



CURRICULUM VITAE

1. PERSONAL DETAILS:

Name (In Capital Letters): ANINDYA BHOWMIK

Designation: SACT - I

Department: Physical Education

Academic Qualifications: M.P.Ed, 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.

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.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 – 09.07.2020	State Aided College Teacher - II	Seva Bharati Mahavidyalaya
10.07.2020 – Till now	State Aided College Teacher - I	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, PP. 11-14	2024	No	International
02.	Effect of Yoga Training on Resting Heart Rate, Peak Expiatory Flow Rate and Body Mass Index among Rural School Students of West Bengal and Western Uttar Pradesh.	Journal of the Social Sciences	E-ISSN: 0975-8935 P-ISSN: 0253-1097, Vol. 48, Issue 2, PP. 1340-1349	2020	Yes (Scopus)	International
03	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, PP 1386-1388	2020	Yes (Scopus)	

04.	Effect of SAQ Training on Vital Capacity and Peak Expiratory Flow Rate among School Students of Rural Area.	Indian Journal of Public Health	E-ISSN : 0976-5506 P-ISSN : 0976-0245, Vol. 10, Issue 10, PP. 450-454	2019	Yes (Scopus)	International
05.	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, PP. 68-69	2019	No	International
06.	Effect of Yogasanas Practices on Endurance of College Students	International Journal of Yogic, Human Movement and Sports Sciences	ISSN: 2456-4419, Vol. 2, Issue 3, PP. 924-925	2018	No	International
07.	Comparison of Explosive Strength between Football and Volleyball Players of Jamboni Block	IOSR Journal of Sports and Physical Education	E-ISSN: 2347-6737 P-ISSN: 2347-6745, Vol. 2, Issue 2, PP. 12-13	2018	No	International

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 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

6. PAPERS PRESENTED IN THE SEMINAR/CONFERENCE/WEBINAR:

Sl.No.	Title of the Paper	Details of the Seminar / Conference /	Organized by	Year & Date of Commence	Status (National / International)
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		Webinar		ment	
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.

Anindya Bhowmik

Date: 06.06.2024

Signature