

VITAE

NAME : **Dr.GOPAL CHANDRA SAHA**
PLACE OF BIRTH : **Kolkata, West Bengal, India.**
DATE OF BIRTH : **August 14, 1974**
ADDRESS : **Professor**
Department of Physical Education & Sport Science
Visva-Bharati (Central University)
Mob: +919433257782 /
+917890368560
e-mail:callmegopal@gmail.com

UNDERGRADUATE AND GRADUATE INSTITUTIONS ATTENDED

- ❖ Chittaranjan High School (English Medium), Chittaranjan, West Bengal.
- ❖ Bidhan Chandra College, Asansol, West Bengal.
- ❖ Lakshmibai National Institute of Physical Education, Gwalior, (M.P.), India.

DEGREE/DIPLOMA AWARDED:

- ❖ Bachelor of Commerce, 1994, Burdwan University, Burdwan, West Bengal.
- ❖ Bachelor of Physical Education, 1997, Lakshmibai National Institute of Physical Education, Gwalior, (M.P.), India.
- ❖ Master of Physical Education, 1999, Lakshmibai National Institute of Physical Education, Gwalior, (M.P.), India.
- ❖ Master of Philosophy in Physical Education, 2000, Lakshmibai National Institute of Physical Education, Gwalior, (M.P.), India.
- ❖ Doctor of Philosophy in Physical Education, 2012, Burdwan University, (West Bengal), India.
- ❖ Passed Asian Football Confederation 'C' Coaching Certificate Course.
- ❖ Passed State Kabaddi official examination under West Bengal Kabaddi Association in the year 2008.
- ❖ Passed Asian Football Confederation 'B' Coaching Certificate Course.
- ❖ Passed Asian Football Confederation 'A' Coaching Certificate Course from Bangladesh
- ❖ Passed AIFF 'D' License Instructor Course.
- ❖ Passed AIFF Grassroot Instructor Course.

AREAS OF SPECIAL INTEREST:

- ❖ Teaching and Coaching in Soccer
- ❖ Research work in Sports Training and Sports Medicine

PROFESSIONAL EXPERIENCE:

- ❖ Full Time Lecturer in Physical education at SevaBharatiMahavidyalaya, Kapgari, West Midnapore, West Bengal since 17th May 2002 to 12th April 2007
- ❖ Full Time Assistant Professor in Physical Education at Post Graduate Government Institute for Physical Education, Banipur, North 24 Parganas, West Bengal since 13th April 2007.
- ❖ Full Time Associate Professor in Physical Education at Department of Physical Education, Jadavpur University, Kolkata-32, West Bengal since 18th April, 2013.
- ❖ Full Time Professor in Physical Education at Department of Physical Education, Jadavpur University, Kolkata-32, West Bengal since 18th April, 2016.
- ❖ Appointed as Selector and Soccer Coach of West Bengal State University Team (Men) in the year 2009 and 2010.
- ❖ Acted as Seminar Secretary in National Seminar on New Challenges for Physical Education and Sports Sciences organized by Post Graduate Government Institute for Physical Education, Banipur, North 24 Parganas, West Bengal on 19th and 20th of March, 2010.
- ❖ Acted as organizer in International Congress on Sports Management organized by Lakshmbai National Institute of Physical Education, Gwalior, (M.P.), in the year 1998.
- ❖ Acted as official in South West and All India Interuniversity Hand Ball (Men and Women) conducted by Lakshmbai National Institute of Physical Education, Gwalior, (M.P.), India in the year 1997.
- ❖ Received a Minor Research project from University Grants Commission, Eastern Region on 7th September, 2009 and submitted on 1st June, 2011.
- ❖ Received a Major Research project from Jadavpur University under the scheme of RUSA 2.0, support towards teaching faculty,
- ❖ Guided one M.Phil Thesis of Annamalai University.
- ❖ Guided two M.Phil Thesis of the Department of Education, Jadavpur University.
- ❖ Guided eighteen Master Degree Thesis since 2007.

SPORTS PROFICIENCY :

- ❖ Represented Lakshmbai National Institute of Physical Education, Gwalior, (M.P.) India and secured third position in All India Inter-university Football Championship held at AllagappaUniversity ,Karaikudi in the year 1998.
- ❖ Represented Lakshmbai National Institute of Physical Education, Gwalior, (M.P.) India and secured third position in All India Inter-university Football Championship held at Guru GhasidasUniversity ,Bilaspur in the year 1997.
- ❖ Represented Lakshmbai National Institute of Physical Education, Gwalior, (M.P.), India in All India Inter-university Football Championship held at Osmania University, Hyderabad in the year 1995.

AWARDS AND HONOURS:

- ❖ Merit Scholarship from Lakshmbai National Institute of Physical Education, Gwalior, (M.P.), India in the year 1994 to 1997.
- ❖ Sports Scholarship from Lakshmbai National Institute of Physical Education, Gwalior, (M.P.), India in the year 1997 to 1999.

Sl. no	Title of the Article	Author	Co-Authors	Name of the journal Vol. No. & PP
01	Comparison of Physical Fitness ability Between High Fit Tribal and High Fit Non Tribal Soccer Players	Dr. Gopal Chandra Saha	Dr. Hiralal Adhikari	Indian Journal of Physical Education, Sports Medicine and Exercise Science, Volume. 11, Issue 01, January to June, 2011, pp 26-32 ISSN No-0976-1101
02	Effect of Aerobic Exercise and Diet Intake in the control of Diabetes Type II	Shantanu Halder	Dr. Gopal Chandra Saha (Corresponding author)	Bangladesh Journal of Sports Science' Volume. 11, No.1, June 2011, pp 21-29
03	A Comparison of Selected Physical Physiological and Anthropometric Variables among various Sports groups	Dr. Gopal Chandra Saha	Dr. Atanu Das and A. Satish Kumar	Scientific Journal of Physical Education and Allied Subjects', Volume.1, No.1, July 2011, pp 73-78, ISSN No. 2231-041X
04	Effect of Training with Gym Ball and Medicine Ball on Motor Fitness – A Comparative Study	Dr. Gopal Chandra Saha	Shantanu Halder and Somnath Roy	International Journal of Health, Physical Education & Computer Science in Sports' Volume. 3, No.1, July to September 2011, pp 12-14(Online and Print).
05	Percentage of Body Fat of Pre Adolescence Students among different Educational Boards	Dr. Gopal Chandra Saha	Pulen Das	International Journal of Health, Physical Education & Computer Science in Sports' Volume. 4, No.1, October to December 2011, pp 38-40, ISSN No. 2231-3265 (Online and Print).
06	A Comparative Study of Physical Fitness Reaction Ability and Kinesthetic Perception among National Level Gymnasts Kho-Kho Players and Professional Chow-Dancers	Dr. Gopal Chandra Saha	Mallika Prasad Mukhopadhyay	Asian Journal of Health, Physical Education & Computer Science in Sports' Volume. 5, No.1, July 2011 to December 2011, pp 12-14, ISSN No. 0975-7732
07	Association between Athletic Powers and Soccer Playing ability	Dr. Gopal Chandra Saha	Pulen Das	'Journal of Physical Education and Allied Sciences, a peer reviewed Journal, Volume. 1, No.2, December, 2011, pp 4-7, ISSN. No. 22307397
08	Effect of Yogic Practices and Physical Exercises on selected Physiological Variables	Dr. M. Elayaraja	Dr. A. Praveen and Dr. Gopal Chandra Saha (Corresponding author)	'UNMESH' a peer reviewed Journal of Physical Education, Volume.7, No. I & II, 2011, pp: 27-31, ISSN No. 0974-9829.
09	A Comparative Study of Postural Status Between Athlete and Non Athlete	Shantanu Halder	Dr. Gopal Chandra Saha (Corresponding author)	'UNMESH' a peer reviewed Journal of Physical Education, Volume.7, No. I & II, 2011, pp: 38-41, ISSN No. 0974-9829.

