

RESUME

Gaurav Kuberji Thakor

*Assistant Professor,
Department of Physical Education,
Tolani Commerce College,
Adipur-370205, Kachchh, Gujarat-India*



OBJECTIVE

To be a part of good Educational Institute to design, build and ship high quality education and students to collaborate with world's leading institutes for better knowledge in Physical Education.

EDUCATION

Qualification	Stream	Institution	University/ Board	%/CGPA
Ph.D.	Physical Education	Swarnim Gujarat Sports University	SGSU Gandhinagar	Awarded Notification No. 037/2020 dated 14 th Sep. 2020
GUJ-SET	Physical Education	MS University, Vadodara, Gujarat	--	Qualified Certificate number 67 Roll Number 3576 dated April 15, 2011.
CCC+	Computer	SPIPA, Rajkot	--	Qualified dated 7 th December 2016.
M.Phil.	Physical Education	M.D.S.S.M. Sadara Gandhinagar	Gujarat Vidhyapith Ahmedabad	71.00 %
M.P.E.	Physical Education	M.D.S.S.M. Sadara Gandhinagar	Gujarat Vidhyapith Ahmedabad	76.93 %
B.P.E.	Physical Education	M.D.S.S.M. Sadara Gandhinagar	Gujarat Vidhyapith Ahmedabad	77.39 %
12 th	Arts	Mani Prabhu Higher Secondary School Chandkheda	GSEB, Gandhinagar	72.33 %
10 th		Mani Prabhu Higher Secondary School Chandkheda	GSEB, Gandhinagar	64.43 %

Special Qualification:

- I have cleared CCCBAOU examination held by Dr. Babasaheb Ambedkar Open university, Ahmedabad on 11-01-2008.

EXPERIENCE

College Name	Location	Duration From / To	Designation / Position
Tolani Commerce College	Adipur-Kachchh	26-03-2012 to till	Assistant Professor
Sanskar Institute of Management and Information Technology	Bhuj	04-09-2010 to 25-03-2012	Adhyapak Sahayak
Sanskar Institute of Management and Information Technology	Bhuj	01-09-2011 to 25-03-2012	I/C Principal

ATTENDED FACULTY DEVELOPMENT PROGRAM

2017	Attended IFDP- 1 & 2 on Enhancing 21 st Century Teaching Methodologies Organized by KSKV Kachchh University And GTEP- London (U.K.) And KCG From 24&25 Nov. 2017.
2020	Attended FDP on Sports Coaching & Sports Science on 23-29 June 2020 Organized by Swarnim Gujarat Sports University Gandhinagar.
2021	Attended FDP on Anti-Doping and Sports Science-2021 Organized by AURO University, Surat in Association with SGSU Gandhinagar And National Anti-Doping Agency from 15 th to 21 st June, 2021.

RESEARCH PAPER IN JOURNAL

Sr	Title of Paper	Name of Journal/ Publisher in case of Book	Date of Publication	Vol. , Number and pages
1	Effects of selected asanas and pranayamas on physiological variables of students	International Journal of Physical Edu., Sports and Yogic Sciences (ISSN- 2249-8575)	Aug. 2012	Vol. 1, No. 4, Pg. 25-26
2	Effect of Yoga Training on Handgrips, Respiratory Pressures and Pulmonary Function.	TCC's SAMIKSHA- An International Journal of Multidisciplinary Research (ISSN -2320-3420)	Feb. 2013	Vol. 1, No. 1, Pg. 53-55
3	The Effects of Rhythmic Lezium on Selected Physiological and Physical Fitness of School Boys.	TCC's SAMIKSHA- An International Journal of Multidisciplinary Research (ISSN -2320-3420)	Aug. 2013	Vol. 1, No. 2, Pg. 130-135

4	Effect of yoga Training on Physiological Variables of College Students.	TCC's SAMIKSHA- An International Journal of Multidisciplinary Research (ISSN -2320-3420)	Feb. 2014	Vol. 2, No. 1, Pg. 141-143
5	Immediate Effect of Running on Hematological Parameters.	Vyayam Setu- Multilingual Biannual international journal of Physical Edu, And	Dec. 2014	Vol. 1, No. 1
6	Rastriya kaksa na karate, Judo, ane kusti ramat kheladiono kheladiono sari rang parimiti no tulnatmak abhiyas.	HESMA International journal Of Multi-Disciplinary	June 2014	Vol. 2, No. 6

