

## **BIO-DATA**

1.	Name:	DR. JAYESHKUMAR DAYALAL MUNGARA
2	Father's Name:	Dayalal Juthabhai Mungara
3	Department:	Physical Education, P.G. Department. Shree Somnath Sanskrit University, Veraval, Rajendra Bhuvan /road, Veraval Dist. Gir Somnath – Gujarat – 362266
4	Current Designation & Grade Pay:	Assistant Professor in Physical Education
5	Date and Place of Birth:	25-12-1984 & Mota Itala (Ta-Dhrol, Dist- Jamnagar)
6	Sex:	Male
7	Marital status:	Married
8	Nationality:	Indian
9	Category:	General
10	Address for correspondence (with Pin Code):	14/A, Murlidhar Society, Hill Apartment Street, B/h.- Ashok hall, Timbavadi, Junagadh- 362015. Dist. – Junagadh (Gujarat)
11	Permanent Address (with Pin code):	14/A, Murlidhar Society, Hill Apartment Street, B/h.- Ashok hall, Timbavadi, Junagadh- 362015. Dist. – Junagadh (Gujarat)
12	Telephone/Mobile No:	98242 32132
13	Email:	jdmungara@gmail.com, jm2714@sssu.ac.in

### 14 Academic Qualifications (S.S.C. to Post Graduation) :-

Examinations	Name of the Board / University	Year of Passing	Percentage of marks obtained	Division	Subject
S.S.C.(10 <sup>th</sup> )	Guj. Sec. Edu.Board, Vadodara	2000	63.86%	First	General
H.S.C.(12 <sup>th</sup> )	Guj. H. Sec. Edu.Board, Vadodara	2002	72.50%	Dist.	Commerce
B.com.	Saurashtra University, Rajkot	2005	65.57 %	First	Ad. A/C
B.P.Ed.	Gujarat Vidhyapith, Ahmedabad	2006	81.27%	Dist.	Physical Education

M.P.Ed.	Gujarat Vidhyapith, Ahmedabad	2008	79.77%	Dist. Gold Medal	Physical Education
GSLET	M.S.University, Baroda	Dec. – 2008	GSLET (Code 21)	GSLET	Physical Education
C.Y.S.	Dr.B.A.O.University, Ahmedabad	2008	76.00 %	Dist.	Yog
Diploma in Yog	Shree Somnath Sanskrit University, Veraval	January – 2011	80.80 %	Pass	Yog
CCC	Dr.B.A.O.University, Ahmedabad	June – 2007	71.00 %	First	Computer
CCC+	SPIPA, Ahmedabad	2015	56.00 %	Pass	Computer
MA in Yoga and Science of Living	Jain Vishva Bharati Institute, Ladnun	Sept. – 2021	71.80 %	First	Yog

### Sports Record :

Year	Tournament	Event	Place	Rank
2002	Inter College Sau.Uni	Yogasan	Rajkot	1 <sup>st</sup>
2003	Inter College Sau.Uni	Yogasan	Rajkot	1 <sup>st</sup>
2004	Inter College Sau.Uni	Yogasan	Rajkot	1 <sup>st</sup>
2003	Inter College	Handball	Limbdi	2 <sup>nd</sup>
2005	Gujarat State Inter Uni. Championship	Yogasan	Kayavarohan (Baroda)	1 <sup>st</sup>
2007	Gujarat State Open Championship	Yogasan	Kayavarohan (Baroda)	2 <sup>nd</sup>
2002	All India Inter Uni. Tournament	Yogasan	Amritsar (Panjab)	-
2003	All India Inter Uni. Tournament	Yogasan	Bhagalput (Bihar)	3 <sup>rd</sup>
2004	All India Inter Uni. Tournament	Yogasan	Amritsar (Panjab)	-
2005	All India Inter Uni. Tournament	Yogasan	Udaipur (Rajasthan)	-
2007	Inter Uni.Tournament	Handball	Salem(TN)	-
2006	National OpenChampionship	Yogasan	Ambaji	1 <sup>st</sup>
2007	National Open Championship	Yogasan	Jakhan (Limbdi)	2 <sup>nd</sup>
2008	<b>World Open Yogasan Championship</b>	Yogasan (Shatkarm)	India (Surat)	1 <sup>st</sup>
2012	Gujarat State OpenChampionship	Yogasan	Kayavarohan (Baroda)	1 <sup>st</sup>

