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|  | **Name (Block letters)** | **:** | **Dr. Atanu Das** |
| **Date of Birth** | **:** | **21.08.1976** |
| **Nationality** |  | **Indian** |
| **Gender** |  | **Male** |
| **II.** | **Department** | **:** | **Physical Education** |
| **III.** | **Area of Interest** | **:** | **Exercise Physiology, Sports Training** |
| **IV.** | **Address for correspondence (with pin code)** | **:** | **Vill.+ P.O- Bailapara, Bishnupur**  **P.S- Bishnupur Dist.- Bankura**  **Pin – 722122, West Bengal, India** |
| **V.** | **Permanent Address (with pin code)** | **:** | **Vill.+ P.O- Bailapara, Bishnupur**  **P.S- Bishnupur Dist.- Bankura**  **Pin – 722122, West Bengal, India** |
| **VI.** | **Mobile no.** | **:** | **7001386837** |
| **VII.** | **E-mail : atanupe@rediffmail.com** | | |

1. **Academic Qualification (Graduation onwards):**

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| **Examination** | **Name of the University** | **Year of passing** |
| **B.P.E** | **L.N.I.P.E., GWALIOR, M.P.** | **1999** |
| **M.P.E** | **L.N.I.P.E., GWALIOR, M.P.** | **2001** |
| **M.PHIL.** | **L.N.I.P.E., GWALIOR, M.P.** | **2002** |
| **NET** | **UGC** | **June,2007** |
| **Ph.D** | **THE UNIVERSITY OF BURDWAN** | **January, 2012** |

1. **: Date of Joining :- 01.07.2008**
2. **Research/ Administrative Experience: 12 year 1 month**
3. **Teaching/ Other Experience: 12 year 1 month**
4. **RESEARCH Oriented Seminars/Workshops/Conferences Attended:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Sl.**  **No.** | **Title of the Invited lecture/ paper presented** | **Title of Conference/ Seminar with date** | **Organized by** | **Whether International/ National/ State or**  **University level** |
| 1. | Comparative effect of three physical training methods on leg explosive strength of school going untrained male tribal students | Learning community for global education reform | Institute of professional studies, Gwalior, M.P. | **International Conference** |
| 2. | Present status of physical education personnel training structure- Analytical study | Development quality of physical education | P.G.G.IP.E., Banipur | **National Seminar** |
| 3. | Limitation of participation in games and sports by Indian women in modern society | Education for sustainable development in 21st century | Union Christian Training College Berharampur | **National Seminar** |
| 4. | A comparison of selected personality traits between general and physical education under graduate girls students | Sports and exercise psychological: career development and psychological aspect of youths sports | Visva-bharati, Santiniketan | National Conference |
| 5. | Comparative effect of selected plyometric training programmes on improvement of flexibility between male tribal and non tribal school going students | Physical education interdisciplinary approach | L.N.I.P.E., North east reginal centre, Guwahati, Assam | **National Seminar** |
| 7 | Effect of different strength training programme on improvement of leg and back strength of tribal male youths | Fit and healthy india-vision 2020 | L.N.I.P.E., North east regional centre, Guwahati, Assam | **National Seminar** |
| 8 | Presentation on healthy living in modern society | Fitness and healthy –life through yoga | Kashipur, Michael Madhusudan mahavidyalaya, Purulia | **National Seminar** |
| 9 | Impact of environmental pollution on sports performance- A meta analysis | Ecology, Globalization and Human Rights | Maynaguri College | International Seminar |
| 10 | Resistance in college life : searching a track to “ Live Life Well” | Quality assurance in health, fitness and wellness | N.BS.Mahavidyalaya, Bishnupur | National Seminar |
| 11 | Effect of common yogic protocol on improvement of neuro-muscular co-ordination of college N.C.C Cadets | Awareness of physical education and sports among the backward communities in rurul area | Saltora Netaji Centenary College | National Seminar |
| 12 | Yogasana and its implementation hazards | Latest trends and challenges for physical education and sports | Government college of physical education for womens, Dinhata | National Seminar |
| 13. | Effect of common yogic practice on improvement of selected neuro-muscular coordinative ability of college female youth | Global Education, Physical Education and Sports, Research and Technology for Sustainable Development. | Department of Physical Education, Seva Bharati Mahavidyalaya, Kapgari, Jhargram | International Conference |
| 14. | Effect of common yoga protocol on kinesthetic perception of college racket sports players | Global Innovation and Research in Education, Sports Sciences and Yoga. | Department of Physical Education, Mahisadal Girls College, Purba Medinipur | International Congress |
| 15. | Hazard in implementation of yogasana in modern society at hooghly district | Quality Enhancement of Teacher Education in India: Recent Trends and Challenges. | Internal Quality Assurance Cell, Nikhil Banga Sikshan Mahavidyalaya, Bishnupur, Bankura | National Seminar |
| 16 | Anthropometric changes with their agility among three groups of girls students | Physical Education, Yoga and Sports Science in 2020’s era. Dated 15th January’2020 | State Institute of Physical Education for Women, Hasting House, Kolkata | International Conference |
| 17. | Effect of plyometric training on selected motor fitness variables among school level volleyball players | Physical Education, Yoga and Sports Science in 2020’s era. Dated 15th January’2020 | State Institute of Physical Education for Women, Hasting House, Kolkata | International Conference |
| 18 | Invited Lectures | Techniques and rules of track and field | Pankura Banamalo College  Autonomous college | University Level |
| 19 | Invited Lectures | Techniques and rules of track and field, officiating and field marking | Pankura Banamalo College  Autonomous college | University Level |
| 20 | Resource Person | Athletics Workshop on Officiating and  Track marking | State Institute of Physical Education for Women, Judges Court Road, Hasting s House | University Level |

