



D Y PATIL
DEEMED TO BE
UNIVERSITY
— SCHOOL OF —
MEDICINE
NAVI MUMBAI

Faculty (Sports and Exercise Science)



Career Highlights

Mr. Sandesh has been a Strength and Conditioning coach for Jaipur pink panthers in Season 2 of Pro Kabaddi and for Dabang Delhi KC in Season 6 and 7 of Pro Kabaddi. He has also worked with Geeta Phogat and Pawan Kumar (wrestling athletes).

Mr. Sandesh Rangnekar

Visiting Faculty at B.S.E.S

Subject taught to B.S.E.S students

- 1. Injury Risk Minimization*
- 2. Strength & Conditioning*

Education

*Underground Strength Certified
Accredited Strength and Conditioning Coach
MSc Musculoskeletal Physiotherapy*

Message

"The future of coaching and exercise science lies in pragmatism. That is exactly what I intend to teach as one of the faculty for the course. My aim is to help you understand how to bridge the theory into practice and help you navigate through real world scenarios while understanding the theoretical aspects of injuries and practical aspects of strength & conditioning."



Dr. Rizwan Khan

Visiting Faculty at B.S.E.S

Education

M.B.B.S

MSc Sports and Exercise Medicine

Career Highlights

Dr. Rizwan has been the Team Doctor for Delhi Capitals at the Indian Premier League and the Assistant Team Physician for Team United Arab Emirates (UAE) at London Olympics (2012). He is the founder of Kinspire Sports Clinic in Mumbai and Head of Sports Medicine at Heal Institute. He has also been the doping control officer at BCCI & ICC since 2014.

Subject taught to B.S.E.S students

1. Exercise Prescription

Message

"I feel with the turn of events, the students of Exercise Science will be playing a vital role in management of the large population who have chronic diseases. They will seek professional care requiring exercise as the first line of treatment instead of other medical interventions."



Mr. Frank Mapranny

Visiting Faculty at B.S.E.S

Education

M.Sc Sports Psychology

Career Highlights

Mr. Frank has been a part of the support team and corner man for Bharat Kandare VS Song Yadong in UFC Fight Night Shanghai in 2018. He is the Strength and Conditioning coach for Elite Indian Mixed Martial arts fighters who compete in the UFC, One FC and Brave international fight promotions as well as the coach for Brazilian Jiu Jitsu amateur fighters for Abu Dhabi Combat club. His abstract of the study – 'The influence of invalid precues on the response complexity effect' was submitted to SCAPPS conference in Canada in 2008.

Subject taught to B.S.E.S students

1. Sports Psychology

Message

"Success or failure on the field depends on mental factors as much as physical aspects. Sport psychology helps recognize the dramatic impact of the athlete's mindset and focuses on preparing the mind to overcome obstacles to boost confidence for optimal performance. Each one of us has an untapped energy source that can be drawn upon to bring about superior results."



Dr. Rashmi Sreejit Nair

Visiting Faculty at B.S.E.S

Education

*PhD Business Management
M.Phil. Management
MBA, Marketing and HR*

Career Highlights

Dr. Rashmi has been working with D.Y Patil University, School of Management for 14.5 years. She has published a book on Cases of Industry in Entrepreneurship and has won the Mahindra rise - Social Enterprise Leader award.

Subject taught to B.S.E.S students

1. Fitness Entrepreneurship

Message

“Through this subject, students understand creativity and opportunity. They develop effective business concepts and are introduced to notions of marketing, finance and human resource management. They learn to draft business plans which can be of great value when they eventually plan to start their own venture.”



Career Highlights

Dr. Taher is a visiting faculty for Strength and Conditioning Academy India (the Indian chapter of NSCA – USA) and ex-visiting faculty for Faculty K11 Academy of Fitness Sciences and Nirmala Niketan College in Churchgate. He is also a Prep Coach for International courses like ACSM, CPT And NSCA- CSCS.

Dr. Tahir Kudarati

Visiting Faculty at B.S.E.S

Subject taught to B.S.E.S students

- 1. Exercise Physiology*
- 2. Exercise Prescription*

Education

*B.H.M.S
Certified Personal Trainer*

Message

“This is a unique programme with a well-structured layout and choice of subjects. This course allows students to be trained in all aspects of Exercise Science, applicable to health and fitness of general population, special population and athletes. Thus, opening a great variety of career opportunities. With the strong foundational knowledge which students get through practical's and theory classes, they can take up any stream of super specialization that they desire and even go in for higher education and research in the future.”



