



## **CURRICULUM VITAE**

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### **1. PERSONAL DETAILS:**

**Name (In Capital Letters): DR. MRITUNJOY DAS**

**Designation: Assistant Professor in Physical Education**

**Department: Physical Education**

**Academic Qualifications:**

**B.P.ED (GOLD MEDALIST), M.P.ED (SILVER MEDALIST), P.G. DIPLOMA IN YOGA, P.G. DIPLOMA IN INCLUSIVE EDUCATION, M.A IN PSYCHOLOGY(APPEARED), UGC-NET(JRF), SET(WBCSC), Ph.D, NIS(KHO-KHO), PRE LEVEL-1 COACHING IN ATHLETICS**

**Date of Birth: 16.12.1990**

**Gender: MALE**

**Nationality: INDIAN**

**Date of Joining in the College: 30<sup>TH</sup> DECEMBER, 2020**

**Permanent Address:**

**VILL+PO- BAHARA, PS- KANDI, DIST-MURSHIDABAD, WEST BENGAL, INDIA, PIN-742138**

**Address for Communication:**

**B-1/320, KALYANI, NADIA, WEST BENGAL, INDIA**

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**Email: [mritunjoyphyedu2020@klyuniv.ac.in](mailto:mritunjoyphyedu2020@klyuniv.ac.in)**

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**2. EDUCATION:**

<b>EXAMINATION/ DEGREE</b>	<b>BOARD/COUNCIL/ UNIVERSITY</b>	<b>YEAR OF COMPLETI ON</b>	<b>DIVISI ON</b>	<b>% OF MARKS/ GRADE</b>
<b>H.S</b>	WBCHSE	2008	1 <sup>ST</sup>	65.2%
<b>BA(HONS)</b>	UNIVERSITY OF KALYANI	2011	1 <sup>ST</sup>	61.3%
<b>B.P.ED (Gold Medallist)</b>	UNIVERSITY OF KALYANI	2013	1 <sup>ST</sup>	71.35%
<b>M.P.ED (Silver Medallist)</b>	UNIVERSITY OF KALYANI	2015	1 <sup>ST</sup>	73%
<b>POST GRADUATE DIPLOMA IN YOGA</b>	NETAJI SUBHASH OPEN UNIVERSITY(NSOU)	2016	1 <sup>ST</sup>	68.16%
<b>DIP. IN INCLUSIVE EDU.</b>	NETAJI SUBHASH OPEN UNIVERSITY(NSOU)	2022	1 <sup>ST</sup>	82.3%
<b>NIS CERTIFICATE COURSE IN KHO-KHO</b>	NSNIS SAI SOUTH CENTER, BANGALORE	2011	1 <sup>ST</sup>	76%
<b>PRE-LEVEL 1 COACHES COURSE</b>	ATHLETICS FEDERATION OF INDIA	2021	2 <sup>ND</sup>	“B”
<b>CERTIFICATE COURSE IN PC HARDWARE AND NETWORKING</b>	ELECTRONICS CORPORATION OF INDIA LIMITED	2009	1 <sup>ST</sup>	“A”
<b>MASTERS IN PSYCHOLOGY</b>	IGNOU	2024	APPEARED	
<b>NET (JRF)</b>	UNIVERSITY GRANT COMMISSION	JUNE, 2014		
<b>SET</b>	WEST BENGAL COLLEGE SERVICE COMMISSION	18 <sup>TH</sup> WBSET, DECEMBER 2014		

**TITLE OF THE PH.D. THESIS:**

**“EFFECTIVENESS OF CONDITIONING PROGRAMME ON PHYSICAL FITNESS  
SELF-CONCEPT AND WELLNESS OF OVERWEIGHT AND ADOLESCENT  
BOYS.”**

**AREAS OF INTEREST:**

**PSYCHOLOGY AND SPORT PSYCHOLOGY, RESEARCH & STATISTICS, EXERCISE PHYSIOLOGY, YOGA & INCLUSIVE EDUCATION, KHO-KHO & ATHLETICS.**

**3. WORK EXPERIENCE:**

PERIOD	DESIGNATION	NAME OF THE INSTITUTE
05.09.2016 TO 29.12.2020	ASSISTANT TEACHER	BARANAGAR RAMKRISHNA MISSION ASHRAMA HIGH SCHOOL, KOLKATA
30.12.2020 to Till Date	ASSISTANT PROFESSOR	SEVA BHARATI MAHAVIDYALAYA, KAPGARI, JHARGRAM

