



# Dr Mahesh Sawata Khetmalis

E-mail: maheshfitpro@gmail.com

Profile URL :

<https://vidwan.inflibnet.ac.in/profile/44179>

Orcid Id: 0000-0002-0965-7979

Phone: 918617090973, 919475852056

Address: Birbhum ,West Bengal,India - 731235

## Expertise

---

Humanities, Multidisciplinary

Physical Education and Sports Science Gymnastics

## Work experience

---

1. Visva-Bharati University 2014 — Present

Associate Professor  
Birbhum

2. Visva-Bharati University 2009 — 2014

Assistant Professor  
Birbhum

3. Savitribai Phule Pune University 2003 — 2009

Lecturer  
Pune

## Education

---

1. Ph.D. (Physical Education) - 2005

Lakshmibai National Institute of Physical Education, Gwalior

## 2. Masters of Physical Education (MPE) - 2000

Lakshmibai National Institute of Physical Education, Gwalior

## 3. National Educational Test - 1999

University Grant Commission

## 4. Bachelor of Physical Education (BPE) - 1998

Lakshmibai National Institute of Physical Education, Gwalior

# Honours and Awards

---

## 1. 01 Minute Push Up Challenge, 03 rd Position - 2020

Fitness India

## 2. Mr. Fit Challenge for Men, 3rd position - 2020

Fit India (Sportsgrid)

## 3. Best Teacher - 2006

Maharashtriya Mandal Pune

# Publication

---

## 1. Elements of Play and their impact on learning in the classroom: a review

Mahesh S, Khetmalis  
, Year 2020, Pages 0

## 2. Power of spike to dominate different levels of volleyball competitions

Ghosh, Sanjib and Sawata, Mahesh  
, Year 2019

## 3. Physical education and fitness for all age groups

Mahesh S, Khetmalis  
, Year 2019, Pages 0

4. **Sports in Modern ethnic society: An informative contributionscape of sports**

Maresh S, Khetmalis  
IOSR, Volume 5, Year 2018, Pages 0

5. **Fitness and physical education through fun and enjoyment**

Sawata, Khetmalis Mahesh  
, Year 2018, Pages 0

6. **Analysis of the dominating power of serve in Volleyball in different levels of competitions**

Ghosh, Sanjib and Khetmalis, Mahesh Sawata  
International Journal of Innovative Knowledge Concepts, Volume 5, Year 2017

7. **Current Scenario Of Gross Motor Development In Children**

Vishwakarma, Rakesh and Khetmalis, Mahesh S  
International Journal of Innovative Knowledge Concepts, Volume 5, Year 2017

8. **Analysis of the dominating power of service reception in Volleyball in different levels of competitions**

Khetmalis Mahesh S, Ghosh Sanjib  
International journal of Innovative knowledge concepts, Volume 5, Year 2017, Pages 0

9. **Locus of Control and Interpersonal Relationship in Sports: A Study**

Khetmalis, Joydeb Das \& Mahesh Sawata  
Locus of Control and Interpersonal Relationship in Sports: A Study, Volume , Year 2016, Pages

10. **Construction and Standardization of Korfball Skill Test**

Khetmalis, Surekha Daptare \& Mahesh Sawata  
Construction and Standardization of Korfball Skill Test, Volume , Year 2016, Pages

11. **Values in Sports and Physical Education**

Khetmalis, Mahesh Sawata  
, Year 2016

12. **Assess in Physical Education: Why**

Khetmalis, Mahesh Sawata  
, Year 2016

13. **Movement Education for Kids**

Khetmalis, Mahesh Sawata  
, Year 2016

14. **Active Lifestyle with Fitness**

Khetmalis, Mahesh Sawata  
, Year 2016

15. **Cross sectional study on gross motor development of school children: A**

## Pilot study

Rakesh Vishwakarma, Mahesh Sawata Khetmalis, Ramananda Ghosh  
, Volume 2, Year 2016

### 16. Values in sports \& physical education

Mahesh S, Khetmalis  
, Year 2016, Pages 0

### 17. Physical education lesson and academic learning time

Khetmalis, Mahesh S  
National journal of Physical education and sports sciences, Volume 1, Year 2015, Pages 77--81

