

# CURRICULAM VITAE



**NAME** : **Dr. Sentu Mitra**

**MOTHER'S NAME** : Smt. Swapna Mitra

**FATHER'S NAME** : Late Arun Mitra

**SPOUSE NAME** : Smt. Madhumita Mitra Saha

**SON'S NAME** : Master Dhruba Mitra

**PERSONAL DETAILS:-**

Date of Birth : January 1st, 1982

Place of Birth : Bolpur, Birbhum (W. B.), India

Sex : Male

Height : 174c.m.

Weight : 80kg

Blood Group : B+

Identification Mark : A cut mark on right side upper lip

Marital Status : Married

Languages known : Bengali, Hindi & English

Religion : Hindu

Nationality : Indian

**OFFICIAL ADDRESS** : Assistant Professor (Stage-3)  
Department of Physical Education  
and Sport Science  
Vinaya Bhavana, Visva-Bharati  
PO-Santiniketan, Dist.-Birbhum  
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**PERMANENT ADDRESS** : Gurupally South (Near Vodafone Tower)  
P.O.-Santiniketan, PS-Bolpur  
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Visva-Bharati Employee ID : 2014014

Vidwan ID : <https://vidwan.inflibnet.ac.in/myprofile>

Google Scholar ID : [https://scholar.google.co.in/citations?user=a1\\_dl0sAAAAJ&hl=en](https://scholar.google.co.in/citations?user=a1_dl0sAAAAJ&hl=en)

Research Gate : <https://www.researchgate.net/profile/Sentu-Mitra>

**ACADEMIC/PROFESSIONAL QUALIFICATION:**

<b>Examination</b>	<b>Board/University</b>	<b>Year</b>	<b>Percentage</b>
Doctor of Philosophy In Physical Education	Dept. of Phy.Edu Visva-Bharati Santiniketan, W.B	2013	Awarded
Master of Physical Education	Dept. of Phy.Edu Visva-Bharati Santiniketan, W.B.	2006	75.25
Bachelor of Physical Education	Dept. of Phy.Edu. Visva-Bharati, Santiniketan, W.B.	2004	76.32
Higher Secondary	W.B.C.H.S.E.	2001	70
Secondary	W.B.B.S.E.	1999	77.125
Diploma in Sports Coaching In Basketball	SAINSNIS Patiala, Punjab	2008	73.56
NET with JRF	UGC, New Delhi	Dec, 2007	Qualified
NET	UGC, New Delhi	Dec, 2012	Qualified

**AREAS OF SPECIAL INTEREST:****Theory**

- ❖ Exercise & Sports Physiology
- ❖ Sports Training

**Practical**

Basketball

## **ACADEMIC AWARDS AND HONOURS:**

- i. Awarded with **Junior Research Fellowship from U.G.C. New Delhi** for research work for qualifying **U.G.C. N.E.T. for J.R.F. Dec. 2007.**
- ii. First Class First in Basketball in Diploma in Sports Coaching, S.A.I.N.S.N.I.S. Patiala, Punjab (45<sup>th</sup> batch) in 2008.
- iii. First Class First in Master of Physical Education (MPE), Department of Physical Education, Vinaya-Bhavana, Visva-Bharati, Santiniketan, West Bengal, India in 2006.
- iv. First Class First in Bachelor of Physical Education (H), Department of Physical Education, Vinaya-Bhavana, Visva-Bharati, Santiniketan, West Bengal, India in 2004.
- v. Star marks in Secondary Examination, Bolpur High School, West Bengal Board of Secondary Education in 1999.

## **PROFESSIONAL EXPERIENCES:**

- i. Working as an Assistant Professor (Stage-3) in the Department of Physical Education and Sport Science, Vinaya Bhavana, Visva-Bharati, Santiniketan, Birbhum, W.B. from 24/07/2019 to till date.
- ii. Worked as an Assistant Professor (Stage-2) in the Department of Physical Education and Sport Science, Vinaya Bhavana, Visva-Bharati, Santiniketan, Birbhum, W.B. from 24/07/2014 to 23/07/2019.
- iii. Joined and Worked as an Assistant Professor (Stage-1) in the Department of Physical Education, Vinaya Bhavana, Visva-Bharati, Santiniketan, Birbhum, W.B. from 06/03/2014 to 23/07/2014.
- iv. Joined and Worked as Assistant Professor (HOD) in Physical Education at A.K.P.C. Mahavidyalaya, Subhasnagar, Bengai, Hooghly from 26<sup>th</sup> March 2010 to 5<sup>th</sup> March, 2014.
- v. Worked as **U.G.C. Regular Research Fellow** in the Department of Physical Education Visva-Bharati, Santiniketan, W.B, from 17<sup>th</sup> August 2008 to 25<sup>th</sup> March 2010.
- vi. Served as **'COACH'** of Visva-Bharati Basketball Team for the year 2008-09, 2009-10, 2014-19,
- vii. Worked as Part time Physical Education Instructor in Physical Education, Visva-Bharati, Santiniketan, W.B, from. 2003 to Feb. 2006.

