



Matushri Virbaima Mahila Science & Home Science College

Kalawad Road, Near Under Bridge, RAJKOT

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Self Appraisal Form for Teachers

A. Personal Information :

1	Name	Dr. Bhavna P. Khoyani
2	Residential Address with Pin No.	Shri Patel Vijay Deri Farm Prahalad Road, Rajkot.
3	Mobile No.	9824117300
4	Landline No. of Resident	-----
5	Other alternative No.	9909417300
6	E-Mail ID	khoyani.bhavna@gmail.com
7	Date of Birth	21/10/1963

B. (a) General Information :

1	Designation	Associate Professor
2	Department	Physical Education
3	Specialization if any	Sports
4	Date of Appointment	
	(i) In the present institution	10/01/1991
	(ii) In the present post	Head of Physical Education Department- (10/01/1991)
5	Honours conferred	-

B.(b) Academic Qualification :

Examination	Board/University	Subjects	Year	Division/Grade/Marks
HSC	GSEB	Arts	1982	53.00 %
B.A.	Saurashtra University	Arts	1985	68.00 %
D. P. Ed.	GSB Ahmadabad	Physical Education	1987	70.75 %
M. P. E.	Gujarat University	Physical Education	1989	64.00 %

C.(a) Research Experience & Training :

Research Stage	Title of work/ Thesis	University where the work was carried out
M.Phil. or equivalent	-	-
Ph.D.	Origin and Development of cricket in Historical	Saurashtra University

	Saurashtra	
Post-Doctoral	-	-
Publication (give a list separately) (<u>Annexure-I</u>)	<u>Annexure-I</u>	-
Research Guidance (give names of Students guided successfully) (<u>Annexure-II</u>)	-	-

C.(b) Research Projects Carried out :

Title of the project	Name of the funding agency	Duration	Remarks
-	-	-	-

C.(c) Seminars, Conferences, Symposia, etc. Attended :

Name of the Seminars, Conferences, Symposia, etc.	Name of the sponsoring/Organizing Agency	Place & Date	Title of the paper presented (if any)
National Seminar on Education, Physical Education & Yoga Education in the Knowledge Era: Directions, Issues, Concerns	Charutar Vidya Mandal Institutions, S.S. Patel College of Physical Education	Vallabh Vidyanagar 2nd & 3rd Nov 2007	Attended
III International Congress on Sports Medicine, Exercise Science, Physical Education & Yogic Science	Lakshmbai National Institute of Physical Education	Gwalior 12th to 15th Feb 2008	Sports Women & ACL Knee Injury
UGC Sponsored State Level Seminar on Emerging Trends & Scope in Home Science	M.V. M. Science and Home Science College	Rajkot 01st Feb 2009	Attended
1st State Level Seminar on Physical Education, Sports & Yogic Exercises	Smt. A. P. Patel Arts & Late Shree N. P. Patel Comm. College, Naroda	Ahmedabad 07th & 08th Mar - 2009	The Effect of Aerobic Dance Exercise With Music on The Different Body
One Day Rashtriya Sangoshthi Level (National Seminar)	Smt C.P. Choksi Arts & P. L. Comm. College	Veraval 28th Mar 2009	The Effect of Fatness on Heart
Latest Trends in Research, Methods Statistics & use of Information & Communication Technology in Physical Education & Sports	Waymade College of Education & S.S. Patel College of Physical Education	Vallabh Vidyanagar 08th & 09th Oct 2009	Athlete's & Non Athlete's Nutritional Health
NAAC Sponsored 2 Day National Level Conference On	Arts & Commerce	Manavadar 05th & 06th	Best Practices In Higher