**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.	EFFECTIVENESS OF CONDITIONING PROGRAM ON CARDIO RESPIRATORY FITNESS AND SELF CONCEPT OF OBESE ADOLESCENT MALE	INDIAN JOURNAL OF YOGA EXERCISE & SPORT SCIENCE AND PHYSICAL EDUCATION	ISSN: 0975-265X VOL:8 ISSUE: 1 1-9	2023	PEER REVIEWED	NATIONAL
02.	EFFECTIVENESS OF CONDITIONING PROGRAM ON CARDIORESPIRATORY FITNESS AND WELLNESS OF OVERWEIGHT ADOLESCENT BOYS	JOURNAL OF EDUCATION AND DEVELOPMENT	ISSN: 2248-9703 VOL:10 NO:19 PAGE: 344-352	JUNE, 2020	MULTI-DISCIPLINARY, PEER REVIEWED	NATIONAL
03.	AN ANALYTICAL VIEW OF VIVEKANANDAS PHILOSOPHY IN PHYSICAL EDUCATION	INTERNATIONAL JOURNAL OF APPLIED RESEARCH	ISSN: 2394-7500 VOL:1 ISSUE:13 PAGE:70 1-705	2015	MULTI-DISCIPLINARY, PEER REVIEWED	INTERNATIONAL
04.	EFFECT OF SIX WEEK CONDITIONING PROGRAM ON BALANCE OF ADOLESCENT TRIBAL GIRLS	INDIAN JOURNAL OF PHYSICAL EDUCATION AND EXERCISE SCIENCE	ISSN: 2277-6125 VOL: 6&7 P=12-17	2016	PEER REVIEWED	NATIONAL
05.	A COMPARATIVE STUDY ON KINESTHETIC PERCEPTION	INTERNATIONAL JOURNAL OF	ISSN: 2394-	2015	MULTI-DISCIPLI	INTERNAT

	AND SELECTED ANTHROPOMETRIC VARIABLES BETWEEN STATE LEVEL JUNIOR KHO-KHO AND KABADDI PLAYERS	APPLIED RESEARCH	7500 VOL:1 ISSUE:13 PAGE:70 6-709		NARY, PEER REVIEW ED	IONA L
06.	STUDY ON MOTOR FITNESS CREATIVITY AND PERSISTENCY AMONG FOOTBALL CRICKET AND KHO-KHO PLAYERS	INDIAN JOURNAL OF PHYSICAL EDUCATION AND EXERCISE SCIENCE	ISSN: 2277- 6125 VOL: 6&7 P=12-17	2016	PEER REVIEW ED	NATI ONAL

### 5. ARTICLES/PAPERS/CHAPTERS PUBLISHED IN BOOKS/EDITED BOOKS:

Sl. No.	Title of the Paper/Chapter/Article	Title of the Book	ISBN, Vol. No., Issue No., Page No.	Year of Publication	Whether UGC Approved	Status
01.	ANALYTICAL VIEW'S ON AMENTITES OF SPORTS FOR CHILDREN WITH SPECIAL NEEDS	FIT AND HEALTHY LIFE	ISBN: 978-93-91771-84-3 VOL-1 P=206-212	2023	PEER REVIEW ED	NAT ION AL
02.	EFFECT OF CONDITIONING PROGRAM ON CARDIORESPIRATORY FITNESS AND SELF CONCEPT OF OBESE ADOLESCENT BOYS	TRENDS AND DEV. OF PHY. EDU IN 21 <sup>ST</sup> CENTURY	ISBN: 978-93-89234-62-6 VOL-1 P=180-191	2020	PEER REVIEW D	INT ERN ATI ON AL
03.	ATTITUDE OF PARENTS AND TEACHERS TOWARDS PHYSICAL EDUCATION IN SECONDARY SCHOOL CURRICULUM- A SURVEY	EXIGENCY OF EXISTANCE	ISBN: 978-716-04777-0 VOL-1 P=219-228	2022	PEER REVIEW D	INT ERN ATI ON AL
04.	EFFECT OF FITNESS TRAINING ON FOOTBALL PLAYING ABILITY OF TRIBAL FOOTBALL PLAYERS	TRENDS AND DEV. OF PHY. EDU IN 21 <sup>ST</sup> CENTURY	ISBN: 978-93-89234-62-6 VOL-1 P=279-286	2020	PEER REVIEW D	INT ERN ATI ON AL
05.	A COMPARATIVE STUDY ON SELECTED ANTHROPOMETRIC VARIABLES AND MOTOR CREATIVITY OF VARSITY LEVEL FEMALE KABADDI AND KHO-KHO PLAYERS	JOURNAL FOR EDUCATIONAL RESEARCH PERSPECTIVES	ISBN: 978-93-84472-08-5 VOL-1 P=266-271	2015	PEER REVIEW D	NAT ION AL