1. **List of Publications**

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| **Sl.**  **No** | **Title** | **Journal** | **ISSN/ ISBN**  **No.** | **Whether Peer Reviewed.**  **Impact factor, if any** |
| **1.** | **A com**parison of selected physical physiological and anthropometric variables among various sports groups | Scientific Journal of Physical Education and Allied Subject  July,2011, Vol. , No.-1  pp. 73-78 | 2231- 041X | Peer Reviewed |
| **2.** | Comparative effect of resistance running on improvement of resting heart rate in untrained tribal and non-tribal male school going | UNMESH, A Peer Reviewed Journal of physical education  July, 2012  Vol. 1&2, pp 27-31 | 0974-9829 | Peer Reviewed Journal of physical education |
| **3.** | Effect of proprioceptive neuromuscular facilitation and static stretching on muscular strength and flexibility of male college students | Indian Journal of social and natural science , June, 2012 Vol. 1, issue 2 pp. 152-159 | **2277-6117** | An international index and peer reviewed journal |
| **4.** | Comparative effect of different strength training programme on improvement of leg power of untrained school going students | Indian Journal of social and natural science , June, 2012 Vol. 1, issue 2 pp. 160-167 | **2277-6117** | An international index and peer reviewed journal |
| **5.** | Relationship of balance with weight and body composition in physical education girls | Akash, Journal of physical education, sports and yoga science, May, 2012, Vol. 1, No. 2 pp. 45-48 | **2250-1398** | Peer Reviewed |
| **6.** | Effect of Ramadan fasting on anthropometric variables physical fitness components and physiological variables of Muslim male school going children | International Journal of Movement Education and Social Science (IJMESS), Oct. 2013, Vol.2 No. 2 pp. 27-32 | **2278-0793** | An international index and peer reviewed journal |
| **7.** | Comparative study on anthropometrical variables, agility and strength between university and district level volleyball players | Amass, Multilateral Research Journal, May 2013, vol. 5 No. 1, pp. 42-48 | **0975-3966** | Peer Reviewed |
| **8.** | Comparative effect of resistance running on vital capacity between untrained tribal and non-tribal school boys | Indian Journal of Health and Well being , June 2013, vol. 4 issue 5. Part- V , pp. 1132-1136 | **2229-5356** | Peer reviewed journal, Impact Factor 0.47 |
| **9.** | Comparative effect of selected plyometric training programmes on improvement of flexibility between untrained male tribal and non tribal school going students | National Journal of Physical Education and Sports Science, September, 2014, Vol. 1 , No. 2, Pp. 76-80 | **2348-4713** | Peer reviewed Articles |
| **10.** | Comparative effect of selected plyometric training programmes on improvement of anthropometric characteristics of untrained male tribal school going students | Scientific Journal of Physical Education and Sports, July , 2014, Vol. 1 No. 2 | **2321-6956** | Peer reviewed journal |
| **11.** | A comparative study of postural status among government employer, shopkeeper and farmer | International Journal of Physical Education and applied exercise sciences, Feb., 2015, Vol. 1 No. 1, pp 221-225 | **2394-9953** | Peer reviewed journal |
| **12.** | Comparative effect of different worm-up protocols on the performance of a sprinters | Lokavishkar International E-Journal, December 2015, Vol. 4, Issue 4, pp.7-10 | **2277-727X** | An international index and peer reviewed journal |
| **13.** | Effect of different strength training programmes on shoulder strength of tribal female youths | A complete Journal of Health Physical Education, Physical Activity and Sports, March 2016, Vol. 2, Issue 1, pp. 51-54 | **2395-0706** | An international index and peer reviewed journal |
| **14.** | Effect of different strength programmes on flexibility of tribal female youths | Online International Interdisciplinary Research Journal, May 2016, Vol. 6, Special Issue , pp. 265-268 | **2249-9598** | An international index and peer reviewed journal |
| **15.** | Compare the teachers job satisfaction at different schools of burdwan district | International Journal of Science and Research, June 2016, Vol. 5, Issue 6 | **2319-7064** | International index and peer reviewed journal |
| 16 | A comparison on selected motor fitness components and psychological parameter between non adult sprinters and jumpers. | International Journal of Physical Education, Health and Social Science  (IJPEHSS)  Jan., 2018 Vol.7,  Issue 1 | 2278-716X | UGC Approved Peer Reviewed & Indexed Journal  Impact Factor 5.02 |
| 17 | A status survey in IPL match on television advertisements and comparative study print media coverage in different news paper. | International Journal of Yogic, Human Movement and Sports Sciences  Pp: 139-142  (July-December), 2018  Volume 3, Issue 2 | 2456-4419 | Peer Reviewed &  Index Journal  Impact Factor: 5.18 (RJIF)  Index Copernicus ICV 2016: 56.47 |
| 18 | A comparison on selected motor fitness components and physiological characteristics between sprinter and jumpers. | International Journal of Yogic, Human Movement and Sports Sciences  Pp: 148-151  (July-December), 2018  Volume 3, Issue 2 | 2456-4419 | Peer Reviewed &  Index Journal  Impact Factor: 5.18 (RJIF)  Index Copernicus ICV 2016: 56.47 |
| 19 | Comparative study of print media coverage of Indian athletes in gold coast 2018 commonwealth games. | International Journal of Movement Education and Social Science  March , 2019 Vol. 8 Issue 1 | 2278-0793 | UGC Approved Peer Reviewed Journal. Impact Factor: 5.62 |
| 20 | Effect of common yogic practice on improvement of selected neuro muscular coordinative ability of college female youth., | Indira Publication | ISBN No.- 978-81-929219- 1-4 | International Seminar  Proceeding |

I declare that the particulars given above are correct to the best of my knowledge and belief.

Signature