

Conference / Seminar / Workshop attended / publish Research Paper

Shri. K. J. Maru

1	National Workshop on Faculty Development Programme on Research Methodology	Participant	September, 17-18, 2010	02 days, Thane K.C. College of Engg.
2	Workshop on 'e-content Development & Set up and Usage of Virtual Classroom'.	Participant	March, 14-17, 2012	03 days, University of Mumbai
3	State Level Workshop on 'Application of Free Software in Business Statistics, Economics, Commerce & Management'	Participant	February, 17-18, 2012	02 days, BNNCollege, Pune
4	Seminar-cum-workshop on 'Psychological Dimension of Physical Education and Sports Research	Participant	August, 25-26, 2012	02 days, BPCA College, Wadala, Mumbai
5	Conference on Traditional Physical Cultures, Sports and Games	Participant & Paper Presented	January, 15-17, 2013	03 days, HVPM, Amravati
6	International Congress on Sports Psychology	Participant	Oct., 15-18, 2014	Delhi University & (SPA) India

➤ **Academic Session 2010-11**

1. Shri. K. J. Maru, Dr. G. V. Pargaonkar & Dr. K. K. Asai, "Important Steps in Clinical Research in Physical Education on Health Related Physical Fitness with sedentary people", Entire Research, vol.3:1, pp.33-39, (Jan.,2011).
2. Shri. K. J. Maru, Dr. K. K. Asai, "Health Related Fitness & Special Population", Entire Research vo.2:4, pp.5-6 (Oct., 2010).
3. Shri. K. J. Maru, Dr. G. V. Pargaonkar, Dr. K. K. Asai," Energy Expenditure & Weight Management", Variorum, Vol.1-2, pp.-4, (Nov.2010).

➤ **Academic Session 2014-15**

4. Shri. K. J. Maru, Dr. K. K. Asai, "Principles of Cardiorespiratory Endurance Training and Exercise Programme", Entire Research, Vol. 16, Issue II, April, 2014
5. Shri. K. J. Maru, Dr. K. K. Asai, "Basic Principles for Resistance training in Sport of Body Building", Entire Research, ISSN 0975-5020, vol.6 Issue-III, Thane, 2014, July
6. Shri. K. J. Maru, "Effect of Baseball Training on Selected Motor Performance

Components of Boys", Variorum-Disciplinary e-Research Journal, Vol. 05, Issue III, Feb., 2015

7. Shri. K. J. Maru, Dr. K. K. Asai "Dietary Guidelines and Menu Planning", Variorum Multi-Disciplinary e-Research Journal, Vol.- 05, Issue-II, May, 2014
8. Shri. K. J. Maru, Dr. K. K. Asai,"Basic Principles for Resistance training in Sport of Body Building", Entire Research, ISSN 0975-5020, vol.6 Issue-III, Thane, 2014, July, 2014