## **COURSE/TRAINING:**

- i. Participated in One Week Online Faculty Development Program on Recent Trends in Research and Applied Statistics from 13 June to 19 June 2020 organized by Sunrise University, Alwar, Rajasthan.
- ii. Refresher Course at Human Resource Development Centre, LNIPE, Gwalior, M.P. from 4<sup>th</sup> to 17<sup>th</sup> Dec 2019 and obtained **Grade-A+**
- iii. Successfully Completed Swimming Summer Camp-2016 organized by Visva-Bharati from 1<sup>st</sup> June to 15<sup>th</sup> June, 2016 at the Visva-Bharati Swimming Pool, Sports Nodal Complex-III, Vinaya Bhavana, Visva-Bharati, Santiniketan.
- iv. Refresher Course at Human Resource Development Centre, LNIPE, Gwalior, M.P. from 10<sup>th</sup> to 30<sup>th</sup> June 2015 and obtained **Grade-A**
- v. 56<sup>th</sup> Refresher Course at UGC-Academic Staff College, LNIPE, Gwalior, M.P. from 4<sup>th</sup> to 24<sup>th</sup> July 2014 and obtained **Grade-A**
- vi. 92<sup>nd</sup> Orientation Programme at UGC-Academic Staff College, the University of Burdwan, Burdwan from 6<sup>th</sup> Sep. 2013 to 3<sup>rd</sup> Oct. 2013 and obtained **Grade-A**

**TECHNICAL QUALIFICATION:**

- i. Qualified Kho-Kho State Referee Examination from West Bengal Kho-Kho Association on 26<sup>th</sup> Aug, 2016
- ii. Qualified Basketball State Referee Examination from West Bengal Basketball Association on 5<sup>th</sup> April, 2007
- iii. Qualified State Kabaddi Official Examination from West Bengal Kabaddi Association, on 21<sup>st</sup> Dec, 2006.

**PH.D. SCHOLAR'S DETAIL:**

Sl No	Name	VB ID No	Title	Date of Reg.	Date of PhD Award	Regular/ non Fellowship	Designation & Official Address
1.	Gopal Mondal	VB 1809 of 2015-16	Effect of Two High Intensity Training Programmes on Motor Fitness and Physiological Variables of Football Players	10.09.2015	17.02.2020	Reg- RGNF	Clerk, Jamgram Anchalik High School, Block- Barabani, Dist.- Paschim Bardhaman, PIN-713334 M-9836584183, Email id- <a href="mailto:gopalmondal76@gmail.com">gopalmondal76@gmail.com</a>
2.	Shiv Kumar Diswar	VB1816 of 2015-16	Comparative Effect of Different Recovery Programmes on Selected Hematological and Physiological Parameters	10.09.2015	17.02.2020	Reg- UGC NET-JRF	Assistant Teacher, Primary School Kachaura I Sikandara Rao, Dist- Hathras, UP-204211 M-9411889635, Email id- <a href="mailto:shiv.p.weight@gmail.com">shiv.p.weight@gmail.com</a>
3.	Nongmaithem Suhindar Singh	VB 1820 of 2015-16	Psychological and Anthropometric Profiles of National Women Soccer Players	10.09.2015	27.03.2021	Part-Time	Assistant Professor, LNIPE,NERC, Tepesia Sports Complex, Sonapur, Near Spring Valley Resort, Guwahati, Assam- 782402 M-7896711161, Email id- <a href="mailto:suhindar@gmail.com">suhindar@gmail.com</a>
4.	Laishram Bikram Singh	VB-1812 of 2015-16	Comparative Assessment on Motor Fitness and Physiological Profile among Different Positional Field Hockey Players	10.09.2015	16.08.2021	Part-Time	Assistant Professor, Thinungei Makha Leikai, PO/PS- Bishnupur (Dist), Manipur-795126 OA- Lamka College, PO/PS- Churachandpur, Manipur-795128 M-9101085286, Email id- <a href="mailto:bikram.laish84@gmail.com">bikram.laish84@gmail.com</a>
5.	Asit Mahara	VB 1986 of 206-17	Effect Of Asanas on Kinesthetic Perception, Coordinative Abilities and Flexibility of Women		31.01.2023	Non-Net Regular Fellow	
6.	Multan Khan	VB 34 of 2011-12	Effect of Bowling on Neurocognitive Function of Pace Bowlers	20.08.2018	Continuing	UGC NET-JRF Part-Time	SACT-I, Department of Physical Education and Sport Science, Panskura Banamali College, Panskura, Purba Medinipur, WB, Pin-721152 M-9382168686, Email id- <a href="mailto:multankhan761@gmail.com">multankhan761@gmail.com</a>
7.	Aditya Mahato	VB 1111 of 2006-07	A Study on Physical Fitness and Anthropometric Profiles of Chhau Dancers	31.08.2019	Continuing	Part-Time	SACT-I, Jagannath Kishore College, PO+ Dist.- Purulia, PIN-723101 M-8016785766 Email- <a href="mailto:adityapnj2019@gmail.com">adityapnj2019@gmail.com</a>

## BOOK PUBLICATION

- i. Mitra S, Bandyopadhyay N and Das P K (May 2023). Tactics to Play Basketball- For Teaching and Coaching Courses. Akansha Publishing House, New Delhi. ISBN-978-81-8370-658-2
- ii. Mitra S, Bandyopadhyay N and Das P K (March 2022). Basics of Basketball- For Teaching and Coaching Courses. Akansha Publishing House, New Delhi. ISBN- 978-81-8370-631-5

