

Curriculum Vitae



Date of Birth: 27.02.1984

Visva-Bharati: 21.04.2011 (Assistant Director, Physical Education)

Visva-Bharati: 27.02.2014 (Assistant Professor, Physical Education)

First Appointment: 12.04.2010 (Jadavpur University Assistant Professor, Physical Education)

Present: 27.02.2014 (Assistant Professor, Physical Education)

Research Interest: TECHNIQUE ANALYSIS IN SPORT & FITNESS TESTING

SPECIALIZATION

- a. **Theory** – Exercise Physiology
- b. **Practical** – Cricket

DR. ABHIJIT THANDER

Assistant Professor-(Stage-II)

Department of Physical Education & Sport Science
Visva-Bharati

Contact Address:

Department of Physical Education & Sport Science,
Vinaya Bhavana (Institute of Education)
Visva-Bharati, Santiniketan. (WB) 731235.

Permanent Address:

Shyambati, Subhaspalli, Santiniketan
Bolpur, Birbhum, West Bengal
Pin: 731235

Email: thandert@gmail.com, abhijit.thander@visva-bharati.ac.in

Website: <https://www.visvabharati.ac.in>

Vidwan ID: <https://vidwan.inflibnet.ac.in/profile/43972>

Web of Science Researcher ID: [AAV-4173-2020](https://orcid.org/0000-0002-6716-6588)

Orcid ID: <https://orcid.org/0000-0002-6716-6588>

Research Gate ID Link: https://www.researchgate.net/profile/Dr_Abhijit_Thander

Academia.edu ID Link: <https://visvabharati.academia.edu/AThander>

Google Scholar ID Link: <https://scholar.google.co.in/citations?user=QBX7yaoAAAAJ&hl=en&oi=pl>

Facebook ID Link: <https://www.facebook.com/abhijit.thander?ref=bookmarks>

Educational Qualification	Institution	Year
Doctor of Philosophy (Ph.D)	Visva-Bharati	2015
Master of Physical Education (MPE)	Visva-Bharati	2008
NET	Visva-Bharati	2008
BA (Honours), BPEd (Physical Education)	Visva-Bharati	2006

Professional Qualification	Institution	Year
NCA-BCCI accredited Level-A Cricket Course	NCA-BCCI (National Cricket Academy- Board of Control for Cricket in India)	2011
MS Dhoni cricket Academy Accredited Level-1 Coaches course	MS Dhoni Cricket Academy	2020

Sports Achievement	Competition	Year
Cricket	East Zone Inter University cricket Tournament (M)	2002,2007,2008
Kho-kho	East Zone Inter University and Kho-kho Tournament (M)	2004,2005,2006,2007
Yoga	All India Inter University Yoga Tournament	2004-05

NUMBER OF RESEARCH SCHOLARS PRODUCED: FIVE (05)

- a) Awarded: (One) 01
- b) Submitted: (One) 01

AWARD:

- a. Awarded with **Best Paper Presentation award** by Department of Physical Education, SPDM College in the online international conference on 'Post Covid Education, Physical Education Scenario' organised by Kisan Vidya Prasarak Sanstha's SPDM Arts, SBB & SHD Commerce and SMA Science College, Shirpur Dist. Dhule (Ms), Internal Quality Assurance Cell (IQAC) and Department of Physical Education And Sports, SPDM College on 29th May 2020
- b. Awarded with **Best Researcher** in the National Seminar on Fit and Healthy India- Vision 2020 A Physical Education Perspective from 20th & 21st February, 2015
- c. **Best in Drill** in the Pre Commissioned Course of NCC at Officers Training Academy, Nagpur, 19th February, 2018

FACULTY DEVELOPMENT PROGRAMME/ COURSE/ TRAINING:

- ❖ Participated in the One week Online Faculty Development Program on and from 9th June to 13th June 2020 on **Rebooting Physical Education Faculties in the Outbreak of Covid-19** organised by Kisan Vidya Prasarak Sanstha's, SPDM Arts, SBB & SHD Commerce and SMA Science College, SHIRPUR Dist. Dhule (MS), Department of Physical Education and Sports In Collaboration With KBC North Maharashtra University, Jalgaon
- ❖ Pre Commissioned Course of NCC at Officers Training Academy, Nagpur, 27th November 2017 to 26th February 2018 and obtained **Grade-A**
- ❖ Refresher Course at UGC-Academic Staff College, LNIPE, Gwalior, M.P. from 10/06/2015 to 30/06/2015 and obtained **Grade-A**
- ❖ 92nd Orientation Programme at UGC-Academic Staff College, the University of Burdwan, Burdwan from 04/07/2014 to 31/08/2014 and obtained **Grade-A**