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

Sl.No.	Title of the Paper	Details of Seminar/Conference	Organized by	Year & Date	ISSN / ISBN	(National /International)
WB	STUDY ON PERSONALITY AND PSYCHOLOGICAL	GOLDEN JUBILEE NATIONAL SEMINAR ON	MUGBERIA GANGADHAR	12 <sup>TH</sup> NOVE MBER,	ISBN: 978-93-82623-83-0	NATION AL

	HARDINESS OF VARSITY LEVEL FOOTBALL AND GYMNASTIC PLAYERS	PSYCHO-SOCIAL PERSPECTIVE OF PHYSICAL EDUCATION	MAHAVIDY ALAYA, BHUPATINA GAR, W.B	2016	VOL-1 P=57-65	
02.	INFLUENCE OF EDUCATION ON HEALTH AND NUTRITION OF ADOLESCENT PUPILS: AN OVERVIEW STUDY	TRAILING THE FOOTPRINTS OF NUTRITION AND WELLNESS	VISVA BHARATI UNIVERSITY	2016	ISBN: 987-81-88904-88-4 VOL: 1 P=21-27	NATION AL
03.	STUDY ON KINESTHETIC PERCEPTION AND PSYCHOLOGICAL HARDINESS OF VARSITY LEVEL GYMNASTIC PLAYERS	GOLDEN JUBILEE NATIONAL SEMINAR ON PSYCHO-SOCIAL PERSPECTIVE OF PHYSICAL EDUCATION	MUGBERIA GANGADHAR MAHAVIDY ALAYA, BHUPATINA GAR, WB	12 <sup>TH</sup> NOVE MBER, 2016	ISBN: 978-93-82623-83-0 VOL-1 P=66-73	NATION AL
04.	PERFORMANCE ANALYSIS OF MALE SPRINTERS IN DIFFERENT CURVE RADIUS	GLOBAL INNOVATION AND RESEARCH IN EDUCATION SPORTS SCIENCES AND YOGA	MAHISADAL GIRLS COLLEGE, PURBA MEDINIPUR	10-11 DEC, 2017	ISBN: 978-93-87072-19-0 VOL-2 P=159-166	INTER NATION AL

#### 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	Status
01.	ANALYTICAL VIEWS ON OBESITY AND MENTAL HEALTH	AN INTERNATIONAL CONFERENCE ON HOLISTIC APPROACH TOWARDS PERFORMANCE AND SAFETY IN SPORTS	SRI SRI UNIVERSITY CITTACK, ODISHA	21-23 DEC 2023	INTER NATION AL
02.	PHYSICAL ACTIVITY FOR A BETTER TOMORROW IN NEW NORMAL SITUATION	INTERNATIONAL SEMINAR ON OPPORTUNITIES AND CHALLNGES IN HEALTH AND PHYSICAL EDUCATION IN POST PANDEMIC PERIOD	SRIKRISHNA COLLEGE, NADIA, WEST BENGAL	23-24 FEBRU ARY 2023	INTER NATION AL
03.	EFFECTIVENESS OF CONDITIONING PROGRAM ON SELF-CONCEPT AND WELLNESS OF OVERWEIGHT ADOLESCENT BOYS	INTERNATIONAL WEBINER ON TRENDS AND DEVELOPMENT OF PHYSICAL EDUCATION AND EDUCATION IN 21 <sup>ST</sup> CENTURY	CHANDRAP UR COLLEGE, PURBA BARDHAMAN	25-26 <sup>TH</sup> JULY 2020	INTER NATION AL
04.	EFFECT OF CONDITIONING PROGRAM ON CARDIORESPIRATORY FITNESS AND SELF-CONCEPT OF OBESE	INTERNATIONAL SEMINAR ON TRENDS, ISSUES AND DEVELOPMENT IN PHYSICAL EDUCATION & SPORTS SCIENCES	SREE CHAITANYA MAHAVIDY ALAYA, HABRA	20 <sup>TH</sup> SEPT. 2019	INTER NATION AL

