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❖ **Contact No** : 7972473532/9405162457
❖ **Date of Birth** : 21 Oct 1986
❖ **Nationality** : Indian
❖ **Category** : Open(Hindu-Maratha)
❖ **Sex** : Male
❖ **Marital Status** : Married
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EDUCATIONAL QUALIFICATION:

Examination	University/Board	Year	Percentage	Class
NET(PSY)	UGC	2014		Qualified
M.A(PSY)	PUNE	2011-2012	70.3%	1 st class with distinction
B.A(PSY)	PUNE	2009-2010	80.25%	1 st class with distinction
H.S.C	PUNE	2004-2005	76.16%	1 st class with distinction
S.S.C	PUNE	2002-2003	73.20%	1 st class

Professional Qualification:

NET -: Qualified

PhD. -: Registered in SPPU, March 2020. sub: Achievement motivation, Academic self-concept and Learning disability among tribal and non-tribal student in respect of culture, gender and region.

Course in basic skill in counselling -: C.C.C Vellore, Tamilnadu, and Jan-2012

Teaching Experience -: 10 years Ahmednagar College, Ahmednagar (2013-2022)

Counselling Experience -: one year Dagdusheth halwai ganpati trust pune(2012) and handled more than 150 clinical cases .

Parttime Counselling Experience:-five year at Takshshila English medium school and junior college, Dedgav and Blooming birds English medium school Ahmednagar.

Other Qualification: MS-CIT

Any Other Strengths/achievements:

- Language known –Marathi,Hindi,English.
- Participation in many state level elocution speech, debating, poetry, and essay writing competitions.
- Gave guest lectures in various colleges under the scheme of SPPune University.

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- Presented research papers and attended state level and national level seminars, Webinars.
- Actively attended N.S.S camps organized by Ahmednagar College.
- **Hobbies:** Hypnotherapy, Reading, Writing, Teaching, Acting, Sketching, Singing, Poetry composition in Marathi, to communicate with people and to do counselling.

Prizes and Awards:

1. Got first award Sahityaachaarya sar.mo.sa.Gosavi kavya karandak puraskar in state level intercollegiate poetry competition organized by B.Y.K College of commerce held on 2008-2009.
2. Got third prize for research paper in state and national level federation of Marathi manasshastra parishad on 31th march 2022 at Chhatrapati Sambhajnagar (Aurangabad).
3. Got second award Comd. Eknathrav bhagvat in debate competition in state level intercollegiate debate competition organized by new arts commerce and science college Ahmednagar held on 31st Des 2008.
4. Got first prize in debate competition in state level intercollegiate elocution competition organized by new arts commerce and Science College Ahmednagar held on 31st Des 2008.
5. Got first prize in state level song singing competition organized by new art, commerce and science college Ahmednagar yuva mahostaw held on 2010.
6. Got second prize in district level essay writing competetion organized by Kartaya yuva vikas pratishthan Ahmednagar held on 15th August 2003.
7. Got first prize in elocution competition organized by Ahmednagar College Ahmednagar held on 2006-2007.
8. Got first prize in poem competition organized by Ahmednagar College Ahmednagar held on 20 Jan2007.
9. Got second prize in Ruthbai Hiwale smruti karandak junior college elocution competition held on 24 Sep 2004.
10. Got second prize in shaker vaktrutva saprdha organized by Ahmednagar jilha sahkari mandal,Ahmednagar held on 12 August 2003.
11. Got second prize in poetry competition organized by bahujan sanskrutik Kendra Ahmednagar held on 03 Oct 2003.
12. Got First prize in elocution competition organized by D.R.Rupwate madyamik vidyalay and junior college held on 21 Jane 2004.
13. Got First prize in elocution competition organized by panchayat samite nagar,science-math teacher organization and mahanagar palika shikshan mandals roupymahostavi Ahmednagar shar vidnyan ganit pradarshan held on 18Des 2003.
14. Got third prize in debate competition organized by bahujan sanskrutik Kendra Ahmednagar held on 03 Oct 2003.
15. Got first rank award of Prof.A.G.Newaskar for securing first rank in history at Ahmednagar College Ahmednagar in 29th Jn 2008.
16. Got B.K Joshi awards for securing first rank in F.Y.B.A History in 2006.
17. Got first rank award of Saptarshi for securing first rank in FYBA at Ahmednagar College Ahmednagar in 29th Jn 2008.

