30-09-2012	1	2012-13
2	NSS Programme Officer Training	Palitana	NSS Dept. Sau. Uni.- Rajkot	01-09-2012 to 02-09-2012	2	2012-13
3	Social Harmony, National Unity and Human Rights for NSS Programme Officers	HCM RIPA- Jaipur	RGNIYD- Sriperumbudur	28-01-2013 to 03-02-2013	3	2012-13
4	Physical Education & Sports Science	YMCA International Center –Ahmedabad	Swarnim Gujarat Sports Uni.- Gandhinagar	23-02-2013 to 28-02-2013	4	2012-13
5	Promotion of culture of quality through Research	JKM – Junagadh	KCG & Dept. of Education	21 to 23-3-2013	5	2012-13
6	Computer Skill Development	M M G College, Junagadh	College	24 June to 10 July/15days	6	2013-14
7	NSS Programme Officer Training	Bavnath Junagadh	Sau.Uni.- Rajkot	29-09-2014 to 30-09-2014	7	2013-14
8	Ph.D Training Course	Sau. Uni. – Rajkot	Sau.Uni.- Rajkot	26-11-2015 to 06-12-2015	12	2014-15
9	Orientation Programme	UGC: Academic Staff College – Sau.Uni.- Rajkot	OP	03/03/2014 To 30/03/2014	28	2013-2014
10	Short term Course New Directives of the API	UGC: Academic Staff College – Sau.Uni.- Rajkot	Short Term	03/10 /2016 to 09/10/2016	07	2016-2017
11	Orientation Programme (OP)	SAU.UNI. RAJKOT	Orientation Programme (OP)	05-02-2018 to 04-03-2018	28	2017-2018
12	Refresher Course (Online RC)	SAU.UNI. RAJKOT	Refresher Course (Online RC)	18-02-2019 to 10-03-2019	21	2018-2019
13	Short Term Course (STC Online)	GUJARAT UNI.AHEMDABAD	Short Term Course (STC Online)	11-06-2020 to 17-06-2020	17	2020-2021
14	National Workshop (Online)	SAU.UNI. RAJKOT	National Workshop (Online)	07-03-2019 to 08-03-2019	05	2018-2019
15	FDP	M. M. Ghodasara Mahila College Junagadh	FDP	17/06/2019 to 14/08/2019	30	2019-2020
16	FDP (online)	Swarnim Gujarat Sports University, Gandhinagar	FDP	05/05/2020 to 11/05/2020	07	2020-2021

17	FDP (Online)	Swarnim Gujarat Sports University, Gandhinagar	FDP	23/06/2020 to 29/06/2020	07	2020- 2021
18	RC(online) In Physical Education	GUJARAT UNI.AHEMDABAD	RC	06/09/2021 to 19/09/2021	14	2021- 2022
19	RC(online) In Physical Education	Lakshmbai National Institute of Physical Education , Gwalior	RC	07/10/2022 to20/10/2022	14	2022- 2023
20	STC online workshop NEP - 2020	GUJARAT UNI.AHEMDABAD	STC	05/02/2024 to 15/02/2024	11	2024- 2025
21	STC online Digital Professors: Transforming Higher Education With ICT	GUJARAT UNI.AHEMDABAD	STC	08-09-2025 to 13-09-2025	06	2025- 2025

CONFERENCE/SEMINAR/PAPER PRESENTATION:

