



# SHIVAJI COLLEGE, HINGOLI

TQ. & DIST. HINGOLI - 431 513 (MS)

## DEPARTMENT OF PSYCHOLOGY

### CURRICULUM VITAE



- 1) Name : - Dr.Subhash Tulshiram Sherkar
- 2) Father's Name : - Tulshiram Santram Sherkar
- 3) Date of Birth : - 01/06/1983
- 4) Designation & Grade pay : - Professor & H.O.D. A.G.P. 9000/-
- 5) Department : - Psychology
- 6) Gender : - Male
- 7) Marital Status : - Married
- 8) Religion : - Hindu
- 9) Nationality : - Indian
- 10) Mother Tongue : - Marathi
- 11) Caste :- Open
- 12) Sub Caste :- Maratha
- 13) Area of Specialization :- Counseling and Social Psychology
- 14) Address (Residence) :- Near Jinmata Manas Nivas' Shrikrushna Nager  
Tq. Dist Hingoli 431513. (Maharashtra)
- 15) Correspondence Address : - Near Jinmata 'Manas Nivas' Shrikrushna Nager  
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#### 16) Academic Qualification-

Exam.	Name of the Board / University	Year of Passing	Percentage of Marks Obtained	Division / Class / Grade	Subject
S.S.C.	Aurangabad	March-2009	66%	I st class	Marathi Hindi English Science Math & Social Science
H.S.C.	Aurangabad	Feb -2001	66.83%	I st class	Marathi Hind English Logic, Philosophy & Psychology
U.G.	SRTMUN Nanded	M/A 2004	64.48%	I st class	Marathi, Philosophy Psychology
P.G.	DR.BAMU Aurangabad	M/A 2006	70%	I st class	Psychology

## 17. Research Degree(s):

Degrees	Title	Date of Award	Name of University
M. Phil.	'' Comparative study of Academic Achievement, Self Concept and Adjustment among Urban and Rural college students	8 August 2008	Yeshwantraochavan Maharashtra Open University, Nashik
PhD	A study of Achievement Motivation, Self-Concept and Adjustment among College students	30 May 2014	Swami Ramanand Teerth Marathwada University, Nanded.

## Period of teaching experience: U.G. Classes (in years) 14 Yrs

Designation	Department	Date of actual Joining		Grade
		From	To	
Assistant Professor	Psychology	18/03/2009	Onwards	8000/

1. In my 14 years teaching experience, I enable students live quality and Happiness Life. also, stress-free life, Anger free Life,
2. Increased attitude of students regarding life
3. Fields of Specialization under the Subject / Discipline: **Counseling**

## 18. Academic Staff College Orientation / Refresher Course attended

Name of the Course / Summer School	Place	Duration	Sponsoring Agency
Orientation Course-I	HRDC, Dr. B.A. Marathwada University, Aurangabad	01/09/2014 to 27/09/2014 with 'A' Grade	UGC
Refresher Course-I	HRDC, Dr. B.A. Marathwada University, Aurangabad	01/10/2015 to 20/10/2015 with 'A' Grade	UGC
Refresher Course-II	HRDC, Dr. B.A. Marathwada University, Aurangabad	01/02/2019 to 22/02/2019 with 'A' Grade	UGC
Refresher Course-III	HRDC, Devi Ahilya Vishwavidyalya Indore	26/05/2020 to 08/06/2020 with 'A' Grade	UGC
Online Short-Term-I	HRDC, Gujarat University, Ahmedabad	10/05/2021 to 16/05/2021	UGC
Online Short-Term-II	HRDC, Gujarat University, Ahmedabad	18/10/2021 to 24/10/2021	UGC

