

CURRICULAM VITAE



NAME : **Dr. Sentu Mitra**

MOTHER'S NAME : Smt. Swapna Mitra

FATHER'S NAME : Late Arun Mitra

WIFE : Smt. Madhumita Mitra Saha

PERSONAL DETAILS:-

Date of Birth : January 1st, 1982

Place of Birth : Bolpur, Birbhum (W. B.), India

Sex : Male

Height : 174c.m.

Weight : 70kg

Blood Group : B+

Identification Mark : A cut mark on right side upper lip

Marital Status : Married

Languages known : Bengali, Hindi & English

Religion : Hindu

Nationality : Indian

AADHAR : 7648 3984 7859

Vote ID : LVD2110476

PAN : AYFPM7717F

ADDRESS FOR CORESPONDENCE : Assistant Professor (Stage-II)
Department of Physical Education
Vinaya-Bhavana, Visva-Bharati
Santiniketan, PO-Santiniketan,
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Gurupally South, P.O.-Santiniketan,
Dist.-Birbhum, West Bengal, India.
Pin-731235.
Mob: (+91)9476355642

ACADEMIC/PROFESSIONAL QUALIFICATION:				
Examination	Board/University	Year	Percentage	Position
Doctor of Philosophy In Physical Education	Dept. of Phy.Edu Visva-Bharati	2013	-	-
Master of Physical Education	Dept. of Phy.Edu Visva-Bharati	2006	75.25	First Class First
Bachelor of Physical Education	Dept. of Phy.Edu Visva-Bharati	2004	76.32	First Class First
Higher Secondary	W.B.C.H.S.E	2001	70	-
Secondary	W.B.B.S.E	1999	77.125	Star Marks
Diploma in Sports Coaching In Basketball	SAINSNIS, Patiala, Punjab	2008	73.56	First Class First
NET with JRF	UGC, New Delhi	2007	-	-
NET	UGC, New Delhi	2012	-	-
*National Educational Test for Junior Research Fellowship and the Eligibility of Lectureship in Physical Education conducted by University Grants Commission, New Delhi, India.				

AREAS OF SPECIAL INTEREST:

Theory

- ❖ Exercise & Sports Physiology
- ❖ Sports Training
- ❖ Research in Physical Education

Practical

- Basketball
- Kho-Kho
- Kabaddi

PAPER PUBLICATION IN JOURNAL:

- i. Mondal C, Mitra S and Baura A (Oct 2016). Comparative Analysis on Selected Anthropometric and Motor Fitness Variables between Secondary and Higher Secondary Students. Indian Journal of Applied Research. 6(10): 50-52. ISSN: 2249-555X.
- ii. Diswar SK, Choudhary S and Mitra S (2016). Comparative effect of SAQ and circuit training programme on selected physical fitness variables of school level basketball players. International Journal of Physical Education, Sports and Health. 3(5): 247-250. ISSN: P-ISSN: 2394-1685, E-ISSN: 2394-1693
- iii. Kumar S, Singh NS & Mitra S (2016). Comparison of mental toughness between male and female volleyball players of 12th south Asian games. International Journal of Applied Research. 2(6): 268-270, ISSN Print: 2394-7500, Online: 2394-5869
- iv. Das MK & Mitra S (May 2016). Comparative Analysis on the Selected Motor Fitness Variables between Batsman and Bowlers in Cricket. Paripex – Indian Journal of Research. 5(5): 18-19. ISSN:2250-1991.
- v. Sarkar S & Mitra S. (May 2016). Comparative Analysis on Selected Motor Fitness Components of Physical Education Students between General College and Training College. Global Journal for Research Analysis.5(5). ISSN: 2277-8160.
- vi. M Chowdhury, S. Mitra and Gayen, A. (April 2015). Analysis of Selected Motor Fitness Components Between Basketball and Kho-Kho Players .Indian Journal of Applied Research. 5(4): 657-658. ISSN: 2249-555X

