



- **Name:** Dr. S. N. Shirsath
- **Qualification:** M.P. Ed., Ph.D.
- **Specialization:** Wrestling , Judo, Weight lifting
- **Designation:** College Director of Physical Education
- **Experience:** Sr. College- 11 Years, Jr. College-08
- **Email id:** [shekhar\\_shirsath@yahoo.com](mailto:shekhar_shirsath@yahoo.com) , [shekharshirsath0987@gmail.com](mailto:shekharshirsath0987@gmail.com)
- **Contact number:** 9923585158
- **Research area of interest:** Sports & Games
- **Awards / honors:--**
- **Editorial board member of Journals: --**
- **Referee of journals: --**
- **Number of publications: 16**
- **Number of books: 03**
- **Number of Minor research projects completed : 1 Ongoing**
- **Number of Major research projects completed : 1 (Worked as a Co-Investigater)**
- **Total number of google scholar citations: --**
- **h- index:--**
- **i10 index: --**

**Research students: Working: 03**

**Awarded: 03**

**Details of Research guidance**

<b>Sr. No.</b>	<b>Name of scholar</b>	<b>Title</b>	<b>Date of Registration</b>	<b>Name of supervisor</b>	<b>Status</b>
1.	<b>Mr. Rohidas Jyaji Gadekar</b>	<b>A study of mental stress among the state level Lawn Tennis inter school players</b>	<b>30 June 2015</b>	Dr. S. N. Shirsath	<b>Ph.D. Awarded (4<sup>th</sup> September 2018)</b>
2.	<b>Miss. Swati Subhash Warule</b>	<b>क्रीडा प्रशिक्षण कार्यक्रमाचा बॉक्सिंग खेळाडूंच्या कौशल्य व कार्यमान संपादनावर होणारा परिणामाचा अभ्यास</b>	<b>30 June 2015</b>	Dr. S. N. Shirsath	<b>Ph.D. Awarded (30<sup>th</sup> April 2019)</b>
3.	<b>Mr. Vansing Parth Vasave</b>	<b>नंदुरबार जिल्हातील अदिवासी खोखो व कबड्डी खेळाडूंच्या - निवडक शारीरिक क्षमतेचा विश्लेषणात्मक अभ्यास</b>	<b>31 December 2014</b>	Dr. S. N. Shirsath	<b>Ph.D. Awarded (3<sup>rd</sup> Feb. 2020)</b>
4.	<b>Mr. Haridas Laxman Mhaske</b>	<b>मराठवाड्यातील महिला कुस्तीगीरांच्या कार्यामानावर सामाजिक व आर्थिक घटकांच्या परिणामाचे अध्ययन</b>	<b>1 June 2018</b>	Dr. S. N. Shirsath	<b>In Progress</b>
5.	<b>Mr. Pawar Avinash Suresh</b>	<b>राज्य अजिंक्यपद कुस्ती स्पर्धेत सहभागी पश्चिम महाराष्ट्र व मराठवाड्यातील कुस्तीगीरांच्या व्यक्तिमत्वाचा तुलनात्मक अभ्यास</b>	<b>1 June 2018</b>	Dr. S. N. Shirsath	<b>In Progress</b>
6.	<b>Mr. Hemkrushna Sheshram Bahekar</b>	<b>Effects of specific own Body Strength Exercise on Hop-Step-Jump Ability of the beginner Athletes in Thane district</b>	<b>1 June 2018</b>	Dr. S. N. Shirsath	<b>In Progress</b>

### Details of Research publications

Sr. No.	Title of article	Authors	Name of journal	Vol no.	Issue no.	Year	Level	ISSN	Impact factor	Peer reviewed / UGC approved
1.	A Comparative study of mental health between men and women intercollegiate wrestling players (Page No. 23-24 )	<b>Dr. Shekhar Shirsath</b>	Current Global Reviewer	22	7	Feb. 2020	International	2348-7143	7.139	Peer reviewed
2.	A comparative Study of Stress of Sports persons and non sports persons of M. S. P. Mandal's Deogiri College, Aurangabad (Page No. 271-277)	<b>Dr. Shekhar Shirsath</b>	Think Indian (Quarterly Journal) (December 2019)	22	Special issue-13	December 2019		0971-1260,	6.2	
3.	Comparison of Personality Traits of Judo Players and Non- Judo Players of Aurangabad (Page No. 446-449)	<b>Dr. Shekhar Shirsath</b>	Our Heritage-UGC Care listed journal (January- 2020)	68	57	January-2020		0474-9030	6.8	UGC Care Listed Journal
4.	A study of socio-psychological characteristics of students team players	Mrs. Swati Warule, <b>Dr. Shekhar Shirsath</b>	An international Multidisciplinary Half Yearly Research Journal IDEAL	VI	II	March-August 2018	International	2319-359X	Impact factor-2017-4.988	Peer Reviewed Refered & UGC