## PAPER PUBLICATION IN JOURNAL

1. Khatun, S., Mitra, S. and Gayen, A. (May 2023). Effect of different recovery programs on blood lactic acid removal of Basketball players. International Journal of Physical Education, Sports and Health 2023; 10(3): 01-03. DOI: <https://doi.org/10.22271/kheljournal.2023.v10.i3a.2914>
2. Khan M and Mitra S (Mar 2023). Effect of Bowling Spells in Cricket on Information Processing of Cognitive Function. International Journal of Scientific Research. 12(3): 47-48.
3. Tamang, L., Mitra, S. and Gayen, A. (Jan 2023). A Study on Selected Fitness Variable of Taekwondo Players between Hill and Plain Area. International Journal of Physiology, Nutrition and Physical Education. 8(1): 281-283  
DOI: <https://doi.org/10.22271/journalofsport.202a3.v8.i1e.2711>
4. Khan M and Mitra S (Dec 2022). Impact of Novel Pace Bowling Protocol on Executive Function. International Journal of Physiology, Nutrition and Physical Education. 8(1): 281-283  
DOI: <https://doi.org/10.22271/journalofsport.2022.v7.i2f.2640>
5. Mitra, S.(2022). Role of Physical Exercise in Attention Deficit Hyperactivity Disorder. International Journal of Physiology, Nutrition and Physical Education. 7(2): 70-72.  
DOI: <https://doi.org/10.22271/journalofsport.2022.v7.i2b.2555>
6. Mahara A and Mitra S (Jan-Jun2022). Effect of Yogasana on Reaction Time of Sedentary Women. International Journal of Physical Education, Sports and Health. 9(4):23-205. DOI: <https://doi.org/10.22271/kheljournal.2022.v9.i4d.2591>
7. Mahara A and Mitra S (Jan-Jun2022). Effect of Yogasana on Asanas on Eye-Hand Coordinative Ability of Sedentary Women. International Journal of Physiology, Nutrition and Physical Education. 7(1):21-23. DOI: <https://doi.org/10.22271/journalofsport.2022.v7.i1a.2417>
8. Mahara A, Mitra S and Bandyopadhyay S (Jan-Jun2022). Effect of Asanas on Dynamic Balance of Sedentary Women. International Journal of Physical Education, Sports and Health. 9(1): 32-34. DOI: <https://doi.org/10.22271/kheljournal.2022.v9.i1a.2336>
9. Khan M and Mitra S (Jun 2020). Effect of Sports and Exercise on Executive Function: A Review Study. International Journal for Innovative Research in Multidisciplinary Field. 6(6): 95-99. ISSN- 2455-0620. Link- <https://www.ijirmf.com/wp-content/uploads/IJIRMF202006018.pdf>
10. Khan M and Mitra S (Jun 2020). A study on Bowling Accuracy, Mental Skills and Depth Perception of Pace Bowlers in Cricket. International Journal for Innovative Research in Multidisciplinary Field. 6(6): 57-62. ISSN- 2455-0620. Link- <https://www.ijirmf.com/wp-content/uploads/IJIRMF202006011.pdf>
11. Singh N S and Mitra S (Jun 2020). Comparative Study on Selected Anthropometric Measurement of National and State Level Women Soccer Players. International Journal of Creative Research Thoughts. 8(6): 1610-1615. ISSN- 2320-2882. Link- <https://ijcrt.org/papers/IJCRT2006215.pdf>

12. Singh N S and Mitra S (Jun 2020). Cohesiveness among National Level Women Soccer Players: A Comparative Study. International Journal for Innovative Research in Multidisciplinary Field. 6(6): 126-129. ISSN- 2455-0620.  
[https://www.researchgate.net/publication/343181861\\_Cohesiveness\\_among\\_National\\_Level\\_Women\\_Soccer\\_Players\\_A\\_Comparative\\_Study](https://www.researchgate.net/publication/343181861_Cohesiveness_among_National_Level_Women_Soccer_Players_A_Comparative_Study)
13. Mondal G and Mitra S (May 2020). Effect of High Intensity Interval Training and Speed Endurance Training Programmes on Leg Explosive Strength of Football Players. International Journal of Creative Research Thoughts. 8(5): 2313-2318. ISSN- 2320-2882.  
[http://ijmess.org/assets/front\\_end/uplodes/gallery/17\\_Gopal\\_Mondal\\_WB\\_Final.pdf](http://ijmess.org/assets/front_end/uplodes/gallery/17_Gopal_Mondal_WB_Final.pdf)
14. Mondal G and Mitra S (May 2020). Effect of HIIT and Set Training Programmes on Aerobic Capacity of Football Players. International Journal For Innovative Research In Multidisciplinary Field. 6(5): 223-226. ISSN- 2455-0620. <https://www.ijirmf.com/wp-content/uploads/IJIRMF202005042.pdf>
15. Singh LB and Mitra S (March 2020). Aerobic Capacity, Vital Capacity, Resting Heart Rate of Positional Hockey Players: A Comparative Study. International Journal For Innovative Research In Multidisciplinary Field. 6(3): 216-220. ISSN- 2455-0620. <https://www.ijirmf.com/wp-content/uploads/IJIRMF202003038.pdf>
16. Singh LB and Mitra S (March 2020). Fitness Demands on Positional Differences in Hockey: An Analytical Study. International Journal of Creative Research Thoughts. 8(3): 3148-3154. ISSN- 2320-2882. <https://www.ijcrt.org/papers/IJCRT2003430.pdf>
17. Singh LB and Mitra S (April 2020). Motor Fitness Demands on Positional Play of Professional Hockey Players. International Journal of Multidisciplinary Educational Research. 9(4): 161-172. ISSN- 2277-788. [http://s3-ap-southeast-1.amazonaws.com/ijmer/pdf/volume9/volume9-issue4\(3\)-2020.pdf](http://s3-ap-southeast-1.amazonaws.com/ijmer/pdf/volume9/volume9-issue4(3)-2020.pdf)
18. Khan M and Mitra S (2020). Delivery Stride Length as a Predictor of Shoulder Counter Rotation of Pace Bowling in Cricket. International journal of Physical Education and Sports. 2(1): 8-12. [https://iaeme.com/MasterAdmin/Journal\\_uploads/IJPES/VOLUME\\_2\\_ISSUE\\_1/IJPES\\_02\\_01\\_003.pdf](https://iaeme.com/MasterAdmin/Journal_uploads/IJPES/VOLUME_2_ISSUE_1/IJPES_02_01_003.pdf)
19. Mondal G and Mitra S (July 2019). Effect of High Intensity Interval Training on Hemoglobin Concentration of Football Players. Indian Journal of Applied Research. 9(7): 47-48. ISSN- 2249-555X. [https://www.worldwidejournals.com/indian-journal-of-applied-research-\(IJAR\)/article/effect-of-high-intensity-interval-training-on-hemoglobin-concentration-of-football-players/MTg0MDE=](https://www.worldwidejournals.com/indian-journal-of-applied-research-(IJAR)/article/effect-of-high-intensity-interval-training-on-hemoglobin-concentration-of-football-players/MTg0MDE=/)
20. Mondal G and Mitra S (July 2019). Effect of HIIT and SET Training on Repeated Sprint Ability of Football Players. Indian Journal of Physical Education, Sports and Applied Science. 9(3): 27-31. ISSN-2229-550X (P), 2455-0175 (O). [https://www.worldwidejournals.com/indian-journal-of-applied-research-\(IJAR\)/article/effect-of-high-intensity-interval-training-on-hemoglobin-concentration-of-football-players/MTg0MDE=?is=1&b1=149&k=38](https://www.worldwidejournals.com/indian-journal-of-applied-research-(IJAR)/article/effect-of-high-intensity-interval-training-on-hemoglobin-concentration-of-football-players/MTg0MDE=?is=1&b1=149&k=38)
21. Mondal G and Mitra S (March 2019). Effect Of High Intensity Interval Training And Speed Endurance Training On Agility Of Football Players. Indian Journal of Movement Education and Social Science. 8(1): 1-3. ISSN- 2278-0793(Print) & 2231-2279(Online). [http://ijmess.org/assets/front\\_end/uplodes/gallery/17\\_Gopal\\_Mondal\\_WB\\_Final.pdf](http://ijmess.org/assets/front_end/uplodes/gallery/17_Gopal_Mondal_WB_Final.pdf)
22. Singh LB and Mitra S (Jan 2019). Comparative Assessment of Motor Fitness among Different Positional Field Hockey Players. International Journal of Research Culture Society. 3(1): 23-27. ISSN- 2456-6683. <https://ijrcs.org/wp-content/uploads/IJRCS201901006.pdf>