- vii. Mitra, S. and Gayen, A. (March. 2015). Study on Selected Motor Fitness Components of Two Different Positioned Basketball Players. *Paripex – Indian Journal of Research*. 4(3): 47-48. ISSN:2250-1991
- viii. Mitra, S. and Gayen, A. (Nov. 2014). Sports Competition Anxiety Level among the Selected Ballgame Players: Comparative Study. *Paripex – Indian Journal of Research*. 3(11): 53-54.
- ix. Roy, M., Bandyopadhyay, S., Gayen, A. and Mitra, S., (Sep. 2014). Physical Fitness Status of Rava Indo-Mongoloid Tribal Youth in Comparison to General Youths of India. *Global Journal for Research Analysis*. 3(9): 126-127.
- x. Mitra, S., Bandyopadhyay, S. and Gayen, A. (Mar. 2014). Impact of Level of Participation on Anxiety and Performance among the Basketball Players. *Indian Journal of Physical Education Fitness and Sports*. 3(1): 108-113.
- xi. Gayen, A., Mitra, S. and Bandyopadhyay, S. (Feb. 2014). Assessment of Reaction Time of Soccer Goalkeepers Wicketkeepers in Cricket and Kho-Kho Players. *Indian Journal of Applied Research*. 4(2):30-31.
- xii. Gayen, A., Bandyopadhyay, S. and Mitra, S. (Oct.-Dec. 2013). Estimation of Vo2max by Different Exercise Testing Methods. *International Journal of Health, Physical Education & Computer Science in Sports*. 12(1):101-104.
- xiii. Gayen, A., Mitra, S. and Bandyopadhyay, S. (Sep. 2013). Effects of Eight Weeks Selected Yogasanas on Flexibility Performance of Adolescent Boys. *International Journal of Physical Education Health and Sports Science*. 02(02):134-138.
- xiv. Mitra, S., Bandyopadhyay, S. and Gayen, A. (Aug 2013). Relationship of Selected Motor Fitness Components with the Performance of Basketball Players. *Indian Journal of Applied Research*. 3(8):15-16.
- xv. Bandyopadhyay, S., Mitra, S. and Gayen, A. (July 2013). Effects of Plyometric Training and Resistance Training on Specific Speed of Basketball Players. *Peripex- Indian Journal of Applied Research*. 2(7):35-37.
- xvi. Bandyopadhyay, S., Gayen, A. and Mitra, S.(May 2013). Correlational Analysis of Physical Fitness by Norm Referenced and Criterion Referenced Standards. *International Journal of Scientific Research*. 2(5): 72-74.
- xvii. Mitra, S., Bandyopadhyay, S. and Gayen, A. (Mar 2013). Effect of Plyometric Training and Resistance Training on Agility of Basketball Players. *Academic Sports Scholar*. 1(12):.22-26
- xviii. Bandyopadhyay, S. and Mitra, S. (January-Jun 2012). Effect of Specific Speed Agility Quickness Training on Anaerobic Power of Basketball Players. *Scientific Journal in Sports and Exercise*. 8(1):18-21.
- xix. Bandyopadhyay, S. and Mitra, S. (February 2009). Core Strength Development for Basketball Players. *Vyayam-Vidnyan*. 42(1):4-11.
- xx. Mondal, S. and Mitra, S. (April 2009).Nutrition for A Track Athlete. *Entire Research*, I(II): 20-22.

PAPER PUBLICATION IN PROCEEDINGS:

- i. Sikdar D, Mitra S and Gayen A. Comparative Study on Selected Fitness Components among the Selected Ball Game Players. International Conference on Fitness, Wellness & Sport Sciences Inspire Quality of Life through Fitness & Wellness (A Holistic Approach), Nov 20-22, 2015 at the LNIPE, Gwalior, (MP), India.71-75. ISBN: 978-81-7879-912-4.

