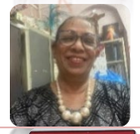
List of Ph.D. Thesis Submitted By The Scholars of B.P.C.A.'S College of Physical Education, Wadala, Mumbai - 400031

Sr. No.	Acc. No.	Name of the Research Scholar	Photograph	Guiding Teacher	Subject of Thesis	Language	Year
1	Th-1	Shri. M.M. Gharote		Dr. Tushar Kanti Bera	A Study of the Contributions of Swami Kuvalayananda to the fields of Yoga and Physical Education	English	1998
2	Th-9	Shri. S.D. Chavan		Dr. Tushar Kanti Bera	Effects of Different Exercise Shedules and Progressive Relaxation Programme on Psycho-Physical Profiles of Junior Boys Kabaddi Players	English	2002
3	Th-10	Shri. J.M. Dhope		Dr. Tushar Kanti Bera	Effect of Progressive Resistance and Aerobic Exercise Programmes on Morphological Constituents and Athletic Ability of Physically Under grown School Children.	English	2002
4	Th-11	Shri. G.V. Pargaonkar		Dr. Tushar Kanti Bera	Development of Norms of Health Related Physical Fitness and Selected Athletic Events for Boys aged 14 to 16 years in Greater Mumbai.	English	2003
5	Th-12	Shri. S.A. Sonawane		Dr. Tushar Kanti Bera	An Analytical Study on Physical Fitness and Psychosocial Factors as Predietor of Mental Health.	English	2003

6	Th-13	Shri. G.K. Dhokrat		Dr. Tushar Kanti Bera	Assertion of Commercialization of Sports in India.	English	2004
7	Th-14	Smt. Madhuri Waghchoure		Dr. Tushar Kanti Bera	Construction and Standardization of Kho-Kho Skill Test for the Players of 11 to 14 years age group.	English	2004
8	Th-18	Shri. Srimantkumar Ganguli		Dr. Tushar Kanti Bera	Effect of Yoga Training on Cardiovascular fitness of Police Trainees in Maharashtra	English	2005
9	Th-22	Shri. Dino Vergese		Dr. Tushar Kanti Bera	Progressive Muscular stretching and relaxation in relation to psycho-physical profiles and shooting ability of elite players in Handball	English	2007
10	Th-25	Shri. Deepak T Shendker		Dr. Tushar Kanti Bera	Effect of Traditional teaching and co-operative learning methods on Jumping performance in Athletics	English	2007
11	Th-33	Smt. Kadhiravan Vasanthis		Dr. G. V. Pargaonkar	Role of Yoga and Exercises in Psycho-physiological and health related fitness problems of Urban Housewives	English	2007
12	Th-35	Shri. Sandhya Jiturkar		Dr. Tushar Kanti Bera	Development of an evaluation system in physical education for standard I to IV in Primary Education in Maharashtra	English	2007

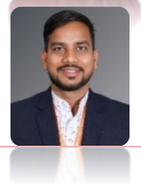
13	Th-38	Smt. Nayana D. Nimkar		Dr. Tushar Kanti Bera	Study on Health related Physical Fitness of School Students in Pune District	English	2008
14	Th-39	Shri. Kailas Asai		Dr. G. V. Pargaonkar	Development of norms of Physical fitness and body composition for children of Primary Education in Maharashtra	English	2008
15	Th-51	Shri. Rajendra Dhakne		Dr. G. V. Pargaonkar	Progressive Muscular Stretching and Relaxation Programmes for Psycho – Physical Performance and Skill Abilities of Elite Volleyball players	English	2010
16	Th-58	Smt. Linda R..Dennis		Dr. G. V. Pargaonkar	Assertion of Special Olympic Movement in India	English	2011
17	Th-59	Shri. Narayan Mahadev Jadhav		Dr. G. V. Pargaonkar	Normative Study of Physical Fitness Components For Secondary School Children in Maharashtra State	English	2010
18	Th-67	Shri Rohit Annasaheb Tambe		Dr. G. V. Pargaonkar	Establishment of Norms for Health Related Fitness and Motor Fitness Components in Maharashtra State	English	2012
19	Th-90	Shri Thomas J. B. Pires		Dr. G. V. Pargaonkar	Development of Physical Education and Sports Programme for Institute of the Intellectually Disabled in the State of Maharashtra	English	2014
20	Th-106	Smt. Neetu Omprakash Joshi		Dr. G. V. Pargaonkar	Effect of Yoga and Aerobic Exercises on Psycho-physiological Parameters and Health Related Physical Fitness of College Girls with Irregular Menstruation Cycle	English	February 2015