SR. NO.	TITLE OF THE PAPER	LEVEL	DATE OF THE EVENT	ORGANIZED BY	YEAR
1	Role of Yoga in Modern Education	National	21-22/09/ 2013	SKS Arts & VMP Com. College, Kapadvanj	2012-13
2	Business Ethics	National	6/10/ 2012	IVPatel of Com.- Nadiad	2012-13
3	Yogic Practices for Health & Sports	National	23 to 28/02/ 2013	SGSU- Gandhinagar	2012-13
4	Nss Workshop	University	01 to 02-09- 2012	Saurashtra University	2012-13
5	Promotion of Culture of Quality through Research	National	21 to 23-03- 2013	KCG & JKM Junagadh	2012-13
6	Politics Between Hockey And Cricket	National	14/09/2013	SKS Arts & VMP Com. College,	2013-14
7	Value Based Education	National	15/03/2015	Smt CPC Arts & PLC Com.college Veraval	2014-15
8	NSS PO Workshop	University	29-09-2014 to 30-09-2014	Bhavnath Junagadh	2014-15
9	Surya Namaskar & Its Benefits	National	15-03-2015	Smt CPC Arts & PLC Com.college Veraval	2014-15
10	Yoga for Mental Problems	National	17-08-2015	Shri Patel Kelavani Mandal college of Technology & B.Ed	2015-2016

11	Effect of yoga Training on WBC (Wight Blood Cell) and RBC (Red Blood Cell)	Inter National	12-03-2016 to 13-03-2016	Indian association of yoga	2015-2016
12	Physical Components to Overall Good Health, Fitness and Wellness	International Conference	24-25/03/2017	Bahauddin Arts College, Junagadh	2016-2017
13	Quality Enhancement in Higher Education	RUSA Sponsored Seminar	03/03/2018	UGC:HRDC Saurashtra Uni	2017-2018
14	Physical Education & Sports	University Works-shop	22/03/2018 to 24/03/2018	Saurashtra University, Rajkot	2017-2018
15	Physical Education and 21 st Century hearing	Presentation in National Conference	16-17/07/2017	Asian Social and Humanities Association	2017-2018
16	Workshop on Emerging Areas of Sports Ecosystem	Uni Workshop	22/01/2018	BKNM Uni. Junagadh & Swarnim Gujarat Sports Uni., Gandhinagar	2017-2018
17	Improve Sport Performance With yoga	Presentation in National Seminar	5-7/01/2018	Lakulish Yoga University, Ahmedabad	2017-2018
18	Global Training Education Program (GTEP), London	IFDP	22-23/12/2017	BKNM University, Junagadh	2017-2018
19	Global Training Education Program	IFDP (GTEP), London	12/03/2018	BKNM University, Junagadh	2017-2018
20	Yoga Health & Physical Education	Gujarat Rajya Shala Works-shop	21 /01/2019 to 23/01/2019	Gujarat Rajya Pathya Pustak Mandal	2018-2019
21	Participate	national Conference	05-07/02/2019	Shri Somnath Sanskrit University, Veraval	2018-2019
22	Concept of Literature, Culture and Values (Online)	National Workshop	07-03-2019 08-03-2019	SAU.UNI. RAJKOT	2018-2019
23	Benefit of Yoga In School and Colleges	Presentation in International Conference	17/01/2020 to 19/01/2020	Department of Yoga, Gujarat Vidyapith, Ahemdabad	2019-2020
24	Yoga & Physical Health	Presentation in National Seminar	05/04/2019 to 06/04/2019	UGCUSAKM & GSU& CPETA,Ambaji	2019-2020
25	Benefit of Yoga In School and Colleges	Presentation in International Conference	17/01/2020 to 19/01/2020	Department of Yoga, Gujarat Vidyapith, Ahemdabad	2019-2020

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PUBLISHED PAPERS IN JOURNALS