**19) Research Paper, Edited Book and Chapter in Book Published in National & International Journals and Books.**

**(From 2010 to onwards Total -21)**

- 01) A study of Emotional Intelligence and Self-Confidence among Urban and Rural College Students. New Voice National Refereed Journal. ISSN-2231-3249, December -2011.
- 02.) Significance of gender for Teacher's life satisfaction, and job satisfaction for teachers. Indian Journal of Health and Wellbeing, ISSN-2229-5356, March-2012.
- 03). Child labor and rights. ISBN: 978-81-934096-5-8.March -2010
- 04). Man became self-centered and the qualities of patriotism and social service started reducing in this personality - A What's App Survey. International Refereed, Peer Reviewed Journal, ISSN-2277-8071, April 20215.
- 05). *Personality qualities of Mahatma Gandhi, inspiration for the whole world. ISBN-978-9383871-63 New Man Publications.*
- 06). A Comparative study of Academic Achievement among Urban and Rural College Students, Research Nebula An International Refereed, Journal ISSN-2277-8081,
- 07). A Comparative study of Self-Concept among Urban and Rural College Students, Appraisal, A peer Reviewed International Journal, ISSN-2348-9308. April-2017.
- 08). 'Dr.Sherkar Career element Model'. Vidyawartha, ISSN-2319- 9318.International Multilingual Research Journal, May- 2018.
- 09). Strong Mental Health Hierarchy, Ajanta, Peer Reviewed Refereed UGC Listed Journal, ISSN-2277- 5730. March- 2019.
- 10). 61% Educated people are Negligent about Health And well being -A Survey Research "Think India UGC Care Listed Online Journal. ISSN-0971-1260, December-2019.
- 11). A study of Mental Health among Aided and Unaided School Teachers. Our Heritage, UGC Care Listed Online Journal. ISSN-0474-9030, February-2020.
- 12). Mahatma Gandhi 3H Perspectives about Education and Current Education Situation -A Conceptual Research. Current Global Reviewer. ISSN-1319-86948, March -2020.
- 13). ***Edited Book-The importance of Sports, Physical Education and Psychology for Present Scenario. ISBN-0474-9030.Feb-2020.***
- 14) ***Chapter in Book*** "The Contribution of Sports Psychologist in Cricket" New MAN Publication ISBN- 978-81-947349-4-9 2021.
- 15). "The Role of sports Psychologist for Cricket players-An empirical study". Power of Knowledge, ISSN-2340 -4494, April-2021.
- 16). Most of the times, the problems is not solved in one way- An empirical study on sparrow behavior. UGC Care Listed Kanpur Philosophers, ISSN-2348- 8301, Year-2021.

17). **Chapter in 'Book "Recent Perspectives in Sports and Psychology' New MAN National Publication, ISBN-978-81 947349-49.Year- 2021.**

18). College student's Career and Conflict. Indian Journal of Social Science and Literature Studies, Online Journal, ISSN-2455-0973, March -2022.

19). 89% students fail writing exam numbers in lakh. Power of Knowledge An International Multilingual Quarterly Peer Review Refereed Research Journal, ISSN-2320-4494, and April-2022.

20). Political Leaders characteristics mental process and behavior- A psychological study. Current Global Reviewer, ISSN-2319-8648, Oct-2022.

21) The Role of NEP For Skills and Quality Enhancement. B. Aadhar Multidisciplinary International Peer –Reviewed Research Journal, ISSN- 2278-9308, January-2023.

## **20) Participation in National Conference/ Seminar/ Workshop & Avishkar**

01) Participate in University level **workshop** Organized by Department of Psychology Dr.B.A.M.University, Aurangabad. *On Dated 12/08/2018.*

02) Participate in University level **workshop** Organized by Department of Psychology Sharda Mahavidyala Parbhani. *On Dated 06/08/2018.*

03) Participated in University level **Avishkar** Organized by Adarsh College, Hingoli. On Dated 22/12/2018.

04) Participate in National level **Conference on REBT.** Organized by Department of Psychology Dr.B.A.M.University, Aurangabad. On Dated 03/02/2018.

05) ) Participate in University level **Bhishal Shikhan Kendre** Organized by SRTM University, Nanded . On Dated *13/10/2017.*

06) Participate Karmveer Bhaurao Patil College and National Institute for the Empowerment of Persons with Intellectual Disabilities Jointly organized RCI Approved **Two Day National Conference on "Psychology for Health, Happiness and Humanity"** on dated *22th and 23 February 2019.*

07) Participate One Day **National level Workshop** on **"Techniques of Stress Management"** Organized by SRTM University, Nanded . On Dated 23/09/2022.

## **21) Paper Reading in State/National and International Conference:-**

### ***National-03 International-02 Total - 08***

- 01) Paper presentation** Topic “**College student’s Career and Conflict**” National Level Conference Organized by Department of Psychology Vivekanand A.S.D.C & S.C Aurangabad. On Dated - *31March &01April-2022.*
- 02) Paper Presentation** topic “**The Role of NEP For Skill and Quality Enhancement**” International Level Conference Organized By Smt.Salunkabai Raut Arts & Commerce College, Wanoja, Dist Wasim. on dated 13 January 2023.
- 03) Paper Presentation** topic “**The Role of Psychology and Technology for Happiness and well –Being.**” International Level Conference Organized By Jointly organized by Department of Psychology University of Delhi. And Indian. On dated *15 to17 February 2023.*
- 04) Paper Presentation** topic “**Role of IQAC for Accreditation in Higher Educational Institutions.** Jointly organized By Late Ku.Durga K.Banmeru Science College, Lonar and Sant Gadge Baba Amaravati University Jointly organized **National Level Seminar** On Dated on *25September 2015.*
- 05) Paper presentation** Topic “**Political Leaders Characroristics, Mental Process and Behavior**” National Level Conference Organized By Department of Political Science Shivaji College, Hingoli. On Dated *19/October 2022.*
- 06) Paper presentation** Topic “**61 Educated People are Negative about Health and Well-Being A Survey research**” National Level Conference Organized By Department of Psychology, Physical Education Sports and Home Science Arts, Vinayakrao Patil Shikshan Prasara Mandals Science and Commerce College, Kanned on Dated *20 and 21 December 2019.*
- 07) Paper presentation** Topic “**A Study of Mental Health Among Aided and Un-Aided School Teachers**” One Day National Level Seminar Organized By Department of Psychology, Sports and Physical Education Shivaji College, Hingoli.. On Dated *19/October 2022.*
- 08) Paper Presentation** topic “**The Role of NEP For Skill and Quality Enhancement**” International Level Conference Organized By Smt.Salunkabai Raut Arts & Commerce College, Wanoja, Dist Wasim. On dated *13 January 2023.*

