



## CURRICULUM VITAE

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### 1. PERSONAL DETAILS:

**Name (In Capital Letters): ANIRUDDHA MALLICK**

**Designation: SACT-II**

**Department: PHYSICAL EDUCATION**

**Academic Qualifications: B.A,M.A, B.P.ED,M.P.ED,PhD(Running)**

**Date of Birth: 15/01/1986**

**Gender: MALE**

**Nationality: INDIAN**

**Date of Joining in the College: 08/12/2017**

**Permanent Address: 791/14 Raghunathpur,P.O +P.S- Jhargram,DIST-Jhargram,W.B**

**Address for Communication: Do**

**Phone No: 9932789343**

**Email: aniruddha1585@gmail.com**

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### 2. EDUCATION:

Examination/Degree	Board/Council/University/Other Examining Body	Year of Completion	Division	Percentage of Marks
M.P	W.B.B.S.E	2001	2nd	56.5%
H.S	W.B.C.H.S.E	2003	2nd	50.07%
B.P.Ed	V.U	2011	1st	69.14%
M.P.Ed	F.M.U	2013	1st	66.46%

**Title of the M.Phil./Ph.D. Thesis: EFFECT OF YOGA NIDRA AND ASANAS ON PSYCHO-PHYSIOLOGICAL VARIABLES OF TRIBAL YOUTH.**

**Areas of Interest: Yoga, Volleyball, Badminton, Table Tennis**

**3. WORK EXPERIENCE:**

Period	Designation	Name of the Institute
5 Years	Asst. Teacher (PGT)	West End High School
2 Years	Guest Lecturer	Seva Bharati Mahavidyalaya
4.5 Years	SACT-II	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.	Effect of Yoga nidra on Psycho-physiological variables of Tribal Learners	International Journal of Yogic , Human Movement and sports Science	ISSN:2456-4419,Volume 4 Issue 1,Part-Z,Page:1568-1572	2019	YES(Till june 2019)	International
02.	Effect of yoga Asanas on psycho-physiological variables of tribal learners	International Journal Of Multidisciplinary Educational Reserch	ISSN:2277-7881,Volume:12,Issue :4(3),page:10-13	2023	Peer Reviewed	International
03.						

**5. 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 Specific Training on Selected Speed Explosive Power & Muscular Strength Variables of School Football Player.	International Conference on Global Education, Physical Education and Sports, Research and Technology for Sustainable Development.	Department Of Physical Education Seva Bharati Mahavidyalaya	9 <sup>th</sup> December 2017		International

**6. 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.	Comparative Study on Plyometric Training and Combination Of Isometric & Isotonic Training on Soccer Playing Ability	ICSSR SPONSORED INTERNATIONAL CONFERENCE ON “Innovative thoughts and Ideas on Performance Sport for Athletes and Fitness Activity for Holistic Community Health”	The Department of Physical Education University of Kalyani, West Bengal, India	12 & 13 March 2024	International

### DECLARATION

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

*Aniruddha Mallik*

Date: 30/06/2024

Signature