21	Th-107	Shri. Kishor Jagubhai Maru		Dr. G. V. Pargaonkar	Development of Integrated Exercises Training Module and its Efficacy for the Promotion of Holistic Fitness	English	February 2015
22	Th-108	Smt. Esperanca A. J. Afonso		Dr. Tushar Kanti Bera	Yoga for Performance Recovery in Transitional Phase of Periodization of Footballers in Goa States	English	March 2015
23	Th-109	Smt. Mary Benson		Dr. Tushar Kanti Bera	Development of Yoga Program for the Promotion of Health Related Physical Fitness and Perceptual Ability of Visually Impaired School Boys	English	March 2015
24	Th-110	Smt. Kalpana Shivappa Gunde		Dr. Tushar Kanti Bera	Physical Exercises and Yoga Practices for Selected Autonomic Functions and Learning Abilities in School Children	English	March 2015
25	Th-111	Shri. Jitendra Laxman Limbakar		Dr. Tushar Kanti Bera	Yoga Concentration and Accuracy in Rifle Shooting	English	March 2015
26	Th-116	Smt. Kawade Rohini Chandrakant		Dr. G. V. Pargaonkar	Yogic Practices for the Health Related Physical Fitness and Mental Health Abilities of Slum Areas School Girls	English	Dec. 2015
27	Th-129	Shri. Barreto Avertano Reis		Dr. R. R. Dhakne	A Study on the Utility of Training on Sand and Grass Surfaces for the promotion of Psychomotor Ability and Performance of Footballers of Goa.	English	May 2016

28	Th-130	Shri. Joshi Omprakash Shivram		Dr. G. V. Pargaonkar	Yoga and Exercise Training Programmes for Reversal of declined status in Health Related Physical Fitness, Mental Health and Emotional Intelligence of School Students	English	May 2016
29	Th-131	Shri. Sawant Mahendra Narendra		Dr. G. V. Pargaonkar	Efficacy of Yogic Practices for the Promotion of Academic Achievement, Mental Health and Health Related Physical Fitness of Adolescent School Students	English	June 2016
30	Th-132	Shri. Shelke Rajendra Nana		Dr. G. V. Pargaonkar	Survey of Health Related Physical Fitness and Performance Related Fitness of the Students Dwelling in Non-Slum and Slum Areas in Greater Mumbai	English	May 2016
31	Th-133	Shri. Hotkar Jaising Malhari		Dr. G. V. Pargaonkar	Role of yoga in Kinesthetic Perceptual Motor Skill, Co-ordination Abilities and Health Related fitness of Senior Urban Citizens	English	Oct 2016
32	Th-134	Shri. Aher Kiran Prabhakar		Dr. G. K. Dhokrat	Normative Study of Health Related Physical Fitness Components for School Students of Ahemednagar District	English	Nov. 2016
33	Th-135	Smt. Dhokrat Bharati Ghansham		Dr. G. V. Pargaonkar	Effect of Yoga on Postural Deformities, Health Related Physical Fitness and Mental Health of School Children.	English	Nov. 2016
34	Th-136	Shri. Shinde Sachin Balu		Dr. G. K. Dhokrat	Study on Existing Methods and Development of Specific Method as Remedial Measure for Overweight and Obese Urban Adults	English	Dec. 2016
35	Th-137	Shri. Shinde Sandeep Sadashivrao		Dr. R. R. Dhakne	Construction of Test Battery for the selection of Inter-Collegiate Volleyball Players of University of Mumbai	English	Dec. 2016