## **22) Member of Psychology BOS and Psychology Association**

- 01) I have member of Board of studies (BOS) Psychology **Two Times**.
- 02) I have life time member of **Indian Applied Psychology Association (IAAP)**

## **23) Participated As A Resource Person:-**

- 01) I Delivered as **Resources Person** speech topic on “**Mental Health and Well-Being**” *National Level Conference* organized By Department of Psychology Vivekanand A.S.D.C & S.C Aurangabad. On dated **04 January 2022**.
- 02) I Delivered as **Resources Person** speech topic on “**How to Increase Self-Confidence** *National Level Lecture Series* organized Department of Psychology Vivekanand A.S.D.C & S.C Aurangabad. On dated **23 January 2022**.

## **24) Participation in Exam Work**

- 01) Participate in Psychology Practical External Examiner University Level.-**20 Times**
- 02) Paper Setting University and College Level.- **27 Times**
- 03) Paper Assessment and Paper Moderation University Level. **32 Times**
- 04)** ACS in Examination Work College Level. **2Times**
- 05) Paper Downloader in Examination work at College Level-**1Times**.

## **25) Seminars / Conferences/Workshops Organized**

- 01) **One Day National Level Seminar**” jointly organized By Psychology, Sports and Physical Education Departments Shivaji College, Hingoli on Dated 01 February 2020.

## **26) Lectures Delivered in Society on Various Topics:-**

- 01) I delivered Speech at Adarsh College, Hingoli NSS Camp Topic on “**Personality Development**” dated on *30/01/2016*.
- 02) I Delivered **Online Speech** topic on “**Psychological Essential Elements for students Career**”. Organized by Department of Psychology Shivchhaatrapti College, Aurangabad. On dated 2020.
- 03) I Delivered **Speech** topic on “**Stress Management**”. Organized by New Model Degree College, Hingoli. On dated *28 February 2020*.
- 04) I delivered Speech at Shivaji College, Hingoli NSS Camp Topic on “**Social Media and Mental Health**” dated on *22/01/2023*.

05) I Delivered **Speech** topic on “**How to Increase Self-Confidence**”. Organized by New Model Degree College, Hingoli.. On dated *11 March 2023*.

**27) Social Work Through NSS (Program Officer 2013-14 to 2019-2020) :-**

**A) Organize various Social activities**

- A) AIDS/ HIV Rallis,
- B) AIDS/HIV Awareness Program on National Youth Day every Year,
- C) AIDS Awareness Poster Exhibition and Lectures,
- D) Various Tree Plantation Program through NSS.
- E) Four Blood Donation Camp
- F) Superstition Program
- G) Health Awareness Program
- H) Water Conservation
- I) National Integration Program
- J) Plastic eradication
- K) Cleanness Program

**28) “Psychology for Happiness YouTube Channel” Total Video-45**

**“YouTube Videos regarding, “Psychology and Life Changing” are following”**

- 01) How to Increase Confidence? Part -1 by Dr. Subhash Sherkar.
- 02) How to Increase Confidence? Part-2 by Dr.Subhash Sherkar.
- 03) Killing Hate and Nurturing Humanity.-By Dr. Subhash Sherkar
- 04) The Result of Bad Thinking by Dr.Subhash sherkar
- 05) Syllabus Of B.A.T.Y. Psychology, Dr.Subhash Sherkar (Psychology).
- 06) Syllabus of B.A.S.Y. (Psychology), Psychology of Adjustment-VI
- 07) Life Satisfaction Tricks by Dr.Subhash Sherkar- Hindi & English (Psychology
- 08) Psychology BAFY Syllabus Paper No. IV By Dr.Subhash Sherkar
- 09) Psychology BASY Syllabus Paper No. VIII by Dr. Subhash Sherkar
- 10) छिन्नमनस्कता विकृतीचाअर्थ Part-1By प्रा.डॉ.सुभाष शेकर