**Research Degree(s)**

<b>Degree</b>	<b>University</b>	<b>Subject</b>	<b>Title</b>	<b>Date of Award</b>
M.P.Ed.	Gujarat Vidhyapith, Ahmedabad	Physical Education	The Effect of Asana and Pranayama Training on Physiological Variables	2008 Gold Medal
M.Phil	Gujarat Vidhyapith, Ahmedabad	Physical Education	Impact of Pranayama on Selected components of Blood : An analytical Study	21-07-2009 Gold Medal
Ph.D.	Saurashtra University, Rajkot	Physical Education	A Study of Effect of Kriya and Pranayama Training in Hematological and Physiological Variables	31-05-2016

**Appointments held prior to joining this institution:**

<b>Designation</b>	<b>Name of Employer</b>	<b>Date of Joining</b>	<b>Date of Leaving</b>	<b>Salary with Grade</b>	<b>Reason of leaving</b>
Adhyapak Sahayak/ Assistant professor (Physical Education)	Smt. S.B.Patel Arts and Shri R.N.Amin Commrce College- Vaso	05-07-2010	05-03-2014	16500/- fixed p.m.	Joining Job as an Assistant Professor

**Posts held after appointment at this institution:-**

<b>Designation</b>	<b>Department / School</b>	<b>Nature of Duties</b>	<b>Date of actual Joining</b>	
			<b>From</b>	<b>To</b>
Assistant Professor in Physical Education	P.G. Department, Shree Somnath Sanskrit University, Veraval	Permanent	06-03-2014	Continue

**Period of teaching experience:**

<b>Level</b>	<b>From</b>	<b>To</b>	<b>Years</b>	<b>Months</b>	<b>Institution</b>
U.G.	05-07-2010	05-03-2014	3	8	Smt. S.B.Patel Arts and Shri R.N.AminCommrce College- Vaso
U.G. & P.G.	06-03-2014	Continue	9	3	Shree Somnath Sanskrit University, Veraval

**Research Experience excluding years spent in M. Phil / Ph. D. (in years): 14 Years**

**Fields of Specialization under the Subject / Discipline: (a) Physical Education & Sports**

(b) Yoga, Handball, Badminton and Table Tennis

**Academic Staff College Orientation / Refresher Course attended:**

Name of the Course / Summer School	Place	Duration	Sponsoring Agency
Orientation Programme	UGC – HRDC and RCCB, JNTU-Hyderabad	20-11-2017 To 18 -12-2017	UGC, New Delhi
Refresher Course	UGC-HRDC, Gauhati University, Guwahati	07-03-2018 To 27-03-2018	UGC, New Delhi
Faculty Development Program Online	Swarnim Gujarat Sports Univeristy, Gandhinagar	05-05-2020 To 11-05-2020	S.G.Sports Uni., Gandhinagar
Short Term Course Online	UGC-HRDC, Gujarat University, Ahmedabad	11-06-2020 To 17-06-2020	UGC, New Delhi
Faculty Development Program Online	Swarnim Gujarat Sports Univeristy, Gandhinagar	23-06-2020 To 29-06-2020	S.G.Sports Uni., Gandhinagar
Refresher Course	UGC-HRDC, LNIPE, Gwalior	07-10-2022 To 20-10-2022	UGC, New Delhi
Short Term Course Online	UGC-HRDC, Ranchi University, Ranchi	28-01-2023 To 03-02-2023	UGC, New Delhi