### 18. Superstitions Behaviour and Personality Characteristics in Sports

Khetmalis, Mahesh  
Superstitions Behaviour and Personality Characteristics in Sports, Volume , Year 2015, Pages

### 19. Development of Norms for Selection of Senior Volleyball Players

Bhosale, Mahesh Sawata Khetmalis \& Rahul Rajan  
Development of Norms for Selection of Senior Volleyball Players, Volume , Year 2015, Pages

### 20. Fitness with Fun

Khetmalis, Mahesh Sawata  
, Year 2015

### 21. Tips for beginning Physical education teacher

Khetmalis, Mahesh S  
Scholars world, Volume 1, Year 2014, Pages 02

### 22. TSPR - Model for Disciplining Students: A Review

Khetmalis, Mahesh Sawata  
, Year 2014

### 23. Effective abstracts in sports

Khetmalis, Mahesh Sawata  
, Year 2014

### 24. A Study of selected Reaction Time in Male and Female

Khetmalis, Paramesh Das \& Mahesh Sawata  
, Year 2014

### 25. Psychometrics in physical education and sports

Sawata, Khetmalis Mahesh  
, Year 2014, Pages 0

### 26. Traditional games for women in Maharashtra

Sawata, Khetmalis Mahesh  
, Year 2014, Pages 0

27. **Effect of Kapalabhati Pranayama on Cardiovascular Endurance**  
Mahesh Sawata Khetmalis  
International Journal of Sports Glimpses, Volume 2, Year 2013, Pages 39-42
28. **Childhood Obesity and Exercise: A Balance Views**  
Mahesh  
, Year 2013
29. **Jump rope: an exercise for heart and brain**  
Sawata, Khetmalis Mahesh  
, Volume 1, Year 2013, Pages 258--259
30. **Comparison of cognitive worry somatic tension and self confidence among cricket football and hockey players**  
Sawata, Khetmalis Mahesh  
International journal of movement education and social science, Volume 2, Year 2013, Pages 30--32
31. **A study of psychomotor education in preschool children**  
Sawata, Khetmalis Mahesh  
, Year 2013, Pages 0
32. **A study of psychomotor education in school children**  
Sawata, Khetmalis Mahesh  
, Year 2013, Pages 0
33. **Co-Curricular activities for student development**  
Sawata, Khetmalis Mahesh  
, Year 2013, Pages 0
34. **Comparison between selected coordinative abilities and motor abilities of female athletes of selected international schools in pune**  
KHETMALIS, MAHESH SAWATA  
\.International journal of research pedagogy and technology in education and movement sciences,  
Volume 1, Year 2012, Pages 1--13
35. **Relationship of Self-Esteem with the Performance of Contact and Non-Contact Sports**  
Khetmalis, Mahesh Sawata and others  
Online International Interdisciplinary Research Journal, Volume 2, Year 2012, Pages 51--56
36. **Comparison of aggression between Team Game Players and Individual Game Players.**  
Khetmalis, MS and others  
International Journal of Behavioural Social and Movement Sciences, Volume 1, Year 2012, Pages 113-116
37. **Grow up fit prepare fit generation for moulding today**  
Mahesh S, Khetmalis

38. **Awareness of Aids in College Students**

Mahesh S, Khetmalis

New Voices, Volume 2, Year 2012, Pages 48--50

39. **Normative study of senior Volleyball players of Maharashtra**

Khetmalis Mahesh S, Bhosale Rahul R

New Voices, Volume 2, Year 2012, Pages 89--91

40. **An experimental approach to psychomotor education in preschool education**

Khetmalis Mahesh S, Papola H S, Phulkar A

Indian Journal of Yoga Exercise & Sport Science and Physical Education, Volume 6, Year 2012, Pages 43--47

41. **Comparative study of mental toughness between volleyball and football players of Visva-Bharati Santiniketan**

Sawata, Khetmalis Mahesh

Capital Research journal of physical education and sports science, Volume 1, Year 2012, Pages 69--70