23. Diswar SK and Mitra S (2018). Comparative Effects of Cold Water Immersion, Massage and Low Intensity Stretching Recovery Programmes on Selected Physiological Parameters. *International Journal of Physiology, Nutrition & Physical Education*.3(2): 696-698. ISSN: 2456-0057. <https://www.journalofsports.com/pdf/2018/vol3issue2/PartP/3-2-148-270.pdf>
24. Diswar SK and Mitra S (Nov 2017). Comparative Effect of Three Recovery Programmes on Selected Hematological Parameter. *VSRD International Journal of Technical & Non-Technical Research*, Vol. VIII Special Issue Pp-182-186. e-ISSN: 0976-7967, p-ISSN: 2319-2216. [http://www.vsrjournals.com/docs/SWAMI\\_VIVEKANAND\\_SUBHARTI\\_UNIVERSITY\\_VS\\_RDTNTR\\_November\\_2017\\_Special\\_Issue.pdf](http://www.vsrjournals.com/docs/SWAMI_VIVEKANAND_SUBHARTI_UNIVERSITY_VS_RDTNTR_November_2017_Special_Issue.pdf)
25. Diswar SK, Mitra S and Kumar M (2017). Blood Glucose Level for School Hockey Players Before and After Competitive Match. *International Journal of Physical Education and Applied Exercise Sciences*. 2(2): 11-15. ISSN: 2394-9953. [https://www.researchgate.net/publication/343181477\\_Blood\\_Glucose\\_Level\\_for\\_School\\_Hockey\\_Players\\_Before\\_and\\_After\\_Competitive\\_Match#fullTextFileContent](https://www.researchgate.net/publication/343181477_Blood_Glucose_Level_for_School_Hockey_Players_Before_and_After_Competitive_Match#fullTextFileContent)
26. Mondal C, Mitra S and Baura A (Oct 2016). Comparative Analysis on Selected Anthropometric and Motor Fitness Variables between Secondary and Higher Secondary Students. *Indian Journal of Applied Research*. 6(10): 50-52. ISSN: 2249-555X. [https://www.worldwidejournals.com/indian-journal-of-applied-research-\(IJAR\)/article/comparative-analysis-on-selected-anthropometric-and-motor-fitness-variables-between-secondary-and-higher-secondary-students/MTAyNzU=/?is=1&b1=97&k=25](https://www.worldwidejournals.com/indian-journal-of-applied-research-(IJAR)/article/comparative-analysis-on-selected-anthropometric-and-motor-fitness-variables-between-secondary-and-higher-secondary-students/MTAyNzU=/?is=1&b1=97&k=25)
27. Singh LB and Mitra S (July 2016). Effects of Seven Weeks Training Programme on Playing Ability of Sub Junior Badminton Players. *International Journal of Multidisciplinary Education and Research*. 1(5): 42-44. ISSN- 2455-4588. <http://www.educationjournal.in/download/76/1-8-18-360.pdf>
28. Diswar SK, Choudhary S and Mitra S (2016). Comparative effect of SAQ and circuit training programme on selected physical fitness variables of school level basketball players. *International Journal of Physical Education, Sports and Health*. 3(5): 247-250. ISSN: P-ISSN: 2394-1685, E-ISSN: 2394-1693. <https://www.kheljournal.com/archives/2016/vol3issue5/PartE/3-5-33-695.pdf>
29. Kumar S, Singh NS & Mitra S (2016). Comparison of mental toughness between male and female volleyball players of 12th south Asian games. *International Journal of Applied Research*. 2(6): 268-270, ISSN Print: 2394-7500, Online: 2394-5869. <https://www.allresearchjournal.com/archives/2016/vol2issue6/PartE/2-6-27-361.pdf>
30. Das MK & Mitra S (May 2016). Comparative Analysis on the Selected Motor Fitness Variables between Batsman and Bowlers in Cricket. *Paripex – Indian Journal of Research*. 5(5): 18-19. ISSN:2250-1991. [https://www.researchgate.net/publication/343181342\\_Comparative\\_Analysis\\_On\\_The\\_Selected\\_Motor\\_Fitness\\_Variables\\_Between\\_Batsman\\_and\\_Bowlers\\_in\\_Cricket#fullTextFileContent](https://www.researchgate.net/publication/343181342_Comparative_Analysis_On_The_Selected_Motor_Fitness_Variables_Between_Batsman_and_Bowlers_in_Cricket#fullTextFileContent)
31. Sarkar S & Mitra S. (May 2016). Comparative Analysis on Selected Motor Fitness Components of Physical Education Students between General College and Training College. *Global Journal for Research Analysis*.5(5). ISSN: 2277-8160. <https://www.worldwidejournals.com/global-journal-for-research-analysis-GJRA/article/comparative-analysis-on-selected-motor-fitness-components-of-physical-education-students-between-general-college-and-training-college/Ndc5NA==/?is=1&b1=325&k=82>