	ADOLESCENT BOYS				
05.	AN ANALYTICAL VIEW OF VIVEKANANDA'S PHILOSOPHY IN PHYSICAL EDUCATION	INTERNATIONAL SEMINAR ON LIFE & WORKS OF SWAMI VIVEKANANDA	NSS, UNIVERSITY OF KALYANI	11 <sup>TH</sup> MARCH, 2015	INTERNATIONAL
06.	COMPARATIVE STUDY ON SELECTED ANTHROPOMETRIC VARIABLES AND MOTOR CREATIVITY ON THE VARSITY LEVEL FEMALE KABADDI AND KHO-KHO PLAYERS	INTERNATIONAL SEMINAR ON DIFFERENT PERSPECTIVES OF EDUCATION IN MODERN SOCIETY	JRSET COLLEGE OF EDUCATION, NADIA	21 & 22 FEBRUARY, 2015	INTERNATIONAL
07.	PROMOTION OF VALUES AND EDUCATION THROUGH PHYSICAL EDUCATION AND SPORTS	NATIONAL SEMINAR ON FIT AND HEALTHY LIFE	SITARAM MAHATO MEMORIAL COLLEGE, PURULIA	08-09 AUGUST, 2023	NATIONAL
08.	STUDY ON PSYCHOLOGICAL HARDINESS AND COPING STRATEGY OF VARSITY LEVEL KHO-KHO AND KABADDI PLAYERS	UGC SPONSORED NATIONAL SEMINAR ON CONTEMPORARY ISSUES IN INDIAN EDUCATION	HARINGHATA MAHAVIDYALAYA, NADIA	28-29 SEPTEMBER 2016	NATIONAL
09.	A SURVEY ON ATTITUDE OF PARENTS AND TEACHERS TOWARDS PHYSICAL EDUCATION IN SECONDARY SCHOOL	UGC SPONSORED NATIONAL SEMINAR ON ART, CULTURE & ETHICS IN THE PERSPECTIVES OF INDIAN EDUCATION	SUNITI EDUCATIONAL TRUST BED COLLEGE	11 & 12 APRIL 2015	NATIONAL
10.	INFLUENCE OF EDUCATION ON HEALTH AND NUTRITION OF ADOLESCENT PUPILS: AN OVERVIEW STUDY	NATIONAL SEMINAR ON NUTRITION AND WELLNESS	VISVA BAHARATI	7-8 NOVEMBER 2016	NATIONAL
11.	STUDY ON PERSONALITY AND PSYCHOLOGICAL HARDINESS OF VARSITY LEVEL FOOTBALL AND GYMNASTIC PLAYERS	GOLDEN JUBILEE NATIONAL SEMINAR ON PSYCHOSOCIAL PERSPECTIVE OF PHYSICAL EDUCATION	MUGBERIA GANGADHAR MAHAVIDYALAYA, BHUPATINAGAR, W.B	12 <sup>TH</sup> NOVEMBER, 2016	NATIONAL
12.	DIFFERENCE BETWEEN ACTIVE & PASSIVE RECOVERY AFTER HIGH INTENSIVE EXERCISE: A COMPARATIVE STUDY	UGC SPONSORED NATIONAL SEMINAR ON TRENDS AND DEVELOPMENT OF PHYSICAL EDUCATION & SPORTS	KHEJURI COLLEGE PURBA MEDINIPUR	29-30 NOVEMBER 2016	NATIONAL
13.	A STUDY ON PERSISTENCY AND MOTOR FITNESS OF VARSITY LEVEL KHO-KHO AND FOOTBALL PLAYERS IN RELATION TO MOTOR CREATIVITY	UGC SPONSORED TWO DAY NATIONAL CONFERENCE ON NEW HORIZONS OF PHYSICAL EDUCATION AND EXERCISE SCIENCES IN THE 21 <sup>ST</sup> CENTURY	DEPARTMENT OF PHY. EDUCATION UNIVERSITY OF BURDWAN	20-21 SEPTEMBER 2016	NATIONAL

14.	OVERVIEW PERSPECTIVE OF CYBERBULLYING AND ITS IMPACT ON HEALTH AND WELL-BEING	ICSSR SPONSORED INTERNATIONAL CONFERENCE ON INNOVATIVE THOUGHTS AND IDEAS ON PERFORMANCE SPORTS FOR ATHLETES AND FITNESS FOR HOLISTIC COMMUNITY HEALTH	DEPARTMENT OF PHY. EDUCATION, UNIVERSITY OF KALYANI	12 & 13 <sup>TH</sup> MARCH	INTERNATIONAL
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**8. CHAIRED/CO-CHAIRER IN THE TECHNICAL SESSION OF THE SEMINAR/WEBINAR:**