10	Comparative Assessment of Stress and Self Concept between Present and Passed out College Students	Dr. Gopal Chandra Saha	Tarun Chakrabortty	International Journal of Health, Physical Education & Computer Science in Sports' Volume. 5, No.1, January 2012 to March 2012, pp 63-67, ISSN No. 2231-3265 (Online and Print).
11	Comparative Effect of Specific Soccer Training on High Fit Tribal Soccer Players	Dr. Gopal Chandra Saha	-----	'International Journal of Physical Education, Health and Social Science (IJPEHSS)' Volume. 1, Issue-1, May 2012, ISSN No. 2278-716X (Online).
12	Proprioceptive Neuromuscular Facilitation Stretching effect on Muscular Strength and Flexibility of College Students	Dr. Gopal Chandra Saha	-----	'Asian Journal of Health, Physical Education & Computer Science in Sports' Volume. 6, No.1, January 2012 to June 2012, pp 17-20, ISSN No. 0975-7732.
13	Comparison of Selected Physiological Variables among Tribal School Children	Dr. Gopal Chandra Saha	-----	Indian Journal of Physical Education, Sports Medicine and Exercise Science, Volume. 12, Issue 01, January to June, 2012, pp 11-17, ISSN No-0976-1101
14	Relationship of Balance with Weight and Body Composition in Physical Education Girls	Dr. Gopal Chandra Saha	Shantanu Halder, Dr. Atanu Das and Munni Pahan	"Akash, Journal of Physical Education, Sports and Yoga Sciences" Volume. 1, No.2, April-May, 2012, pp 45-48, ISSN No. 2250-1398.
15	A Comparative study of Joint Mobility Between Diabetic and Non Diabetic Patients	Dr. Gopal Chandra Saha	Shantanu Halder, and Madhu Gaur	"Akash, Journal of Physical Education, Sports and Yoga Sciences" Volume. 1, No.2, April-May, 2012, pp 67-74, ISSN No. 2250-1398.
16	Effect of Yoga on Cardio Respiratory system and Body composition of Tribal college students	Dr. Gopal Chandra Saha	-----	'Journal of Educational Chronicle' an International journal of education, Volume. 3, No. 1, June, 2012, pp 88-92, ISSN 2229-6220, (Print).
17	Effect of Yoga on Cardio Respiratory System and Body Composition of School going Children	Dr. Gopal Chandra Saha	-----	'International Journal of Health, Physical Education & Computer Science in Sports' Volume. 6, No.1, April 2012 to June 2012, pp 47-51, ISSN No. 2231-3265 (Online and Print)
18	Relationship of Depression with Blood Glucose Levels of Diabetic Type II Patients	Shantanu Halder	Dr. Gopal Chandra Saha (Corresponding author)	Amass: Multilateral Research Journal, Volume. 04, No-01, May-June, 2012, pp: 08-12, ISSN. No. 0975-3966
19	Comparative Relationship of Height, Weight and Strength with Heading for Distance in Soccer	Dr. Gopal Chandra Saha	Manas Banerjee	Amass: Multilateral Research Journal, Volume. 04, No-01, May-June, 2012, pp:50-54 ISSN No.0975-3966
20	Comparative Assessment of Coordinative Abilities between General and Physical Education students	Dr. Gopal Chandra Saha	Tarun Chakrabortty and Shantanu Halder	"Akash, Journal of Physical Education, Sports and Yoga Sciences" Volume. 2, No.1, May-Oct, 2012, pp 47-53, ISSN No.

				2250-1398.
21	Comparative study of Anthropometric Measurements and Body Composition among Individual and Team Game	Dr. Gopal Chandra Saha	-----	'International Journal of Behavioral, Social and Movement Sciences,' Volume. 01, Issue-03, July 2012, ISSN No. 2277-7547(Online).
22	Association of Strength of different body parts with body weight of Bodo tribal boys	Dr. Gopal Chandra Saha	Pulen Das and Shantanu Halder	'Journal of Physical Education and Allied Sciences, a peer reviewed Journal, Volume. 2, No. 1, July, 2012, pp 56-59, ISSN. No. 22307397
23	Comparative Effect of Forward Treadmill Running on Flexibility and Muscular Power	Dr. Gopal Chandra Saha	-----	'International Journal of Health, Physical Education & Computer Science in Sports' Volume. 7, No.1, July 2012 to September 2012, pp 47-51, ISSN No. 2231-3265 (Online and Print).
24	Teacher Burn Out And Emotional Intelligence: A Relationship Study	Shantanu Halder	Dr. Gopal Chandra Saha (Corresponding author)	'International Journal of Health, Physical Education & Computer Science in Sports' Volume. 7, No.1, July 2012 to September 2012, pp 47-51, ISSN No. 2231-3265 (Online and Print).
25	Comparison of General Soccer ability by Using Mcdonald Soccer Test between High Fit Tribal and High Fit Non tribal Soccer Players	Dr. Gopal Chandra Saha	-----	International Journal of Movement Education and Social Science (IJMESS)' Vol. 1, No. 1, October 2012, pp 59-61, ISSN No: 2278 – 0793, (PRINT).
26	Comparative Effect of Resistance Running on Improvement of Resting Heart Rate In Untrained Tribal and Non-Tribal Male School going Students	Dr. Atanu Das	Dr. Gopal Chandra Saha (Corresponding author)	'UNMESH' a peer reviewed Journal of Physical Education, Volume.8, No. I & II, 2012, pp: 27-31, ISSN No. 0974-9829.
27	A Comparative Study on Job Satisfaction Between Physical Education Teachers and General Teachers	Shantanu Halder	Dr. Gopal Chandra Saha (Corresponding author)	'International Journal of Behavioral, Social and Movement Sciences,' Volume. 01, Issue-04, October 2012, , ISSN No. 2277-7547(Online).
28	Effect of Proprioceptive Neuromuscular Facilitation and Static Stretching on Muscular Strength and Flexibility of Female College Students	Dr. Gopal Chandra Saha	-----	'Journal of Physical Education and Allied Health Sciences,' Volume. 02, No-02, July-Dec, 2012, pp:14-22, ISSN. No. 2249-2380
29	Relationship of Short Term memory with Depression and Anxiety	Shantanu Halder	Dr. Gopal Chandra Saha (Corresponding author)	'Asian Journal of Health, Physical Education & Computer Science in Sports' Volume. 7, No.1, July 2012 to December 2012, pp 86-90, ISSN No. 0975-7732.
30	Comparison of Memory State between Diabetic and Non Diabetic subjects	Dr. Gopal Chandra Saha	Shantanu Halder and Pulen Das	'International Journal of Health, Physical Education & Computer Science in Sports' Volume. 8, No.1, October 2012 to December 2012, pp 63-66, ISSN No. 2231-3265(Online and Print).

31	Relationship of Anxiety between individuals with and without Joint Hyper Mobility	Dr. Gopal Chandra Saha	Shantanu Halder	'International Journal of Physical Education, Sports and Yogic Sciences' Volume. 2, No. 1, November 2012, pp 83-84, ISSN No. 2249-8575.
32	Investigation of Anthropometric Profiles of Tribal School Children	Dr. Gopal Chandra Saha	-----	'International Journal of Physical Education, Sports and Yogic Sciences' Volume. 2, No. 1, November 2012, pp 85-86, ISSN No. 2249-8575.
33	Comparative Relationship of Job Satisfaction with Teacher Burn Out and Teacher Self Efficacy	Dr. Gopal Chandra Saha	Shantanu Halder	Amass: Multilateral Research Journal, Volume. 04, No-02, November-December, 2012, pp:15-21, ISSN No.0975-3966
34	Comparative study of Coordinatives abilities between Obese and non Obese children	Dr. Gopal Chandra Saha	Ashim Kumar Shee	Amass: Multilateral Research Journal, Volume. 04, No-02, November-December, 2012, pp:72-76, ISSN No.0975-3966
35	Comparison of Health related Physical Fitness Variables and Psychomotor ability between Rural and Urban school going children	Dr. Gopal Chandra Saha	Shantanu Halder	Journal of Exercise Science and Physiotherapy (JESP), Volume. 8, No. 2, December, 2012, pp: 105-108, ISSN No. 0973-2020
36	Comparative effect of different strength training programmes on improvement of leg power of untrained school going students	Dr. Atanu Das	Dr. Gopal Chandra Saha (Corresponding author)	'Indian Journal of Social and Natural Sciences' An International Index and peer-reviewed journal, Vol. 1, Issue 2, 2012, pp 152-159, ISSN No. 2277-6117
37	Effect of Proprioceptive Neuromuscular Facilitation and Static Stretching on Muscular Strength and Flexibility of Male College Students	Dr. Gopal Chandra Saha	Dr. Atanu Das	'Indian Journal of Social and Natural Sciences' An International Index and peer-reviewed journal, Vol. 1, Issue 2, 2012, pp 152-159, ISSN No. 2277-6117.
38	Effect of Ten Weeks of Pranayama on Cardiovascular and Physiological efficiency of Non Insulin dependent Diabetic Patient.	Dr. Gopal Chandra Saha	Pulen Das and Shantanu Halder	'Wellness, Journal of Health, Physical Education & Sports' Volume. 4, No.2, July-December., 2012, pp 01-06, ISSN No. 0975-136X.
39	Comparative effect of Forward and Backward Treadmill Running on Muscular Strength and Cardiovascular Endurance	Dr. Gopal Chandra Saha	Rupesh Kumar Sharma	"Shod Sangam, Research Confluence, An International Research Journal of Physical Education Sports and Allied Sciences" Volume. 1, No.3, December, 2012, pp 59-64, ISSN No. 2249-717X.
40	Effect of physical education training programme on hand eye coordination	Dr. Gopal Chandra Saha	Shantanu Halder, Pulen Das and Swarup Biswas	Journal of Physical Education and Allied Sciences, a peer reviewed Journal, Volume. 2, No.2, December, 2012, pp 22-27, ISSN. No. 2230-7397
41	Relationship of Depression with	Dr.Gopal Chandra	Shantanu Halder	'International Journal of Behavioral,