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18. Got first rank award of Prof.Hemant Gokhale for securing first rank in TYBA Psychology at Ahmednagar College Ahmednagar in 29th Jan 2010.

State level seminars, webinars and Paper presentation:

1. Participated in two day state level seminar on the role of the psychologist to prevent suicide held in Ahmednagar College Ahmednagar on 20th-21 Feb 2015.
2. Participated in Deshbhakti Geet organized by ministry of culture to mark azadi ka amrut mahostav in 2021.
3. Participated in Lori Contest organized by ministry of culture to mark azadi ka amrut mahostav in 2021.
4. Participated in Quiz Contest on basic psychology awareness during covid-19 pandemic organized by M.A.C of arts, science and commerce held on 29 August 2020.
5. Participated in two day state level seminar on Gatiman jivanshailichi avhane ani manasshastriy samupadeshan organized by PDP and states federation of psychological counsellors on 13-14 Oct 2012.
6. Participated in state level seminar on Counselling and psychotherapy organized by new arts, commerce and science college Ahmednagar and BCUD, University of pune on 27th and 28th Sep 2013.
7. Participated in two days state level seminar on Role of psychology in solving psychosocial problems and presented paper on To study of their suspiciousness on an adjustment and LOC. organized by C.T bora college Shirur and BCUD, University of pune on 16-17 Jan 2019. Sep 2013.
8. Participated in two day state level seminar on Impact of social media on psycho-social behaviour organized by R.B.Narayanrao borawake college, Shirampur and SPPU pune held on 20th and 21st Jan 2020.
9. Participated in a webinar on Time and stress management organized by Nya.T.Arts, Ved.S.R.sapre and Vid.D.P science college Devrukh Ratnagiri held on 5th June 2020.
10. Participated in webinar on Addiction and mentality of youth jointly organized by Health and hygiene committee, IQAC and Dept. of psychology held on Jan 2021.

National level Seminars, webinars and Paper Presentation:

1. Participated in one day national level webinar on the impact of advertisement in society organized by A.M.A arts and new commerce, science college Rajapur held on 26 Sep 2021.
2. Participated in national level online programme Author speaks organized by IMSCDR Ahmednagar held on 7th April 2021.
3. Participated in national level webinar on role of psychologist in health promoting behaviour organized by R.B narayanrao borawake college Shirampur college satara in 2020.
4. Participated in one day national level webinar on Fostering of human values and ethics among the youth organized by K.J. Somaiya college of arts, commerce and science on 29th Oct 2020.
5. Participated in national level webinar under Fit India movement on Mental health and physical health during and after covid-19 pandemic organized by LVH arts, science and science college Panchwati, Nasik held on 26th Sep 2020.

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6. Participated in one day national level webinar on Indian psychology organized by Dept. of Ashtanga Yoga, Lakulish Yoga University, Ahmadabad on July 26, 2020 .
7. Participated in one day national level webinar on Indian psychology organized by Dept. of Ashtanga Yoga, Lakulish Yoga University, Ahmadabad on July 26, 2020 .
8. Participated in one day national level webinar on Life after covid-19 resilience for growth organized by Sangameshwar College, Solapur held on 10th Feb 2021.
9. Participated in Sigmund Freud quiz organized by R.C Patel Arts, commerce and science college, Shirpur, Dhule held on Sep 2020 .
10. Participated in webinar on Covid-19 and peace, health security and development organized by IQAC, Unnat Bharat Abhiyan and Gandhiyan Studies Center, Ahmednagar College Ahmednagar held on 19th Oct 2020 .