	(Page No. 64-67)									Listed Journal
5.	The effect of agility training the programme on punching skills of Boxing players age between 14to 16 years (Page No. 98-102)	Mrs. Swati Warule, <b>Dr. Shekhar Shirsath</b>	An international Multidisciplinary Quarterly Research Journal AJANTA	VII	III	July-Sept. 2018	International	2277-5730	Impact factor-2018-5.5	Peer Reviewed Refereed & UGC Listed Journal
6.	नंदुरबार जिल्हातील आदिवासी खो-खो व कबड्डी खेळाडूंचा वेग व चपळता शारीरिक क्षमतेचा अभ्यास (Page No. 51-56)	Mr. Vansing Vasave, <b>Dr. Shekhar Shirsath</b>	An international Multidisciplinary Quarterly Research Journal AJANTA	VII	IV	Oct.-Dec. 2018	International	2277-5730	Impact factor-2018-5.5	Peer Reviewed Refered & UGC Listed Journal
7.	नंदुरबार जिल्हातील आदिवासी खो-खो व कबड्डी खेळाडूंचा ताकद प्रतिक्रिया क्षमता व दमश्वास शारीरिक क्षमतेचा अभ्यास (Page No. 148-155)	Mr. Vansing Vasave, <b>Dr. Shekhar Shirsath</b>	An international Multidisciplinary Quarterly Research Journal AJANTA	VIII	I	Jan. March 2019	International	2277-5730	Impact factor-2018-5.5	Peer Reviewed Refered & UGC Listed Journal
8.	Roll of Sports Psychology for performance enhancement & rehabilitation of	<b>Dr. Shekhar Shirsath</b> Mr. Rohidas Gadekar	Vidyawarta		Special issue	Feb. 2018	National	2319-9318	5.131	UGC Approved

	injuries Page-345 to 348									
9.	Mental stress: Concept, effect on sports performance and deling with mental stress Page-474 to 475	<b>Dr. Shekhar Shirsath</b> Mr. Rohidas Gadekar	Global online electronic International Interdisciplinary Research Journal (GOEIRJ)	V	IV	Jan. 2017	Internatio nal	2278-5639	Impact Factor-3.541	Peer-Reviewe d Journal
10.	Level of anxiety, motivation of Kho-Kho players at Inter University level	<b>Dr. Shekhar Shirsath</b> Mr. Rohidas Gadekar	Global online electronic International Interdisciplinary Research Journal (GOEIRJ)	V	IV	Jan. 2017	Internatio nal	2278-5639	Impact Factor-3.541	Peer-Reviewe d Journal
11.	Comparison of sports competition anxiety of team and individual game players of Deogiri college Aurangabad	<b>Dr. Shekhar Shirsath</b>	An International Multidisciplinary Quality Research Journal Ajanta	III	IV	Oct. Dec. 2014	Internatio nal	2277-5730	0.703	
12.	मल्ल विद्ध्ये पोशिंदेराजश्री शाहू : महाराज P.N.-100 to 102	<b>Dr. Shekhar Shirsath</b>	Social Science Reporter	I	I	May 2011	Internatio nal	2231 - 0789		Peer-Reviewe d Journal
13.	Sports culture in social and psychological perspectives P.N.-83 to 87	<b>Dr. Shekhar Shirsath</b>	Social Growth	I	II	May-Oct. 2011	Internatio nal	2229 - 6190		
14.	A Comparative study of stress of sportsman & nonsportsman P.N.-111 to 112	<b>Dr. Shekhar Shirsath</b>	Indian Streams Research Journal	I	VI	July 2011	National	2230 - 7850		
15.	Personality traits of athletes and non athletes	<b>Dr. Shekhar Shirsath</b>	International Journal of Health, Physical Education &	II	I	Marc h- June 2011	Internatio nal	2231 - 3265		