	Self esteem and Satisfaction with life	Saha	and Pulen Das	Social and Movement Sciences,' Volume. 02, Issue-01, January 2013, ISSN No. 2277-7547(Online).
42	A Comparative study of Short term and Long Term memory between Athlete and non Athlete	Dr.Gopal Chandra Saha	Shantanu Halder and Pulen Das	'Indian Streams Research Journal' Monthly Multidisciplinary Research Journal, Vol 2, Issue XII January 2013, Impact Factor: 0.2105 pp 64-68, ISSN No: 2230-7850.
43	A Comparative study of Hand eye Coordination between Sportsmen and Non Sportsmen	Shantanu Halder	Dr. Gopal Chandra Saha (Corresponding author)	'International Journal of Health, Physical Education & Computer Science in Sports' Volume. 9, No.1, January 2013 to March 2013, pp 76-79, ISSN No. 2231-3265 (Online and Print).
44	Effect of Physical Education Training Programme On Neuropsychological Variables	Dr. Gopal Chandra Saha	Shantanu Halder and Pulen Das	Indian Journal of Physical Education, Sports Medicine and Exercise Science, Volume. 13, Issue 01, Jan to June, 2013, pp 29-45, ISSN No-0976-1101
45	Relationship of Anthropometric variables and Motor ability components with percentage of Body Fat of Female college students	Dr. Gopal Chandra Saha	-----	'International Journal of Physical Education, Health and Social Science (IJPEHSS)' Volume. 2, Issue-1, pp 10-13, February, 2013, ISSN No. 2278-716X (Online).
46	Short-Term and Long-Term Memory with Blood Glucose Level in elderly patients with NIDDM- A Relationship Study	Shantanu Halder	Dr. Gopal Chandra Saha (Corresponding author)	"Physical Education and Sports Research Journal" Academic Sports Scholar, Volume. 1, Issue-11, February 2013, pp 12-17, ISSN No. 2277-3665.
47	Study of Back Strength and its association with selected Anthropometric and Physical fitness variables of BodoTribals	Dr. Gopal Chandra Saha	Pulen Das and Shantanu Halder	'International Journal of Physical Education, Sports and Yogic Sciences' Volume. 2, No. 2, February 2013, pp: 5-6, ISSN No. 2249-8575.
48	Effect of Static Stretching on Explosive Leg Strength of Novice Soccer Players	Dr. Gopal Chandra Saha	Serif nur Islam and Shantanu Halder	'International Journal of Physical Education, Health and Sports Science Volume. 2, Issue-01, pp 89-95, March, 2013, ISSN No. 2279-0306.
49	A comparative study on flexibility of different body parts between athletes of Ballgame and Indigenous game	Dr. Gopal Chandra Saha	Champak Bhadra	"Akash, Journal of Physical Education, Sports and Yoga Science" Volume.2, No.2, Nov 2012-Apr 2013 & May 2013- Oct 2013, pp 36-39, ISSN No. 2250-1398.
50	Comparative Study on Anthropometrical Variables Agility and Strength Between University and District Level Volleyball Players	Dr. Gopal Chandra Saha	Pulen Das, Shantanu Halder and Dr. Atanu Das	Amass: Multilateral Research Journal, Volume. 05, No-01, May-June, 2013, pp:42-48, ISSN No.0975-3966

51	Relationship of Body Image with Self Esteem and Depression of College students	Shantanu Halder	Dr. Gopal Chandra Saha (Corresponding author)	'Journal of Educational Chronicle' an International journal of education, Volume. 4, No. 1, June, 2013, pp 103-105, ISSN 2229-6220, (Print).
52	Comparative Effect of Resistance Running on Vital Capacity Between Untrained Tribal and Non-Tribal School Boys	Dr. Atanu Das	Dr. Gopal Chandra Saha (Corresponding author)	Indian Journal of Health and wellbeing' volume. 04, Issue-5, June 2013, part-V Impact Factor=0.47, pp: 1132-1136, ISSN No. 2229-5356.
53	Anxiety and Sensory Defensiveness- A Relationship Study	Dr. Gopal Chandra Saha	Shantanu Halder	"Shodh Sangam, Research Confluence, An International Research Journal of Physical Education Sports and Allied Sciences" Volume. 2, No.1, June, 2013, pp 31-35, ISSN No. 2249-717X.
54	Effect of Forward and Backward Treadmill Running on Flexibility and Muscular Power: A Comparative study	Dr. Gopal Chandra Saha	-----	"Scientific Journal in Sports and Exercise" Vol. 9, No. 2, July-December 2013, pp 9-15, ISSN No. 0974-2964.
55	A Study of Anxiety and Self-Concept between Achievement level of Female in Gymnastics	Dr. Gopal Chandra Saha	Swarup Biswas and Shantanu Halder	'Journal of Physical Education and Allied Health Sciences,' Volume. 03, No-02, July-Dec, 2013, pp: 39-44, ISSN. No. 2249-2380
56	A Comparative Study of Tactile Sensitivity between Sportsmen and Non Sportsmen	Shantanu Halder	Dr. Gopal Chandra Saha (Corresponding author)	'UNMESH' a peer reviewed Journal of Physical Education, Vol 9, No.1, 2013, pp 13-18, ISSN No. 0974-9829.
57	Comparative Study of Mental Toughness Between Basketball and Volleyball Players of Delhi	Dr. Gopal Chandra Saha	Dr. Harendra Singh Papola and Dr.Shankar J. Basu	'UNMESH' a peer reviewed Journal of Physical Education, Volume 9, No.2, 2013, pp 06-09, ISSN No. 0974-9829.
58	An Investigation of selected Anthropometric Attributes of National Level Volleyball Players	Dona Das Sengupta	Dr. Gopal Chandra Saha (Corresponding author)	'UNMESH' a peer reviewed Journal of Physical Education, Volume 9, No.2, 2013, pp 46-49, ISSN No. 0974-9829.
59	Comparative study on Anthropometrical variables, Agility and Strength between University and District level Volleyball players	Dr. Gopal Chandra Saha	Pulen Das and Jyotnasis Ghosh	"Scientific Journal in Sports and Exercise" Volume. 10, No. 1, Jan-June, 2014, , pp23-29, ISSN No. 0974-2964.
60	Effect of Short Term Physical Education Training Programme On Tactile Sensitivity of the Skin	Shantanu Halder	Dr. Gopal Chandra Saha(Corresponding author)	Indian Journal of Physical Education, Sports Medicine and Exercise Science, Volume. 13, Issue 02, July-December, 2013, pp:26-30, ISSN No-0976-1101
61	Effect of Ramadan Fasting on Anthropometric Variables Physical Fitness Components and Physiological Variables of Muslim Male school going children	Dr. Gopal Chandra Saha	Shantanu Halder and Atanu Das	International Journal of Movement Education and Social Science (IJMESS)' Vol. 2, No. 2, October 2013, pp 27-29, ISSN No: 2278 – 0793, (PRINT).