**Research Papers Published in Journals:**

No.	Title with Page No.	Name of Journal With Vol. No.,	ISSN	Whether Reviewed, Impact Factor, If Any	No. of Co-Authors, If Any	Whether You Are The Main Author
1.	Ramatgamatdvarabalakono sarvangivikas (PP- 28)	Aditya Kiran Vol-7, Issue 9 December-2011	0974-4657		-	Yes
2.	Sports dvaraParsanality Development (PP-30)	Aditya Kiran Vol-7, Issue 9 December-2011	0974-4657		-	Yes
3.	Sheri ramatoaneShiksan (PP-42)	Aditya Kiran Vol-7, Issue 9 December-2011	0974-4657		-	Yes
4.	Ramat-gamat aek vyavsay ke Nokari rupe apnavo(PP-4)	Ramat Jagat Vol-3 Issue 4 January-2013	2250-1428		-	Yes

5.	The Effects of selected asanas and Pranayama on Physiological variables on the students of science faculty of Gujarat vidyapith sadra (PP-41)	Ramat Jagat Vol-3 Issue 1 February-2012	2250-1428		One	Yes
6.	Meditation (PP-27)	Ramat Jagat Vol-3 Issue 7 August-2012	2250-1428		One	Yes
7.	Health Concept of Physical Education (PP-34/35)	A Research Journal Of HESMA Vol-2 February-2013	2319-5959		-	Yes
8.	Impact of Pranayama on Selected Components of Blood : An Analytical Study (PP-5 to7)	Themetics Journal of Physical Education (International Research Journal) Vol-3 Issue 4 August-2013	2250-3811		One	Yes
9.	Effects of Yogic Practices and Physical exercises on Vital Capacity (PP-106)	International Journal of Fitness, Health, Physical Education & Iron Games Vol-1 No. 1 December-2014	2349-722X			Yes
10.	Effect of Asanas on Physical components (PP-36)	Humanities & Social Science Review, An International peer Reviewed Refereed Journal Vol-2, No.1 June-2015	2321-1342			Yes
11.	Effect of Yoga Training on cholesterol and blood Glucose (PP- 17 to 19)	View of Space (An International refereedMultidisiplinary journal of applied research) August-2015	2320-7620			Yes
12.	Importance of Environmental Education (PP-038)	The Referred International Journal Recent Thought vaicharikpravaho Year-4 ISSUE-2 October-2015	2278-4594			Yes

13.	Physiological Aspects of Physical Education (PP-55 to 57)	View of Space (An International refereed Multidisciplinary journal of applied research) August-2016	2320-7620			Yes
14.	Age of onset training but not body composition is crucial in menstrual dysfunction in adolescent competitive swimmers (PP 14-17)	Research Matrix An International Refereed Multidisciplinary Journal of Applied Research				
15.	Nutrition in Sports (Pages 151-154)	Shodhjyoti Vol. I, 2019	2350-0700	UGC CARE Listed	-	Yes
16.	Analytical Study on Physical fitness o Volleyball Players and Kabaddi Players In Shree Somnath Sanskrit University (Pages 82-83)	Research Journey International E-Research Journal Special Issue- 99(B) 2019	2348-7143	Impact Factor - 6.261	-	Yes
17.	Stress Management Through Yoga (Pages 128-130)	Research Journey International E-Research Journal Special Issue- 121(A) 2019	2348-7143	Impact Factor - 6.261	-	Yes
18.	Effect of yogasana on flexibility Among Kabaddi Boys Players (Pages 69-71)	Ayudh February 2021	2321-2160	Peer Reviewed	-	Yes

**Subject Books/Text/Reference Books published by National publishers, with ISBN/ISSN number or State & Central Govt. Publications -**

Sr. No.	Title of the Book	Type of Book (Referential / Text)	ISSN/ISBN No.	Publisher	No. of Co-Authors, If Any	Whether You Are The Main Author
1.	Yoga and Meditation (Pages)	Text Book & Joint Authors	978-93-82712-24-4) 2013	Ashok Prakasan Mandir, Ahmedabad	1	Yes
2.	Sports Science	Referential & Joint Authors	978-93-5126-933-5) 2013	Self	1	Yes