- ii. Kahar K, Bandyopadhyay S, Mitra S and Gayen A. A Study on Selected Physical Fitness Components between Calcutta Premier Division Football Club Players and Inter University Level Football Players. International Conference on Fitness, Wellness & Sport Sciences Inspire Quality of Life through Fitness & Wellness (A Holistic Approach), Nov 20-22, 2015 at the LNIPE, Gwalior, (MP), India.179-184. ISBN: 978-81-7879-912-4.
- iii. Insun SK, Biswas S, Mitra S and Gayen A. A Study on Sports Competition Anxiety between Male and Football Players. International Conference on Fitness, Wellness & Sport Sciences Inspire Quality of Life through Fitness & Wellness (A Holistic Approach), Nov 20-22, 2015 at the LNIPE, Gwalior, (MP), India. 275-277. ISBN: 978-81-7879-912-4.
- iv. Das A, Goon AK, Mitra S and Gayen A. Influence of Body Mass Index on Blood Pressure of Sedentary Females. International Conference on Fitness, Wellness & Sport Sciences Inspire Quality of Life through Fitness & Wellness (A Holistic Approach), Nov 20-22, 2015 at the LNIPE, Gwalior, (MP), India. 296-299. ISBN: 978-81-7879-912-4.
- v. Gayen A, Bandyopadhyay S and Mitra S. Study on Aerobic Power between Under Graduate and Post-Graduate Students. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- vi. Hazra A, Kundu B and Mitra S. Study on A Survey of Ideal Body Weight of the Students of Visva-Bharati. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- vii. Mahara A, Bandyopadhyay S, Mitra S and Gayen A. Relationship between Shooting Performance and Kinesthetic Perception of Basketball Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- viii. Das B, Mitra S and Gayen A. Study on Selected Anthropometric and Physical Variables with Playing Ability of Volleyball Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- ix. Bej DK, Mitra S and Gayen A. A Study on Aerobic Power among the Sprinters, Football Players and Basketball Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- x. Rahaman J, Mitra S and Gayen A. Study on Muscular Endurance and Explosive Strength between Football and Basketball Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- xi. Roy K, Kundu B, Mitra S and Thander A. Relationship between Selected Anthropometric Variables of Bowling Performance in Cricket. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- xii. Khatun N, Mitra S and Gayen A. Study on Kinesthetic Perception ability among the Selected Three Ballgame Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- xiii. Biswas R, Mitra S and Gayen A. Study on Sports Competition Anxiety between Individual Sports and Team Games Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.

- xiv. Barai SC, Kundu B and Mitra S. Maximal Aerobic Capacity in Relation to Body Surface Area of Sedentary Youth. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- xv. Mondal S, Mitra S, Biswas S and Gayen A. Study on Aerobic and Anaerobic Capacity between Basketball and Handball Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- xvi. Mukherjee S, Mitra S and Gayen A. Study on Aerobic Capacity and Strength among the Selected Ballgame Players. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.
- xvii. Mazumdar S, Bandyopadhyay S, Mitra S and Gayen A. Body Stature and Body Composition in Relation to Aerobic Capacity of Active Women. Fit and Healthy India- Vision 2020 A Physical Education Perspective, Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam. ISBN:978-93-84869-24-3.

SEMINARS, CONFERENCES AND WORKSHOPS:

