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Address: Birbhum ,West Bengal,India - 731235

Expertise

Theory:Psycho-Neuro-Endocrino-Immunology; Practical: Yoga and Vyayama (Exercise)

Work experience

1. Visva-Bharati University 2012 — Present

Professor
Birbhum

2. Visva-Bharati University 2009 — 2012

Associate Professor
Birbhum

3. Visva-Bharati University 2006 — 2009

Reader
Birbhum

4. Visva-Bharati University 2001 — 2006

Senior Lecturer
Birbhum

5. Visva-Bharati University 1997 — 2001

Lecturer
Birbhum

Education

1. PhD - 1995

Kalyani University

2. M.Ed In Physical Education - 1988

University of Kalyani

3. B.Ed. In Physical Education - 1986

University of Kalyani

4. B.Sc. (Bio) - 1983

University of Calcutta

Honours and Awards

1. MONBUSHO Scholarship for Post Doctoral Research - 1995

Government Of Japan, Miyazaki Medical College

2. School Sport Blue Blazer - 1981

CRGS High School, Beldanga Mushirdabad, WB

Research Project

UNESCO-KISS Project

Role: Co Researcher

Year 2014, Amount 150000 (Travel Gran

UGC Minor Research Project

Role: Principal Investigator

Year 2012, Amount 190000

AYUSH-CCRYN Project

Role: Principal Investigator
Year 2008, Amount 250000

NCERT Project

Role: Principal Investigator
Year 2007, Amount 310000

UGC Major Research Project

Role: Principal Investigator
Year 2006, Amount 461600

Publication

1. Understanding the theoretical Mechanisms behind Proprioceptive Neuromuscular Facilitation Through the Experimental Studies on Brain

Manabendra Majhi, Samiran Mondal, Sridip Chatterjee, Deepeshwer Singh
Indian Journal of Applied Research, Volume 11, Year 2021, Pages 89-94

2. Effect of 12 Weeks of Yogic Training on Neurocognitive Variables: A Quasi-Experimental Study

Sridip Chatterjee, Samiran Mondal, Deepeswar Singh
Indian Journal of Community Medicine, Volume 46, Year 2021, Pages 112-116

3. Significance of Proprioceptive Neuromuscular Facilitation on Physical Facilitation on Physical Fitness Physiological Function and Rehabilitation: A Narrative Review

Manabendra Majhi, Samiran Mondal, Sridip Chatterjee
International Journal Of Scientific Research , Volume 10, Year 2021, Pages 11-14

4. Effect of Proprioceptive neuromuscular facilitation stretching on Physical fitness: A Critical Analysis

Manabendra Majhi, Samiran Mondal
GSC Advanced Research and Reviews , Volume 06(01), Year 2021, Pages 071-075

5. Yoga can alter the autonomic neural activity:a critical analysis

Anup De,Samiran Mondal
Current Traditional Medicine , Volume 06, Year 2020, Pages

6. Yoga and brain wave coherence: A systematic review for brain function improvement

De, Anup and Mondal, Samiran
Heart and Mind, Volume 4, Year 2020, Pages 33

7. Immediate Effect of Yogic Postures on Autonomic Neural Responses

Anup De ., Samiran Mondal

Research in Cardiovascular Medicine, Volume 8, Year 2019, Pages 106-113

8. Single Bout of Yoga Practices (Asana) Effect on Low Frequency (LF) of Heart Rate Variability--A Pilot Study

De, Anup and Mondal, Samiran and Deepeshwar, Singh

International Journal of Medicine and Public Health, Volume 9, Year 2019

9. Changes in Immune Response to Moderate Exercise in Active Trainees

Konar, Aparup and Chatterjee, Sridip and Mondal, Samiran

d, Volume , Year 2019, Pages 13--20

10. Effect of twelve minutes run and walk on platelet variables

Garai, Biswanath and Mondal, Samiran and Chatterjee, Sridip

, Year 2019

11. Effect of weightlifting practice on peripheral sympathetic neural activity

Bhagat, Bijay Kumar and Mondal, Samiran

, Year 2019

12. Exercise for All (

Santunu Patar, Samiran Mondal

Sokaler Jonno Vayama Book In bengali) Classic Books Kolkata, Volume , Year 2018, Pages

