

 **CURRICULUM VITAE**

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**1. PERSONAL DETAILS:**

**Name** (In Capital Letters)**: ANINDYA BHOWMIK**

**Designation: SACT - I**

**Department: Physical Education**

**Academic Qualifications: M.P.Ed, WBSET, Ph.D.**

**Date of Birth: 10.02.1989**

**Gender: Male**

**Nationality: Indian**

**Date of Joining in the College: 20.01.2014**

**Permanent Address: Vill+P.O Krishnapriya, P.S. Pingla, Dist. Paschim Medinipur, Pin. 721140.**

**Address for Communication: Same as permanent address.**

**Phone No: 9474619204**

**Email: anindyak4@gmail.com**

**2. EDUCATION:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Examination/Degree** | **Board/Council/University/Other Examining Body** | **Year of Completion** | **Division** | **Percentage of Marks** |
| **B.A (H)** | **Vidyasagar University** | **2009** | **2 nd** | **43.43** |
| **B.P.Ed** | **Fakir Mohan University** | **2010** | **1 st** | **69.43** |
| **M.P.Ed** | **Pt. Ravishankar Shukla University** | **2013** | **1 st** | **65.71** |
| **Ph.D (Phy. Education)** | **Swami Vivekanand Subharti University** | **2020** | **-** | **-** |

**Title of the M.Phil./Ph.D. Thesis: “Effect of Yoga Training and SAQ Training on Physiological Variables among Rural Students of West Bengal and Western Uttar Pradesh”**

**Areas of Interest: Fitness, Exercises and Health**

**3. WORK EXPERIENCE:**

|  |  |  |
| --- | --- | --- |
| **Period** | **Designation** | **Name of the Institute** |
| **20.01.2014 – 31.12.2019** | **Guest Lecturer**  | **Seva Bharati Mahavidyalaya** |
| **01.01.2020 – Till now**  | **State Aided College Teacher**  | **Seva Bharati Mahavidyalaya** |

**4. ARTICLES/PAPERS PUBLISHED IN JOURNALS:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sl. No. | Title of the Paper | Name of the Journal  | ISSN, Vol. No., Issue No., Page No.  | Year of Publication | Whether UGC Approved | Status(National / International) |
| 01. | Body Height Impact on Cardiorespiratory Fitness among Physically Active Adult. | International Journal of Sports, Exercise and Health Research | E-ISSN: 2581-4923,Vol. 8,Issue 1,Page. 11-14 | 2024 | No | International |
| 02 | Comparative Study On Resting Heart Rate, Vital Capacity And Peak Expiatory Flow Rate Between Rural Students Of West Bengal And Western Uttar Pradesh | International Journal of Scientific & Technology Research | ISSN 2277-8616,Vol. 9,Issue 2,Page. 1386-1388 | 2020 | Yes(Scopus) |  |
| 03.  | Effect of SAQ Training on Vital Capacity and Peak Expiatory Flow Rate among School Students of Rural Area. | Indian Journal of Public Health | **E-ISSN : 0976-5506P-ISSN : 0976-0245,****Vol. 10,****Issue 10,****Page. 450-454** | 2019 | Yes(Scopus) | International |
| 04. | Comparison of Body Mass Index, Respiratory Rate and Peak Expiratory Flow Rate Between Tribal and Non-Tribal Inter-College Sports Participants. | International Journal of Physiology, Nutrition and Physical Education | ISSN: 2456-0057,Vol. 4,Issue 2,Page. 68-69 | 2019 |   No | International |
| 05. | Effect of Yogasanas Practices on Endurance of College Students | International Journal of Yogic, Human Movement and Sports Sciences | ISSN: 2456-4419,Vol. 3,Issue 2,Page. 924-925 | 2018 | No | International |
| 06. | Correlation between cardiovascular endurance and peak expiratory flow rate of university players | International Journal of Physiology, Nutrition and Physical Education | ISSN: 2456-0057,Vol. 3,Issue 2,Page 1148-49 | 2018 | YesUGC ApprovedNo.41673 | International |
| 07. | [Comparison of Explosive Strength between Football and Volleyball Players of Jamboni Block](https://scholar.google.com/scholar?cluster=7208963519493113419&hl=en&oi=scholarr) | IOSR Journal of Sports and Physical Education | E-ISSN: 2347-6737 P-ISSN: 2347-6745,Vol. 2,Issue 2,PP. 12-13 | 2015 | No | International |

**6. SEMINAR/CONFERENCE/WEBINAR PROCEEDINGS:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sl.No. | Title of the Paper | Details of the Seminar / Conference / Webinar | Organized by  | Year & Date of Commencement | ISSN/ ISBN | Status(National / International) |
| 01. | Effect of Eight Week Varied Exercise Training on Selected Physical Fitness Components of College Student | National Conference on Physical Education and Yogic Sciences in Relation to Social Life | Swami Vivekanand Subharti University, Meerut. | 2017. Nov. 11 & 12. | E-ISSN: 0976-7967, P-ISSN: 2319-2216. | National |

**7.** **PAPERS PRESENTED IN THE SEMINAR/CONFERENCE/WEBINAR:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Sl.No. | Title of the Paper | Details of the Seminar / Conference / Webinar | Organized by  | Year & Date of Commencement | Status(National / International) |
| 01. | Effect of Eight Week Varied Exercise Training on Selected Physical Fitness Components of College Student | National Conference on Physical Education and Yogic Sciences in Relation to Social Life | Swami Vivekanand Subharti University, Meerut. | 2017. 11 & 12 Nov.  | National |
| 02. | Effect of Yoga Training on Vital Capacity between Tribal and Non-Tribal College Students | Trends, Issues and Development of Physical Education & Sports Science | IQAC & Department of Physical Education Sree Chaitanya Mahavidyalaya, Habra in Collaboration with Post Graduate Govt. College of Physical Education , Banipur  | 2019.20 Sep. | International  |

**DECLARATION**

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



Date: 06.06.2024 Signature