3.	Shatkarm	Referential & Joint Authors	978-93-5126-929-8) 2013	Self	1	Yes
4.	Suryanamaskar	Referential & Joint Authors	978-93-5126-932-8) 2013	Self	1	No
5.	Yogmudra	Referential & Joint Authors	978-93-5126-931-1) 2013	Self	1	Yes
6.	Test & Measurment In Physical Education	Referential & Joint Authors	(ISBN- 978-93-81110-25-6) 2011	AadarshSahitya Sadan- Ahmedabad	4	No
7.	Sports Science In Physical Education	Referential & Joint Authors	AadarshSahit yaSadan- Ahmedabad (ISBN- 978-93-81110-24-9) 2011	AadarshSahitya Sadan- Ahmedabad	4	No
8.	Psycology& Management In Physical Education	Referential & Joint Authors	AadarshSahit yaSadan- Ahmedabad (ISBN- 978-93-81110-23-2)	AadarshSahitya Sadan- Ahmedabad	4	No
9.	Kinesology and Bio- Michanics In Physical Education	Referential & Joint Authors	AadarshSahit yaSadan- Ahmedabad (ISBN- 978-93-81110-26-3)	AadarshSahitya Sadan- Ahmedabad	4	No
10.	Health Education & Recreation	Referential & Joint Authors	AadarshSahit yaSadan- Ahmedabad (ISBN- 978-93-81110-22-5)	AadarshSahitya Sadan- Ahmedabad	4	No

### Chapters in Edited Books

No.	Title of the Book	Name of the Editor	Chapter Contributed	Author / Co- Author(s)	Name of the Publisher, Month, Year	ISBN
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1.	Trayee Chintan 2016	Smt. C.P. Choksi Arts College, Veraval	Benefits of Yoga Top 10 Benefits of Yoga in daily Life (Pages 60-61)		Smt. C.P. Choksi Arts College, Veraval	ISBN 978-93- 86103- 14-7
2.	Vakyarthjyoti January 2017	Shree Somnath Sanskrit University, Veraval	मेदस्वीबाण्ड : समृद्धिडेसमस्या ?		Shree Somnath Sanskrit University, Veraval	978-93- 83097- 19-7
3.	An Eclectics Study on Yoga, Physical education, Developmental Skills March 2018	Purbayon Publication, Guwahati	Yogic Practices for health & Sports Performance		Purbayon Publication, Guwahati	ISBN 978-93- 87263- 39-0
4.	An Eclectic Study on Yoga, Physical Education & Developmental Skills	--	Yogic Practices for health & Sports Performance (Pages 299-304)	Auth or	Purbayon Publication Guwahati. March, 2018	978-93- 87263- 39-0
5.	Physical Education, Yoga, Sports Science and Sports Management	Dr .B. N. Patel	व्यवहारिकजिवनमैयोग काप्रभाव (Pages 145-147)	Auth er	Uttar Gujarat College-University Sharirik Shikshan Adhyapak Kalyan Mandal, HNGU, Patan. 2019	978-93- 86640- 86-4
6.	Vakyartha jyoti, 2020 Vol.-III, 2017- 18	Prof. Gopabandhu Mishra	इकारात्मकमनोवर्षा (Pages 96 -100)	Auth or	Shree Somnath Sanskrit University, Veraval March 2020	978-93- 83097- 42-5
7.	Rishi Prajna 2021	Prof. Gopabandhu Mishra	The Mental Health Benefits o Exercise (Pages 357-360)	Auth or	Chaukhamba Bharati Academi, Gokul Bhavan, K-37/109, Gopal Mandir Lane, Varanasi-221001	978-93- 84541- 36-1

. \*Invited lectures / Resource Person/ paper presentation in Seminars/ Conferences/full paper in  
Conference Proceedings:

No.	Title of the invited lecture delivered	Detail of Course/ Seminar/Refresher / Orientation / FDP	Date	Level
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1.	મેદસ્વીબાળક : સમૃદ્ધિકેસમસ્યા ?	Shree Somnath Sanskrit Univeristy, Veraval	06-04-2015	University
2.	Inter College Badminton Tournament Referee	Saurashtra Uni. & PKM College of Tech. and B.ed – Junagadh	08-08-2015	University
3.	શારીરિકસૌષ્ઠવઅનેસેલ્ફમેડિ ટેશન	Shree Somnath Sanskrit Univeristy, Veraval	18-08-2015	University
4.	World Yoga Day Master Trainer	Shree Somnath Sanskrit University, Veraval Organiser- DEO and DSO – Gir Somnath	15-06-2016 To 21-06-2016	District
5.	Gir Somnath District School Yogasan Tournament Referee	Shri Vinoba Vidhya Mandir- Simar (Kidivav)	29-07-2016	District
6.	District Level Khel Mahakumbh Basketball Tournament Referee	DSO- Junagadh & M.M.GhodasaraMahila College- Junagadh	11-10-2016	District
7.	Inter College Kho-Kho Tournament M.M.G. Mahila College Team Coach	Saurashtra Uni. &Gajera Education Campus- Amreli	12-10-2016	University
8.	Inter College 30 <sup>th</sup> Athletics Meet Referee	Gujarat Ayurved Uni. Jamnagar & Govt. Ayurved College- Junagadh	15-12-2016 To 16-12-2016	University
9.	Physical Health, Yoga and exercise	Shri M MGHodasaraMahila Arts & Commerce College, Junaagadh NSS Camp	09-01-2017	University

10.	Inter College Yogasan Tournament Referee	BKNM Uni. & Mahila College- Junagadh	10-01-2017	University
11.	Swami Vivekananda Khel Mahotsav	ABVP – Gir Somnath	11-01-2017 to 12-01-2017	District
12.	Gujarat State Inter University Yogasan Championship Referee	Auyush Dept. and Lakulish Yoga University- Ahmedabad	24-02-2017 To 26-02-2017	State
13.	Junagadh District Yoga Olympiad Referee	Smt. N. B. Kambaliya Kanya Vidhyalaya	07-05-2017	District
14.	યૌગિક પ્રક્રિયા (પ્રેક્ટીકલ) અને યોગ સંબંધી વિશેષ માર્ગદર્શન	BAPS Swaminarayan Sanskrit Mahavidyalaya, Sarangapur	29-05-2017 to 30-05-2017 4 session	University
15.	Inter College Table Tennis Tournament Referee	BKNM Uni. & Chokshi College – Veraval	01-08-2017 To 02-08-2017	University
16.	Inter College Badminton Tournament Referee	BKNM Uni. & PKM College of Tech. and B.ed – Junagadh	09-08-2017	University
17.	હેલ્થનેડા માડોળ કરીના ખેમે ન્ટલ હેલ્થ	Shree Somnath Sanskrit University, Veraval	23-08-2017	University
18.	Khel mahakumbh Many Games	Khel mahakumbh Taluka Leval Event Place	24-08-2017 to 27-08-2017	Taluka