13. Immediate and one Week Endurance Exercise Effect on Platelet

, Biswanath Garai, S. Mondal Sridip Chatterjee

International Journal of Yoga Physiotherapy and Physical Education, Volume 3, Year 2018, Pages pp--255

14. Yoga and Vyayama Traditional Mind-Body Technique of Ancient India

Sridip Chatterjee, Bulti Roy, Samiran Mondal

International Journal of Yoga Physiotherapy and Physical Education, Volume 3, Year 2018, Pages 1752-1757

15. Neurologic, Cardiovascular and Musculoskeletal Injuries in Weightlifting

Bijay Kumar Bhagat, Samiran Mondal

International Journal of Scientific Research, Volume 7, Year 2018, Pages 6--7

16. Recreational Games (Anando Dayok khela Book In Bengali)

Santu Das, Samiran Mondal

Dove publication Kolkata, Volume , Year 2017, Pages

17. Effect of exercise on platelet variables: An overview

Garai, Biswanath and Mondal, Samiran ,Chatterjee, Sridip and and Mondal, Tirtha

Int. J. Phys. Educ. Sport. Health, Volume 4, Year 2017, Pages 506--510

18. Effect of combined yoga programme on blood levels of thyroid hormones: A quasi-experimental study

Chatterjee, Sridip and Mondal, Samiran
, Year 2017

19. **Improvement of Brain Function through Combined Yogic Intervention, Meditation and Pranayama: A Critical Analysis**

Anup De ., Samiran Mondal
European Journal of Physical Education and Sport, Volume 13, Year 2016, Pages 89-96

20. **Vyayama culture in ancient India**

Roy, Bulti and Mondal, Samiran
, Year 2016

21. **ENHANCEMENT OF BRAIN FUNCTIONS DURING AGING THROUGH VARIOUS EXERCISES: A REVIEW STUDY**

Bhagat, Bijay Kumar and Patar, Santanu and Mondal, Samiran
European Journal of Physical Education and Sport, Year 2016, Pages 79--88

22. **Exercise Science in the Ancient India**

Mondal, Samiran
Special Feature: Exercise and Science in Ancient Times, Volume 8, Year 2016, Pages 71

23. **Exercise induced T cell variation in an air polluted area: A case study**

Konar, Aparup and Mondal, Samiran
Int J Phy Edu Spo Hea, Volume 3, Year 2016, Pages 618--21

24. **Effect of specific package of training on selected skill performance variables of male cricket players**

Khabiruddin, SK and Mondal, Samiran
International Journal of Yogic, Human Movement and Sports Sciences, Volume 1, Year 2016, Pages 76-77

25. **Effect of aerobic training on selected physical and physiological variables among University male students**

Khabiruddin, SK and Mondal, Samiran and Sahu, Deba Prasad
, Year 2016

26. **An assessment of nutritional status of children of government aided primary school of West Bengal**

Mondal, Tirtha and Mondal, Samiran and Biswas, Malabika
Int J Elem Educ [Internet], Volume 4, Year 2015, Pages 41

27. **Aerobic Fitness of Indian Soccer Players: Field Methods Analysis**

Nayak, Pralay and Mondal, Samiran and Gayen, Arup
International Journal Of Engineering And Science, Volume 4, Year 2015, Pages 18--21

28. **Acute aerobic exercise effects on brain wave pattern of player and non-player: A pilot study**