LIST OF BOOKS PUBLISHED

Sr	Title of Books	Name of Publisher	Year	ISSN/ ISBN No.
1	Traditional Sports in India	Uttakarsh Academy	2014	978-93-82761-69-3
2	Biomechanics in track and Field Events	RET International Academic Publishing	2014	978-93-84148-78-2
3	Rastriya kaksa na karate, Judo, ane kusti ramat kheladiono kheladiono sari rang parimiti no tulnatmak abhiyas	Uttakarsh Academy	2015	978-93-82761-80-8
4	Criteria and Rules of IAAF Competition 2014-15	RET International Academic Publishing	2015	978-93-84151-52-2

CHAPTER IN BOOK

S. N.	Full Articles/Chapters in books.	Title of Book	Name of Publisher	Year of Publication	ISSN/ ISBN No.
1	Effects of Assanas on Selected Psychological Parameters among College Girls	Physical Education And Sports Sciences	GSUCP ETA	April, 2015	978-93-85271-81-6

PRESENTED PAPER AT SEMINAR /CONFERENCE

2007	Gaurav K. Thakor, " Yogic Diet For Better Health ", National Conference on Relevance Of Yoga In Twenty First Century 16-17 March,2007, at Department Of Yoga Gujarat Vidhyapith, Ahmadabad.
2008	Gaurav K. Thakor, " The Prencic Benefits Of Yogic Breathing " National Seminar on Research in Physical Education & Sports and their Relationship with allied Sciences and Technology in Morden Era 19-20 Dec. 2008, at Carutar Vidhya Mandal S.S.Pateal College of Physical Education, Vidhyanagar, Anand.
2009	Gaurav K. Thakor, " The Role of Stress in Diabetes " National Seminar on Latest Trends in Research Methods Statistics And Use of Information & Communication Technology in Physical Education & Sports 8-9 Oct. 2009, at Carutar Vidhya Mandal S.S.Pateal College of Physical Education, Vidhyanagar, Anand.
2011	Gaurav K. Thakor, " Drug Abuse In Sports " UGC Sponsored National Seminar on Physical Education And Sports Sciences 6-7 March 2011, Smt. A. P. Patel Arts & Late Shree N. P. Patel Commerce College, Ahmedabad.
2012	Gaurav K. Thakor, " The Effect of Bhastrika Pranayama Practice on Cardiovascular Capacity Of Kabaddi Players " National Seminar on Physical Education, Sports Management Exercise Science & Yogic Science 25-26 March 2012, Gujarat State Universities & Colleges Physical Education Teachers Association Held at Ambaji.
2012	Gaurav K. Thakor, " A Study On Disaster Management in India Challenges and Opportunities " UGC Sponsored National Seminar on Contemporary issues in Disaster Management 24-25 Aug. 2012, Tolani Commerce College, Adipur.
2015	Gaurav K. Thakor, " Effect Of Asanas On Selected Phycological Parameters Among College Girls " National Seminar on Physical Education & Sports Science 11-12 April 2015, V.S Patel College Pf Arts And Science, Bilimora.
2017	Gaurav K. Thakor, " Study On The Contribution of Sport to Economic Growth in India " National Seminar on innovation & Revolution in Accounting, Taxation & Commerce 8 Jan. 2017, At Tolani Commerce College, Adipur.
2018	Gaurav K. Thakor, " Involvement Of Teachers In Quality Teaching " NAAC Sponsored National Seminar on Teaching, Learning & Evaluation – Issues & Concerns 27 Jan. 2018, IQAC Tolani Commerce College, Adipur.
2019	Gaurav K. Thakor, " Drugs In Sports " National Seminar on Promotion Of Physical Education Sports Management & Sports Science 4 Jan. 2019, at Smt. A. P. Patel Arts & Late Shree N. P. Patel Commerce College, Ahmedabad & Gujarat Sahitya Academy, Gandhinagar.
2019	Gaurav K. Thakor, " A Comparativ Study of Physical Fitness And Body Composition on NCC Cadet of Kachchh Colleges " National Seminar on Promotion Of Physical Education Sports Management & Sports Science 4 Jan. 2019, at Smt. A. P. Patel Arts & Late Shree N. P. Patel Commerce College, Ahmedabad & Gujarat Sahitya Academy, Gandhinagar.
2020	Gaurav K. Thakor, " A Study Of Attitudes of Program Officers of National Service Scheme Towards Yoga " 1 st International Conference on Yoga- The key to Health, Harmony & Absolute Peace with Special Reference to Mahatma Gandhi 17-19Jan. 2020, Department of Yoga, Gujarat Vidhyapith, Ahmedabad.
2020	Gaurav K. Thakor, " Recent Digital Initiative For Higher Education in India 2020 " National Conference on Emerging Trends in Higher Education 5 th Feb. 2020, at Tolani Institute Of Commerce College & TMIL Adipur, in Association whith KSKV Kachchh

	University, Bhuj.
2021	Gaurav K. Thakor, “ Effects of Weight Training and Circuit Training on Vital Capacity of Kabaddi Players ” National Seminar on Physical Education & Sports Science 6-8 Sep. 2021 Gujarat State Universities & Colleges Physical Education Teachers Association At Ambaji, Gujarat.