19.	Inter College Handball Tournament Referee	BKNM Uni. &M.M.GhodasaraMahila College- Junagadh	28-08-2017	University
20.	Inter College Yogasan Tournament Referee	BKNM Uni. &Mahila College- Junagadh	24-09-2017	University
21.	हकारात्मकमनोवालळ	Shree Somnath Sanskrit University, Veraval	29-01-2018	University
22.	पी.टी.आ.ई.भरतीनाविषय निष्ठांतरीके	भक्तकविनरसिंहमडेतायुनिवर्सिटी,जु नागढ	04-04-2018	University
23.	History of Physical Education in India	All India Oriental Conerence 49 <sup>th</sup> Session –Shree Somnath Sanskrit University, Veraval	18 <sup>th</sup> to 20 <sup>th</sup> May -2018	National
24.	Referee	Inter College Badminton Competition BKNM University, Junagadh	11-08-2018	University
25.	Referee	Inter College Handball Competition BKNM University, Junagadh	10-09-2018	University
26.	Referee	Athletics Competition Khel Mahakumbha-2018 Veraval	27-09-2018	Taluka
27.	Yoga and its Impact of the Students Life	2 <sup>nd</sup> National Seminar Yoga for Positive Health and Wellness Lakulish Yoga University, Ahmedabad	10 to 11-01- 2019	National
28.	योगदर्शनकेअनुसारषट्कर्मनि रुपण	त्रिदिवसीयाअखिलभारतीयादर्शनसंगोष्ठी Shree Somnath Sanskrit University, Veraval	5 <sup>th</sup> to 7 <sup>th</sup> – February 2019	National
29.	व्यवहारिकजिवनमैयोगकाप्र भाव	National Seminar on Mordern Trends in Yoga, Physical Education, Sports Science and Sports Management – UGCUSSAKM	5 <sup>th</sup> to 6 <sup>th</sup> – April2019	National
30.	Chair Person	National Seminar on Mordern Trends in Yoga, Physical Education, Sports Science and Sports Management – UGCUSSAKM	5 <sup>th</sup> to 6 <sup>th</sup> – April2019	National
31.	જળસંયયઅનેજળએજજીવન	જળસંયયસેમિનાર - Shree Somnath Sanskrit University, Veraval	26-06-2019	University
32.	Yog विषयनाव्याप्यातानीभरती नाविषयनिष्ठांतरीके	अनुस्नातकभवन, Shree Somnath Sanskrit University, Veraval	30-08-2019	University
33.	Referee	Inter College Yogasana Men and Women Competition BKNM University, Junagadh	05-10-2019	University
34.	Participate	अखिलभारतीयसाहित्यसंगोष्ठी, Shree	19to 20	National

		Somnath Sanskrit University, Veraval	September 2019	
35	Judge	District level Competition o Open Gujarat Yoga Championship – 2019, Agriculture University, Junagadh.	24-11-2019	Disatrick
36	Referee	Inter College Yogasana Men and Women Competition Saurashtra University, Rajkot at Shri H.N.Doshi Arts and R.N.Doshi Commerce College, Wankaner	07-10-2019	University
37	Benefits of Regular Yoga Practice in Sports	1 <sup>st</sup> International Conference on Yoga The Key to Health, Harmony & Absolute Peace with Special Reference to Mahatma Gandhi , Department of Yoga, Gujarat Vidyapith, Ahmedabad	17 to 19 January – 2020	Internation al
38	“योगનીમાનવજીવનપરપડ તીસકારાત્મકઅસરો”	પટેલનારણભાઇકરશનભાઇવસાણીવિ ધાલય – જંગર	09-07-2019	State
39	Participate	રાજ્યસ્તરીયસંગોષ્ઠી, Shree Somnath Sanskrit University, Veraval	14-08-2019	State
40	“સ્વચ્છભારત,સ્વસ્થભારત”	Shree Somnath Sanskrit University, Veraval	20-01-2020	University
41	ResearchMethodology	Ph.D. Coursework, Shree Somnath Sanskrit Univeristy, Veraval	27-01-2020	University
42	Research ReportTyping	Ph.D. Coursework, Shree Somnath Sanskrit Univeristy, Veraval	28-01-2020	University
43	“જોડિડનીસ્વસ્થ,તોશરીરસ્વ સ્થ”	Vakyarth Parishad 2018-2019, Shree Somnath Sanskrit Univeristy, Veraval	17-08-2018	University
44	“પ્રકૃતિપ્રદતઆઠચિકિત્સક”	Vakyarth Parishad 2019-2020, Shree Somnath Sanskrit Univeristy, Veraval	06-02-2020	University
45	“રોગનુંમેગાસિટીએટલેઓબે સીટી”	Vakyarth Parishad 2020-2021, Shree Somnath Sanskrit Univeristy, Veraval	20-01-2021	University
46	“મારોવિદ્યાર્થી, સ્વસ્થવિદ્યાર્થી”	Vakyarth Parishad 2021-2022, Shree Somnath Sanskrit Univeristy, Veraval	20-01-2021	University
47	Participate	અન્તારાષ્ટ્રિયપરિસંવાદ:, Shree Somnath Sanskrit University, Veraval	11,12,13-02- 2020	Internation al
48	Technical Session Chairperson and Advisory Committee	Online National Seminar on Human Excellence Through Physical Education & Yoga	11-10-2020	National
49	“Food and Nutrition During Diseases”	Speech For “FIT INDIA SCHOOL WEEK” Smt. D H K Mungara Kanya Vidhyalay – Dhrol	17-12-2020	State
50	નિર્ણાયકતરીકે	Online Open Junagadh યોગસ્પર્ધા,ભારતવિકાસપરિષદ,જૂનાગ ઢ	21-06-2020	District
51	નિર્ણાયકતરીકે	ભારતસરકારનાયુવાકાર્યક્રમઅનેખેલમં ત્રાલયઅંતર્ગતજિલ્લાયુવાસાંસદપ્રતિયો ગિતા - નેહરુયુવાકેન્દ્ર,જૂનાગઢ	29-12-2020	District