Hoque, Aminul and Mondal, Samiran

29. **EFFECTS OF ACUTE AND CHRONIC EXERCISE ON FREE RADICAL PRODUCTION IN ALBINO RATS.**
Tirtha, Mondal and Samiran, Mondal and Biswas, Malabika
International Journal of Sports Sciences & Fitness, Volume 5, Year 2015
30. **Exercise Effect on Neuropsychological Function- A review**
Aminul Hoque, Samiran Mondal
International Journal of Physical Education, Fitness and Sport, Volume 4, Year 2015
31. **Single Bout Endurance Exercise on Perception**
Aminul Hoque, Samiran Mondal
International Journal of Current Research, Volume 7, Year 2015, Pages 16572--16575
32. **Brain Function Impairment in Football: An Overview**
Md. Kamrul Hassan, Samiran Mondal, Aminul Hoque
International Journal of Current Research, Volume 7, Year 2015, Pages 16572--16575
33. **Effect of Physical Exercise on Female Hormone**
Dey, Mousumi and Mondal, Samiran and Borman, Alope Sen
International Journal of Physical Education, Fitness and Sports, Volume 3, Year 2014
34. **A comparative study of lung function test between physically trained and untrained adults**
Chatterjee, Sridip and Borman, Alope Sen and Konar, Aparup and Mondal, Samiran
American Journal of Sports Science, Volume 2, Year 2014, Pages 127--130
35. **Effect of regular yogic training on growth hormone and dehydroepiandrosterone sulfate as an endocrine marker of aging**
Chatterjee, Sridip and Mondal, Samiran
Evidence-Based Complementary and Alternative Medicine, Volume 2014, Year 2014
36. **Effect of regular exercise on prolactin secretion: a pilot study**
Dey, Mousumi and Mondal, Samiran and Chatterjee, Sridip and Borman, Alope Sen
IOSR-JSPE, Volume 1, Year 2014, Pages 1--4
37. **Vitamin D, optimal health and athletic performance: a review study**
Chatterjee, Sridip and Mondal, Samiran and Borman, Alope Sen and Konar, Aparup
Int J Nutr Food Sci, Volume 3, Year 2014, Pages 526--33
38. **Dominant and non-dominant leg muscle electrical activity of soccer players: A preliminary study**
Mondal, Samiran and Chhangte, Zirtlunga and Gayen, Arup and Chatterjee, Sridip
International Refereed Journal of Engineering and Science (IRJES), Volume 3, Year 2014, Pages 65--69
39. **Reply from Author.**
Mondal, Samiran

40. **Exercise Impact Age Related Decline of Brain and Cognitive Function: Recent Development**

Aminul Hoque, Samiran Mondal
Vyayam Vidnyan, Volume 47, Year 2014

41. **Music Therapy for Mental Health Development**

Sk. Khabaruddin, Samiran Mondal
Collection of UGC Sponsored National Seminar on Philosophical Perspective of Music , Volume , Year 2014, Pages

42. **Stress hormones and sports performance: A critical analysis**

Ghosh, Soumendra Nath and De, Anup and Mondal, Samiran
Stress, Year 2013, Pages 7

43. **Science of exercise: ancient Indian origin**

Mondal, Samiran
J Assoc Physicians India, Volume 61, Year 2013, Pages 560--2

44. **Shuttle run performance induced injury rates of school boys on different sport surfaces**

Konar, Aparup and Mondal, Samiran and Chatterjee, Sridip and Lahiri, Sourabh
European Journal of Biophysics, Volume 1, Year 2013, Pages 33--36

45. **Air Pollution included changes in the physiological Health of Healthy sport Participants**

A. Konar, Samiran Mondal
Indian Journal of Movement Education and Exercise Science, Volume 3, Year 2013

46. **Effect of Yogic Asanas on Body Fat Percentage in School Children**

Alok Sen Barman, Samiran Mondal
UNMESH: A Journal on Physical Education , Volume 9, Year 2013, Pages 10-23

47. **EFFECT OF YOGIC \ASANA ON HEALTH RELATED PHYSICAL FITNESS IN SCHOOL CHILDREN.**

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48. **EFFECT OF TWELVE WEEKS OF YOGIC TRAINING ON GENERAL IMMUNOLOGICAL HEALTH VARIABLES IN A MIDDLE-AGED GROUP.**