PROFESSIONAL SUMMARY

- a) Appointed as resource person for National Level Workshop On "Contemporary Issues On Women's Health, Nutrition, Fitness And Cricket" on and from 27th Jun to 29th Jun, 2020, on the topic "**Arts and Science Behind Cricketing Skills and Techniques**"
- b) Appointed as Resource Person on "LATEST TRENDS OF INSTRUMENTATION TECHNOLOGY IN SPORTS" in the one day national level webinar "Current Trends and Developments in Physical Education and Sports Science" organized by the Department of Physical Education In collaboration with IQAC, Suri Vidyasagar College on 17.09.2020.
- c) Appointed as Trainer cum coach at MS Dhoni Cricket Academy, from 16th may to 09th June, 2019.

Additional Responsibilities Other Than Teaching

- i. Assistant Director, Physical Education at Visva-Bharati University, from June, 2018.
- ii. Associate NCC Officer, Visva-Bharati NCC Unit, 50/4, under 50 Bengal Battalion NCC, WB

Academic distinctions gained:

- a. **Promoted** from Assistant Professor (Stage-1), Pay Band of Rs. 15600-39100 + AGP Rs. 6000 to Assistant Professor (Stage-2) on 6th November, 2015, Pay Band of Rs. 15600-39100 + AGP Rs. 7000 Under Career Advancement Scheme (CAS) of UGC- Regulations 2010.

Research Papers Reviewed:

- i. Reviewed a paper title “Not as simple as it seems: Front foot contact kinetics, muscle function and ball release speed in cricket pace bowlers” Manuscript No. RJSP-2020-1117R1 for Journal of Sports Sciences. Cited in Publons

Research Papers in Seminar/ Conference Proceedings:

- i. Assessment of Anxiety among teacher trainees of B.P.Ed.: Proceedings: Psychic Physical Education and Society (2018); ISBN: 978-93-82623-83-0 pp. 74
- ii. The Preservation and Dissemination of Traditional Sports & Games in West Bengal; Proceedings: Psychic Physical Education and Society (2018); ISBN: 978-93-82623-83-0 pp. 129
- iii. Methods of Categorization of Bowling Action from Transverse Plane: A Two Dimensional Study; Proceedings: psychic Physical Education and Society (2018); ISBN: 978-93-82623-83-0 pp. 258
- iv. Modeling and Simulation of Table Tennis Ball feeder Machine: Proceedings: Psychic Physical Education and Society (2018); ISBN: 978-93-82623-83-0 pp. 74
- v. Effect of Surya Namaskar and physical Exercise on Physiological Variables among Intercollegiate Men Cricket Players: Proceedings: Modern Perspectives of Sports Science and Yoga for The Enhancement of Sports Performance: (2018) ISBN: 978-93-5300-491-0 PP-66
- vi. A Qualitative Analysis of Pace Bowling Technique at Front Foot Landing in Cricket: Proceeding of the National Seminar: Issues and challenges in Physical Education and sports sciences; ISBN: 978-93-86369-20-8 (2016) pp. 29
- vii. The Risk Factors of Mixed Action Pace Bowling Technique in Cricket -Global Conference on Scientific Culture in Physical Education and Sports, (2016) Proceedings ISBN No. 978-93-85446-45-0 pp. 114-118.
- viii. A Study on Muscular Strength Endurance and Vertical Jumping Performance Characteristics in College Going Adults (2015); International Conference on Fitness, Wellness & Sport Sciences Proceedings; International Conference on Fitness, Wellness & Sport Sciences Proceedings; Sports Publication; ISBN : 978-81-7879-912-4 PP.459
- ix. Acute Effects of Dynamic Stretching Protocol on Lower Extremity Muscular Performance (2015); International Conference on Fitness, Wellness & Sport Sciences Proceedings; Sports Publication; ISBN : 978-81-7879-912-4 PP.355
- x. Assessment of Neuromuscular Performance of Junior Male Football Players (2015); International Conference on Fitness, Wellness & Sport Sciences Proceedings; Sports Publication; ISBN : 978-81-7879-912-4 PP.345
- xi. A Study on Gender Difference in Cardiovascular Fitness of Sedentary College Youths (2015); International Conference on Fitness, Wellness & Sport Sciences Proceedings; Sports Publication; ISBN : 978-81-7879-912-4 PP.210
- xii. A Comparative Study on Anthropometric Profile & Motor Performance Among Kho-Kho & Football Players (2015); International Conference on Fitness, Wellness & Sport Sciences Proceedings; Sports Publication; ISBN : 978-81-7879-912-4 PP.272
- xiii. Cardiovascular Adaptation of College Males Under The Influence of Detraining (2015); International Conference on Fitness, Wellness & Sport Sciences Proceedings; Sports Publication; ISBN : 978-81-7879-912-4 PP.289
- xiv. Acute effect of neuromuscular Training Program on Lower Limb Alignment of Female Athletes (2015); International Conference on Fitness, Wellness & Sport Sciences Proceedings; Sports Publication; ISBN : 978-81-7879-912-4 PP.183
- xv. Kinematic Analysis Of Side Kick In Kabaddi (2015); International Conference on Fitness, Wellness & Sport Sciences Proceedings; Sports Publication; ISBN : 978-81-7879-912-4 PP.31
- xvi. An Integrated Approach to the Biomechanics and Technique Analysis of Pace Bowling in Cricket (2015) Modern Physical Education Sports and Globalization ; S.B. Enterprise Vol.:1 ISBN: 978-93-84667-06-1 pp.39
- xvii. Effect of plyometric Training with Variation of Load on Selected Biochemical Variables of Men Cricket Players Modern Physical Education Sports and Globalization (2015); S.B. Enterprise Vol.:1 ISBN: 978-93-84667-06-1 pp.123