62	Comparison of Height, Weight and Body Mass Index (BMI) between West Bengal and Indian Senior national male Table Tennis players	Dr. Som Shankar Chatterjee	Dr. Gopal Chandra Saha (Corresponding author)	'Journal of Physical Education and Allied Health Sciences,' Volume. 04, No-01, Jan-Jun, 2014, pp: 08-12, ISSN. No. 2249-2380
63	Effect of Yoga on Hyperextension Ability of Spine	Dr. Gopal Chandra Saha	Suranjan Ghosh	"Akash, Journal of Physical Education, Sports and Yoga Science" Volume.3, No.1, Nov 2013-Apr 2014, pp 20-23, ISSN No. 2250-1398.
64	Assessment of Health related Physical Fitness, Socio economic status and Psychomotor ability of Tribal school going children of West Bengal	Dr. Gopal Chandra Saha	-----	'Journal of Biology of Exercise' International Peer Reviewed, Volume. 10(1), published 10 th May, 2014, pp: 41-51, pISSN. No. 1791-325X, eISSN.No.2241-6331, D.O.I: http://doi.org/10.4127/jbe.2013.0072
65	Relationship of Leg anthropometry with Muscular Power of School going Children	Dr. Gopal Chandra Saha	Manas Banerjee and Dr. Som Shankar Chatterjee	"Comprehensive Physical Education" A Scientific Journal of Physical education and Sports. Volume 1 No. 2 and Volume 2 No. 1, December 2013 and July 2014. pp 20-23, ISSN No. 2321-6956
66	Effect of SAQ Training On Agility and Endurance between KHo-KHo Players	Chayan Majumdar	Dr. Gopal Chandra Saha	National Journal of Physical Education and Sports Sciences, a Double Blind Peer Review Bi-annual Journal, Volume. 1, No.2, September, 2014, pp: 88-91, ISSN. No. 2248-4713
67	Skin Sensitivity and Diabetes Type II- A Relationship Study	Dr. Gopal Chandra Saha	Shantanu Halder	National Journal of Physical Education and Sports Sciences, a Double Blind Peer Review Bi-annual Journal, Volume. 1, No.2, September, 2014, pp: 60-63, ISSN. No. 2248-4713
68	Effect of Specific Soccer Training on General Soccer Ability of High Fit Tribal Soccer Players	Dr. Gopal Chandra Saha	Dr. Hiralal Adhikari	'Journal of Biology of Exercise' International Peer Reviewed, Volume. 10(2), published 1 st November, 2014, pp: 79-85, pISSN. No. 1791-325X, eISSN.No.2241-6331, D.O.I: http://doi.org/10.4127/jbe.2014.0080
69	Pedagogical analysis in Physical Education and Sports	Tarun Chakraborty	Dr. Gopal Chandra Saha(Corresponding author)	'UNMESH' a peer reviewed Journal of Physical Education, Volume10, No.1&2, 2014, pp 22-28, ISSN No. 0974-9829.
70	The effect of ZumbaFitnessProgramme on changes of Body Mass Index and weight.	Dr. Gopal Chandra Saha	Bidya Roy	International journal of physical education and Applied Exercise Sciences,a Double Blind Peer Review Bi-annual Journal, Volume01, No.1, 2015, pp 131-135, ISSN No. 2394-9953.

71	Effect of Yogic Asanas on range of Motion at selected Joints	H. S Papola	Dr. Shankar Jyoti Basumatary and Dr. Gopal Chandra Saha	International Journal of Movement Education and Sports Sciences (IJMESS), Annual Refereed & Peer Reviewed Journal, Volume III, No.1 January-December, 2015, pp 34-37, ISSN No. Online ISSN 2321-7200, Print ISSN 2348-5604.
72	Comparison of Self-Confidence between University Players and Non University Players	H. S Papola	Dr. Shankar Jyoti Basumatary and Dr. Gopal Chandra Saha	International Journal of Movement Education and Sports Sciences (IJMESS), Annual Refereed & Peer Reviewed Journal, Volume III, No.1, January-December, 2015, pp 30-32, ISSN No. Online ISSN 2321-7200, Print ISSN 2348-5604.
73	A study of the Opinions of Principals and H.O.Ds towards B.P.ED-IV year Internship Program	Dr. Gopal Chandra Saha	Bidya Roy	Indian Journal of Research in Multidisciplinary Studies (IJRMS), A National Level Peer Reviewed Journal. Volume 2, No.1, February, 2015, pp 122-127, ISSN No. 2348-2524.
74	A Comparative study on selected Motor fitness components among the Tribes of hilly region	Dr. Gopal Chandra Saha	Pravesh Chhetri	"Akash, Journal of Physical Education, Sports and Yoga Sciences" Volume.4, No.1, April 2015, pp 38-42, ISSN No. 2250-1398.
75	AkashTatvaChikitsa through Fasting	Dr. Gopal Chandra Saha	Bidya Roy	International Journal of Yogic, Human Movement and Sports Sciences, Volume. 1, Issue 1, July-December, 2016, pp:70-73, ISSN No-2456-4419, Impact Factor(RJIF): 5.18
76	Combined effect of Dance and Fitness on Waist Hip Ratio of Sedentary Females	Bidya Roy	Dr. Gopal Chandra Saha (Corresponding author)	Journal of Physical Education Research, Volume. 03, Issue III, September, 2016, pp:73-79, P-ISSN No-23944048, E-ISSN No-23944056, Impact Factor: 0.519
77	Massage Manipulation and its effect on selected Health Related Physical Fitness of Sedentary Girls	Mrinmay Chakraborty and Bidya Roy	Dr. Gopal Chandra Saha (Corresponding author)	Akash, Journal of Physical Education, Sports and Yoga Sciences. Volume.5, No.1, Nov 2015- Oct 2016, pp 95-99, ISSN No. 2250-1398.
78	Comparison of Dynamic Balance between two legs of Three Growth Stages of Children	Biswajit Dhali	Dr. Gopal Chandra Saha	International Journal of Physical Education, Sports and Health, Volume. 3, Issue 6, November-December, 2016, pp:385-388, ISSN No (Online)-2394-1630, ISSN No (Print)-2394-1685, Impact Factor(ISRA): 5.38
79	Comparison of Skill Related Physical Fitness of School Going	Tania Parvin	Dr. Gopal Chandra Saha (Corresponding author)	Indian Journal of Research in Multidisciplinary Studies (IJRMS), A National Level Peer Reviewed

	Girls; A Case Study		ing author)	Journal. Volume 4, February 2017, pp-100-107,ISSN No. 2348-2524.
80	A Relationship Study between trunk muscle endurance with static and dynamic balance in female collegiate students	Sanjit Mandal	Bidya Roy and Prof. Gopal Chandra Saha	International Journal of Physical Education, Sports and Health, Volume 4, Issue 3, 2017,pp-382-384,ISSN No (Online)-2394-1693, ISSN No (Print)-2394-1685,Impact Factor(ISRA): 5.38.
81	Comparative study of speed and agility between university level Cricket and Football player	Sanjit Mandal	Bidya Roy and Prof. Gopal Chandra Saha	International Journal of Physiology, Nutrition and Physical Education, Volume 2, Issue 1, 2017,pp-386-388, ISSN No-2456-0057
82	Piloxing Cardio Fusion Workout- Its effect on selected Health related Physical Fitness Parameter among middle aged females	Bidya Roy	Dr. Gopal Chandra Saha	WBCIPE JOURNAL, Organ of the West Bengal Committee of Institutes of Physical Education, Volume IV, No-2, October 2017, pp:01-08,ISSN No-2348-0777, UGC Approved No.-47009
83	Relationship of Speed with Foot Length Leg Length and Stride Length Of State level sprinters	Sukumar Das	Dr. Gopal Chandra Saha	International Journal of Physiology, Nutrition and Physical Education, Volume 3, Issue 2, 2018,pp:439-441, ISSN No-2456-0057,Impact Factor(RJIF): 5.43, UGC Journal No.:44404
84	A Comparative Study on Eysenck Personality Traits among Physical Education Students General Education Students and Otherly Abled Students	Sumanta Daw	Dr. Gopal Chandra Saha	RENOVA, A peer-reviewed Interdisciplinary Journal of Research and Innovation in Education, Rehabilitation and Psychological Counselling, Volume 5, No 1, March 2019, pp:81-90, ISSN No:-2454-1710
85	Perceptions of Buddhist Monks towards Physical Education: A case study of Dali Monastery Civilization, Darjeeling	Pravesh Chhetri	Gopal Chandra Saha	Journal of Sociology Jadavpur university Volume 10, Number 10, March 2019, pp: 163-172, ISSN No:-0976-5212
86	Integrated Approach Towards Diabetes Managemen	Bidya Roy	Dr. Gopal Chandra Saha	European Journal of Physical Education and Sport, volume 8, No 1, 2020, pp: 26-31, E-ISSN: 2409-1952, DOI: 10.13187/ejpe.2020.1.26
87	Influence of Recreational Games on Neuropsychological Abilities of Elderly Adult Tribal Women	Manoj Kumar Murmu	Dr. Gopal Chandra Saha	European Journal of Physical Education and Sport Science, Volume 6, Issue 6, 2020, pp: 75-83, ISSN: 2501 – 1235, DOI:10.46827/ejpe.v6i6.3258

88	The Effects of Participating in Recreational Games on Health Markers and Reaction Time in Middleaged Tribal Women	Manoj Kumar Murmu	Dr. Gopal Chandra Saha	Asian Journal of Medicine and Health, Volume 18, No 9, 2020, pp: 139-146, ISSN: 2456-841, DOI: 10.9734/AJMAH/2020/v18i930245
89	Relationship between Somatotyping and Wellbeing of Special Home Female Adolescent Students	Arpita Chakrabarti and Sumanta Daw	Dr. Gopal Chandra Saha	Senhri Journal of Multidisciplinary Studies, Vol. 5, No. 2, July - December 2020, p. 32-40, DOI: 10.36110/sjms.2020.05.02.004

PUBLISHED WORKS:

Paper in recognized and reputable journals

Sl.no	Title of the Article	Author	Co-Authors(S)	Name of the Journal, Vol. No. & pp	International/ National	ISBN/ ISSN
01	Sports Psychology	Dr. Gopal Chandra Saha	-----	'UNMESH' a Journal of Physical Education, Volume.1, No. 1, 2006, pp: 31-33	National	0974-9829
02	Social Anxiety Disorder	Dr. Gopal Chandra Saha	-----	'UNMESH' a Journal of Physical Education, Volume.3, No. 1&2, 2007, pp: 44-.49	National	0974-9829
03	Body Types (Description, Training, Diet)	Dr. Gopal Chandra Saha	-----	'UNMESH' a Journal of Physical Education, Volume.4, No.1 & 2, 2008, pp: 62-72, ISSN No. 0974-9829.	National	0974-9829
04	Effect of Physical Education Programmes on Selected Physical Fitness Variables of College Students	Dr. Gopal Chandra Saha	-----	'UNMESH' a Journal of Physical Education, Volume.5, No.1&2, 2009, pp 77-90, ISSN No. 0974-9829.	National	0974-9829
05	A Comparative Study of Effect of Specific Physical Fitness Training on Playing Ability of Soccer Players	Dr. Gopal Chandra Saha	Md. Sahidul Hamid	'UNMESH' a Journal of Physical Education, Volume.6, No.01, 2010, pp: 49-56, ISSN No. 0974-9829.	National	0974-9829
06	A Study of Short Term Memory and Kinesthetic Perception	Dr. Gopal Chandra Saha	-----	'UNMESH' a Journal of Physical Education, Volume.6, No. 2, 2010, pp: 01-06, ISSN No. 0974-9829.	National	0974-9829

Full paper published in the proceedings of Conference/Seminar

Sl. No	Title of the article	Author	Co-author (S)	Name of the Programme	Organizer	Date	ISBN
01	Performance Level in selected Fitness and Skill test of Young District Level Football Players 2013	Dinabandhu Adhikari	Dr. Gopal Chandra Saha	UGC Sponsored National Seminar on Sustainable Development of Physical Education for Health, Active Life-Style and Well-Being in 21 st Century	Union Christian Training College Berhampore, Murshidabad, W.B. (Dept. of Phy. Edu.)	20th-21st, September 2013	978-81-923488-8-9
02	Relationship of Anthropometric variables with Orientation ability and Differentiation ability of the Adolescent school children	Tarun Chakraborty	Dr. Gopal Chandra Saha and Samrat Chakraborty	UGC Sponsored National Seminar on Sustainable Development of Physical Education for Health, Active Life-Style and Well-Being in 21 st Century	Union Christian Training College Berhampore, Murshidabad, W.B. (Dept. of Phy. Edu.)	20th-21st, September 2013	978-81-923488-8-9
03	A Comparative Study on Personality between Kho-Kho and Kabaddi Players	Bapi Das	Chayan Majumder and Dr. Gopal Chandra Saha	UGC Sponsored National Seminar on Sustainable Development of Physical Education for Health, Active Life-Style and Well-Being in 21 st Century	Union Christian Training College Berhampore, Murshidabad, W.B. (Dept. of Phy. Edu.)	20th-21st, September 2013	978-81-923488-8-9
04	Comparative Study of Physical Fitness Components among State Level Handball Players	Chayan Majumder	Dr. Gopal Chandra Saha	UGC Sponsored National Seminar on Physical Education for Health, Wellness, Fitness and Social Integrity	Deptt. of Physical Education, Haldia Govt. College, Purba Medinipur, West Bengal	22nd-23rd, March, 2013	978-81-922957-7-0
05	Body image as a Stimulator or Obstacle to Exercise Participation	Dr. Gopal Chandra Saha	-----	National Seminar on Physical Education Interdisciplinary Approach	NERC, L.N.I.P.E., Guwahati, Assam	7 th - 8 th , March, 2014	978-93-83842-16-2
06	Relationship of Speed with Muscle Strength and Leg Anthropometry of Below Poverty Line	Swarnava Mukherjee	Dr. Gopal Chandra Saha and Dr. Sudarshan Biswa	National Seminar on Fit and Healthy India vision 2020, A Physical Education	NERC, L.N.I.P.E., Guwahati, Assam	20 th -21 th , February,	978-93-84869-24-3

	School going Children		s	Perspective.		2015,	
07	Effectiveness of Zumba Fitness Training on BMI BMR and RMR of Sedentary Male Individuals	Bidya Roy	Dr. Gopal Chandra Saha	International Conference on Fitness, Wellness & Sport Sciences. Theme: Inspire Quality of Life through Fitness & Wellness (A Holistic Approach)	LNIFE, Gwalior, India	20 th – 22 nd , November, 2015	978-81-7879-912-4
08	A Descriptive Study Of Selected Fitness Parameters Among Middle Aged Male Individuals	Bagchi, Bidyut	Bidya Roy and Dr. Gopal Chandra Saha	Global Conference on Scientific Culture in Physical Education and Sports Sponsored by ICSSR	Department of Physical Education, Punjabi University, Patiala, Punjab, India	20 th – 22 nd , Feb 2016	ISBN: 978-93-85446-45-0
09	“Comparison of Dynamic Balance among Children of Three Different Growth Stages using Star Excursion Balance Test”.	Biswajit Dhali	Dr. Gopal Chandra Saha and Bhunia, Sanjay	Global Conference on Scientific Culture in Physical Education and Sports Sponsored by ICSSR	Department of Physical Education, Punjabi University, Patiala, Punjab, India	20 th – 22 nd , Feb 2016,	ISBN: 978-93-85446-45-0
10	”Comparison of Biomotorical Variables and Body Mass Index between Tribal and Non Tribal Girls Student”.	Bhunia, Sanjay	Dr. Gopal Chandra Saha and Dhali, Biswajit	Global Conference on Scientific Culture in Physical Education and Sports Sponsored by ICSSR	Department of Physical Education, Punjabi University, Patiala, Punjab, India	20 th – 22 nd , Feb 2016,	ISBN: 978-93-85446-45-0
11	”Comparative Study of Selected Physical Fitness Components among Three Levels of District Soccer Players	Mandal, Sanjit	Dr. Gopal Chandra Saha and Bidya Roy	Global Conference on Scientific Culture in Physical Education and Sports Sponsored by ICSSR	Department of Physical Education, Punjabi University, Patiala, Punjab, India	20 th – 22 nd , Feb 2016,	ISBN: 978-93-85446-45-0
12	Zumba Toning on Waist Hip Ratio of middle aged Sedentary females	Bidya Roy	Prof. Gopal Chandra Saha	National Seminar on Nutrition and Wellness	The Physical Education Unit, Palli Siksha Bhavana, Visva-	7 th -8 th , November 2016	ISBN: 978-81-88904-

					Bharati		88-4
13	Relationship between selected Anthropometric profiles and Kinesthetic Perception of School Children	Arumay Jana	Prof. Gopal Chandra Saha	National Seminar on Nutrition and Wellness	The Physical Education Unit, PalliSikshaBhavana, Visva-Bharati	7 th -8 th , November 2016	ISBN: 978-81-88904-88-4
14	Measuring the Level of Teaching Aptitude between B.Ed and B.P.Ed students. A Comparative Study	SkSahaAlam	Prof. Gopal Chandra Saha	National Seminar on Nutrition and Wellness	The Physical Education Unit, PalliSikshaBhavana, Visva-Bharati	7 th -8 th , November 2016	ISBN: 978-81-88904-88-4
15	Comparison of Body Composition between Tribals of Hills and Dooars region	BhusanAdhikary	Prof. Gopal Chandra Saha	National Seminar on Nutrition and Wellness	The Physical Education Unit, PalliSikshaBhavana, Visva-Bharati	7 th -8 th , November 2016	ISBN: 978-81-88904-88-4
16	Relational Effect of Vertical Jump on Quickness, Agility, Acceleration and Speed Performance in Male Soccer Players	BikramBera	Prof. Gopal Chandra Saha	National Seminar on Issues and Challenges in Physical Education and Sports Sciences,	Department of Physical Education, VinayaBhavan, Visva-Bharati	25 th -26 th June, 2016	ISBN: 978-93-86369-20-8
17	Assessment of relationship between Trunk Muscle Endurance with Static and Dynamic Balance in Female college students	SanjitMandal	Dr. Gopal Chandra Saha and BidyaRoy	National Seminar on Issues and Challenges in Physical Education and Sports Sciences,	Department of Physical Education, VinayaBhavan, Visva-Bharati	25 th -26 th June, 2016	ISBN: 978-93-86369-20-8
18	Daily Physical Sloughiness: biggest challenge to improving school health in India	SouravGanguly	Dr. Gopal Chandra Saha	International Conference on Global Education, Physical Education and Sports, Research and Technology for sustainable development	Department of Physical Education, SevaBharati Mahavidyalaya	9 th December, 2017	ISBN: 978-81-929219-1-4