CHATTERJEE, SRIDIP and MONDAL, SAMIRAN
Yoga Mimamsa, Volume 44, Year 2012

49. **Effect of Tweleve Weeks of Yoga Training on General Immunological Health Variable in a Middle Aged Group**

CHATTERJEE, SRIDIP and MONDAL, SAMIRAN
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50. **Effect of functional training on physical fitness components on college male students-A pilot study**
Shaikh, Alauddin and Mondal, Samiran
IOSR Journal of Humanities and Social Science, Volume 1, Year 2012, Pages 01--05
51. **Yoga applied to Comparative sports performance: a critical appraisal**
S. Chatterjee, Samiran Mondal
Research Bi-Annual for movement, Volume 29, Year 2012, Pages 36--47
52. **Growth status of School children: a survey report from school of West Bengal**
T. Mondal, M. Biswas, S. Mondal
International Journal of Physical Education Health and Sports Science, Volume 1, Year 2012, Pages 1--5
53. **Physical Exercise in the Ancient Indian Literature**
K. Ghosh , Ak. Banjerjee S. Mondal, M. Mondal
Vyayam Vidnyan, Volume 45, Year 2012, Pages 1--6
54. **A Study on Physiological health, health habits, daily physical activity status and present ism (Job Productivity loss) in an university worker**
k. Haque, Samiran Mondal
International journal of Sport and health Education, Volume 1, Year 2012, Pages 8--19
55. **Physical Fitness in relation to assessment of health status of pre-adolescent boys**
A. Sarkar, S. Mondal
Vyayam Vidnyan, Volume 44, Year 2012, Pages 1--10
56. **Yoga and Healthy aging: an experimental study on cardio-respiratory physiology in the middle-aged population**
S. Chatterjee, Samiran Mondal
Journal of adapted physical education and yoga, Volume 1, Year 2011, Pages 51--61
57. **Yoga and Healthy aging: a Biochemical study**
S. Chatterjee, S. Mondal
Yoga Mimamsa, Volume 27, Year 2011, Pages 28--38
58. **Rabindranath Santiniketan O sriniketan a Vyayam o Krida Charcha**
Mondal, Samiran
Dip Prkashan Kolkata, Volume , Year 2010, Pages
59. **A study on peak height and weight velocity in a semi urban school in India**
A. Sankar, S. Mondal
Research Bi-Annual for movement, Volume 27, Year 2010, Pages 28--38
60. **Effect of Yogic exercise of human growth hormone in a middle aged group: a Pilot study**

S. Chatterjee, Samiran Mondal
Yoga Mimamsa, Volume 42, Year 2010, Pages 40--47

61. **Morden theories of aging and contribution of Yoga in its prevention- a critical review**

S. Chatterjee, Samiran Mondal
Yoga Mimamsa, Volume 41, Year 2009, Pages 34--47

62. **Role of regular yoga practice on some selected physiological of school going children in an air polluted area in West Bengal**

A. Konar, Samiran Mondal, S. konar
Journal of Sport and Sport Science, Volume 32, Year 2009, Pages 45--58

63. **An observation of regular exercise Included changes in Human Blood, Urea, Calcium, Sugar and some selected Hematological parameters**

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Journal of Sports and Sports Science, SAI, NSNIS, Volume 30, Year 2007, Pages 10--15

64. **Free Radical, Anti Oxidant and Exercise - A Review study**

T. Mondal, Samiran Mondal, A. Bhattachartya
Research Bi-Annual for movement H.V.P.M., Volume 22, Year 2005, Pages 28--38

65. **Immune System Exercise and Sports Training: A review**

A. Konar, Samiran Mondal
Journal of Sports and Sports Science, SAI, NSNIS, Volume 28, Year 2005, Pages 27--35

66. **Critical Flicker fusion (CFF) Changes after Exercise training and its compression with abnormal Human Subject**