32. M Chowdhury, S. Mitra and Gayen, A. (April 2015). Analysis of Selected Motor Fitness Components Between Basketball and Kho-Kho Players .Indian Journal of Applied Research. 5(4): 657-658. ISSN: 2249-555X. [https://www.worldwidejournals.com/indian-journal-of-applied-research-\(IJAR\)/recent\\_issues\\_pdf/2015/April/April\\_2015\\_1427896498\\_201.pdf](https://www.worldwidejournals.com/indian-journal-of-applied-research-(IJAR)/recent_issues_pdf/2015/April/April_2015_1427896498_201.pdf)
33. Mitra, S. and Gayen, A. (March. 2015). Study on Selected Motor Fitness Components of Two Different Positioned Basketball Players. Paripex – Indian Journal of Research. 4(3): 47-48. ISSN:2250-1991. [https://www.worldwidejournals.com/paripex/recent\\_issues\\_pdf/2015/March/March\\_2015\\_1426079397\\_38.pdf](https://www.worldwidejournals.com/paripex/recent_issues_pdf/2015/March/March_2015_1426079397_38.pdf)
34. Mitra, S. and Gayen, A. (Nov. 2014). Sports Competition Anxiety Level among the Selected Ballgame Players: Comparative Study. Paripex – Indian Journal of Research. 3(11): 53-54. [https://www.worldwidejournals.com/paripex/recent\\_issues\\_pdf/2014/November/November\\_2014\\_1417416140\\_19.pdf](https://www.worldwidejournals.com/paripex/recent_issues_pdf/2014/November/November_2014_1417416140_19.pdf)
35. Roy, M., Bandyopadhyay, S., Gayen, A. and Mitra, S., (Sep. 2014). Physical Fitness Status of Rava Indo-Mongoloid Tribal Youth in Comparison to General Youths of India. Global Journal for Research Analysis. 3(9): 126-127. [https://www.worldwidejournals.com/global-journal-for-research-analysis-GJRA/fileview/September\\_2014\\_1564838983\\_43.pdf](https://www.worldwidejournals.com/global-journal-for-research-analysis-GJRA/fileview/September_2014_1564838983_43.pdf)
36. Mitra, S., Bandyopadhyay, S. and Gayen, A. (Mar. 2014). Impact of Level of Participation on Anxiety and Performance among the Basketball Players. Indian Journal of Physical Education Fitness and Sports. 3(1): 108-113. <https://www.ijpefs.com/index.php/ijpefs/article/view/87>
37. Gayen, A., Mitra, S. and Bandyopadhyay, S. (Feb. 2014). Assessment of Reaction Time of Soccer Goalkeepers Wicketkeepers in Cricket and Kho-Kho Players. Indian Journal of Applied Research. 4(2):30-31. [https://www.worldwidejournals.com/indian-journal-of-applied-research-\(IJAR\)/fileview/February\\_2014\\_1391259180\\_a81fc\\_158.pdf](https://www.worldwidejournals.com/indian-journal-of-applied-research-(IJAR)/fileview/February_2014_1391259180_a81fc_158.pdf)
38. Gayen, A., Bandyopadhyay, S. and Mitra, S. (Oct.-Dec. 2013). Estimation of Vo2max by Different Exercise Testing Methods. International Journal of Health, Physical Education & Computer Science in Sports. 12(1):101-104.
39. Gayen, A., Mitra, S. and Bandyopadhyay, S. (Sep. 2013). Effects of Eight Weeks Selected Yogasanas on Flexibility Performance of Adolescent Boys. International Journal of Physical Education Health and Sports Science. 02(02):134-138.
40. Mitra, S., Bandyopadhyay, S. and Gayen, A. (Aug 2013). Relationship of Selected Motor Fitness Components with the Performance of Basketball Players. Indian Journal of Applied Research. 3(8):15-16. [https://www.worldwidejournals.com/indian-journal-of-applied-research-\(IJAR\)/fileview/August\\_2013\\_1375514250\\_1c067\\_197.pdf](https://www.worldwidejournals.com/indian-journal-of-applied-research-(IJAR)/fileview/August_2013_1375514250_1c067_197.pdf)
41. Bandyopadhyay, S., Mitra, S. and Gayen, A. (July 2013). Effects of Plyometric Training and Resistance Training on Specific Speed of Basketball Players. Paripex- Indian Journal of Applied Research. 2(7):35-37. [https://www.worldwidejournals.com/paripex/fileview/effects-of-plyometric-training-and-resistance-trainng-on-specific-speed-of-basketball-players\\_July\\_2013\\_0047001169\\_9208363.pdf](https://www.worldwidejournals.com/paripex/fileview/effects-of-plyometric-training-and-resistance-trainng-on-specific-speed-of-basketball-players_July_2013_0047001169_9208363.pdf)
42. Bandyopadhyay, S., Gayen, A. and Mitra, S.(May 2013). Correlational Analysis of Physical Fitness by Norm Referenced and Criterion Referenced Standards. International Journal of Scientific Research. 2(5): 72-74. [https://www.worldwidejournals.com/international-journal-of-scientific-research-\(IJSR\)/article/correlational-analysis-of-physical-fitness-by-norm-referenced-and-criterion-referenced-standards/MTAzNA==/?is=1](https://www.worldwidejournals.com/international-journal-of-scientific-research-(IJSR)/article/correlational-analysis-of-physical-fitness-by-norm-referenced-and-criterion-referenced-standards/MTAzNA==/?is=1)