42. **To investigate the psychological aspects of male Maharashtra state volleyball players**

Sawata, Khetmalis Mahesh

Indian journal of movement education and exercise sciences, Volume 2, Year 2012, Pages 50--54

43. **Relationship between foot length, length of longitudinal arch ratio to the performance of Vertical jump**

Sawata, Khetmalis Mahesh

Indian journal of movement education and exercise sciences, Volume 2, Year 2012, Pages 61--63

44. **Comparison of Anthropometry measurements between fast cricket and football player**

Singh R, Khetmalis Mahesh S

Capital research journal of physical education and sport sciences, Volume 1, Year 2012, Pages 81--83

45. **A comparative study of mental toughness of volleyball & football players of Visva-Bharati santiniketan**

Sawata, Khetmalis Mahesh

, Year 2012, Pages 0

46. **Movement education: A progressive pathway**

Sawata, Khetmalis Mahesh

, Year 2012, Pages 0

47. **Psychomotor education in primary school children: an experimental research**

Sawata, Khetmalis Mahesh

48. Comparative study of Mental Toughness between the volleyball players of Yanam Tigers and Karnataka

Papola, H S

AMASS, Volume 3, Year 2011

49. Comparison of the Motor fitness components between North and East zone inter-university

Mahesh Sawata Khetmalis, Harendra Singh Papola, Prabhakar

Amass, Volume 2011, Year 2011

50. Comparative study of mental toughness between Basketball and Volleyball players of Visva-Bharati, Santiniketan

Mahesh Sawata Khetmalis, Ratnesh Singh \& Sumanta Kumar Mondal

Journal of educational cronical, Volume 1, Year 2011

51. Comparison of Health related physical fitness components between north and east zone volleyball female players

Papola H S, Singh R, Khetmalis Mahesh S

AMASS Multilateral Research Journal, Volume 3, Year 2011, Pages 65--69

52. Comparison of the motor fitness components between north and east zone inter-university swimming female players

Khetmalis M S, Papola H S, Prabhakar

AMASS Multilateral Research Journal, Volume 3, Year 2011, Pages 57--60

53. Comparative study of mental toughness between the volleyball players of Yanam tigers and Karnataka bulls

Papola H S, Singh R, Khetmalis Mahesh S

AMASS Multilateral Research Journal, Volume 3, Year 2011, Pages 85--87

54. Mental toughness among team \& individual sports

Sawata, Khetmalis Mahesh

, Year 2011, Pages 0

55. Physical education as a core subject

Sawata, Khetmalis Mahesh

, Year 2011, Pages 0

56. Knowledge of prevention and care of sports injuries among physical educators and voluntary coaches

Sawata, Khetmalis Mahesh

, Year 2008, Pages 0

57. Pathways for better movement development

Sawata, Khetmalis Mahesh

, Year 2007, Pages 0

58. **Kinesiological analysis of lower extremity during back salto**  
Sawata, Khetmalis Mahesh  
, Year 2006
59. **A study of superstitious behaviour in sports and its relationship to related personality characteristics**  
Sawata, K Mahesh  
, Year 2004
60. **Evolving towards Caribbean information technology security**  
S. Thorpe ., M. Verma .,  
Australasian Emergency Nursing Journal, Volume 61, Year 2003, Pages 707--724
61. **A Comparative Study of Anthropometric and Psycho-Motor Abilities of Sub-Junior National Level Boxers**  
Kirtania, Sumitra and Mondal, Pintulal and Khetmalis, Mahesh Sawata and Kirtania, S and Mondal, P and Khetmalis M
62. **Back strength and its association with selected anthropometric and physical fitness variables in Bodo tribal girls**  
Pulen Das, Dr and Khetmalis, Mahesh S and Singh, Jitendra Pratap  
Int. J. Phy. Edu. Spo, Volume 2, Pages 21--24
63. **Effect of proprioceptive neuromuscular facilitation and static stretching on muscular strength and flexibility of cricketers**  
Pulen Das, Dr and Khetmalis, Mahesh S  
Int. J. Phy. Edu. Spo, Volume 2, Pages 05--11