A.K. Banerjee , Samiran Mondal, PK. Chatterjee
Indian Journal of Sports Science J.I.S.S.Sc., Volume 47, Year 2004, Pages 39--43

67. **Rabindranather Jibone O Karme Sarir Charcha O Khela Dhula**

Mondal, Samiran
Pustak Bipani Kolkata, Volume , Year 2003, Pages

68. **Recent Debete on Growth Hormone an Exercise \& Sport Traning- A Review**

A.K. Banerjee , Samiran Mondal
Research Bi-Annual for movement, Volume 19, Year 2003

69. **Physical Education in Raindranath Tagore 's Life Thoughts and Works**

Mondal, Samiran
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Mondal, Samiran
Sikska Satra Visva-Bharati, Volume , Year 2002, Pages

71. **Chronic Exercise stress and its Influence on Psycho-Physiological Reactivity**
M.C Ghosh, J. Haque, S. Mondal, A.K. Banerjee
Proceeding of the National Seminar on Recent Advance in Molecular Physiology, University of Kalyani,
Volume , Year 2002, Pages 227--230
72. **Effect of Endurance Exercise Training on Baroreceptor Function of the Nervous System**
H. Kannan, T. Kunitaka, samiran Mondal H. Hirota
Research Bi-Annual for movement, Volume 18, Year 2001, Pages 33--40
73. **Exercise and Psychological Well-being**
A.K. Banerjee, S. Mondal
Vyayam Vidnyan, Volume 34, Year 2001, Pages 4--7
74. **Hansa Rog Saran**
Mondal, Samiran
Sibani Prakashini Kolkata, Volume , Year 1997, Pages
75. **Japan Namer Akti Desa**
Mondal, Samiran
Tarun Tirtha, Volume , Year 1995, Pages
76. **Cortical Hemisphere activity during rest, moderate and exhaustive exercise on right handed persons**
A.K. Banerjee , Samiran Mondal
Indian Journal of Physiology and Allied Science, Volume 48, Year 1994, Pages 166--173
77. **Dope o Drug (**
Mondal, Samiran
Tarun Tirtha Pratrika Netaji Park Beldanga), Volume , Year 1992, Pages
78. **Influence of Central Sympathetic activity on athletes and non athletes**
S. Mondal, A.K. Banerjee
Journal of Physical Education \& Sport Science, Volume 4, Year 1992, Pages 16--19
79. **A critical review on brain environment, mental functioning and its relation with exercise**
S. Mondal, A.K. Banerjee
NIS Scientific Journal, SAI, NSNIS, Volume 15, Year 1992, Pages 57--63
80. **Khaladhula Ki Mastiska O Moner Khoti Kora**
A.K. Banerjee , Samiran Mondal
Khaladhula Ki Mastiska O Moner Khoti Kora, Volume , Year 1991, Pages
81. **Effect of Six Weeks multigym conditioning programme on Young athletes Potentialities**
A.K. Banerjee , Samiran Mondal

82. **Effect of Six Weeks multigym conditioning programme on Young soccer players**

A.K. Banerjee , Samiran Mondal

NIS Scientific Journal, SAI, NSNIS, Volume 12, Year 1989, Pages 18--24

83. **Stretching Exercise Enhance Cognitive Function**

Patar, Santanu and Mondal Samiran

84. **Improvement of Brain Function through Exercise Understanding the Mechanism**

Mondal, Samiran

SCIENTIFIC COMMITTEE MEMBERS, Pages 660

85. **Free Radical Production In Relation To Regular Different Types of Exercise**

Mondal, Tirtha and Biswas, Malabika and Mondal Samiran

86. **Effect of chronic exercises on selected performance and psychophysiological variables**

Mondal, Samiran

87. **EXERCISE EFFECT ON NEUROPSYCHOLOGICAL FUNCTION-A REVIEW**

Mondalb Aminul Hoquea Samiran