	P.N.-67 to 68		Computer Science in Sports							
16.	महाराष्ट्रातील कुस्तीचा विकास - उणिवा व उपाययोजना P.N.-80 to 83	Dr. Shekhar Shirsath	Entire Research	III	III	July 2011	National	0975 - 5020		
17.	Comparison of personality traits of wrestler and non-wrestler of Dr. B.A.M.U. P.N.-113 to 114	Dr. Shekhar Shirsath	Research Link	88-A	X (5)	July 2011	National	0973 - 1628		

#### Research projects completed

Sr. No.	Title of project	Sponsored by	Agency	Period	Amount	Status
1.	Comparison of the anxiety of the inter university players of Maharashtra PI- Dr. K.B. Zarikar Co-I-Dr. S.N. Shirsath	UGC	UGC	31/1/2013	6,09,200/-	Completed

#### Research projects ongoing

Sr. No.	Title of project	Sponsored by	Agency	Period	Amount	Status
1	A study of motivation between men & women state level wrestler	DR. BAMU	DR. BAMU	31 Jan. 2021	50,000/-	Ongoing

#### Books published

Sr. No.	Title	Author	Type of book	Publication	ISBN	Year of publication
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1	वेध कुस्तीचा	Dr. Shekhar Shirsath	State	Dnynsamidha Publishing word, Aurangabad	-	Dec. 2006
2	विविध खेळ आणि नियम (Edited Books)	Dr. Shekhar Shirsath	State	Saket Prakashan, Aurangabad	978-81-7786-406-9	2015
3	बॉडीबिल्डिंग कोर्स अर्थात शरीर कसे कामवावे (Edited Books)	Dr. Shekhar Shirsath	State	Saket Prakashan, Aurangabad	978-81-7786-425-0	2012

#### Chapters published in books

Sr. No.	Name of teacher / author	Title of book	Title of chapter	Publisher	Year of publication	ISBN
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#### Research patients:

Sr. no.	Patent details	Application no.	Publication date	Status
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#### Co-curricular / Extracurricular / Extension activities:

Sr. no.	Name of activity	Duration	Achievement	Remark
1.	Official for Ashwameh Inter-collegiate Wrestling competition held at Aurangabad.	2016-17	Opportunity to work	....
2.	Performed invigilation duty for Dr. B. A. M. University exams on October and November-2016.	2016-17	Experience	....
3.	Performed invigilation duty for Dr. B. A. M. University exams on March / April-2017.	2016-17	Experience	....
4.	Incharge of the 15 <sup>th</sup> August 2016 Independence Day programme.	2016-17	Experience	....
5.	Incharge of the 26 <sup>th</sup> January 2017 Republic Day programme.	2016-17	Experience	....
6.	Gymkhana Committer Chairman.	2016-17	Experience	....
7.	Student council & Election committee member.	2016-17	Experience	....

8.	Discipline committee member.	2016-17	Experience	....
9.	Medical advice & aid committee member	2016-17	Experience	....
10.	Yoga committee member District level Avishkar -2016 organizing committee member	2016-17	Experience	....
11.	Chairman of the Gymkhana Committee for sports & games programme.	<b>2017-18</b>	Experience	....
12.	Chairman of the Extension Services Committee for programme.	<b>2017-18</b>	Experience	....
13.	Member of the Student council & election committee.	<b>2017-18</b>	Experience	....
14.	Member of the Medical advice & aid committee.	<b>2017-18</b>	Experience	....
15.	Member of the Discipline committee.	<b>2017-18</b>	Experience	....
16.	Member of the Sports equipment and wear purchasing committee.	<b>2017-18</b>	Experience	....
17.	Member of the Yoga committee.	<b>2017-18</b>	Experience	....
18.	Member of the affiliation committee of Dr. B. A. M. University for M. S. M's College of Physical Education for the year 2017-18 on 31 March 2018.	<b>2017-18</b>	Opportunity to work	....
19.	Incharge of the 15 <sup>th</sup> August 2017 Independence Day programme.	<b>2017-18</b>	Experience	....
20.	Incharge of the 23 <sup>th</sup> August 2017 Dr. B. A. M. University crescentade programme of Deogiri College, Aurangabad.	<b>2017-18</b>	Experience	....
21.	Incharge of the 17 <sup>th</sup> September 2017 Marathwada Mukti Day programme.	<b>2017-18</b>	Experience	....
22.	Performed External Examiner for B. P. Ed. Practical examination at P. E. S. College of Physical Education, Aurangabad duties on 16-19 April 2018	<b>2017-18</b>	Experience	....
23.	Performed invigilation duties on October / November 2017.	<b>2017-18</b>	Experience	....



