

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

**Mrs. R. C. Kawade**

1	National Seminar on 'Physical Education: A Need of 21st Century'	Participant (paper presented)	December, 21, 2011	UGC-ASC of LNUPE, Gwalior
2	National Conference on 'Physical Education & Sports Sciences'.	Resource person	December, 29, 2011	01 day, J.J.T.UniversityRajstan, G.H.R.W.S. Thane
3	Seminar on 'Need of Physical fitness & Wellness in the Era of Rat Race'	Participant & Paper Presented	August, 24, 2012	01 day, Aundhgaon, 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	International Conference on 'Yoga : Tradition-Modernity-Technology	Participant	January, 17, 2013	01 day, Lonavla, Pune
6	International Conference on Futuristic Trends in Physical Education	Participant & Paper Presented	January, 24-26, 2013	03 days, Punjab
7	National Seminar on 'Research: Proposal, Publication & Impact Factor	Participant & Paper Presented	February, 24, 2013	01 day, Barshi, Dist-Solapur
8	Capacity Building Workshop	Participant	March, 18-29, 2013	12 days, WRC, ICSSUniversity, Mumbai
9	International conference on 'Traditional Yoga'	Participant	Jan.,17, 2015	Lonavala Yoga Institute

➤ **Academic Session 2011-12**

1. Smt.R.C. Kawade,"*Development of Abdominal Muscle Strength through Yoga,*" Yoga Mimansa, Vol.XLIII No.3, Lonavala, (Oct.,2011).
2. Smt.R.C. Kawade, "*Yoga Improves Flexibility,*" Entire Research, Vol.01, issue-III, (Feb.,2011) Thane.

➤ **Academic Session 2012-13**

3. Smt. R.C. Kawade, "*Utility of Yoga Practices for the Promotion of Selected Athletic Events*", *Variorum Multi-Disciplinary e-Research Journal*, ISSN 976-9714, vol.-02, Issue-IV, May, 2012.
4. Smt. R. C. Kawade, "*Futuristic Trends in Physical Education, Twentyfirst Century Publications*, vol-II, Patiala