

L.A.D. & Smt. R.P. College for Women, Nagpur

FACULTY PROFILE

❖ Basic Information

- Name: Ms. Nilima Waghmare Sonkamble
- Designation: Associate Professor
- Department: Physical Education and Sports
- Area of Specialization: Cricket, Hockey, & Athletics
Level "A" in Cricket Coach and Fitness Trainer
- Google Scholar ID-
https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=Nilima+waghmare&oq=Nilima+Waghm



- ❖ **Educational Qualifications:** B.Com, M.P.Ed, B.A. (Addtl) (Eng Lit), SET, Pursuing Ph.D.

- ❖ **Teaching Experience: 15years**

- ❖ **Research Experience** Pursuing Ph.D.

❖ Research Publications

(A) Research Papers in National/ International Journals

- Health Education and Women Empowerment in Knowledge Resonance Vol-9 No. 2 1 July December ISSN 2231-1629. D10.pdf
- Empowerment of Women Through sports: A Social Aspect Pg.No63 B.Aadhar' International Peer-Reviewed Indexed Research Journal I Impact Factor - (SJIF) – 7.675, Issue NO, 278 (CCLXXVIII) C ISSN : 2278-9308 March, 2021 [e journal pdf 26th and 27th March 2021.pdf](#)
- THE IMPACT OF SPORTS ON BIODIVERSITY AND THE ENVIRONMENT: A COMPREHENSIVE STUDY [The Impact of Sports on Biodiversity and the Environment.pdf](#)

❖ Conference / Seminar Proceedings

- "Personality and Sports" 155-158 UGC Sponsered National Level Conference on Sports Psychology Organised by R.S. Mundle Dharampeth College, Nagpur ISBN-978-81-925323-0-1
- "Role of Yoga in Sports" 142-144 UGC Sponsered National Level Seminar on Yoga and Pranayam to Develop Games and Sports Orgasnised by Bar.Sheshrao Wankhede College of Arts and Commerce ISBN-978-81-926344-2-5
- "Impact of Attention and Arousal on Sports Performance" Pg.no.11-18 in International Conference on "Sports Psychology and Yogic Sciences" organized by Dr. Ambedkar College , Nagpur e-ISSN-2347-503x e-ISSN-2347-5021

- “Aggression in Sports” UGC Sponsered State Level Seminar on Role of Psychology in Sports organized by Dr. M.K. Umathe Arts , Science and Shri R. Mokhare Commerce College Nagpur. ISBN-978-81-926006-0-4
- Exercise , games and sports : Real Stress Buster National Level Role of Physical Education, Sports, and Media in Professional Development organized by S.B.C.T. College ,Nagpur.
- Old Age : A Stressful Venture International Level conference on Ageing Through the Ages: From Past to Present and Future organized by Department of Sociology RTM,NU
- “The study of the effect of diet on the physical and mental health and fitness of Athletes” in National Conference On Application Of Science and Social Sciences in Sports.
- Empowerment of Women Through sports: A Social Aspect in the International multidisciplinary conference on 'Contemporary approaches and applications in physical Education & sports sciences' ISSN :2278-9308 March, 2021.

❖ **Orientation / Refresher Courses / FDPs Attended**

Name of the Course/ Summer School	Place	Duration	Sponsoring Agency
Orientation Course	Academic Staff College, RTM, Nagpur University, Nagpur	20/02/2013 to 19/03/2013	UGC
Refresher Course in Physical Education	Academic Staff College, RTM, Nagpur University, Nagpur	05/03/2014 to 25/03/2014	UGC
Refresher Course in Physical Education	Academic Staff College, RTM, Nagpur University, Nagpur	09.09.2019 to 21.09.2019	UGC
ARPIT Course For Career Advancement Scheme CAS Promotion “Refresher Course On Teacher And Teaching In Higher Education.	Course Coordinator Savitribai Phule Pune University	1 st September 2019 To 16 th February 2020 Date Of Issue Of Certificate- 30/06/2020	AICTE, SWAYAM, Government Of India Ministry Of Human Resource Development, National Testing Agency, UGC
Short term Course Gender Sensitization	Academic Staff College, RTM, Nagpur University, Nagpur	07.08.2023 to 12.08.2023	HRDC
Short term Course NEP	Gujrat University	20.05.2024 to 30.05.2024	MMTTC(HRDC)

❖ **Papers Presented in Conferences / Seminars**

- “Development in Women Cricket after merging with BCCI in National Conference On Advances In Sciences, Forensics, Physical Education & Sports – 2025, Nagpur organized by Department of Physical Education and Sports RTM, Nagpur University, Nagpur, Institute of Science Nagpur, Jyotiba College of Physical Education Nagpur, and Government Institute of Forensic Science Nagpur.

❖ **Workshops / Seminars / Conferences Organized**

- A Symposium on *Essentials of Nutrition in Sports Performance* is being organized by LAD College for Women, Nagpur Department of Sports in collaboration with the Nutrition Society of India, Nagpur Chapter on 31st August 2019.

❖ **Administrative Responsibilities**

- Member of Cricket Selection Committee MEN and Women of R.T.M. Nagpur University, Nagpur since 2012
- Life Member of NUPETA
- Head- Department of Physical Education and Sports
- Co Convener Adventure Club L.A.D College
- Discipline Committee Member
- NSS Programme Officer L.A.D College
- Canteen Committee Member

❖ **Membership of Professional Bodies**

- Life member of NUPETA