“Quality Sustenance Higher Institutions in Rural Areas	College	Dec 2009	Education
National Seminar on Physical Education, Sports Management & Sports Science	Shree B. P. Brahmabhatt Arts & M. H. Guru Commerce College, K.I. Patel Education Campus	Mehasana 19th & 20th Feb 2010	Role of Sports In Promoting Peace
One-Day National Conference on Environment and Climate with the theme Impact Assessment of Environment and Climate	Matushri Virbaima Mahila Science & Home Science College	Rajkot 13th Feb 2011	Attended
International Conference on Physical Education and Sports Science	S.V’s Sridora Caculo College of Commerce & Management Studies	Goa 25th to 27th Feb 2011	A Study on the Effects of Aerobic Exercises on Explosive Leg Power, Muscular Endurance, Cardiovascular Endurance, Flexibility and Vital Capacity
U.G.C. Sponsored National Level Seminar on “Physical Education and sports Science.	Smt. A. P. Patel Arts & Late Shree N. P. Patel Commerce College	Ahmedabad 06th & 07th Mar 2011	Exercise Effects on the Heart
UGC Sponsored National Level Seminar on Modern Trends in Physical Education and Sports	Mahadev Desai Sharirik Shikshan Mahavidyalaya, Gujarat Vidyapith, Sadra,	Gandhinagar 27th to 29th Feb 2012	Attended
National Seminar on Physical Education, Sports Management, Exercise Science & Yogic Science	Gujarat State Universities & Colleges Phy.Edu. Teachers’ Association	Ambaji 25th to 26th Mar 2012	अनुकूलित शारीरिक शिक्षण
UGC Sponsored National on Democracy in Our Times: Past, Present and Future	Smt. H. B. Jasani Arts and Shri N. K. Jasani Com. College, Rajkot in Collaboration with All India Women’s Conference	Rajkot 14th Sep 2013	Government Policy Towards Sports
UGC Sponsored National Seminar On Environment Issues and Challenges	Smt. H. B. Jasani Arts and Shri N. K. Jasani Com. College, Rajkot in Collaboration with Gujarat Geographical Association, Ahmedabad	Rajkot 19th Mar 2014	Sports and Environment
National Seminar on Physical Education, Sports	Gujarat State Universities.& Colleges Physical Education	Mount Abu 21st to 22nd	Comparative Study of Body mass index, Percentage

Management, Exercise Science & Yogic Science	Teachers` Association	Mar 2014	of Body Fat and Blood Pressure between Sports Boarding and Non-Boarding School Boys of Rajkot
National Conference on Challenges to Education in Contemporary India	Shri Patel Kelavani Mandal B. Ed. College, Junagadh in Collaboration with View of space International multidisciplinary Journal for Applied Research	Junagadh 14th Apr 2014	Role of Nanotechnology on Sports
UGC Sponsored One Day National Conference on Multidimensional aspects of Yoga	Department of Philosophy Saurashtra University, Rajkot & dharmendrasinhji arts College	Rajkot 08th Feb 2015	Effects of yoga on depression and anxiety of Women
UGC Sponsored One Day seminar On “Preventing Drug Abuse in Sports” National Seminar	Department of Physical Education, The Maharaja of Sayajirao University of Baroda and Gujarat State Amateur Athletics Association	Baroda 30th Jan 2016	Social Effects of Using Drugs
National Seminar on Physical Education, Sports Science & Sports Management	Universities & Colleges Physical Education Teachers` Association & M. K. College of Commerce	Bharuch 1st & 2nd Apr 2016	Issues related to woman sports
International Conference on Physical Education and Sports Science	S.V's Sridora Caculo College of Commerce & Management Studies in Association with National Association of Physical Education and Sports Science Under the aegis of Sports Authority of Goa	Goa 2nd to 4th Jun 2016	Effects of Sury Suryanamaskar on Anxiety level of College female students
Under UGC IQAC Cell Sponsored Symposium on Challenges of Deglobalization for India	Smt. H. B. Jasani Arts and Shri N. K. Jasani Commerce College	Rajkot 09th Mar 2017	Attended
1st International Conference on ‘Role of Multidisciplinary innovation for Sustainability and Growth Policy’	J. Z. Shah Arts and H. P. Desai Commerce College Amroli, Surat Collaboration with Asian Social Sciences and humanities Association Research & Development wing	Uttaranchal 16th to 18th May 2017	The Impact of Food Waste
UGC Sponsored International	Shree Naroda Kelavani Mandal's		