Career Highlights

Dr. Ajit has worked with FIFA -U 17 World cup as part of medical team and as a Sports Physiotherapist in Legends World series in 2020.

Dr. Ajit Dabolkar

Head of Sports Physiotherapy

Subject taught to B.S.E.S students

- 1. Biomechanics*
- 2. Sports Biomechanics*

Education

B.P.T

*Postgraduate in MSK Physiotherapy
PhD in Physiotherapy*

Message

“Biomechanics is a fundamental subject for Exercise Science and builds the basis of their future practice. It provides the students with a clear understanding of the body movements which when applied enhances an athlete’s performance. Use your education to try to be the best in your field and be a lifelong learner.”



Mr. Kaustubh Shedjale

Deputy Course Coordinator at B.S.E.S

Education

B.Sc. Exercise Science

Career Highlights

Mr. Kaustubh has been invited as keynote speaker by Mumbai University's Physical Education Department and Public Night Degree College. He received a scholarship for the Summer Internship at Griffith University, Australia in 2015. He is also the founder of Fitness Education Training (FET) since 2016.

Subject taught to B.S.E.S students

- 1. Exercise Programming*
- 2. Strength & Conditioning*
- 3. Exercise Testing*
- 4. Exercise Prescription*
- 5. Exercise Form & Technique*

Message

"All subjects taught are technical subjects in the field of Sport & Fitness industry which help students learn and develop skills required in the real world."



Career Highlights

Dr. Deepak has over 25 years of expertise as a Clinical Pharmacologist. He has 70 original papers in national and international journals and been the author of 2 books. Dr. Deepak has also delivered talks on Research Methodology, Biostatistics, Drug Safety and Drug Regulations in many workshops and conferences.

Dr. Deepak Langade

Head of Pharmacology Department

Subject taught to B.S.E.S students

- 1. General Pharmacology*
- 2. Drugs used in Sports Medicine*
- 3. Research Methodology & Biostatistics*

Education

*M.B.B.S
MD Pharmacology
PGDASS (Applied Statistics)*

Message

“A sound knowledge of principles of pharmacology helps understand the mechanisms of drug action, effects and their side effects. This enables a student to understand the use of drugs effectively and safely. Sports pharmacology covers topics related to management of pain and inflammation, skeletal muscle relaxants, anabolic steroids and doping. Biostatistics and research methodology are necessary for everyone in biomedical research and helps students to plan and execute their research.”



Career Highlights

Dr. Anant has published several papers in national and international journals. He has authored 2 book chapters and been the Associate Editor of the book: Urticaria-Interesting Cases (JAYPEE Publications).

Dr. Anant Patil

*Assistant Professor of Pharmacology
Department*

Education

*M.B.B.S
M.D Pharmacology*

Subject taught to B.S.E.S students

- 1. General Pharmacology*
- 2. Sports Pharmacology*
- 3. Research Methodology*

Message

"Learning general pharmacology helps students to comprehensively understand how drugs work, rationale use of medications and different types of adverse effects associated with drugs. Sports pharmacology covers topics related to management of pain and inflammation, skeletal muscle relaxants, anabolic steroids and doping. Research methodology is important for understanding ethical and scientific aspects for planning research, conducting it and reporting the results. It also helps to critically analyse the published papers and their relevance in practice."



Career Highlights

Ms. Ishita freelances as a nutritionist and trainer under 'Maxfit with Ishita'.

Ms. Ishita Shah

Visiting Faculty at B.S.E.S

Subject taught to B.S.E.S students

- 1. Nutrition*
- 2. Sports Nutrition*

Education

*Certified ACSM Personal Trainer
BSc Food and Nutrition
Postgraduate in Sport Science, Fitness and
Nutrition*

Message

"Studying nutrition as a subject in this course helps the student understand the principles of nutrition and how to apply it practically when seeing a client. This makes the exercise specialist read and understand the nutrition plans prescribed to the client properly and train them to achieve their goals effectively."



Mr. Dhiraj Shetty

Visiting Faculty at B.S.E.S

Education

*Graduation in Banking and Insurance
Post-Graduation in Marketing and Digital
Marketing*

Career Highlights

Mr. Dhiraj is associated with ICAI and Dr D.Y. Patil Medical College for teaching communications to the first year CA and MBBS students respectively. He also teaches post graduate students (Marketing Batch) in SIES college of management.