52	નિર્ણાયકતરીકે	ભારતસરકારનાયુવાકાર્યક્રમઅનેખેલમં ત્રાલયઅંતર્ગતજિલ્લાયુવાસાંસદપ્રતિયો ગિતા - નેહરુયુવાકેન્દ્ર, જૂનાગઢ	19-02-2022	District
53	યોગથીચરીઅનેપ્રાયોગિકવ્યા ખ્યાન	ગુજરાતયોગબોર્ડ, જૂનાગઢ	20-12-2020	State
54	“એન. એસ. એસ . નોપરિચયઅનેમહત્વ”	Sanskrit College, Shree Somnath Sanskrit Univeristy, Veraval	24-09-2020	University
55	તજજ્ઞવક્તા	Covid-19 Webinar, ભારતવિકાસપરિષદ, જૂનાગઢ	18-09-2020	State
56	“રોગચાળાદરમિયાનખોરાક અનેપોષણ”	Online Speech For “FIT INDIA SCHOOL WEEK” Smt. N.B. Kambaliya Kanya Vidyalay, Junagadh	18-12-2020	State
57	Analytical Study on Physical fitness of Volleyball Players and Kabaddi Players in Shree Somnath Sanskrit Univeristy, Veraval	State Level Seminar on “Recent Trends in Physical Education, Sports, Yoga & Psychology” Annasaheb.Waghire.Science, Arts and Commerce College, Otur	22,23-01-2019	State
58	Gujarat Yogasana Sports Seminar 2021 Judges/ Referee & Technical Official Workshop	Gujarat Yogasana Sports Association, Transstadia, Ahmedabad	2,3-10-2021	State
59	Referee	Inter College Yogasana Men and Women Competition BKNMU, Junagadh at Mahila Arts, Commerce, BBA, BCA & Science College, Junagadh	12-12-2021	University
60	Participate	Workshop on Student Startup and Innovation Policy (SSIP)	09-12-2021	University
61	Referee	Inter College Table Tennis (Women) Competition BKNMU, Smt. C P Chokshi Arts & Shree P L Chokshi Commerce College, Veraval	15-12-2021	University
62	“સ્વાસ્થ્યપરયોગનોપ્રભાવઅ નેયોગતાલીમ”	વક્તાતરીકેએન.એસ.એસ. ખાસશિબિર, M M Ghodasara Mahila Arts & Commerce College, Junagadh	24-12-2021	University
63	Referee	Inter College Kho-Kho (Women) Competition BKNMU, M M Ghodasara Mahila Arts & Commerce College, Junagadh	29-12-2021	University
64	Natural way of restoring health and stress by changing to healthy lifestyle	One Day National e-Seminar on “Opportunities & Challenges for Sports Science with Implementation of NEP 2020”, Government Arts College, Jhagadia	30-07-2020	National
65	Referee	Inter College Basketball (Women) Competition BKNMU, M M Ghodasara Mahila Arts & Commerce College, Junagadh	07-03-2022	University
66	“યોગદ્વારાસ્વાસ્થ્ય”	શ્રીગણેશવિદ્યાલય, ખારવા	26-03-2022	School