Conference on “Modern Trends in Physical Education, Sports and Yogic Science”	Smt. A. P. Patel Arts & Late Shree N. P. Patel Commerce College, Naroda. Gujarat State Universities & Colleges Physical Education Teachers` Association & Gujarat University, Ahmedabad (Jointly Organize)	Mount Abu 8 th to 10 th Jan 2018	The Study of the Body Structure and Hematological characteristics of the Girls Player and Non-Player Studying in the Primary School
2 nd International Conference on “Global Transformations in Business, Culture and Linguistics”	Asian Social Sciences and humanities Association in Collaboration with K. P. B. Hinduja College of Commerce, Mumbai	Dubai 30 th Apr 2018	Study of Correlation between long jump performance and his anthropometric Body measurements

C.(d) Training/ Workshop/FDP/Orientation/ Refresher Course :

Sr. No.	Name of Programme	Duration	Organized by
Training			
01	CCC Course	15/10/2011 (45 hours)	Kamaniya Computer Academy Pvt. Ltd., Rajkot
02	Train the Trainers Student Development Programme	22 nd March 2016 (One Day)	Saurashtra University, Rajkot
Workshop			
01	State Level Workshop on Modern Trends in Physical Education & Sports	31 st Jan & 1 st February 2008 (Two Days)	Gujarat State Universities & Colleges Physical Education Teachers` Association Ambaji
02	UGC Sponsored National Level Workshop “Nanoscience and Nanotechnology : A Curriculum Development Approach”	21/02/ 2010 (One Day)	Matushri Virbaima Mahila Science & Home Science College, Rajkot. (Gujarat)
03	One-Day Workshop on ‘Swarnim Chess Mahotsav/Khel Mahakumbha & Saptdhara	08/10/ 2010 (One Day)	Knowledge Consortium of Gujarat Department of Education & Sports Authority of Gujarat
04	One-Day Workshop on Introduction of Physical Education as an Elective Subject at U.G. Courses	26/07/2011 (One Day)	Saurashtra University, Rajkot
05	International Workshop on Health, Physical Education & Computer Science in Sports 2012 Under the auspices of International Association of Computer Science in Sports	11 th & 12 th August 2012 (Two Days)	Osmania University, Hyderabad
06	Three Days Workshop of Physical Education & Sports	11 th to 13 th March 2014 (Three Days)	Saurashtra University Physical Education Section Samiralok, Mount Abu
07	International Sports Science	21 st to 23 rd	University of Mumbai

	Congress & Workshop cum Exhibition	March 2016 (Three Days)	Department of Physical Education, Sports Complex, Vidyanagari, Santacruz (East) Mumbai
08	One Day Workshop on “Strengthening College Sports Ecosystem”	20th Oct 2019 (One Day)	Department of Physical Education Saurashtra University Rajkot
09	Three Day Training Workshop on the Latest Trends in Physical Education and Sports Science	12th to 14th Mar 2020	Department of Physical Education Saurashtra University Rajkot
FDP			
01	Faculty Development Programme On Concepts of Networking	12/08/2013 to 23/08/2013 (Twelve Days)	Internal Quality Assurance Cell [IQAC] MVM Science and Home Science College, Rajkot.
02	Faculty Development Programme on Computer Basics	07/08/2014 to 17/08/2014 (Eleven Days)	Internal Quality Assurance Cell, [IQAC] MVM Science and Home Science College, Rajkot collaboration with V.P. Academy, Rajkot.
03	Faculty Development Programme	11/08/2016 to 20/08/2016 (Ten Days)	Internal Quality Assurance Cell, Matushri Virbaima Mahila Science & Home Science College, Rajkot
04	Faculty Development Programme	14/04/2018 (One Day)	BAPS Swaminarayan Mandir, Rajkot
05	Faculty Development Programme	07/12/2020 to 13/12/2020 (Seven Days)	Swarnim Gujarat Sports University & Saurashtra University Rajkot
Orientation			
01	Orientation	05/03/2001 to 31/03/2001	Academic Staff College, Saurashtra University, Rajkot
Refresher Course			
01	Refresher- I	30/11/2000 to 17/12/2000	Academic Staff College, Gujarat University ,Ahmedabad
02	Refresher- II	18/01/2001 to 07/02/2001	Academic Staff College, Gujarat University ,Ahmedabad
03	Refresher- III	25/03/2003 to 11/04/2003	Gujarat Vidhya Pithh Sadara, Gandhinagar
04	Refresher- IV	10/09/2007 to 30/09/2007	Academic Staff College, Saurashtra University, Rajkot