Research Articles/Paper in Peer review , Refereed, Indexed or UGC Listed journals and in other Reputed Journals

- i. Firdaus Tabassum Abhijit Thander May 2021, "Relationship Of Selected Kinematic Variables To The Phases Of Pre-delivery And Delivery Stride During Cricket Fast Bowling" Shodh Sarita, An International Bilingual Peer Reviewed Refereed Research Journal, Vol. 7, Issue 26, April-June, 2020 Page Nos. 198-201
- ii. Chandan Manna, Dr. Abhijit Thander "A comparative study of suryanamaskar and dynamic stretching on fast bowling performance in cricket". Int J Appl Res 2021; 7(5):20-23. DOI: 10.22271/allresearch.2021.v7.i5a.8538
- iii. Chandan Manna, Dr. Abhijit Thander "Comparative Effects Of Suryanamaskar And Dynamic Stretching On Cricket Specific Motor Performance In Fast Bowling", International Journal of Emerging Technologies and Innovative Research (www.jetir.org), ISSN:2349-5162, Vol.8, Issue 5, page no.a241-a245, May-2021, Available :<http://www.jetir.org/papers/JETIR2105028.pdf>
- iv. Mimu Seikh; Dr. Abhijit Thander. "Can Eight over Bowling Spell be a Directives of Pace Bowling for Practice Session: An Experimental Study", Volume. 5 Issue. 7, July - 2020, International Journal of Innovative Science and Research Technology (IJISRT), www.ijisrt.com. ISSN - 2456-2165, PP: - 1125-1129.
- v. Mr. Mimu Seikh; Dr. Abhijit Thander. "A STUDY ON RATE OF PERCEIVED EXERTION STATE DURING EIGHT OVERS BOWLING SPELL IN CRICKET", International Journal of Creative Research Thoughts (IJCRT), ISSN:2320-2882, Volume.8, Issue 8, pp.229-233, August 2020, Available at :<http://www.ijcrt.org/papers/IJCRT2008029.pdf>
- vi. Thander, A., & Prasad, S. S 'Fastest Bowling Delivery is Associated With Selected Kinematic Factors in Junior Pace Bowlers' European Journal of Physical Education and Sport Science; Volume 5 | Issue 8 | 2019 ISSN: 2501 -1235ISSN-L: 2501 -1235Availableon-line at: www.oapub.org/edu; doi: 10.5281/zenodo.2745181
- vii. Thander, A. "A Study on Bat-Lift in Relation to the Batting Technique of Front Foot Straight Drive in Cricket" International Journal of Scientific Research; Volume-8 | Issue-4 | April-2019 | PRINT ISSN No 2277 – 8179 DOI : 10.15373/22778179
- viii. Thander, A. " Instrumentation Technology and its Implication in Cricket" Indian Journal of Health and Physical Education, (2018) 6(2), 13-18
- ix. Prasad, S. S & Thander, A., "Relationship between speed variations and selected Kinematic Variables of Pace Bowlers in Cricket: A Pilot Study" International Journal of Health, Sports and Physical Education, (2017), VOL. 5 (2) 18-21 ISSN : 2278-2982
- x. Mr. Mimu Seikh, Dr. Abhijit Thander, Adaptations of Physiological State After 5- Over Bowling Spell In Cricket: A Pilot Study." International Journal of Health, Physical Education and Computer Science in Sports 26.1 (2017): 82-84.
- xi. Tabassum, F & Thander, A. Analysis of Shoulder Alignment to Assess Pace Bowling Action: A Pilot Study. International Education and Research Journal, (2017) 3(5), 536-537.
- xii. Khan, M. & Thander, A. A study on front foot placement and its effect on bowling action in cricket. International Journal of Applied Research, (2017). 3(6), 578-580.
- xiii. Thander, A. Bowling Speed in Relation to selected kinematic Variables of Pace Bowlers in Cricket. March, 2017, WBCIPE Journal, ISSN: 2348-0777, 3 (1), 6-9
- xiv. Thander, A. Analysis of Sports Competition Anxiety between Male Judokas and Karate Fighters. (2016) IJSR - International Journal of Scientific Research, 5(6), 242-243.
- xv. Thander, Dr. Abhijit. (2014). A Comparative Study on Anthropometric Profile and Motor Performance of College Males and Females. International Research Journal of Human Resources and Social Sciences. 1. 77-81.
- xvi. Sri Abhijit Thander, Dr. Sagarika Bondyopadhyay, Sri Sujoy Birbanshi Cardiovascular Adaptation and Body Composition Changes of College Males Under the Influence of Exercise Training International Journal of Scientific Research, Vol : 2, Issue : 7 July 2013
- xvii. Thander, Dr. Abhijit & Singh, Ratnesh. (2013). Relationship of Selected Kinematic Variables to the Technique of Front-Foot Straight Drive in Cricket. I. 70.