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44. Bandyopadhyay, S. and Mitra, S. (January-Jun 2012). Effect of Specific Speed Agility Quickness Training on Anaerobic Power of Basketball Players. *Scientific Journal in Sports and Exercise*. 8(1):18-21.
45. Bandyopadhyay, S. and Mitra, S. (February 2009). Core Strength Development for Basketball Players. *Vyayam-Vidnyan*. 42(1):4-11.
46. Mondal, S. and Mitra, S. (April 2009). Nutrition for A Track Athlete. *Entire Research*, I(II): 20-22.

#### **PAPER PUBLICATION IN PROCEEDINGS:**

1. Sikdar D, Mitra S and Gayen A. Comparative Study on Selected Fitness Components among the Selected Ball Game Players. International Conference on Fitness, Wellness & Sport Sciences Inspire Quality of Life through Fitness & Wellness (A Holistic Approach), Nov 20-22, 2015 at the LNIPE, Gwalior, (MP), India.71-75. ISBN: 978-81-7879-912-4.
2. Kahar K, Bandyopadhyay S, Mitra S and Gayen A. A Study on Selected Physical Fitness Components between Calcutta Premier Division Football Club Players and Inter University Level Football Players. International Conference on Fitness, Wellness & Sport Sciences Inspire Quality of Life through Fitness & Wellness (A Holistic Approach), Nov 20-22, 2015 at the LNIPE, Gwalior, (MP), India.179-184. ISBN: 978-81-7879-912-4.
3. Insun SK, Biswas S, Mitra S and Gayen A. A Study on Sports Competition Anxiety between Male and Football Players. International Conference on Fitness, Wellness & Sport Sciences Inspire Quality of Life through Fitness & Wellness (A Holistic Approach), Nov 20-22, 2015 at the LNIPE, Gwalior, (MP), India. 275-277. ISBN: 978-81-7879-912-4.
4. Das A, Goon AK, Mitra S and Gayen A. Influence of Body Mass Index on Blood Pressure of Sedentary Females. International Conference on Fitness, Wellness & Sport Sciences Inspire Quality of Life through Fitness & Wellness (A Holistic Approach), Nov 20-22, 2015 at the LNIPE, Gwalior, (MP), India. 296-299. ISBN: 978-81-7879-912-4.
5. Gayen A. Bandyopadhyay S and Mitra S. Study on Aerobic Power between Under Graduate and Post-Graduate Students. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
6. Hazra A, Kundu B and Mitra S. Study on A Survey of Ideal Body Weight of the Students of Visva-Bharati. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
7. Mahara A, Bandyopadhyay S, Mitra S and Gayen A. Relationship between Shooting Performance and Kinesthetic Perception of Basketball Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
8. Das B, Mitra S and Gayen A. Study on Selected Anthropometric and Physical Variables with Playing Ability of Volleyball Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.

9. Bej DK, Mitra S and Gayen A. A Study on Aerobic Power among the Sprinters, Football Players and Basketball Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
10. Rahaman J, Mitra S and Gayen A. Study on Muscular Endurance and Explosive Strength between Football and Basketball Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
11. Roy K, Kundu B, Mitra S and Thander A. Relationship between Selected Anthropometric Variables of Bowling Performance in Cricket. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
12. Khatun N, Mitra S and Gayen A. Study on Kinesthetic Perception ability among the Selected Three Ballgame Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
13. Biswas R, Mitra S and Gayen A. Study on Sports Competition Anxiety between Individual Sports and Team Games Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
14. Barai SC, Kundu B and Mitra S. Maximal Aerobic Capacity in Relation to Body Surface Area of Sedentary Youth. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
15. Mondal S, Mitra S, Biswas S and Gayen A. Study on Aerobic and Anaerobic Capacity between Basketball and Handball Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
16. Mukherjee S, Mitra S and Gayen A. Study on Aerobic Capacity and Strength among the Selected Ballgame Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
17. Mazumdar S, Bandyopadhyay S, Mitra S and Gayen A. Body Stature and Body Composition in Relation to Aerobic Capacity of Active Women. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.