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C.(e) Details as Resource person :

Sr.No.	Event	Title of Presentation	Date & Place	Organized by
01	National Seminar	Co-Chairman	30/01/2016 Baroda	Department of Physical Education, The Maharaja of Sayajirao University of Baroda and Gujarat State Amateur Athletics Association
02	UGC Sponsored One day National Seminar	Co-Chairman	01/04/2016 Bharuch	M. K. College of Commerce, Bharuch and Gujarat State Universities.& Colleges Physical Education Teachers` Association
03	UGC Sponsored International Conference	Chairperson	08/10/2018 Mount Abu	Shree Naroda Kelavani Mandal's Smt. A.P. Patel Arts & Late Shree N.P. Patel Commerce College, Naroda. Gujarat State Universities & Colleges Physical Education Teachers` Association & Gujarat University

D.(a) Teaching Experience :

Course taught	Name of the University/College/Institution	Duration (As on June-2024)
U.G.	M.V.M. Science & Home Science College, Rajkot	10/01/1991 to till date
P.G.	Saurashtra University	2013 to 2015 (2 Years)
M. Phil.	Saurashtra University	2013 to 2015 (2 Years)
Any other	-	-

D. (b) Total Teaching Experience :

(i) Under-graduate : **33 Years** (ii) Post graduate : **2 Years**

E. Innovations / Contributions in Teaching :

(Give list/lists separately for the following if required)

- Design of Curriculum :
- Teaching Methods :
- Laboratory experiments :
- Evaluation Methods :
- Preparation of resource material Including book, reading materials, Laboratory manual etc.:
- Remedial Teaching / Student :
- Counselling (academic):
- Any other :

F. Extension Work/ Community Services :

- 1 Please give a short account of your contribution to :
 - i. Community work such as values of National Integration, secularism, democracy, socialism, humanism, Peace, Scientific temper, flood or drought relief, small family norms etc.:
 - ii. National Mission :
- 2 Position held/Leadership role played in organizations linked with Extension Work & National Service Scheme (NSS) or NCC or any other similar activity :

- ◆ **Committee member of Saptdhara-(Kel-Kud-Yogdhara) 2012 to till date**
- ◆ **Coordinate of Student Development programme (SDP) 2016 to till date**
- ◆ **Coordinate of Yoga & Karate Kamp 2012 to till date**
- ◆ **Counselling of World Yoga day 2015 to till date**
- ◆ **Counselling of Marathon Runner 2016 to till date**
- ◆ **Guidance provided to Twenty five students for creating Flouts at the procession of 150th Janma Jayanti of 'Swami Vivekanda' and achieved First rank. (Dt. 12/01/2013)**
- ◆ **Two hundred fifty students were guided for "Run for Unity" organized on the anniversary to Sardar Vallabhbhai Patel (2009-10)**

G. Participation in Corporate Life:

Please give a short account of your contribution to :

- i. College/ University/Institution :
 - ii. Co-curricular Activities :
 - iii. Enrichment of Campus Life (Hostels, Sports, Games, Cultural Activities) :
 - iv. Students Welfare & Discipline:
 - v. Membership/Participation in Bodies/Committees on Education and National Development :
 - vi. Professional Organization of Teacher :
- ◆ **Himalayan Trekking Camp at Manali-17/05/2004 to 02/06/2004**
 - ◆ **1 Day Bicycle Tour at Daleswr to Rajkot Return (100 km) 31/08/2004**
 - ◆ **2 Days Bicycle Tour at Rajkot to Junagadha Return (200 km) 17-18/09/2005**
 - ◆ **2 Days Bicycle Tour at Rajkot to Parab-Vavadi Return (200 km) 30-31/04/2006**
 - ◆ **Panch-Madhhi Trekking Camp at Madhypradesh - 2005-2006**
 - ◆ **Himalayan Trekking Camp at Manali - 2005-2006**
 - ◆ **Shaputara Trekking Camp at Gujarat 2006-2007**
 - ◆ **Goa Trekking Camp at Maharashtra 2006**
 - ◆ **Himalayan Trekking Camp at Manali 19-05-2007 to 31/05/2007**
 - ◆ **Kerala Trekking Camp at South India 21/12/2007 to 02/01/2008**
 - ◆ **Visited Dholara Vrudhhasharam at Rajkot -2015-2016**
 - ◆ **Organized by various Kamp (Karate-Judo-Lathi-Cricket etc)**