24.	Incharge of the organizing committee of M.S.P. Mandal's 'Krida Mahotsav' Divisional level tournament on 23 Dec. 2017	<b>2017-18</b>	Opportunity to work	....
25.	Incharge of the 26 <sup>th</sup> January 2018 Republic Day programme.	<b>2017-18</b>	Experience	....
26.	Performed Invigilation duties on March/ April 2018 for Dr. B. A. M. University, Aurangabad UG examinations.	<b>2017-18</b>	Experience	....
27.	Incharge of the 1 <sup>st</sup> May 2018 Maharashtra Day programme.	<b>2017-18</b>	Experience	....
28.	Chairman of the Gymkhana Committee for sports & games programme.	<b>2018-19</b>	Experience	....
29.	Chairman of the Extension Services Committee for programme.	<b>2018-19</b>	Experience	....
30.	Member of the Student council & election committee.	<b>2018-19</b>	Experience	....
31.	Member of the Medical advice & aid committee.	<b>2018-19</b>	Experience	....
32.	Member of the Discipline committee.	<b>2018-19</b>	Experience	....
33.	Member of the Sports equipment and wear purchasing committee.	<b>2018-19</b>	Experience	....
34.	Member of the Yoga committee.	<b>2018-19</b>	Experience	....
35.	Incharge of the 15 <sup>th</sup> August 2018 Independence Day programme.	<b>2018-19</b>	Experience	....
36.	Incharge of the 23 <sup>th</sup> August 2018 Dr. B. A. M. University crescentade programme.	<b>2018-19</b>	Experience	....
37.	Incharge of the 17 <sup>th</sup> September 2018 Marathwada Mukti Day programme.	<b>2018-19</b>	Experience	....
38.	Performed invigilation duties on 15 <sup>th</sup> , 16 <sup>th</sup> , 17 <sup>th</sup> , 19 <sup>th</sup> , 20 <sup>th</sup> , 22 <sup>th</sup> , 23 <sup>th</sup> , 31 <sup>st</sup> October 2018 and 1 November 2018 for Dr.B.A.M. University semester examinations.	<b>2018-19</b>	Experience	....
39.	Incharge of the 26 <sup>th</sup> January 2019 Republic Day programme.	<b>2018-19</b>	Experience	....

40.	Performed Invigilation duties on 26 March 2019 for Dr.B.A.M.University, Aurangabad UG examinations.	<b>2018-19</b>	Experience	....
41.	Performed Internal Squad duties on 27 March to 4 <sup>th</sup> May 2019 (Total 28 Days) for Dr. B. A .M. University, Aurangabad UG & PG examinations.	<b>2018-19</b>	Experience	....
42.	Incharge of the 1 <sup>st</sup> May 2019 Maharashtra Day programme.	<b>2018-19</b>	Experience	....
43.	'Deogiri Krida Mahotsav' Intra-Mural inter class (Students & Staff) Competition during 25 Jan. – 1 Feb. 2020	<b>2019-20</b>	Opportunity to work	....
44.	Chairman of the Gymkhana Committee for sports & games programme.	<b>2019-20</b>	Experience	....
45.	Chairman of the Extension Services Committee for programme.	<b>2019-20</b>	Experience	....
46.	Incharge of the 15 <sup>th</sup> August 2019 Independence Day programme.	<b>2019-20</b>	Experience	....
47.	Incharge of the 23 <sup>th</sup> August 2019 Dr. B. A. M. University crescentade programme.	<b>2019-20</b>	Experience	....
48.	Incharge of the 17 <sup>th</sup> September 2019 Marathwada Mukti Day programme.	<b>2019-20</b>	Experience	....
49.	Incharge of the 26 <sup>th</sup> January 2020 Republic Day programme.	<b>2019-20</b>	Experience	....
50.	Chairman of the Sitting Arrangement Committee for Phule-Shahu-Ambedkar Vyakhyanmala programme during 13-15 Feb. 2020.	<b>2019-20</b>	Experience	....
51.	Chairman of the Sitting Arrangement Committee for Chhatrapati Shivaji Maharaj Jayanti programme on 19 Feb. 2020.	<b>2019-20</b>	Experience	....

**Area of consultancy:**

Sr. No.	Name of teacher	Area of research /	Specific area of	Remark
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		<b>specialization</b>	<b>consultancy</b>	
1	Dr. S. N. Shirsath	Sports & Games	Wrestling	....