19	Comparison of Physical fitness among girls with different age categories	Amiya Bag	Dr. Gopal Chandra Saha and BidyaRoy	International Conference on Global Education, Physical Education and Sports, Research and Technology for sustainable development	Department of Physical Education, SevaBharati Mahavidyala ya	9 th Decem ber, 2017	ISBN: 978-81-929219-1-4
20	Role of Physical education and Sports in achieving the Sustainable Development Goals	Dr. Gopal Chandra Saha	_____	International Conference on Global innovation and research in Education, Sports Science and Yoga	Department of Physical Education, Mahisadal Girls College, PurbaMedni pur, West Bengal, India	10-11 th Dec, 2017	ISBN: 978-93-87072-17-6
21	Effect of high intensity warming-up on the performance of college students	BidyutBagchi	Bidya Roy and Dr. Gopal Chandra Saha	International Conference on Global innovation and research in Education, Sports Science and Yoga	Department of Physical Education, Mahisadal Girls College, PurbaMedni pur, West Bengal, India	10-11 th Dec, 2017	ISBN: 978-93-87072-19-0
22	Factors affecting Grassroots and youth Football development in India	SanjitMandal	Dr. Gopal Chandra Saha	International Conference on Global innovation and research in Education, Sports Science and Yoga	Department of Physical Education, Mahisadal Girls College, PurbaMedni pur, West Bengal, India	10-11 th Dec, 2017	ISBN: 978-93-87072-17-6

23	Fostering Yoga Education in Modern Education : some suggestions	Sukumar Das	Dr. Gopal Chandra Saha	International Conference on Global innovation and research in Education, Sports Science and Yoga	Department of Physical Education, Mahisadal Girls College, PurbaMednipur, West Bengal, India	10-11 th Dec, 2017	ISBN: 978-93-87072-49-7
24	Comparative Study of Cardio Respiratory Efficiency between Aquatic and Track and Field Performers	SumantaDaw ,	Gopal Chandra Saha	21st International Conference on Sport Science, Exercise and Physical Health	World Academy of Science, Engineering and Technology, International Research Conference ICSSEPH 2019 Bali, Indonesia	24 th & 25 th Oct, 2019	Online ISSN:1307-6892
25	Effect of Artificial Arch Support on Balance Performance of Flat Foot Individuals	SumantaDaw ,	Gopal Chandra Saha	International Conference on “Physical Education and sports Sciences”	Department of Arts (Physical Education), School of humanities, Manipal University Jaipur	09 th - 11 th , January 2019	ISBN: 978-81-944149-8-8
26	A Comparative study of selected Personality Traits among Physical Education, General Education and Differently abled Students	ArchitaJoarder	SumantaDaw & Prof. Gopal Chandra Saha	Two-Day National Conference (CRE status) on “Including the Excluded: A Spectrum of Emerging Changes in Education”	CDSER, Under the aegis of SoE, NSOU & Rehabilitation Council of India, New Delhi	23rd & 24 th , February, 2019	ISBN: 978-93-82112-69-3

RESEARCH PROJECTS

3.3.1. Sponsored projects carried out/ on-going.

Title of the Project	Funding Agency	Grant sanctioned	Duration		Project Status completed / on-going
			From	To	

a. Major Research Projects (with Grants above Rs. 5 lakhs)					
An Assessment of Demographic Profile in relation to Health determining factors of Orphan Children in West Bengal	Jadavpur University RUSA 2.0	6.44	31-05-2019	31-03-2020	Ongoing
c. Minor Research Projects (Grants between Rs.3 lakhs and above Rs.0.25 lakhs)					
Assessment of Health Related Physical Fitness, Socio Economic Status and Psychomotor Ability of Tribal School going Children of West Bengal	U.G.C.		07-09-2009	06-06-2011	Completed

Details of M.Phil Degrees Awarded.

SL.No	Name of the Scholar	Title of the Thesis	Submitted	Awarded	Name of the University
01	Ashim Kumar Shee	Comparative Study of Physiological variables Motor Fitness components and Co ordinatives abilities between Obese and Non Obese school children	2011	2012	Annamalai University
02	ArpitaChakrabarti	An Assessment of Relationship between Somatotyping and Selected Psychological Parameters of Special Home Female Adolescent Students	2019	2019	Jadavpur University
03	Arijit Adak	A Comparative Study on Yoga attitude and Mental Stress of College Students in West Bengal	2019	2019	Jadavpur University

TRAINING COURSES/CONFERENCE/SEMINAR/WORKSHOP PAPERS

Event	Organiser / Place	Period / Duration
Refresher Courses, Methodology workshop, Training Courses, Teaching learning Evolution, Technology Programs, Soft skills Developments programs, Faculty Developments programs attended.		
Orientation Course in National Service Scheme	Indian Institute of Technology, Kharagpur	26-09-2002 to 05-10-2002
Refresher Course in Physical Education	University of Kalyani	25-02-2003 to 17-03-2003
Refresher Course in National Service Scheme	Indian Institute of Technology, Kharagpur	16-01-2004 to 20-01-2004
59 th Orientation Programme	ASC, University of Burdwan	19-08-2006 to 15-09-2006
AFC 'C' License Coaching Course in Football	Salt Lake city, Kolkata	15-08-2009 to 30-08-2009
257 th Refresher Course in Physical Education	ASC, H.P. University, Shimla	13-08-2012 to 01-10-2012
AFC 'B' License Coaching Course in Football	VidyasagarKrirangan, Barasat	09-11-2014 to 29-11-2014

AIFF 'D' License Instructor Course in Football	Vidyasagar Krirangan, Barasat	23-11-2016 to 27-11-2017
AIFF Grassroots Instructor Course in Football	Navi Mumbai	27-12-2018 to 31-12-2018
Winter School on "Research Methods in Biology/Social Science and Application of Statistics"	Indian Statistical Institute, Kolkata, WB, India	14-01-2019 to 18-01-2019
Summer school on the "Use and Application of SPSS"	Indian Statistical Institute, Kolkata, WB, India	01-07-2019 to 05-07-2019
Level I Course in Football Scouting	International Professional Scouting Organisation, Football House, AIFF, New Delhi	07-03-2020 to 10-07-2020

Details of presentation of research papers in Seminars / Conferences / Workshop Symposia

Sl.No	Title of the Article	Author	Co-Author (S)	Programme Name	Organiser	Date	Level: International / National / Regional / Local
01	Comparative Analysis of Gait Between Female Sports And Non-Sports Persons	Dr. Gopal Chandra Saha		International Conference on Physical Education and Allied Sciences	S. S. Dempo College of Commerce & Economics & Government College of Arts, Science and Commerce	February 27 - 29 2020	International
02	A Comparative Study of Neuropsychological Characteristics of Buddhist Trainee Monks Among Three Different Countries	Dr. Gopal Chandra Saha		International Conference on "Physical Education and sports Sciences"	Department of Arts (Physical Education), School of humanities, Manipal University Jaipur	January 09 th -11 th , 2020	International
03	An Assessment of Relationship between Somatotyping and Wellbeing of Special Home Female Adolescent Students	Dr. Gopal Chandra Saha		International Conference on Psychology in Contemporary Sports, Health and Fitness Perspective	Department of Physical Education, Punjabi University Patiala, Punjab	Nov 28 th - 30 th , 2019	International
04	Comparative Effect of Self-Myofascial	Dr. Gopal Chandra Saha	Sumanta Daw	21st International Conference on Sport Science,	World Academy of Science, Engineering and	October 24 th & 25 th , 2019	International