H.(a) Membership of Professional Bodies, Societies etc. :

Sr. No.	Organization	Type of Membershing	Position	Date of joining
01	Saurashtra University Rajkot	Member of Board of Sports	Comity Member	2006 to till date
02	Gujarat Universities Ahmadabad	Member of Gujarat State Universitys & Colleges Physical Education Teacher's Association.	Comity Member	2008 to till date

03	Judo Association Rajkot	Member of Judo Association	Comity Member	1989 to till date
04	Wrestling Association Rajkot	Member of Wrestling Association	Comity Member	1996 to till date
05	Boxing Association Rajkot	Member of Boxing Association	Comity Member	1996 to till date
06	Sardar Patel social Group, Rajkot	Former Committee Member Sardar Patel Social Group	Comity Member	1998 to till date
07	M.V.M. Sc. & H. Sc. College, Rajkot	Member of Anti Ragging Squad	Comity Member	2011 to till date
08	M.V.M. Sc. & H. Sc. College, Rajkot	Member of Internal Complaints Committee	Comity Member	2022 to till date

(b) Editorship of Journals :

I.

(a) State brief assessment of your performance indicating :

(b) Difficulties faced :

(c) Suggestions for improvement :

J. Step taken by you for the evaluation of the course/ programme taught :

K. Any other Information :

Special Achievement (if any)		
Sr. No.	Title of the Event	Year
01	Memento of Choreography at Parimal High School, Kalawad Road, Rajkot	1996
02	Memento of Special Recognition for Services to the M.V.M. Science & Home Science College, Rajkot	1998
03	Memento of Choreography at Saraswri Madhymik & Uchcharat Madhymik Vidya Mandir, Rajkot	1999
04	Memento of Choreography at Chankya Vida Mandir, Karanshihji Road, Rajkot	2000
05	Memento of Choreography at Sadhu Vasvani School, Junction Plot, Rajkot	2001
06	Memento of Choreography at Chankya Vida Mandir, Karanshihji Road, Rajkot	2003
07	Memento of Bangalore Institute of Technology Silver Jubilee Year All India Inter Uni. Aquatic Championship	2004
08	Special Recognition for Services to the College was awarded M.V.M. College, "Sanman Paritoshik"	2004
09	Special Memento in one-Day Cricket Match for Best Batsman M. V. M. Science College, Rajkot	2005
10	Memento of Rashtriya seva yojana. (Baghi) at Smt.R. R. Patel Mahila Arts & Comm. College Rajkot	2006
11	Memento of Choreography at Chankya Vida Mandir, Karanshihji Road, Rajkot	2007
12	Memento of Special Olympics Gujarat (Rajkot)	2008
13	Memento of Choreography at Sandipani Vidya Sankul, Rajaram Soc. Rajkot	2009
14	Memento of Choreography at Sandipani Vidya Sankul, Rajaram	2010

	Soc. Rajkot	
15	Memento of Choreography at Sandipani Vidya Sankul, Rajaram Soc. Rajkot	2011
16	Special Sanman for 'Afsar Bitiya' by Fulchhab press, Rajkot	2015
17	Special Sanman for 'Sports Person' by Ramat-Jagat, Gandhinagar	2016
18	Special Sanman for 'Sports Person' by Khodal Dham Mahila Samiti, Rajkot	2018