- 11) छिन्नमनस्कता विकृतीची लक्षणे Part-2 by प्रा. डॉ. सुभाष शेरकर
- 12) करिअर करण्यासाठी मानसशास्त्राच्या विविध शाखा by डॉ. सुभाष शेरकर
- 13) पर्सनैलिटी कैसी होनी चाहिए? By डॉ. सुभाष शेरकर (Psychology)
- 14) सामाजिक मानसशास्त्र B.A.F.Y. Syllabus Paper- II regarding.
- 15) मानसशास्त्र (Psychology) म्हणजे काय?
- 16) वर्तनाचे सूत्र -(Behavior Formula) by डॉ.सुभाष शेरकर
- 17) माइंड (Mind) कैसे बदलता है? By डॉ.सुभाष शेरकर (मानसशास्त्र)
- 18) मानसिक प्रक्रिया किवा बोधनिक प्रक्रिया (Mental Process) by डॉ.सुभाष शेरकर
- 19) समुपदेशन ('टॉक थेरपी') 'Talk Therapy Video By डॉ.सुभाष शेरकर
- 20) धोखेबाज (Fraudulent) By डॉ.सुभाष शेरकर (मानसशास्त्र)
- 21) 20 लाख रुपये का नकली चेकाA Motivational Story by Dr.Subhash Sherkar.
- 22) BATY (MCQ) समुपदेशनाचा परिचय Paper No XII By डॉ.सुभाष शेरकर
- 23) सामाजिक मानसशास्त्र (Social Psychology) By डॉ .सुभाष शेरकर Psychology.
- 24) सामाजिक मानसशास्त्र, आपण का शिकावे? - By प्रा.डॉ.सुभाष शेरकर (मानसशास्त्र)
- 25) का शिकावे? जीवन उपयोगी मानसशास्त्र -BASY - VIII-अभ्यासक्रम By प्रा.डॉ.सुभाष शेरकर (मानसशास्त्र )
- 26) समुपदेशन तंत्रे (BATY) अभ्यासक्रम Paper No. XIV By प्रा.डॉ.सुभाष शेरकर
- 27) समुपदेशन तंत्रे (BATY) अभ्यासक्रम Paper No. XIV By प्रा.डॉ.सुभाष शेरकर
- 28) एकदा वाचा 80% लक्षात ठेवा तंत्र. By प्रा.डॉ.सुभाष शेरकर (मानसशास्त्र )
- 29) एकदा वाचा 80% लक्षात ठेवा तंत्र. By प्रा.डॉ.सुभाष शेरकर (मानसशास्त्र )
- 30) विद्यार्थ्यांनी अभ्यास करताना घोकंमपट्टी करू नये. By प्रा.डॉ.सुभाष शेरकर
- 31) पालकांनी मुलांनकडून अवास्तव अपेक्षा करू नयेत. By प्रा.डॉ.सुभाष शेरकर



- 32) ताणाची लक्षणे by प्रा.डॉ.सुभाष शेरकर (मानसशास्त्र -Psychology)
- 33) ताण म्हणजे काय? By प्रा.डॉ.सुभाष शेरकर (मानसशास्त्र#Psychology)
- 34) हॅप्पी हॉर्मोन्स नंबर- 1-ऑक्सिटोसिन - Part -1 By प्रा.डॉ.सुभाष शेरकर ( मानसशास्त्र )
- 35) करिअर इन सायकॉलॉजी (Career in Psychology) By डॉ. सुभाष शेरकर
- 36) Feel good हार्मोन्स "एंडोर्फिन" Part - 2 by प्रा.डॉ.सुभाष शेरकर
- 37) एंडोर्फिन (पेन किलर) हॉर्मोन्स भाग - 2 by प्रा.डॉ.सुभाष शेरकर
- 38) रिश्ते गलतफहमी यों से कैसे टूट जाते हैं? By डॉ. सुभाष शेरकर
- 39) साचेबंद कल्पना म्हणजे काय? By प्रा.डॉ.सुभाष शेरकर (मानसशास्त्र )
- 40) जीवनोपयोगी मानसशास्त्र - By डॉ.सुभाष शेरकर (मानसशास्त्र)
- 41) राग(Anger) By डॉ.सुभाष शेरकर (मानसशास्त्र)
- 42) The Meaning of Success. By डॉ.सुभाष शेरकर (मानसशास्त्र)
- 43) The Types of Toxic People Part-1 By डॉ.सुभाष शेरकर (मानसशास्त्र)
- 44) The Types of Toxic People Part-2 By डॉ.सुभाष शेरकर (मानसशास्त्र)
- 45) The Types of Toxic People Part-3 By डॉ.सुभाष शेरकर (मानसशास्त्र)
- 45) How to Manage Toxic People By डॉ.सुभाष शेरकर (मानसशास्त्र)

-----Not End its Beginning, Live a Happy Life -----