#### **SEMINARS, CONFERENCES AND WORKSHOPS:**

1. Delivered lecture as Resource person on National Level Web Lecture Series and delivered lecture Fitness at Home during covid-19 pandemic situation organized by the Gobinda Prasad Mahavidyalaya, Amarkanan, Bankura, West Bengal on 20-22 July, 2020
2. Delivered lecture as Resource person on National Level Webinar on Fitness and Wellness during Covid 19 Pandemic Situation organized by the Department of Physical Education in Collaboration with IQAC, Saheed Anurup Chandra Mahavidyalaya, Burul, South 24 Pgs, West Bengal on 11/07/2020.

3. Participated and presented a paper entitled Effects of Two High Intensity Training Programmes on Blood Lactate Level of Football Players in the International Seminar on Trends, Issues and Development of Physical Education and Sports Sciences organized by IQAC & Department of Physical Education, Sree Chaitanya Mahavidyalaya, Habra and Post Graduate Govt. Institute for Physical Education, Banipur on 20<sup>th</sup> Sep 2019 at Sree Chaitanya Mahavidyalaya, Habra, WB, India.
4. Participated in the Educational & Cultural Exchange Programme in 8-9 April, 2018 organized by the Department of Physical Education & Sports Science, Jessore University of Science & Technology, Bangladesh.
5. Participated in the International Conference on Global Education, Physical Education and Sports, Research and Technology for Sustainable Development organized by the Department of Physical Education, Seva Bharati Mahavidyalaya, Kapgari, Jhargram, WB on 9<sup>th</sup> December, 2017.
6. Organized National Workshop on Lifestyle Management Technology as Co-Ordinator from August 25-28, 2017 at the Department of Physical Education, Vinaya Bhavana, Visva-Bharati, Santiniketan, WB.
7. Participated in a National Workshop on Counselling on 9<sup>th</sup> to 11<sup>th</sup> February, 2017 organized by the Office of The Directorate-PSNS, Visva-Bharati.
8. Participated in a Workshop on Data Analysis by Using SPSS on 4<sup>th</sup> and 5<sup>th</sup> February, 2017 jointly organized by Department of Physical Education, Vinaya-Bhavana, Visva-Bharati, Santiniketan, and SPSS South Asia Private Limited, Bangalore.
9. Participated and presented a paper entitled Analysis of Speed and Agility of Different Positioned Basketball Players in the National Seminar on Fit and Healthy India- Vision 2020 Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam.
10. Participated in the 7 Days National Level Workshop on Aerobic Dance Fitness from 15<sup>th</sup> to 21<sup>st</sup> September, 2014 at the Department of Physical Education, Vinaya-Bhavana, Visva-Bharati, Santiniketan, West Bengal.
11. Participated and presented a paper entitled Effects of Intensive Interval Training and Fast Continuous Training on  $VO_{2max}$  in the 24<sup>th</sup> PAN-Asian Society of Sports and Physical Education Conference on Feb 7-9, 2014 at the Department of Physical Education, Vinaya-Bhavana, Santiniketan, West Bengal, India.
12. Participated and presented a paper entitled Impact of Level of Participation on Anxiety and Performance among Basketball Players. In the 24<sup>th</sup> National Conference of Sports Psychology on Sports and Exercise Psychology: Career Development and Psychological Aspects of Youth Sports on January 4-6, 2014 at the Department of Physical Education, Vinaya-Bhavana, Santiniketan, West Bengal, India.
13. Participated and presented a paper entitled '*Effects of Progressive Speed-Agility -Quickness Training on Performance and Related Motor Fitness Variables of Basketball Players*' in the National Conference on Trends and Practices in Physical Education on 29<sup>h</sup> and 30<sup>th</sup> January, 2010 at the Department of Physical Education, Vinaya-Bhavana, Visva-Bharati, Santiniketan, West Bengal.
14. Participated in the National Workshop on Data Analysis in Physical Education and Sports using SPSS held at Nainital Club, Nainital, during July 8-10, 2009.

15. Participated and presented a paper entitled “*Development of Functional Core in Basketball Players*” in the UGC sponsored National Seminar on Modern Trends of Environmental Education, Social Care and Well-being in 21<sup>st</sup> Century on 13th and 14th September, 2008 at Union Christian Training College, Berhampore, Murshidabad, West Bengal.
16. Participated and presented a paper entitled ‘*A Survey of Injuries of Basketball Players in Birbhum District, West Bengal*’ in the XIth National Conference on “Dynamic Role of Physical Education and Sports Sciences for the Development of Sports Culture in Indian Universities” from 23<sup>rd</sup> to 25<sup>th</sup> February, 2007 at the University of Calcutta in association with Association of Indian Universities, Sports Authority of India Kolkata under the aegis of National Association of Physical Education and Sports Sciences.
17. Participated and presented a paper entitled ‘*Nutrition & Track Performance*’ in the 8th Annual Conference of West Bengal Association of Sports Medicine on 20th January, 2007 organized by the Department of Physical Education, University of Kalyani, Kalyani, West Bengal.