Subject taught to B.S.E.S students

1. Business Language & Communication Skills

Message

“Public Speaking & Overall Personality Development plays a very crucial role in presenting one’s skill set. Today, when everything is so digitalised and requires public appearances, one cannot take a back seat just because they fear being judged. Completion of this subject ensures you are more outgoing, appealing & more importantly you can present yourself well which aids your career.”



Dr. Vivek Nalgirkar

Head of Physiology Department

Education

*M.B.B.S
M.D Physiology*

Career Highlights

Dr. Vivek has had his work published by - Comprehensive guide to PGMEET (Elsevier), Smart study series - Physiology (Elsevier) and Treasures in Physiology (Pulse publication).

Subject taught to B.S.E.S students

- 1. Human Physiology*
- 2. Integrated Physiological Systems*

Message

“Health, fitness and overall wellness are the key mantras in the emerging world situation. This course is designed to create exercise professionals who have a scientific approach towards their practice. Sports science is in infancy in India. The BSES course promotes analytical mind and logical temperament among the students who are going to work in sports, with athletes or as coaches. With their deep understanding of the subjects related to sports science, the students at D Y Patil University will be able to place India at the highest echelons of global sports.”



Dr. Vijay Gupta

*Assistant Professor of Physiology
Department*

Education

*MSc Biophysics
PhD Scholar Medical Physiology*

Career Highlights

Dr. Vijay has been teaching Physiology from the past 17 years in the field of Sports & Exercise, Medical, Dental, Physiotherapy and Occupational Therapy. He is the Owner of the website with an aim to expand the avenues in Physiology (www.vijayguptaphysiology.com) as well as an online educator and mentor for students preparing for various PG medical entrance examinations in India and abroad.

Subject taught to B.S.E.S students

- 1. Physiology*
- 2. Integrated Physiological Systems*

Message

"The students of B.S.E.S at D Y Patil University will always be superior in understanding the Physiological and clinical conditions of their Clients and Athletes as their foundations are strengthened by many Doctors and Sports Educators at our Institute."



Dr. Vijaya Haldankar

Head of Biochemistry Department

Education

*MSc Medical Biochemistry
PhD Biochemistry*

Career Highlights

Dr. Vijaya has a teaching experience for 48 years for UG students and 42 years for PG students. Her research area is Lipid fractionation, Enzyme and Non enzyme antioxidants in various disorders and guides 17 PhD students.

Subject taught to B.S.E.S students

- 1. Biochemistry*
- 2. Exercise Biochemistry*

Message

"Nutrition and Exercise are of prime importance in leading a healthy life. Biochemistry deals with the role of nutrients and various biomolecules and their integration at the cellular level of the human body. Exercise biochemistry includes energy metabolism, fatigue and immunity during physical activity.

Sports and Exercise Science is a very promising course to educate the masses on the importance of nutrition leading to sound physical and mental health."



Dr. Manisha Nakhate

Prof & Head Department of Anatomy

Education

*MBBS
D.L.O (ENT)
MS (Anatomy)*

Career Highlights

Conducted hands on foetal dissection workshop on Development and Congenital Anomalies of foetal Gastro-intestinal Tract (In collaboration with Paediatric Surgeon and Radiologist) in the Medinspire international summit which was conducted in Feb 2019, by DY Patil Deemed to be University, School of Medicine. Keynote Speaker at the National Conference of the Anatomical Society of India, held at Vardhaman Mahavir Medical College, New Delhi in 2019. Spoke on Organ Donation and Body Donation.

Subject taught to B.S.E.S students

1. Anatomical Science

Message

Anatomy is the first step when you climb the ladder of Exercise Science. The course is designed to assist students to acquire knowledge of the normal structure of the human body and its application in exercise.



Dr. Srividya Sreenivasan

*Assistant Professor of Anatomy
Department*

Education

*M.B.B.S
D.G.O
M.D Anatomy*

Career Highlights

Dr. Srividya has her work in Research Publications in PUBMED indexed and in National Society Journals and has been a reviewer in a Journal of repute - Cerebellum and Ataxias. She was the Scientific Chairperson for Hands on Foetal Dissection Workshop conducted by the Department of Anatomy as a part of Medinspire in 2019.

Subject taught to B.S.E.S students

1. Anatomical Science

Message

Anatomical science is a very important subject, where they learn each detail about human anatomy in 3 parts. I enjoy teaching several topics under Anatomy such as muscle, joint and bone anatomy, to the batch of Sports and Exercise Science Students. They are bright and interested in the subject – theory as well as practicals. They ask pertinent, relevant questions and are eager to learn. Their enthusiasm for learning will lead them to great heights and make us proud of them”