SR. NO.	TITLE WITH PAGE NO.	JOURNAL	ISSN/ISBN NO.	YEAR
1	Meditation Pg.-27	Ramat Jagat	ISSN 2250-1428	2012-13
2	Maro Vidyarthi svasth vidyarthi Pg.-3	Ramat Jagat	ISSN 2250-1428	2012-13
3	Career aspect in Physical Education Pg.-36-37	HESMA	ISSN 2319-5959	2012-13
4	Impct of Pranayama on Selected Components of Blood: an Analytical Study Pg.5-7	Thematics Journal of Physical Education	ISSN 2250-3811	2012-13
5	Effects of selected asahas on physical components Pg.109-112	International Journal of Fitness, Health, Physical Education & Iron Games	ISSN 2349-722X	2013-14
6	Ankle Injuries in sports Medicine	HUMANITIES & SOCIAL SCIENCE REVIEW	ISSN 2349-5928	2013-14
8	Yoga for Mental Problems Pg.14-16	View of Space An International Refereed Multidisciplinary Journal of Applied Research	ISSN 2320-7620	2014-15
9	Value Based Education Pg.44-45	Recent Thought The Refereed International Journal	ISSN 2278-4594	2015-16
10	Surya Namaskar & It's Benefits Pg. 58-59	National Seminar Dt. 16- 17 Jan. 2016	978-93-86103-14-7	2015-16
11	Physical Education and 21 st Century Learning	An International Refereed Multidisciplinary Journal	ISSN:2321-7973 Research Metrix August-2017	2017-2018
12	Natural Way of Restoring Health and Stress by Changing to Healthy Lifestyle	Peer Refereed & Indexed Journal Research Journey February-2019	ISSN:2348-7143 Impact Factor-6.261	2018-2019
13	Effects of Yogic Practices on Flexibility of College Girls in Junagadh District of Gujarat	Peer Refereed & Indexed Journal Research Journey February-2019	ISSN:2348-7143 Impact Factor-6.261	2018-2019
14	Yoga for Athletes	A Peer Reviewed Journal of Shree Somnath Sanskrit University	ISSN:2350-0700 Sodhajyotih January – December -2019	2019-2020
15	Samixak	Gujarat Pathyapustak Mandal	STD :09	2019-2020

16	Yoga and Physical Halth	Physical Education, Yoga, Sports Science and Sports Management	ISBN No.:978-93- 86640-86-4	2019-2020
17	A Study of Effects of Yoga and Aerobics Training on Vital Capacity	october-2020Bi- Monthly Peer- Reviewed, Refereed, Indexed Research Journal	ISSN:2528-6241 Shixan Sanshodhan	2020-2021
18	A Study of the effect of Yoga and Aerobics Training on Speed on the Student	A Refereed Journal	ISSN:0972-7175	2021-2022
19	A Study of the Effect of Yoga and Aerobics Training on Pulse Rate	International Peer- Reviewed Referred Ayudh Journal	ISSN-2321-2160	2021-2022
20	A Study of the Effect of Yoga and Aerobics Training on Cardio Vascular Endurance	International Peer- Reviewed Referred Surabhi Journal	ISSN-2349-4557	2021-2022
21	Effects of Yogic Exercise on selected Psychological variable among college level students	Inter Nationa Peer- Reviewed Referred Journal February- Ayudh-2023	ISSN-2321:2160	2022-2023
22	Judo ane tekwendo ramatna kheladi bhaiona aatmavishvasno tulnatmak abhyas	Peer- Reviewed & The Refereed International Journal March-2023	ISSN-2321-4708	2022-2023

CHAPTERS PUBLISHED IN BOOKS

SR. NO	TITLE IN BOOKS	ISSN/ISBN NO.	PUBLISHER	YEAR OF PUBLICATION
1	Suryanamskar	Knowledge base,2013	Prof. J.D.Mungara Arts & Com. College- Vaso ISBN-978-93-5126- 932-7	2012-2013
2	Yoga and Meditaion	Syllabus base,2012	Navbharatsahityamandir ISBN-978-93-82712- 24-8	2012-2013
3	Yog Mudra	Syllabus 2013	Prof. J.D.Mungara Arts & Com. College- Vaso ISBN-978-93-5126- 931-1	2013-2014
4	Sports Science	Syllabus base,2013	Prof. J.D.Mungara Arts & Com. College- Vaso ISBN-978-93-5126- 933-5	2013-2014