67	“યોગદ્વારાસ્વસ્થજીવનશૈલી”	શ્રીજ્ઞાનદીપમાધ્યમિકતથાઉચ્ચતરમાધ્યમિકશાળા, ધ્રોલ	26-03-2022	School
68	“યોગદ્વારાસ્વસ્થજીવનશૈલી”	Mahila Bed College, Dhrol	26-03-2022	College
69	“યોગદ્વારાસ્વસ્થજીવનશૈલી”	Shree S D Mehta Mahila Bed College, Dhrol	26-03-2022	College
70	“યોગદ્વારાસ્વસ્થજીવનશૈલી”	શ્રીડી. એમમહેતાઅનેશ્રીમતીએસડીમહેતાડીએલએડકોલેજ, ધ્રોલ	26-03-2022	College
71	“Yoga for Humanity”	Webinar on “Yoga for Humanity” Tolani Institute of Commerce, Adipur, Kutch	20-06-2022	University
72	Participate	Workshop on Student Startup and Innovation Policy (SSIP 2.0)	08-08-2022	University
73	Referee	Inter College Basketball (Women) Competition BKNMU, M M Ghodasara Mahila Arts & Commerce College, Junagadh	06-10-2022	University
74	નિર્ણાયકતરીકે	Inter College Yogasana Men and Women Competition BKNMU, Junagadh at Mahila Arts, Commerce, BBA, BCA & Science College, Junagadh	26-11-2022	University
75	“Importance of Yoga in our Life and Practical Session”	વક્તાતરીકેએન.એસ.એસ. ખાસશિબિર, લુવારસર M M Ghodasara Mahila Arts & Commerce College, Junagadh	19-12-2022	University
76	Effects of Yogasana on Flexibility among Kabaddi Boys Players”	One Day International Conference on Research & Research Methodology, Bahauddin Government Arts College, Junagadh etc..	11-02-2023	International
77	“જીવનમાંયોગઅનેરમતગમતનુંમહત્વ”	Expertલેક્ચર, J M Science College & P G Center, Veraval	11-02-2023	University

#### Design of new curricula and courses:

No.	Name of the Module	Subject	Organization for which it was developed	Level
1.	Certificate, Diploma & Post Graduation in Yoga Syllabus 2018-2019	Yoga	Shree Somnath Sanskrit University, Veraval	UG
2.	Certificate, Diploma & Post Graduation in Yoga Syllabus 2018-2019	Yoga	Shree Somnath Sanskrit University, Veraval	UG

3.	Certificate, Diploma & Post Graduation in Yoga Syllabus 2018-2019	Yoga	Shree Somnath Sanskrit University, Veraval	PG
4.	Diploma Syllabus 2020-2021	Yoga	Shree Somnath Sanskrit University, Veraval	UG
5.	Post-Graduation in Yoga Syllabus 2020-2021	Yoga	Shree Somnath Sanskrit University, Veraval	PG

**Administrative responsibilities assigned by SSSU:**

1. Worked as Programme Coordinator – NSS Shree Somnath Sanskrit University, Veraval during 27.05.2014 to Continue .....

**N.C.C (National Cadet Core) :**

1. 'B' Certificate -2004.
2. 'C' Certificate-2005.
3. Annual Training Camp held at Rajkot-2003.
4. Annual Training Camp held at Bhavnagar-2005.
5. All India National Integration Camp held at Rajkot-2005.

**Adventure & Other Certificate :**

1. Basic Course in Rock Climbing held at Mount Abu (Grade- A ) - 2005.
2. Disaster Management Camp held at Baroda - 2006.
3. Certificate Course in Yoga from Lakulish Institute of Yoga held at Kayavarohan, Baroda - 2004.
4. "Apni Sarhad Olakho" Programme Kutch- B.K.Border - 2006.
5. Inter University Yoga Camp, Bangalore - 2004.

Date:

Place: Veraval

**Dr. Jayeshkumar D. Mungara**

Assistant Professor

P.G.Department

Shree Somnath Sanskrit University,

Veraval-362266