



MS. NILIMA WAGHMARE SONKAMBLE

DESIGNATION: ASSISTANT PROFESSOR,
DEPARTMENT OF PHYSICAL EDUCATION AND
SPORTS

ACADEMIC QUALIFICATION: B.COM., B.A.(ADL)
(ENG.LIT), M.P. ED, SET.

WORK EXPERIENCE: 13 YEARS

Research Contribution

Journal Articles

- “Health Education and Women Empowerment,” published in Knowledge Resonance.
- “Empowerment of Women Through sports: A Social Aspect,” published in B.Aadhar’ International Peer-Reviewed Indexed Research Journal.

National and International Conference Paper Presentations

- “Personality and Sports,” UGC Sponsored National Level Conference, R.S. Mundle Dharampeth College, Nagpur.
- “Role of Yoga in Sports,” UGC Sponsored Seminar, Bar.Sheshrao Wankhede College of Arts and Commerce.
- “Aggression in Sports,” UGC Sponsored Seminar, Dr. M.K. Umathe Arts, Science and Shri R. Mokhare Commerce College, Nagpur.
- “Science Behind Physical Education and Sports,” National Conference On Application Of Science and Social Sciences in Sports.
- “The study of the effect of diet on the physical and mental health and fitness of Athletes,” National Conference.
- “Impact of Attention and Arousal on Sports Performance,” International Conference on Sports Psychology and Yogic Sciences, Dr. Ambedkar College, Nagpur.

Institutional Governance Responsibilities and Committee Participation

- Participated in organizing Republic Day and Independence Day celebrations across multiple years.
- Active participant across several years.
- Involved in maintaining discipline during cultural and other programs.
- Engaged in activities related to awarding incentive marks.

- Member of Selection and Examination Committees: Served on selection committees for various sports teams and as an invigilator/examination officer for RTMNU examinations.
- Participated in the Red Ribbon Club, Indradhanu Committee Cluster of Colleges, Parking Committee, and Women's Committee of Vidarbha Cricket Association.

Professional Development Activities

- NUPETA (Continuously renewed across the years).
- Attended numerous state, national, and international seminars, workshops, and conferences on topics such as disaster management, yoga therapies, sports psychology, physical education, and health and fitness.
- Attended workshops conducted by Britt World Wide and others focusing on physical education and sports.

Additional Contributions and Responsibilities

- Served as a polling officer in NMC and Loksabha elections.
- Participated in rallies and various campaigns like "Save Nag River" and "Joy of Giving Week."
- Organized and participated in events like International Yoga Day, Football Week, and various awareness and health campaigns.
- Chairman Women Selection Committee for Vidharbha Cricket Association
- Selection committee Member for Men and Women Cricket Teams for RTMNU from 2012
- Worked as a selection Committee member to select the Rashtrasant Tukadoji Maharaj Nagpur University Nagpur Employees Cricket Team to participate in Annual Cricket V.C.Cup for Session 2019-20.
- Appointed as a Coach for Coaching Camp of Men Cricket team by RTMNU, Nagpur
- Selection committee member RTMNU Cricket Vice Chancellors Cricket Tournament.
- Selection Committee Member Central Zone Women Cricket Teams at Delhi and Lucknow
- Worked as a Coach for Coaching Camp of Men Cricket team by RTMNU, Nagpur
- Worked as a Trainer for U-19 Girls team by Vidarbha Cricket Association
- Worked as a Trainer for U-16 Girls team by Vidarbha Cricket Association

- Worked as a Trainer for U-19 Girls team of Central Zone by Uttar Pradesh Cricket Association
- Qualified Cricket Level A Coach and Level O Trainer.