	Release as a Warm-Up Exercise on Functional Fitness of Young Adults			Exercise and Physical Health	Technology International Research Conference ICSSEPH 2019 Bali, Indonesia		
05	Assessment of Relationship between Trunk Muscle Endurance with Static and Dynamic Balance in College Students	Dr. Gopal Chandra Saha	-----	Global Conference on Scientific Culture in Physical Education and Sports Sponsored by ICSSR,	Department of Physical Education, Punjabi University, Patiala, Punjab (India)	February 20 th – 22 nd 2016.	International
06	Comparative Relationship of Speed with Muscle Strength Agility and Reaction ability between Tribal and Non-Tribal School Children		-----	International Conference on Fitness, Wellness & Sport Sciences. Theme: Inspire Quality of Life through Fitness & Wellness (A Holistic Approach	Lakshmbai National Institute of Physical Education, Gwalior (M.P.) India.	November 20 th –22 nd , 2015	International
07	Effect of Stretching and Exercise on Leg Muscle Strength and Flexibility of School going Children	Dr. Gopal Chandra Saha	-----	International Conference of All India Association for Educational Research (AIAER) on “Learning Community for Global Education Reform”	Institute of Professional Studies, Gwalior, M.P., India	November 18-20, 2011	International
08	The Effect of Surya Namaskar on Resting Heart Rate Blood Pressure Flexibility and Muscle Endurance of School going Children	Shantanu Halder	Dr. Gopal Chandra Saha	International Seminar on Physical Education Recreation and Yogic Sciences	Dept. of Physical Education, Banaras Hindu University	January 19-21, 2012	International
09	Assessment of Hamstring Muscle Length and Hyperextension ability of Spine in School aged Children using Sit and Reach Test and Bridge Up Test	Dr. Gopal Chandra Saha	-----	International Seminar on Physical Education Recreation and Yogic Sciences	Dept. of Physical Education, Banaras Hindu University	January 19-21, 2012	International
10	Effect of Specific Soccer Training	Dr. Gopal Chandra	-----	Pan Asian Society of Sports and	Dept. of Physical	February 7 th – 9 th ,	International

	on General Soccer ability of High fit Tribal Soccer Players	Saha		Physical Education Conference	Education, Vinaya-Bhavana&Visva-Bharati Sports Board	2014	
11	Comparison of Leg Anthropometry among School going Children	Manas Banerjee	Dr. Gopal Chandra Saha	Pan Asian Society of Sports and Physical Education Conference	Dept. of Physical Education, Vinaya-Bhavana&Visva-Bharati Sports Board	February 7 th – 9 th , 2014	International
12	Yoga- A Remedy for Stress	Dr. Gopal Chandra Saha	-----	National Seminar on ‘Yoga and Human Values’	Yoga Centre, Dept. of Physical Education, Jadavpur University, W.B	April 24, 2004	National
13	Yoga for Ailments	Dr. Gopal Chandra Saha	-----	National Seminar on ‘Yoga Therapy’	YogaCentre, Dept. of Physical Education, JadavpurUniversity, W.B	May 28, 2005	National
14	Light Therapy	Dr. Gopal Chandra Saha	-----	National Seminar on Physical Education for Health Care & Sports Performance	Dept. of Physical Education, MugberiaGangadharMahavidyalaya, PurbaMedinipur, W.B.	March 25-26, 2006	National
15	Comparative Study of Anthropometric Measurements and Cardiovascular Endurance among Tribal and Non-Tribal College Sports Persons	Dr. Gopal Chandra Saha	-----	UGC Sponsored National Seminar on Direction of Physical Education in the 21 st Century	Dept. of Physical Education, Khejuri College, P.O. Baratala, PurbaMedinipur, W.B.	February 17 and 18, 2007	National
16	Comparison of Blood Pressure Profile and Selected Anthropometric Measurement among Tribal School Children	Dr. Gopal Chandra Saha	-----	UGC Sponsored National Seminar on Physical Education for Fitness, Health & Well-being	Dept. of Physical Education, MugberiaGangadharMahavidyalaya, PurbaMedinipur, W.B.	August 29-30, 2011	National
17	Developing Quality Physical Education In	Dr. Gopal Chandra Saha	-----	UGC Sponsored National Seminar on Developing	P.G.G.I.P.E., Banipur, North 24 Parganas,	March 15-16, 2012	National

	Primary School			Quality Physical Education	W. B.		
18	Present Status of Physical Education Personnel Training Structure- An Analytical Study	Dr. Gopal Chandra Saha	-----	UGC Sponsored National Seminar on Developing Quality Physical Education	P.G.G.I.P.E., Banipur, North 24 Parganas, W. B.	March 15-16, 2012	National
19	Comparative Study of Physical Fitness Components among Kho-Kho Players	ChayanM ajumder	Dr. Gopal Chandra Saha	UGC Sponsored National Seminar on Education for Sustainable Development in 21 st Century	Union Christian Training College Berhampor, Murshidabad, W.B.	October 04-05, 2012	National
20	Professionalism and Sports Management	Dr. Gopal Chandra Saha	-----	National Conference on Evolving Management Paradigms in Manufacturing and Service Sectors	Dept. of Management, IPS College of Technology and Management, Gwalior (M.P.) India	March 16-17, 2013	National
21	Effect of Static Stretching on Flexibility of Novice Soccer Players	Dr. GopalChandraSaha	-----	UGC Sponsored National Seminar on Physical Education for Health Wellness, Fitness and Social Integrity	Dept. of Physical Education, HaldiaGovt.Coll ege, PurbaMidnapore , W.B.	March 22-23, 2013	National
22	Impact of Ramadan Fasting on Anthropometric measurements Physical Fitness components and Physiological variables of Muslim Adolescent Girls	Dr. Gopal Chandra Saha	-----	UGC Sponsored National Seminar on Sustainable Development of Physical Education for Health, Active Life-Style and Well-Being in the 21 st century	Union Christian Training College Berhampore, Murshidabad, W.B. (Dept. of Phy. Edu.)	September 20-21, 2013	National
23	Small Sided Games: Enhance Soccer Performance	Dr. Gopal Chandra Saha	-----	National Seminar on Quality Assurance in Health, Fitness and Wellness	Nikhil BangaSikshanMahavidyalaya	20-21January , 2016	National
24	Impact of Environmental Degradation on Physical Fitness of School going Children	Dr. Gopal Chandra Saha	-----	UGC Sponsored State level seminar on Biodiversity Conservation of Coastal Bay of Bengal	Dept. of Environment, Khejuri College, PurbaMidnapore , W.B.	March 16 th , 2012	State
25	Exercise Therapy	Dr. Gopal		State Level	Government	January-	State

	with Music/ Music Therapy	Chandra Saha		Seminar on Therapeutic Dimension of Yogic Practices and Physical Education Activities to Combat Life Style Diseases of Sedentary people	Physical Education College for Women, Chawbazar, P.O. & Dist.-Hooghly	18 th , 2008	
26	Drug Abuse and Alcoholism	Dr. Gopal Chandra Saha		Refresher Course in Physical Education	Dept. of Physical Education, University of Kalyani	Feb-17 to March 25, 2003	Departmental
27	Psycho-Physical Problem of Sportsman	Dr. Gopal Chandra Saha		Refresher Course in Physical Education	ASC, H. P. University, Shimla	Aug 13 to Sep 01, 2012	Departmental

Details of invitation for delivering Lectures / Chairing Session in Conferences / Seminars / Symposia. (Other than the part of academic curriculum)

Sl.No	Name of the Programme	Organiser	Topic	Date & place	Level: International / National / Regional / Local	Invited for delivering Lecture / Chairing Session
01	UGC Sponsored National Seminar on Education for Sustainable Development in 21 st Century	Union Christian Training College Berhampore, Murshidabad, W.B.	Impact of Physical and Health Education on Sustainable Human Development	October 04-05, 2012	National	Chairing Session As Co-Chairperson
02	UGC Sponsored National Seminar on Sustainable Development of Physical Education for Health, Active Life-Style and Well-Being in 21 st Century	Union Christian Training College Berhampore, Murshidabad, W.B. (Dept. of Phy. Edu.)	Yoga and Pranayama for Health and Well-being and Physical Education and Active Lifestyle	September 20-21, 2013	National	Chairing Session As Chairperson
03	UGC Sponsored Career	Department of Physical Education, Garhbeta College,	Enhancing Health and Wellbeing	March, 5 th , 2014	National	Delivered Lecture

	Counseling Cell	PaschimMedinipur, West Bengal	through Physical Activity			
04	International Conference on Fitness, Wellness & Sport Sciences.	Department of Health Sciences and Fitness, LNIPE, Gwalior, India	Theme: Inspire Quality of Life through Fitness & Wellness (A Holistic Approach).	November 20 th – 22 nd 2015,	International	Chairing Session As Co-Chairperson
05	National Seminar on Issues and Challenges in Physical education and Sports Sciences	Dept. of Physical Education, Vinaya-Bhavana, Visva-Bharati, Santiniketan and Alumni Committee, Dept. of Physical Education, Vinaya-Bhavana	Issues and Challenges of Gender Equality and Women Empowerment in Sports	June 25 - 26, 2016	National	Resource Person
06	Two Day National Conference on New Horizons of Physical Education and Exercise Sciences, in the 21 st century	Department of Physical Education, Burdwan University	New Horizons of Physical Education and Exercise Sciences, in the 21 st Century	September 20 th – 21 nd 2016	National	Chairing Session As Co-Chairperson
07	National Seminar on Nutrition and Wellness	The Physical Education Unit, PalliSikshaBhavana, Visva-Bharati	Performance Nutrition for growing Athletes	November 7 th -8 th , 2016	National	Lead Speaker
08	National Seminar on Nutrition and Wellness	The Physical Education Unit, PalliSikshaBhavana, Visva-Bharati	Nutrition and Wellness	November 7 th -8 th , 2016	National	Chaired Session As Chairperson
09	One Day Seminar on “Scientific Approach and Technical Analysis for the Development of Soccer”	Department of Physical Education, Midnapore College (Autonomous), PaschimMedinipur, WB	Coaching process for the development of Future Soccer	11 th June, 2017	National	Delivered Lecture
10	International Conference on Global Education,	Department of Physical Education, SevaBharatiMahavi	Physical Education and Sports for	9 th December, 2017	International	Resource Person