National and International standard Conference/Seminar etc.

- a) Presented research paper in the Online International Conference on "Post Covid Education, Physical Education Scenario" conference held on 29th May 2020, paper entitled - Post Covid-19 Activities for the Divyang Population '
- b) Presented a Paper on 'A contemporary horizon of analysis in Fast bowling technique from transverse plane' in National Conference on "Physical Education and Sports Sciences in the 21st Century" under the aegis of WBCIPE; organized by Department of Physical Education, Jadavpur University, 22nd - 23rd March, 2018
- c) Presented a Paper on "Truths and Myths of Classification of Bowling Actions in Cricket in "Nutrition and Wellness" organized by the Physical Education Unit, PSB, Visva-Bharati, 7th and 8th November, 2017
- d) Presented a Paper on "A Qualitative Analysis of Pace Bowling Technique at Front Foot Landing in Cricket" in National Seminar on Issues and challenges in Physical Education and Sports Science organized by the Department of Physical Education, Vinaya Bhavana, Visva-Bharati, 25th and 26th June, 2016.

National and International standard Workshop/Exhibition etc.

- a) Three hours' workshop on Knee & Spine (Back) - Prehab & conditioning on 13th November, 2016 organized by BFY Organization, Kolkata Branch.
- b) National Workshop on Counseling organized by Office of the Director, PSNS, Visva-Bharati from 09 to 11th February, 2017.

Chair- Person and Co-Chairperson in National and International standard Conference/Seminar etc.

- a) Co-chairperson in National Conference on "Physical Education and Sports Sciences in the 21st Century" under the aegis of WBCIPE; organized by Department of Physical Education, Jadavpur University, 22nd -23rd March, 2018
- b) Co-chairperson in National Seminar on "issues and challenges of Sports Science" organized by the Department of Physical Education, Visva-Bharati, 25th March, 2018
- c) Co-chairperson in National Seminar on "Nutrition and Wellness" organized by the Physical Education Unit, PSB, Visva-Bharati, 7th and 8th November, 2017
- d) Co-chairperson in the National Seminar on "Issues and challenges in Physical Education and Sports Sciences" organized by the Department of Physical Education, Vinaya Bhavana, Visva-Bharati, 25th and 26th June, 2016.

Extension Activities/NCC/Cultural and other activities:

- a. Programme Director of Departmental Leadership Camp, 2018-2020 Held at Satkahania, Burdwan
- b. Director of Annual Leadership Camp, 2017, held at Satkahania, Burdwan
- c. Company Commander, NCC, Visva-Bharati, NCC, and Visva-Bharati.
- d. Programme Director of Departmental Leadership Camp, 2016 Held at Satkahania, Burdwan

Workshop/Tournaments Organised:

1. Organised a workshop on digital Scoring and Cricket Analysis on January 6th to 8th, 2017 as Workshop Co-Ordinator at Department of Physical Education

