

Ms. Jignasa Jayvantsinh Vaghela

**PTI (Physical Education),
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Do your thing. Do it unapologetically. Don't be discouraged by criticism. You probably already know what they're going to say. Pay no mind to the fear of failure. It's far more valuable than success. Take ownership, take chances, and have fun. And no matter what don't ever stop doing your thing. This is what Sports is all about. Physical Education is a part of the whole education and it asks for the courage to put your all physical, mental, social and psychological efforts to get the great achievements in your life.

Education

- **Ph.D. pursuing** in Physical Education from Gujarat University, Ahmedabad, and research title is "Effects of selected Drills on Skill Performance of Intercollegiate Women Handball Players."
- **GSET (Gujarat State Eligibility Test) in 2011**
- **M.P.Ed** (Gold Medal for University First rank) with 75.00% from Department of Physical Education, Gujarat University, Ahmedabad, during (2011).
- **B.P.Ed** (Gold Medal for University First rank) with 79.31% from Gujarat University, Ahmedabad, during (2008-09).

Professional Positions and Vision

PTI : Physical Education, Government Science College, Gandhinagar from 4th September 2015 onwards till date

- Physical education is a part of the whole education so as a subject made efforts to get some good sports persons in between the students of science.
- Because of having some good communication skills and teaching skills I have tried to convert their mental ability into physical strength by motivating them in sports as I strongly believe that students of science stream have really good mental and psychological strength.
- Strongly believe in use of technology and also apply them in all teaching and learning process by innovative skills.
- As a sports person I always motivate experiments training methods as well in diet, food and supplements to strengthen their abilities for sports.
- Have faith in hard work, discipline.
- Always love to motivate the women students to participate in sports by counseling them.

Teaching Experience

- Working as PTI at Government Science College, Gandhinagar since September 2015.
- Worked in Army Public School, Ahmedabad Cantonment from 2012 to 2015 as a P.E.T.
- Worked in Shreyash Foundation, Ahmedabad from 2011 to 2012.

Profile

Subject Specialization

- Handball and Athletics

Other games

- Volleyball, Table Tennis, Badminton, Kabaddi, Kho-kho, Basketball etc.

Publications

- Nine (07) Publications in International Research Journal of Arts, Management & Social Sciences.
- Two (02) Publications in Journal of Physical Education
- Five (05) Books Publication of Parikh Prakashan, Gandhinagar as an Author and Co-author with ISBN.

Conferences / Seminars/Workshops

- Attended and/or participated seven (07) national conference/seminar/workshop

Special Achievements

As a Player:

- Best player award in West-zone National Handball Tournament
- Selected in Indian Camp for Junior World Championship at Bangkok in 2005.
- Selected in Indian Camp for Senior Asian Games at Dhaka in 2007 as well for the World Cup.
- Selected in Indian Camp for Senior Women Beach Handball World Cup at in 2008
- Participated 20 times in Handball National Tournaments
- Participated 1 time in National games at Ranchi in Athletics.
- State Champion in Handball and Athletics(Shot-put)
- Participation in other games also.

As an Official and Manager:

- Participated as a Selection Committee Member of All India West zone Inter University Handball Tournament.
- Trained the Gujarat University women Handball team as a Coach for All India West zone Handball Tournament.
- Participated as a coach/ manager of Gujarat University Team in Kabaddi, TableTennis and Handball for All India Inter University Tournament.
- Participated in Navodaya Vidhyalaya's West zone National Tournament as an Official Referee.
- Participated in State level Athletics, Kabaddi and Kho-kho Tournament as an official Referee.
- Participated in Inter College and Inter Zonal Tournaments of Gujarat University as an official Referee.

Personal Details

Date of Birth : 3rd January 1987
Marital Status : Single
Languages known : Gujarati, Hindi, English

REFERENCES

Dr. N.J.Chaniyara (Research Guide), Professor of Physical Education, H.L.Comm.College, Ahmedabad, Gujarat, INDIA.; E-mail: njchaniyara@gmail.com
Dr. Neeta N. Chauhan (Ass.D.P.E.), R.C. College of Comm., Ahmedabad E-mail: chauhannita72@gmail.com

Information provided is authentic and sufficient but will be glad to furnish any more if needed.

Ms. Jignasa Vaghela