PARTICIPATED SEMINAR / WORK SHOP/SYMPOSIUM/ CONFERENCE

2006	Attended The National Sports Seminar & Meditation Retreat on ‘ Excellence in Sports Through Spirituality’ Organized by Sports Wing of Raj yoga Education & Brahma Kumaris Academy Mount Abu from 18 th to 21 st July 2006.
2007	11 th National Conference on ‘Dynamic Role of Physical Education And Sports Sciences For the Development of Sports Culture in Indian universities’ Organized By University Of Calcutta from 23 rd to 25 th Feb. 2007
2007	Attended The National Sports Seminar on ‘High Performance in Sports Through Rajyoga Meditation’ Organized by Sports Wing of Raj yoga Education & Brahma Kumaris Academy Mount Abu from 30 th July to 03 rd Aug. 2007.
2012	Attended UGC Sponsored National Seminar on ‘Modern Trends In Physical Educational And Sports’ 27 th to 29 th Feb 2012 at MDSSM Sadra Gujarat Vidyapith Gandhinagar.
2013	Attended a Workshop on ‘Mobigam: Language on the Move in Gujarat funded by the British Academy And Organized at Tolani Commerce College Adipur 25 June, 2013.
2013	Attended Seminar on ‘The Need Of The Hour’ on 5 th Sep. 2013 Organized by GCB.
2014	Attended State Level Seminar on ‘Modern Trends In Physical Educational And Sports’ 28 th Feb. to 02 nd March 2014 Organized MDSSM Sadra Gujarat Vidyapith Gandhinagar.
2014	Attended National Workshop On ‘Applied Research & Data Analysis Though SPSS’ Held on 2 nd to 3 rd May 2014 M.H. Gardi School Of Management Rajkot.
2014	Attended Seminar on ‘We The Teachers’ on 5 th Sep. 2014 Organized by GCB.
2014	Attended Pre-Vibrant Gujarat Sports Summit ‘Decoding Sports Ecosystem’ Jointly Organized by Department Of Sports Youth and Cultural Activities And SGSU on 17 th Oct. 2014.
2016	Three Day Symposium on ‘Modern Trends Related to Research in Physical Education And Sports Sciences’ Organized by SGSU Gandhinagar In Association with Lakshmibai National Institute of Physical Education, Gwalior From 9 th to 11 th June 2016 at SGSU
2018	Attended One Day Workshop On ‘How To Write A Research Paper’ Organized by Gujarat Economic Association And TCAS Adipur From 8 Dec. 2018.
2019	Attended Seminar on ‘Reforms in Direct Taxes And GST’ Jointly Organized by TMIMS Adipur & TIC Adipur on 21 Feb. 2019.
2019	Attended One Day Workshop On the ‘Research Methodology’ Organized By TCC Adipur in Association with KSKV Kachchh University, Bhuj on 14 th April, 2019.
2020	Attended One Day Workshop On ‘Transformative Initiatives in Learning And Assessment in Higher Education’ Jointly Conducted By Maharashtra Knowledge Corporation Ltd And TCC Adipur on 19 th Feb. 2020.

COCURRICULAR

- Member in Vigilance Squad in KSKV Kachchh University Examination
- Associate NCC Officer in 36 Guj Bn NCC Bhuj, TCC Adipur
- Coordinator Dr. Babasaheb Ambedkar Open University Ahmedabad Center 0302 Adipur
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PERSONAL DETAILS

Name	Dr. Gaurav Kuberji Thakor
Address: Residential	24, kalyan Residency, Near Lilasha Kutiya, Meghpar-Borichi, Anjar Kachchh.
Address: Office	Department of Physical Education, Tolani Commerce College, Adipur, Gandhidham (Kuchcha)
Phone	9427054830
E- Mail	thakor.gaurav999@gmail.com
Birth Date	December 01, 1984
Language	Gujarati, English, Hindi
Area of Specialization	Kabaddi, Judo, Handball, Athletics

I certify that the information given above is correctly described my personal information, qualifications, and experience.

(Dr. Gaurav K. Thakor)