State/National /International Workshop and Courses:

1. Participated in national level webinar on role of psychologist in health promoting behaviour organized by R.B Narayanrao Borawake College Shirampur College Satara in 2020.
2. Participated in International level online workshop on Skills of stress and relationship management organized by Chhatrapati Shivaji College, Satara on 22th March, 2021.
3. Participated in a two days' workshop on Rational Emotive Behaviour Therapy held in Ahmednagar College Ahmednagar on 20th -21st Oct 2018.
4. Participated in a two days' workshop on E-content development held in Ahmednagar College Ahmednagar on 13th -14 Oct 2018.
5. Participated in one day National workshop on Emotional Intelligence in the Workplace organized by Marathwada College of Education Aurangabad on 7th Oct 2017.
6. Participated in state level workshop on Genogram-An Assessment Tool, organized by Human Education Society on 11th Dec 2015.
7. Participated in workshop on Life Skills organized by RGNYS Regional Centre Chandigarh on 29 November-02 December, 2017.
8. Participated in one day workshop on Third Cycle Reaccreditation organized by Ahmednagar College Ahmednagar on 20 Feb 2016.
9. Participated in one day workshop on Credit and Semester System for Post Graduate Teachers in Psychology and other Social Sciences jointly organized by New Arts, Commerce, and Science College and BCUD University of Pune on 12th 2013.
10. Participated in one day workshop on Credit System and Evaluation Process for Arts, Social Science and Commerce Faculty held at Ahmednagar College Ahmednagar on 14th August 2013.
11. Participated in the 65th Orientation Course for Programme Officers of the NSS held from 12th March to 18th March 2015 at the NSS Empanelled Training Institute, Ahmednagar College.
12. Attended six days residential course on Basic Skills in Counselling from 16th to 21st Jan 2012 at CCC Vellore Tamil Nadu, India.
13. Passed the Govt. of Maharashtra Elementary Grade Drawing Examination held in year 1998 in Grade C.
14. Participated in two days state level seminar on Shaleya Mahavidyalaya Samudeshan Garaj, Samasya Upay organized by Maharashtra Education Society Pune PDC on 10th-11 Oct 2010.

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15. Participated in Google classroom workshop organized by Ahmednagar College Ahmednagar held on July 2020.
16. Successfully completed ten month the course Certified computer application conducted from 13 June 1998 to 5 March 1999.
17. Participated and completed ICSSR sponsored ten days virtual research methodology workshop organized by M.N.D college of Arts and commerce, Chembur, Mumbai, from 16th to 27th, 2022.
18. Participated in two day state level workshop on rational emotive behaviour therapy: theory and practice. Organized by Dept. Of Psychology of New arts, Commerce and science college Ahmednagar dated on 10th and 11th March 2023.
19. Participated in two day state level workshop on Multidisciplinary education – Implementation of NEP 2020 Organized by SPMPU and Jijamata College of science and arts. Dated on 16-17 Feb 2023.

Paper presentation and Publications:

1. Participated, Presented and published paper in Souvenir in national level conference on India 2020: Mental health and wellbeing sponsored by UGC and organized by Bharat psychological association and Arts, commerce and science college, Lasalgaon on 13-14 Feb 2009. ***Title-Health of rural alcoholics.***
2. Participated, Presented and published paper in Vidyawarta Peer reviewed International refereed Journal in national level conference on The relevance of social sciences in constructing society jointly organized by Pemraj Sardar College Ahmednagar and B.C.U.D SPMPU Pune on 7th -8th Feb, 2017. ***Title-The relevance of psychology in constructing society, Vidyawarta, ISSN 2319 9318, special issue Feb-2017.***
3. Published paper in UGC listed journal AJANTA Impact factor 5.5. Volume-VII, Issue-III, July-Sep-2018, ISSN 2227-5730. ***Title-Indipendence day and mental health condition in an India.***
4. Presented and published paper in the two days 7th National and 34th State level annual conference on From conflict to wellbeing held on 31 March and 01 April-2022. ***Title - A comparative study of achievement motivation of tribal and non-tribal children. IJSS LS, Vol.8, Issue 1, March 2022, ISSN 2349-5634(print, ISSN 2455-0973(Online).***
5. Participated and Presented research paper in two days national seminar on Azadi Ka Amrut Mahotsav :a roadmap to women empowerment in India organized by Arts, commerce and science college Nasik and sponsored by ICSSR New Delhi held on 11th and 12th April 2022. ***Title-Job satisfaction and emotional intelligence among primary school teachers.***
6. Participated and Presented research paper in two days International E-conference on Contemporary trends in humanities and social sciences organized by Dept. of humanities and social sciences, R.B. Narayanrao Borawake College, Shirampur, Ahmednagar, held on 18th-19th May 2022. ***Title-Learning problems among tribal students in Ahmednagar district of Maharashtra state: A comparative study., ISBN 978-81-957306-0-5.***