36	Th-141	Shri. Gopal Ray		Dr. G. V. Pargaonkar	Assertion of Government Policy on Physical Education in School and Colleges in West Bengal	English	May. 2017
37	Th-150	Smt. Chougule Sushama Narayan		Dr. R. R. Dhakne	Contribution of Bombay Physical Culture Associations to the Fields of Physical Education, Sports and Allied Disciplines.	English	Oct. 2017
38	Th-151	Shri. Tambare Sachine Hari		Dr. R. R. Dhakne	A Study of Effect of Specific Exercise Program on Balance, Stability and Performance in Archery	English	March. 2018
39	Th-152	Shri. Gaikwad Ramanand Nagnath		Dr. K. K. Asai	A Study of the Problems of Participation of the Affiliated Colleges of the University of Mumbai in Inter Collegiate Sports Competitions	English	May. 2018
40	Th-153	Smt. Lobo Mini Augustine		Dr. R. R. Dhakne	Effect of Complex and Contrast Training Programme for the Promotion of Motor Abilities and Performance in Football for School Boys.	English	May 2018
41	Th-154	Shri. Punia Sandeep Kumar Rampal		Dr. G. V. Pargaonkar	Utility of Integrated Training Module for the Promotion of Relevant General Motor Ability Components and Skill Performance of Junior Handball Players.	English	Oct. 2018
42	Th-155	Smt. Gill Monica Victor Singh		Dr. G. V. Pargaonkar	An Investigation into the Health Status, Job Satisfaction and Problem faced by Teachers of Various Secondary Schools in Greater Mumbai	English	Nov. 2018
43	Th-156	Smt. Gill Sonica Victor Singh		Dr. G. V. Pargaonkar	A Critical Evaluation of Health and Psychological Status of Adolescent Children of Various School of Greater Mumbai	English	Nov. 2018

44	Th-157	Shri. Kateshiya Rajesh Ramniklal		Dr. G. K. Dhokrat	Study on Personality Traits and Mental Health of Students Participating in Sports, National Cadet Corps and National Service Scheme of University of Mumbai	English	Dec. 2018
45	Th-158	Shri. Pawar Sunil Bhagwan		Dr. G. K. Dhokrat	Study on the Status of Food Habits, Mental Health and Health Related Physical Fitness of ICSC and SSC Board School Students of Thane District	English	Dec. 2018
46	Th-159	Shri. Salve Vishal Suresh		Dr. G. K. Dhokrat	A Study on Effect of Taekwondo Training Program on Selected Psycho-physical Variables of School Boys	English	Dec. 2018
47	Th-160	Smt. Shelatkar Veena Sandeep		Dr. R. R. Dhakne	Evaluation of Sports Injuries in Kabaddi in the Maharashtra State	English	Dec. 2018
48	Th-161	Shri. Shigwan Rajesh		Dr. G. K. Dhokrat	Development of Norms for Motor Fitness Components for Secondary School Students of Mumbai City and Mumbai Suburban	English	Dec. 2018
49	Th-172	Shri. Khanvilkar Nitin Prabhakar		Dr. G.K. Dhokrat	A Study on Body Image, Body Composition, Eating Disorders and it's Effect on Personality Traits of School Children	English	August. 2019
50	Th-173	Shri. Patil Deepak Tanaji		Dr. K. K. Asai	Norms of Health Related Physical Fitness for Secondary Students of International Schools of Greater Mumbai aged 11 to 13 years	English	Oct. 2019

51	Th-177	Shri. Jadhav Milind Madhukar		Dr. G. V. Pargaonkar	A Critical Study of District Level Associations Affiliated to Maharashtra State Kabaddi Association with respect to Achievement, Administration and Facilities	English	Feb. 2020
52	Th-178	Smt. Raut Prajakta Pramod		Dr. N. O. Joshi	An Investigation of Motor Fitness Components of Urban, Rural & Tribal Area Students of Thane District Aged 12 to 14 Years	English	Sept. 2020
53	Th-179	Shri. Satputate Vikram Damodar		Dr. G. V. Pargaonkar	Establishment of Norms of Health Related Physical Fitness for School Children Aged 13 to 15 years of Maharashtra State.	English	Nov. 2020
54	Th-180	Shri. Kamble Sumit Damodar		Dr. K. J. Maru	A Study of Effect of Integrated Training Module on Health Related Physical Fitness and Academic Achievement of Students with Learning Disability Aged 12 to 16 Years.	English	March 2021
55	Th-181	Smt. Kshirsagar Pratiksha Rajendra		Dr. K. J. Maru	A Study of Effect of Specific Training Programme on Selected Physiological, Health Related Physical Fitness Variables and Skill Performance of Rope Mallkhamb Players aged 12 to 18 years	English	March 2021
56	Th-182	Shri. Patil Nishant Gopal		Dr. K. J. Maru	An Investigation into the Occupational Stress and Job Satisfaction of Professional Kabaddi Players of Maharashtra State.	English	March 2021
57	Th-183	Shri. Verma Manoj Rambhadur		Dr. K. J. Maru	Development of Mathematical Module on the Basis of Health Related Physical Fitness as Predictor of Health Fitness Index among Adolescent of Mumbai District	English	March - 2021

