

Dr. Sonali Mohod: From the Sports Ground to Academic Excellence Through Determination

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An inspiring journey combining sports, psychological research and academic leadership while balancing professional commitments and family responsibilities.

Determination on the sports ground, intellectual curiosity through education and a research-oriented outlook have shaped the remarkable journey of Dr. Sonali Mohod. With experience spanning athletics, teaching, academic administration and psychological research, she has built a multifaceted professional life while continuing to value her family and personal interests.

Her story reflects how discipline, perseverance and a willingness to keep learning can help a person pursue diverse ambitions while navigating the demands of everyday life.

A Sporting Spirit That Built Her Character

From an early age, Dr. Sonali Mohod developed a keen interest in sports alongside her education. She participated in several disciplines, including karate, hockey, football, hammer throw and swimming.

Her sporting journey included medals in karate, participation in hockey and football at national and all-India levels, and achievements in hammer throw at state and national levels. Reaching the stage of international-level selection in hammer throw was another significant milestone in her athletic experience.

Beyond competition, sports helped her develop qualities that would later support her academic and professional journey. Discipline, patience, confidence, leadership and the ability to recover from setbacks became important lessons she carried from the playing field into her working life.

Exploring Human Behaviour Through Psychology

Her interest in psychology led her to pursue advanced studies and earn a Ph.D. Her doctoral research focused on **“Narcissism, Self-Esteem, and Perceived Loneliness as Predictors of Problematic Social Media Use among Emerging Adults.”**

The research examines the relationships between personality, self-esteem, perceived loneliness and problematic social media use among young adults. The topic is particularly relevant in an increasingly connected world, where digital habits and psychological well-being are important areas of academic discussion.

Dr. Mohod has reportedly published more than 50 research papers at national and international levels. Her contributions also include writing books on psychology, participating in academic conferences and guiding students in research-related work.

Through these activities, she continues to contribute to the exchange of knowledge and encourages students to approach social and psychological questions with curiosity and critical thinking.

From Assistant Professor to Academic Leadership

Dr. Mohod began her professional teaching career on **3 July 2009**, joining Aniket College of Social Work in Wardha as an Assistant Professor.

Her approach to teaching extends beyond delivering textbook knowledge. She emphasises helping students develop confidence, understand social issues critically and recognise their own abilities.

She currently serves as Executive Principal, taking on responsibilities associated with teaching, academic planning, administration, research and institutional development. She also works as a paper setter and evaluator for Maharashtra Public Service Commission (MPSC) examinations, as stated in her professional profile.

Her journey from the classroom to academic leadership reflects the value of sustained effort, professional development and a commitment to student growth.

Balancing Professional Goals and Family Responsibilities

Maintaining a balance between academic duties, research, family life and a passion for sports has been one of the major challenges of her journey.

Finding time for practice after college responsibilities, managing household commitments and sustaining the focus needed to complete research required careful planning and perseverance.

Throughout these demanding phases, the support of her husband, Dr. Praveenkumar Mohod, her parents, in-laws, brother and other family members played an important role. Their encouragement helped her continue pursuing her professional and personal aspirations.

Her experience highlights how family support, effective time management and personal determination can work together as people navigate multiple responsibilities.

Recognition Across Different Fields

Dr. Sonali Mohod's reported honours include the Radhakrishnan Career Excellence Award (2018), Best Teacher Award (2020), Krida Ratna Samman (2022), Young Researcher Award (2023) and Navdurga Award (2026).

These recognitions reflect the range of areas in which she has pursued her interests, from education and research to sports and personal development.

An Inspiring Example of Lifelong Learning

Dr. Sonali Mohod's journey brings together the spirit of an athlete, the curiosity of a researcher and the responsibilities of an academic leader. Sports taught her persistence, education broadened her perspective, research encouraged critical inquiry, and her family provided a source of support along the way.

She continues to work towards learning, guiding students and contributing to education and society. Her story offers an encouraging message: pursuing meaningful ambitions while managing multiple responsibilities is possible through consistent effort, thoughtful planning and a willingness to keep moving forward.

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