- i. Participated and presented a paper entitled Analysis of Speed and Agility of Different Positioned Basketball Players in the National Seminar on Fit and Healthy India- Vision 2020 Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam.
- ii. Participated in the 7 Days National Level Workshop on Aerobic Dance Fitness from 15th to 21st September, 2014 at the Department of Physical Education, Vinaya-Bhavana, Visva-Bharati, Santiniketan, West Bengal.
- iii. Participated and presented a paper entitled Effects of Intensive Interval Training and Fast Continuous Training on VO_{2max} in the 24th PAN-Asian Society of Sports and Physical Education Conference on Feb 7-9, 2014 at the Department of Physical Education, Vinaya-Bhavana, Santiniketan, West Bengal, India.
- iv. Participated and presented a paper entitled Impact of Level of Participation on Anxiety and Performance among Basketball Players. In the 24th National Conference of Sports Psychology on Sports and Exercise Psychology: Career Development and Psychological Aspects of Youth Sports on January 4-6, 2014 at the Department of Physical Education, Vinaya-Bhavana, Santiniketan, West Bengal, India.
- v. Participated and presented a paper entitled '*Effects of Progressive Speed-Agility -Quickness Training on Performance and Related Motor Fitness Variables of Basketball Players*' in the National Conference on Trends and Practices in Physical Education on 29th and 30th January, 2010 at the Department of Physical Education, Vinaya-Bhavana, Visva-Bharati, Santiniketan, West Bengal.
- vi. Participated in the National Workshop on Data Analysis in Physical Education and Sports using SPSS held at Nainital Club, Nainital, during July 8-10, 2009.
- vii. Participated and presented a paper entitled "*Development of Functional Core in Basketball Players*" in the UGC sponsored National Seminar on Modern Trends of Environmental Education, Social Care and Well-being in 21st Century on 13th and 14th September, 2008 at Union Christian Training College, Berhampore, Murshidabad, West Bengal.
- viii. Participated and presented a paper entitled '*A Survey of Injuries of Basketball Players in Birbhum District, West Bengal*' in the XIth National Conference on "Dynamic Role of Physical Education and Sports Sciences for the Development of Sports Culture in Indian Universities" from 23rd to 25th February, 2007 at the University of Calcutta in association with Association of

Indian Universities, Sports Authority of India Kolkata under the aegis of National Association of Physical Education and Sports Sciences.

- ix. Participated and presented a paper entitled '*Nutrition & Track Performance*' in the 8th Annual Conference of West Bengal Association of Sports Medicine on 20th January, 2007 organized by the Department of Physical Education, University of Kalyani, Kalyani, West Bengal.

INVITEE LECTURE/CHAIRMANSHIP/CO-CHAIRMANSHIP:

- i. Acted as the Co-Chairperson in a scientific session at National Seminar organized by the Unit of Physical Education, Palli Siksha Bhavana, Visva-Bharati, Santiniketan at PSB, Visva-Bharati, Santiniketan on 7-8 November, 2016
- ii. Acted as the Co-Chairperson in a scientific session at National Seminar on Issues and Challenges in Physical Education and Sports Sciences jointly organized by Department of Physical Education and Alumni Committee, Vinaya Bhavana, Visva-Bharati, Santiniketan at the Department of Physical Education, Vinaya Bhavana, Visva-Bharati, Santiniketan on 25-26 June, 2016
- iii. Acted as the Chairperson in a scientific session at National Seminar on Fit and Healthy India-Vision 2020 Feb 20-21, 2015 at the LNIPE, NERC, Guwahati, Assam on 20-21 February, 2015

PROFESSIONAL EXPERIENCES:

- i. Working as an Assistant Professor in the Department of Physical Education, Vinaya-Bhavana, Santiniketan, Birbhum, W.B. from 6th March 2014 to till date.
- ii. Worked as Assistant Professor (HOD) in Physical Education at A.K.P.C. Mahavidyalaya, Subhasnagar, Bengai, Hooghly from 26th March 2010 to 5th March, 2014.
- iii. Worked as **U.G.C. Regular Research Fellow** in the Department of Physical Education Visva-Bharati, Santiniketan, W.B, from 17th August 2008 to 25th March 2010.
- iv. Worked as Part time Physical Education Instructor in Physical Education, Visva-Bharati, Santiniketan, W.B, from. 2003 to Feb. 2006.
- v. Served as '**COACH**' of Visva-Bharati Basketball Team (M) for the year 2007-08, 2008-09.

COURSE/TRAINING:

- i. Successfully Completed Swimming Summer Camp-2016 organized by Visva-Bharati from 1st June to 15th June, 2016 at the Visva-Bharati Swimming Pool, Sports Nodal Complex-III, Vinaya Bhavana, Visva-Bharati, Santiniketan.
- ii. Refresher Course at Human Resource Development Centre, LNIPE, Gwalior, M.P. from 10th to 30th June 2015 and obtained **Grade-A**
- iii. 56th Refresher Course at UGC-Academic Staff College, LNIPE, Gwalior, M.P. from 4th to 24th July 2014 and obtained **Grade-A**
- iv. 92nd Orientation Programme at UGC-Academic Staff College, the University of Burdwan, Burdwan from 6th Sep. 2013 to 3rd Oct. 2013 and obtained **Grade-A**

TECHNICAL QUALIFICATION:

- i. Qualified Kho-Kho State Referee Examination from West Bengal Kho-Kho Association on 26th Aug, 2016
- ii. Qualified Basketball State Referee Examination from West Bengal Basketball Association on 5th April, 2007
- iii. Qualified State Kabaddi Official Examination from West Bengal Kabaddi Association, on 21st Dec, 2006.

