About the Author



Dr. Sandeep S. Shinde

Dr. Sandeep S. Shinde has a strong foundation in Physical Education and sports field for 15 years. He believes in a lifelong learning and sharing of these learning's and enjoys a passion for teaching and encouraging children in the sports arena.

Dr. Sandeep S. Shinde is serving as Assistant Professor (2012-till date) and as an In-charge Principal in Mahatma Education Society's Vidyadhiraja college of Physical Education and Research, Panvel. district-Raigad, state-Maharashtra, country-India. He was awarded the Ph.D degree in Physical Education by University of Mumbal in 2017. He has presented more than 20 research papers and articles in seminars/conferences/workshops at National and International platforms. Here is the first attempt made by the author to publish a book on his research findings.

In his college days; he has represented his college in various sports like Cricket, Badminton, Volleyball, Handball and Football at intercollegiate tournaments. He also represented Mumbal University Volleyball team for Inter-Varsity tournaments and Mumbal city Volleyball team for youth and senior state tournaments.

He professionally started his career as a Physical education teacher at Thakur Public School (ICSE/ISC) - Kandivali (E), Mumbai (2004 to 2009) and The Oberol International School (IGCSE/IB) - Goregoan (E) Mumbai (2009 to 2012).

He is currently the member of Ad-hoc Board of Studies and Paper setter & Examiner respectively in Physical Education, University of Mumbai. He was appointed as Coach cum Manager of the University of Mumbai (Men) Volleyball team for the Interuniversity tournaments for the yr. 2019-20.

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