Sl. No.	CHAIRER/CO-CHAIRER	Details of the Seminar /Conference/Webinar	Organized by	Year & Date of Commencement	Status (National / International)
01.	CO-CHAIRER	INTERNATIONAL SEMINAR ON OPPORTUNITIES AND CHALLENGES IN HEALTH AND PHYSICAL EDUCATION IN POST PANDEMIC PERIOD	SRIKRISHNA COLLEGE, NADIA, WEST BENGAL	23-24 FEBRUARY 2023	INTERNATIONAL
02.	CO-CHAIRER	ICSSR SPONSORED INTERNATIONAL CONFERENCE ON INNOVATIVE THOUGHTS AND IDEAS ON PERFORMANCE SPORTS FOR ATHLETES AND FITNESS FOR HOLISTIC COMMUNITY HEALTH	DEPARTMENT OF PHY. EDUCATION, UNIVERSITY OF KALYANI	12 & 13 <sup>TH</sup> MARCH	INTERNATIONAL

**9. INVITED LECTURERS IN THE SEMINAR/CONFERENCE/WEBINAR:**

Sl.No.	Title of the Invited Lecture	Title of the Seminar /Conference/ Webinar	Organized by	Year & Date of Commencement	Status (National / International)
01.	MENTAL HEALTH AND HEALTHY LIFE STYLE	MENTAL HEALTH: A KEY ASPECTS OF MODERN LIFE	RAJA BIRENDRA CHANDRA COLLEGE, KANDI, MURSHIDABAD	19 <sup>TH</sup> OCTOBER, 2023	STATE
02.	NUTRITION AND HEALTHY EATING HABITS	NUTRITION AND LIFESTYLE	RAJA BIRENDRA CHANDRA COLLEGE, KANDI, MURSHIDABAD	19 <sup>TH</sup> OCTOBER, 2023	STATE
03.	MENTAL HEALTH IN MODERN LIFE	FORTNIGHTLY ONLINE EXTENSION LECTURE	DEPARTMENT OF EDUCATION, SITARAM MAHATO	25 <sup>TH</sup> JUNE, 2023	NATIONAL

		SERIES “BOITHOKI: TOMAY AMAY MILE”	MEMORIAL COLLEGE		
04.	MENTAL HEALTH AND WELL-BEING	STUDENT OBSERVANCE WEEK-2023	SEVA BHARATI MAHAVIDYALA YA	5 <sup>TH</sup> JANUARY 2023	STATE
05.	THE ROLE OF SPORTS IN YOUTH DEVELOPMENT	THE IMPACT OF SPORTS ON YOUTH DEVELOPMENT	RAJA BIRENDRA CHANDRA COLLEGE, KANDI, MURSHIDABAD	20 <sup>TH</sup> DECEMBER , 2021	STATE
06.	PHYSICAL FITNESS AND MENTAL HEALTH	EXTENDED VIRTUAL LECTURE	DEPARTMENT OF EDUCATION, KHEJURI COLLEGE	22 <sup>ND</sup> MARCH, 2023	COLLEGE

#### 10. CONFERENCE /SEMINAR/WORKSHOP/WEBINAR ORGANIZED:

Sl.No.	Title of the Conference	Details of the Seminar / Conference / Webinar	Organized by	Year & Date of Commence ment	Status (National / International)
01.	CHALLENGES AND TRENDS OF DEVELOPMENT IN THE FIELD OF PHYSICAL EDUCATION AND SPORTS DUE TO COVID 19 PANDEMIC	2 DAY INTERNATIONAL ONLINE SEMINAR	CHANDRAPUR COLLEGE AND SEVA BHARATI MAHAVIDYALA YA	SEPTEMBER 12-13, 2021	INTERNATIONAL SEMINAR
02.	“ALAPAN”	100 WEEKS VIRTUAL LECTURE SERIES	DEPARTMENT OF PHYSICAL EDUCATION, SEVA BHARATI MAHAVIDYALA YA	30 <sup>TH</sup> MARCH, 2023 TO ONGOING	NATIONAL

#### 11. MEMBER OF ACADEMIC/ADMINISTRATIVE /PROFESSIONAL BODIES:

- MEMBER OF PHYSICAL EDUCATION FOUNDATION OF INDIA(PEFI)
- CONVENOR, DEVELOPMENT COMMITTEE, WEST BENGAL KHO-KHO ASSOCIATION
- TECHNICAL MEMBER OF WEST BENGAL JUDO ASSOCIATION
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## 12. ACHIEVEMENT:

- RECEIVED PRODYOT KUMAR BANERJEE ENDOWMENT GOLD MEDAL FOR FIRST CLASS FIRST IN BPED FROM UNIVERSITY OF KALYANI
- RECEIVED JIBESH CHANDRA CHAKROBORTY MEMORIAL MEDAL FOR FIRST CLASS SECOND IN MPED FROM UNIVERSITY OF KALYANI

### DECLARATION

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

DATE: 16.03.2024

*Maituraj Das.*

Signature