**INVITEE LECTURE/CHAIRMANSHIP/CO-CHAIRMANSHIP:**

1. Delivered a Special Lecture in Online mode as Resource Person on the occasion of Intrastate Faculty Exchange Program on ‘Development of Basketball Game: Theoretical Aspect’ organized by the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, Mugberia, Purba Medinipur on 24.02.2021
2. Delivered a Special Lecture in Online mode as Resource Person on the occasion of Intrastate Faculty Exchange Program on ‘Basic of Basketball Game: Practical Aspect’ organized by the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya, Mugberia, Purba Medinipur on 24.02.2021
3. Acted as the Co-Chairperson in a scientific session at National Seminar on Holistic Education: Harmonizing the Body, Mind and Spirit organized by Department of Physical Education and Sport Science, Vinaya Bhavana, Visva-Bharati, Santiniketan at Visva-Bharati, Santiniketan on 17<sup>th</sup> & 18<sup>th</sup> Feb, 2020.
4. Delivered a Special Lecture on Development of Basketball at the Department of Physical Education, Tripura University, Tripura, on 19.12.2019
5. Delivered a Special Lecture on Rules and Regulation of Basketball at the Department of Physical Education, Kalyani University, Kalyani, Nadia on 27.11.2019
6. Delivered a Special Lecture on Development of Basketball at the Department of Physical Education, Kalyani University, Kalyani, Nadia on 27.11.2019
7. Participated as Resource Person and delivered a lecture on Doping in the Workshop “Latest Trend of Sports Training” on 28<sup>th</sup> March, 2019 at Lipika auditorium, Visva-Bharati organized by SAI, NSNIS Eastern Centre in collaboration with Visva-Bharati Sports Board.
8. Acted as the Chairperson in a scientific session at National Seminar on Issues and Challenges of Sports Sciences organized by Department of Physical Education, Vinaya Bhavana, Visva-Bharati, Santiniketan at the Department of Physical Education, Vinaya Bhavana, Visva-Bharati, Santiniketan on 25March, 2018.
9. Acted as the Chairperson in a scientific session at National Conference on Physical Education and Sports Sciences in the 21<sup>st</sup> Century under the aegis of West Bengal Committee of Institute of

Physical Education 22-23 March, 2018 at the Department of Physical Education, Jadavpur University.

10. Delivered a Special Lecture on Basketball Discipline at the Department of Physical Education, Jadavpur University on 13.04.2017.
11. Acted as the Co-Chairperson in a scientific session at National Seminar organized by the Unit of Physical Education, Palli Siksha Bhavana, Visva-Bharati, Santiniketan at PSB, Visva-Bharati, Santiniketan on 7-8 November, 2016
12. Acted as the Co-Chairperson in a scientific session at National Seminar on Issues and Challenges in Physical Education and Sports Sciences jointly organized by Department of Physical Education and Alumni Committee, Vinaya Bhavana, Visva-Bharati, Santiniketan at the Department of Physical Education, Vinaya Bhavana, Visva-Bharati, Santiniketan on 25-26 June, 2016
13. Acted as the Chairperson in a scientific session at National Seminar on Fit and Healthy India-Vision 2020 Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam on 20-21 February, 2015

#### **SPORTS ACHIEVEMENT:**

1. Represented Visva-Bharati as a Coach in the East Zone Intervarsity Basketball Tournament (M) two times at B.H.U. Varanasi: 2008-09 and 2009-10.
2. Represented Visva-Bharati as a player in the East Zone Intervarsity Basketball Tournament (M) five times at: B.H.U, Varanasi: 2001-2002, Utkal Unv. Bhubaneswar-2002-2003.2003-2004 & 2005-2006, Berhampore Unv. Berhampore, Orissa-2004-2005.
3. Represented Visva-Bharati as a player Kho-Kho Team (M) in the North-East Zone Intervarsity Kho-Kho Tournament at: Punjab Unv.Chandigarh-2002-2003, MDU Rohtak, Haryana,2003-2004, GNDU Amritsar, Punjab 2004-2005, Kanpur Unv. U.P. 2005-2006.

4. Champion in Calcutta League in Basketball in 2002.

5. Annual Sports Meet:

Date	Level	Event	Position
i)7 <sup>th</sup> March, 05	Visva-Bharati University	Athletic Meet	Champion
		100mtr Sprint	First
		200mtr Sprint	First
		Broad Jump	First
		800mtr Run	Third
		4x100mtr Relay	First

ii)1994	Birbhum District	Shot Put	Third
iii)4 <sup>th</sup> Feb, 1998	Bolpur Sub-Division	200mtr Run	Second
		Triple Jump	Second
iv)5 <sup>th</sup> Feb, 1997	Bolpur Sub-Division	400mtr Run	Second
		800mtr Run	Third
v)10 <sup>th</sup> Feb,1997	WB Youth Sports Festival	100mtr Sprint	First
		400mtr Run	First
		Broad Jump	First
		High Jump	First
vi)14 <sup>th</sup> Jan,2000	Bolpur High School		Champion
		200mtr Sprint	First
		Long Jump	First
		800mtr Run	First
vii)5 <sup>th</sup> Feb,1999	Bolpur High School	200mtr Sprint	First
		Long jump	First
		Shot Put	First
viii)19 <sup>th</sup> Jan,1998	Bolpur High School		Champion
		400mtr sprint	First
		Triple Jump	First
		800mtr Sprint	First
vix)30 <sup>th</sup> Jan,1997	Bolpur High School		Champion
		400mtr Sprint	First
		Long Jump	First
		High Jump	First
vx)16 <sup>th</sup> Feb, 1996	Bolpur High School	200mtr Sprint	First
		High Jump	First
		Long Jump	Second
vxi)31 <sup>st</sup> Jan,1995	Bolpur High School	Long Jump	First

**CREDENTIAL:**

- ❖ Successfully completed N.C.C. Pre-R.D. –II Camp at Kanchrapara.

**(Dr. Sentu Mitra)**