SPORTS ACHIEVEMENT:

- i. Represented Visva-Bharati as a Coach in the East Zone Intervarsity Basketball Tournament (M) two times at B.H.U. Varanasi: 2008-09 and 2009-10.
- ii. Represented Visva-Bharati as a player in the East Zone Intervarsity Basketball Tournament (M) five times at: B.H.U, Varanasi: 2001-2002, Utkal Unv. Bhubaneswar-2002-2003.2003-2004 & 2005-2006, Berhampore Unv. Berhampore, Orissa-2004-2005.
- iii. Represented Visva-Bharati as a player Kho-Kho Team (M) in the North-East Zone Intervarsity Kho-Kho Tournament at: Punjab Unv.Chandigarh-2002-2003, MDU Rohtak, Haryana,2003-2004, GNDU Amritsar, Punjab 2004-2005, Kanpur Unv. U.P. 2005-2006.
- iv. Champion in Calcutta League in Basketball in 2002.

v. Annual Sports

Date	Level	Event	Position
i)7 th March, 05	Visva-Bharati University	Athletic Meet	Champion
		100mtr Sprint	First
		200mtr Sprint	First
		Broad Jump	First
		800mtr Run	Third
		4x100mtr Relay	First
ii)1994	Birbhum District	Shot Put	Third
iii)4 th Feb, 1998	Bolpur Sub-Division	200mtr Run	Second
		Triple Jump	Second
iv)5 th Feb, 1997	Bolpur Sub-Division	400mtr Run	Second
		800mtr Run	Third
v)10 th Feb,1997	WB Youth Sports Festival	100mtr Sprint	First
		400mtr Run	First
		Broad Jump	First
		High Jump	First
vi)14 th Jan,2000	Bolpur High School		Champion
		200mtr Sprint	First
		Long Jump	First
vii)5 th Feb,1999	Bolpur High School	800mtr Run	First
		200mtr Sprint	First
		Long jump	First
viii)19 th Jan,1998	Bolpur High School	Shot Put	First
			Champion
		400mtr sprint	First
		Triple Jump	First

vix)30 th Jan,1997	Bolpur High School	800mtr Sprint	First Champion
		400mtr Sprint	First
		Long Jump	First
		High Jump	First
vx)16 th Feb, 1996	Bolpur High School	200mtr Sprint	First
		High Jump	First
		Long Jump	Second
vxi)31 st Jan,1995	Bolpur High School	Long Jump	First

ACADEMIC AWARDS AND HONOURS:

- i. Awarded with **Junior Research Fellowship from U.G.C. New Delhi** for research work for qualifying **U.G.C. N.E.T. for J.R.F. Dec. 2007.**
- ii. First Class First in Basketball in Diploma in Sports Coaching, S.A.I.N.S.N.I.S. Patiala, Punjab (45th batch) in 2008.
- iii. First Class First in Master of Physical Education (MPE), Department of Physical Education, Vinaya-Bhavana, Visva-Bharati, Santiniketan, West Bengal, India in 2006.
- iv. First Class First in Bachelor of Physical Education (H), Department of Physical Education, Vinaya-Bhavana, Visva-Bharati, Santiniketan, West Bengal, India in 2004.
- v. Star marks in Secondary Examination, Bolpur High School, West Bengal Board of Secondary Education in 1999.

CREDENTIAL:

- ❖ Attended N.C.C. Pre-R.D. –II Camp at Kanchrapara.

(Dr. Sentu Mitra)