58	Th~ 184	Shri. Bangale Prashant Bhimrao		Dr. R. R. Dhakne	Contribution of YMCA Institutions of India with respect to Achievement, Administration and Facilities of Sports	English	Nov. ~2021
59	Th~ 185	Shri. Bhandare Mahendra Shashikant		Dr. G. K. Dhokrat	Yoga for Reversal of Academic Stress, Examination Anxiety, body image and Physical Fitness of Visually Impaired School Children	English	Nov. ~2021
60	Th~ 186	Shri. Dhawde Lalit Manohar		Dr. N. O. Joshi	A Study of Effect of Integrated Exercise Training Module on Motor Fitness Components Psychological Parameters & Skill of Volleyball Players	English	Nov. ~2021
61	Th~ 187	Smt. Patil Dipali Mahesh		Dr. N. O. Joshi	Effectiveness of Integrated Exercise Training Module on the basis of Health Related Physical Fitness and Mental Health of student with Anorexia Nervosa Disorder aged 16 to 19 years	English	April ~ 2022
62	Th~ 193	Shri. Kharade Yashodhan Krishna		Dr. G. V. Pargaonkar	Effectiveness of Integrated Training Module on the basis of General Motor Ability Components and Skills Performance of Football Players of Goa District	English	Feb. 2023
63	Th~ 194	Shri. Rupwate Rupesh Vasant		Dr. G.V. Pargaonkar	A Study of District Level Associations Affiliated to Maharashtra State Athletics Association Pertaining to their Administration, Achievement, Facilities and Problems	English	May 2023
64	Th~ 198	Shri. Shetty Swapnil Anil		Dr. K. K. Asai	Efficacy of Transitional Drill Training Module for the Promotion of General Motor Ability and Skill Performance of School Basketball Players Age 14 to 16 Years.	English	Oct. 2023

65	Th-199	Smt. Jadhav Shital Omprakash		Dr. N. O. Joshi	Effectiveness of Aerobic Training Programme on the basis of Health Related Physical Fitness and Optimum Health of Housewives of Vasai Taluka	English	Nov. 2023
66	Th-200	Shri. Kolhe Nishant Ganesh		Dr. G. K. Dhokrat	Effectiveness of Zumba and Aerobics Training Program on the basis of Health Related Physical Fitness and Psychological Variables of Secondary School Children of Mumbai	English	May 2024
67	Th-201	Smt. Tiwari Vimla Rameshchandra		Dr. R. R. Dhakne	Effectiveness of Integrated Stretching and Relaxation Training Program on the basis of Psycho - Physiological Parameters and Skill Abilities of Elite Football Players	English	May – 2024
68	Th-204	Smt. Kapoor Kaur Jaspreet		Dr. S. N. Chougule	A Study of Effect of High Intensity Interval Training Programme on the basis of Post Skill Performance of Physiological and Physical Variables of Judo Players of Mumbai	English	August 2024
69	Th-205	Smt. Deulkar Rutuja Ulhas		Dr. G.V. Pargaonkar	A Study of Effect of Integrated Training Module on basis of selected Psyco-Physical Variables of Junior National Kabaddi Players of Gujarat State	English	August 2024
70	Th-206	Shri. Shinde Dadasaheb Dattu		Dr. R. R. Dhakne	A Study of Administration, Achievement, Facilities and Problems faced by District Level Association Affiliated to Maharashtra Amateur Gymnastics Association	English	April 2025
71	Th-207	Smt. Bhilare Bhagyashri Ajay		Dr. G.V. Pargaonkar	Effectiveness of Integrated Training Module on the basis of General Motor Ability and Performance of Junior Kabaddi Players	English	August 2025