

**Conference / Seminar / Workshop attended / publish Research Paper**

**Dr. K. K. Asai**

1	National Workshop on Faculty Development Programme on Research Methodology	Participant	September, 17-18, 2010	02 days, Thane K.C. College of Engg.
2	International conference on Mind & Beyond- A Traditional Yogic Approach	Participant	January, 17, 2011	01 day, Lonavala Yoga Institute, Lonaval
3	National Conference on 'Physical Education & Sports Sciences'.	Resource person	December, 29, 2011	01 day, J.J.T. University Raj stan, G.H.R.W.S. Thane
4	National Seminar on 'Politics in Sports'	Participant (paper presented)	October, 10-11, 2011	UGC-ASC of LNUPE, Gwalior
5	International Congress on 'Contemporary enrichment in Physical Education & Sports'	Participant (paper presented)	January, 10-12, 2012	02 days, Dept. of Physical Education, University of Mumbai
6	Workshop on 'e-content Development & Set up and Usage of Virtual Classroom'.	Participant	March, 14-17, 2012	03 days, University of Mumbai
7	Seminar-cum-workshop on 'Psychological Dimension of Physical Education and Sports Research	Participant	August, 25-26, 2012	02 days, BPCA College, Wadala, Mumbai
8	International Conference on Yoga and Youth : Classical and Contemporary Perspectives	Participant & Paper Presented	December, 27-30, 2012	04 days, Kaivalyadhama Lon avla
9	Conference on Traditional Physical Cultures, Sports and Games	Participant & Paper Presented	January, 15-17, 2013	03 days, HVPM, Amravati
10	Asia-Pacific International Conference on Sports & Exercise Psychology	Participant & Paper Presented	February, 21-23, 2013	03 days, Nagpur
11	International Conference in Research on Yoga, Holistic Health & Sport Sciences	Participant	Dec. 26-28, 2013	Shree Sadguru Education So's Jalgaon.

12	International conference on 'Traditional Yoga'	Participant	Jan.,17, 2015	Lonavala Yoga Institute
13	International Congress on Sports Psychology	Participant	Oct .,15-18, 2014	Delhi University & (SPAI) India

➤ **Academic Session 2010-11**

1. Dr. Asai K. K., "*Sand Running Training Programme for the Promotion of Motor Fitness of School Boys,*" Indian Journal of Sports Science and Physical Education, Vol.19, No.1 & 2, Patiala, (January & July, 2010) Indi10.
2. Dr. Asai K. K. & Dr. G. V. Pargaonkar, "*Hill Running training programme for the promotion of Speed and Selected Athletic Events for Boys*" Scientific Journal in Sports and Exercise, Vol.7, No.1, pp.38-46 (Jan.,2011).
3. Dr. K. K. Asai, Dr. G. V. Pargaonkar, Smt. N. O. Joshi, "*Effect of Selected Exercises on Blood Pressure, Pulse Rate, Respiratory Rate & Skill Development in Handball*" Entire Research , Vol.2:2, pp.22-28, (April,2010).
4. Dr. K. K. Asai, "*Aerobics Training Programme on Body Fats and Selected Anthropometric Measurements of Obese girls*", Variorum, Vol.1:1, pp.1-6, (August, 2010).

➤ **Academic Session 2011-12**

5. Dr. Asai K. K., "*Effect of the Yoga Practices for the Promotion of Balance, Reaction Time and Shooting Performance in 10 meter Rifle Shooting for Girls,*" Yoga Mimamsa, ISSN:0044-0507, Vol.XLIII, (April.,2011).
6. Dr. Asai K. K., "*Asanas and Lezium Programme on Selected Physical Fitness Variables of School Boys,*" Entire Research, ISSN: 0975-5020, Vol.3, issue-2, (April. 2011) Thane, Maharashtra.
7. Dr. Asai K. K., Dr. J. M. Dhope, "*Effect of the Break in Physical Education Training Programme on Selected Physical Fitness Variable of Male students,*" Scientific Journals of Sports and Exercise, ISSN: 0974-2964, Vol.7, (Jan.-Jun., 2011), New Delhi.

➤ **Academic Session 2012-13**

8. Dr. K.K. Asai, "*An Investigation into the Physical Education Facilities available in Junior colleges in Mumbai City*", International Journal of Social Sciences and Interdisciplinary Research, ISSN : 3630, vol.-1, Issue 10, October, 2012, Candigarh.
9. Dr. K.K. Asai, "*Effect of Certain Multiple Jump Exercises for the Promotion of Motor Fitness and Performance in Long*", 7<sup>th</sup> International Conference on Yoga for the Youth, Lonavla, Pune, Kaivalyadhama Press.

10. Dr. K.K. Asai, "*Critical Evaluation of the Problems Faced by the Physical Education Teacher of D.T.Ed. Colleges of Mumbai City*", Scientific Journal of Sports and Exercise, ISSN : 0974-2964, vol.-9, No. 1, Jan-June, New Delhi.
11. Dr. K.K. Asai, "*Effect of Yogic Exercises for the Promotion of Physical Fitness and Badminton Skills of Junior girls*", Entire Research, ISSN 0975-5020, vol-4, Issue-III, July, 2012, Mumbai
12. Dr. K.K. Asai, "*Playing Atya-Patya game for the Promotion of Physical Fitness*", Entire Research, ISSN 0975-5020, vol-4, Issue-IV, October, 2012, Mumbai.

➤ **Academic Session 2014-15**

13. Dr. K.K. Asai, "*Comparative Study of Motor Fitness and Psychological Variables between Football and Handball Players*", Research Journal of Arts, Management & Social Sciences, ISSN 0975-4083, Vol.XI-II, Impact Factor 0.564 (IIFS), Rewa (M.P.) India, Sept., 2014