Guest lectures:

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1. Delivered guest lecture on mental health and personality development on 16 Des 2018 in special winter camp of NSS at Manjrsbha.
2. Delivered guest lecture on ANOVA at Shardabai pawar mahila mahavidyalaya ,shardanagar Baramati on 27 Sep 2014.
3. Delivered guest lectures in various colleges in Pune,Ahmednagar,and Nasik on Depression and Addiction under the scheme of the vidyarthini aarogya yojna organized and sponsored by Health department of Pune university during the year 2014-2016.
4. Delivered guest lecture on sribrhun hatya va kanyaaratna in the special NSS camp of Dhanvantari arts and science college dhavalpuri tal parner,dist Ahmednagar at Nimgaon Ghana on 12 Des 2014.
5. Delivered guest lecture on personality development in NSS camp organized by Ahmednagar College Ahmednagar in 2018 in Majarsubha Ahmednagar.
6. Delivered guest lectures in school counselling course organized dept. Of psychology Ahmednagar College Ahmednagar in 2018.
7. Delivered free guest lectures in various villages on mental health awareness as a social responsibility.

Research Activity: Guided to students form Batch 2013-2022 for their Research projects and Practicum's.

NSS Participation: Actively participated fulltime for seven days NSS camps during the year 2013-2021 in Ahmednagar College Ahmednagar.

Elocution, Debating, Essay writing, poetry, singing computations:

1. Participated in national level elocution competition at KTHM College Nasik in 15th Feb 2007.
2. Participated in state level elocution competition at fargusan college pune in 2008-2009.
3. Participated in open state level poetry writing competition organized by Nashik gramin sahitya chalwal held in 01 July 2006.
4. Participated in two days state level elocution copetition organized by Maharashtra rajya sahkari sangha maryadit ,pune held on 18-19 Nov 2003.
5. Participated in Ruthbai Hiwale smruti karandak junior college elocution competition held on 19 Sep 2003.
6. Participated in two day state level poetry reading competition organized by Shabdvedh pratisthan dai.lokmanthan ekatamta karandak held on 1-2 Sep2005.
7. Participated in two day state level poetry reading competition organized by Shabdvedh pratisthan dai.lokmanthan ekatamta karandak held on 1-2 Sep2005.
8. Participated in two day state level intercollediate elocution competition organized by Mahesh tandale memorial foundation Indapur,Puneheld in2008.

Activities:

1. Participated in Snehbandha –Ahmednagar college outreach unit during the year 2018-19.
2. Participated in Psycho week activity organized by department of psychology ACA.
3. Participated in University level special camp at takli kazi, Ahmednagar, from29 jan2009 to 7 Feb2009 organized by University of pune and Ahmednagar college,Ahmednagar.
4. Participated in two years special camp at Mathani, Ahmednagar, from2007-2008 to 2008 to2009 organized by NSS of govt..of india and University of pune .

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5. Successfully completed Maharashtra rajy bharat scouts and guides during the year 2001-2002.
6. Successfully completed syllabus of Maharashtra chhatra sena with a grade during 2001.
7. Worked in Earn and learn scheme in New arts, commerce and science college, Ahmednagar during 2010-2011.

Date:

Yours faithfully,

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