Sr. No.	As a Referee	Place	Date
01	2nd Special Olympics Bharat Gujarat Athletics Meet (State Level)	Rajkot	2005
02	9th National Aerobic Dymnastics Championships	Rajkot	2007
03	Special Olympics Gujarat (Dist. Level)	Rajkot	2007
04	Special Olympics Gujarat. (State. Level)	Baroda	2007
05	Special Olympics Bharat Gujarat Athletics Meet (State Level)	Surat	2008
06	Shree Kadavibai Virani Kanya Vidyalay, Rajkot. (Annual Athletic Meet)	Rajkot	2008
07	Special Olympics Gujarat (Dist. Level)	Rajkot	2010
08	Jay Internation School, Kalawad Road, Rajkot.	Rajkot	2012

Annexure-I

Sr. No.	Title of the Paper	Journal/ Book	Date/ Volume/ Pg. No.	Year of Publication	National/ International	ISBN/ ISSN No.
01	ગાંધીજી V/S રણજી - ક્રિકેટ	RAMAT-JAGAT Registered & Monthly	Dec-2012 Vol.-11 Pg.08-09	2012	International	ISSN No: 2250-1428
02	પ્રાચીન સમયે રમાતી દળાની રમતો	RAMAT-JAGAT Registered & Monthly	Feb-2013 Vol.-5 Pg. 06-08	2013	International	ISSN No: 2250-1428
03	Sports Women & ACL Knee Injury	HESMA A Research journal of Health Education Social Science Medical & All Objective Subject	Feb-2013 Vol.-2 Pg. 07-09	2013	International	ISSN No: 2319-5959
04	A Study on the Effects of Aerobic Exercises on Explosive Leg Power, Muscular Endurance, Cardiovascular Endurance,	View of Space International Multi disciplinary Journal of Applied Research	Aug-2013 Vol.-1 Issue - 5 Pg. 14-16	2013	International	ISSN No: 2320-7620

	Flexibility and Vital capacity					
05	Exercises Effect on the Heart	View of Space International Multi-disciplinary Journal of Applied Research	Dec-2013 Vol.-1 Issue - 09 Pg. 61-63	2013	International	ISSN No: 2320-7620
06	Comparative Study of Body mass index, Percentage of Body Fat and Blood Pressure between Sports Boarding and Non-Boarding School Boys of Rajkot	Physical Education, Sports Management, Exercise Science and Yogic Science	March 2014 Pg. 148-150	2014	National	ISBN No: 978-93-5174-546-4
07	Role of Nanotechnology on Sports	View of Space International Multi-disciplinary Journal of Applied Research	Apr-2014 Vol.-1 Issue - 12 Pg. 108-112	2014	International	ISSN No: 2320-7620 Issue - 12
08	Effect of Surya namaskar on anxiety level of college female Students	NAPESS Journal of Physical Education and Sports Science	Jun-2016 Vol.-1 Pg.28-29	2016	National	ISSN No: 2229-7049
09	The Impact of Food Waste	Research Matrix an International Refereed Multidisciplinary Journal of Applied Research	16th to 18th May 2017 Issue-10 Pg. No: 135-136	2017	International	ISSN No: 2321-7073
10	The Study of the Body Structure and Hematological characteristics of the Girls Player and Non-Player Studying in the Primary School	Modern Trends in Physical Education, Sports and Yogic Science	8th to 10th January 2018 1st Edition Pg. No: 333-336	2018	National	ISBN No: 978-93-86640-09-3
11	Study of Correlation between long jump	Research Matrix an International Refereed	29th Apr. to 4th May 2018	2018	International	ISSN No: 2321-7073

	performance and his anthropometric Body measurements	Multidisciplinary Journal of Applied Research	Issue - 9 Pg. No: 116-119			
Book						
01	Saurashtra na Gaurav vanta Cricketaro	Sports Book	Aug. - 2015 1st Edition	2015	-	ISBN-978-93-85535-54-3
02	Ramato no Samrat Cricket	Sports Book	Nov. - 2015 1st Edition	2015	-	ISBN-978-93-85535-55-0
03	Prachin Ramatono Parichay	Sports Book	Dec. - 2017 1st Edition	2017	-	ISBN-978-93-5236-433-6