	Physical Education and Sports, Research and Technology for Sustainable Development	dyalya, Kapgari, Jhargram, West Bengal, India.	Sustainable Development in Modern Era			
11	International Conference on Global Education, Physical Education and Sports, Research and Technology for Sustainable Development	Department of Physical Education, SevaBharatiMahavi dyalya, Kapgari, Jhargram, West Bengal, India.	Development Aspects of Sports	9 th December, 2017	International	Chaired Session As Chairperson
12	Departmental Seminar, IQAC	Dr. MeghnadSaha College, Uttar Dinajpur, GourBanga University	Therapeutic Modalities and Injury Rehabilitation	6 th March, 2018	Departmental	Delivered Lecture
13	National Conference on Physical Education and Sports Sciences in the 21 st Century	Department of Physical Education, Jadavpur University, Kolkata-32	Health, Fitness and Wellness	22 nd -23 rd March, 2018	National	Chaired Session As Chairperson
14	Invited as a expert Speaker	NSHM School of Business & Management Studies, Durgapur, WB	Managing and Promoting Sports Events	17 th August, 2018	Departmental	Delivered Lecture
15	Refresher Course on Yoga: Health, Fitness, Wellness & First Aid (ID)	UGC-Human Resource Development Centre, Guru Ghasidas University, Bilaspur, Chattisgarh	Health: A Life Long Activity	19 th June, 2019	National	Resource Person
16	Refresher Course on Yoga: Health, Fitness,	UGC-Human Resource Development	Wellness for Greater	19 th June, 2019	National	Resource Person

	Wellness & First Aid (ID)	Centre, Ghasidas University, Bilaspur, Chattisgarh	Guru Community			
17	Refresher Course on Yoga: Health, Fitness, Wellness & First Aid (ID)	UGC-Human Resource Development Centre, Ghasidas University, Bilaspur, Chattisgarh	Guru	Wellness for Better Life	20 th June, 2019	National Resource Person
18	Refresher Course on Yoga: Health, Fitness, Wellness & First Aid (ID)	UGC-Human Resource Development Centre, Ghasidas University, Bilaspur, Chattisgarh	Guru	Fitness: Lets know all about Fitness....	20 th June, 2019	National Resource Person
19	International Conference on Physical Education, Yoga and Sports Science in 2020's Era	State Institute of Physical Education for Women, Hastings House, Kolkata, India		Scientific Session II	15 th January, 2020	International Chaired Session As Chairperson
20	International Conference on Physical Education, Yoga and Sports Science in 2020's Era	State Institute of Physical Education for Women, Hastings House, Kolkata, India		Soccer Coaching as a Profession to Aspire	15 th January, 2020	International Lead Speaker

Details of organizing Conferences / Seminars / Symposia

Sl.No	Name of the Programme	Organiser	Date	Level: International / National / Regional / Local
01	National Seminar on New Challenges for Physical Education and Sports Sciences	Post Graduate Govt. Institute for Physical Education, Baniour under the auspices of	19 th -20 th March, 2010	National

		Higher Education Dept., Govt. of West Bengal		
02	National Conference on Physical Education and Sports Sciences in the 21 st Century	Department of Physical Education, Jadavpur University, Kolkata-32	22 nd -23 rd March, 2018	National

Other Responsibilities performed

1. H.O.D of the Deptt. of Physical Education, Jadavpur University, Kolkata-32, W. B on and from 03-01-2017 to 02-01-2019.
2. Acted in the capacity of organizing secretary for National Seminar on ‘New Challenges for Physical Education and Sports Sciences’ held on 19th and 20th March 2010.
3. Officer-in charge from 24-12-2011 to 01-01-2012 of P.G.G.I.P.E., Banipur, 24 pgs(N),W.B.
4. In-charge H.O.D from 19-02-2014 to 03-03-2014 and 13-07-2016 to 15-07-2016 of the Deptt. of Physical Education, Jadavpur University, Kolkata-32, W. B.
5. B. P. Ed Co-ordinator of Post Graduate Government Institute for Physical Education, Banipur, North 24 parganas, W. B.
6. A. F. C. ‘C’ and ‘B’ License Football Coach.
7. Participated in All India Inter University Football Championship Thrice and Two times Bronze Medalist.
8. Appointed as official in South West & All India Inter-University Handball (M&W) Conducted by L.N.I.P.E. from 10-12-97 to 22-12-97.
9. Appointed as B.O.S. member, Theory and Practical examiner, Paper setter of different universities.
10. Appointed by Visva-Bharati as one of the members of the Board of Examiners to examine Ph.D thesis as well as External Examiner of Viva-voce examination for Ph.D Degree.
11. Appointed as Subject Expert for the selection Committee for placement/promotion under career advancement scheme.
12. Appointed as Selector of Jadavpur University Football team on 03-10-12.
13. Appointed as West Bengal State University and Jadavpur University Football Coach.
14. Appointed as Member of the UGC Expert Committee to evaluate the proposal under the Development of Sports Infrastructure and Equipment 2014-15.
15. Appointed as Member of the UGC Expert Committee to mid-term review for the Development of Sports Infrastructure and Equipments of the Universities, 2016-17.
16. Appointed as an Expert for Evaluation of Proposals of Minor Research Project and Seminar/Conference/Workshop of the UGC, eastern region, Kolkata, 2016.
17. Supervised Eleven Master Degree Thesis at PGGIPE, Banipur and Seven Master Degree Thesis at the Deptt. of Physical Education, Jadavpur University.
18. Fourteen years B.P.Ed., Eight years M.P.Ed., one year M. Phil and Five years Ph.D Course work Teaching Experience.

19. Three years Ph.D Course work Teaching Experience of the Deptt. of Physical Education, Jadavpur University
20. Acted as Coordinator of Ph.D course work and member of M.P.Ed syllabus committee of the Department of Physical education, Jadavpur University for the session 2013-14.
21. Diploma in Information Technology Application with Grade 'A'.
22. Member of Technical Committee and Organising Committee of the Inter Govt. College Sports Competition, 2012.
23. Assisted in Teaching practice of B. P. E IInd year and took practical Football Classes of B.P. E. I, II and II in the year 1997-98, 1998-99 and 1999-2000.
24. Acted as Hostel Superintendent at P.G.G.I.P.E., Banipur.
25. Appointed to act as an Observer for the 'Joint Entrance Examination (Main) on April 6th, 2014.
26. Life member of Indian Federation of Computer Science in Sports.
27. Reviewer and member of Editorial Board of 'UNMESH' a peer reviewed Journal of Physical Education, Banipur, ISSN No. 0974-9829
28. Reviewer of Indian Journal of Research in Multidisciplinary Studies, Blind Peer Reviewed National Journal (ISSN: 2348-2524) published by Garhbeta college, PaschimMedinipur, West Bengal, India.
29. Associate Editor of International Journal of Physical Education, Health and Social Science (IJPEHSS)' ISSN No. 2278-716X (Online)
30. Associate Editor of International Journal of Research, ISSN Print: 2394-7500, ISSN Online: 2394-5869.
31. Reviewer of Education Research and Reviews, www.academicjournals.org/err
32. Advisory Board Member of Journal of Physical Education and Allied Sciences (JPEAS) ISSN No. 22307397.
33. Member of Editorial Board of a peer reviewed journal named "International Journal of Interdisciplinary Current Researches (IJICR).
34. Associate Editor of International Journal of Physical Education, Sports and Health, P-ISSN:2394-1685, E-ISSN:2394-1693.
35. Associate Editor of International Journal of Applied Research, P-ISSN:2394-7500, E-ISSN:2394-5869.
36. Member of Editorial Board of a peer reviewed journal named "International Journal of Sport, Exercise and Health Research.
37. Acted as Assistant Instructor of AIFF 'D' Certificate Course (Coaches) held at Ganganagar, Howrah from 02-07-2016 to 07-07-2016.
38. Acted as Technical expert for admission to M.P.Ed course of Burdwan University held on 13th and 14th of August, 2016.
39. Member of Executive Council of Jadavpur University.

DECLARATION

I **Dr. GOPAL CHANDRA SAHA** hereby declare that the particulars furnished above are true to and correct to the best of my knowledge and nothing has been concealed.



Dr. Gopal Chandra Saha
Professor, Deptt.of Phy. Edn
Jadavpur University, Kolkata-700032
West Bengal, India, Mob- +919433257782 / +917890368560
e-mail:callmegopal@gmail.com