

## VITAE

**NAME** : **Prof. (Dr.) GOPALCHANDRA SAHA**  
**PLACE OF BIRTH** : **Kolkata, West Bengal, India.**  
**DATE OF BIRTH** : **August 14, 1974**  
**Date of Joining Visva-Bharati** : **19-08-2020**  
**ADDRESS** : **Department of Physical Education  
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### 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 Grassroots Instructor Course.

### AREAS OF EXPERTISE/INTEREST:

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

## **PROFESSIONAL EXPERIENCE:**

- ❖ Full Time Lecturer in Physical education at Seva Bharati Mahavidyalaya, 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 13<sup>th</sup> April 2007.
- ❖ Full Time Associate Professor in Physical Education at Department of Physical Education, Jadavpur University, Kolkata-32, West Bengal since 18<sup>th</sup> April, 2013.
- ❖ Full Time Professor in Physical Education at Department of Physical Education, Jadavpur University, Kolkata-32, West Bengal since 18<sup>th</sup> 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 19<sup>th</sup> and 20<sup>th</sup> of March, 2010.
- ❖ Acted as organizer in International Congress on Sports Management organized by Lakshmibai 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 Lakshmibai 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 7<sup>th</sup> September, 2009 and submitted on 1<sup>st</sup> June, 2011.
- ❖ Guided one M.Phil Thesis of Annamalai University.
- ❖ Guided two M.Phil Thesis of the Department of Education, Jadavpur University.
- ❖ Guided thirty Master Degree Thesis since 2007.
- ❖ Guiding three Ph.D research scholar and four Ph.D degree awarded

## **SPORTS PROFICIENCY:**

- ❖ Represented Lakshmibai National Institute of Physical Education, Gwalior, (M.P.) India and secured third position in All India Inter-university Football Championship held at Allagappa University, Karaikudi in the year 1998.
- ❖ Represented Lakshmibai National Institute of Physical Education, Gwalior, (M.P.) India and secured third position in All India Inter-university Football Championship held at Guru Ghasidas University, Bilaspur in the year 1997.
- ❖ Represented Lakshmibai 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 Lakshmibai National Institute of Physical Education, Gwalior, (M.P.), India in the year 1994 to 1997.
- ❖ Sports Scholarship from Lakshmibai National Institute of Physical Education, Gwalior, (M.P.), India in the year 1997 to 1999.

❖ PUBLISHED WORKS:

| 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<br>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.   |

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|----|--|------------------------|--|---|
| 10 | Comparative Assessment of Stress and Self Concept between Present and Passed out College Students                    | Dr. Gopal Chandra Saha | Tarun Chakraborty                              | International Journal of Health, Physical Education & Computer Science in Sports" Volume. 5, No.1, January2012toMarch2012,pp63-67, 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 (IJEHSS) Volume. 1, Issue-1,May2012,ISSNNo.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 No. 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:50-54ISSN No.0975-3966  |
| 20 | Comparative Assessment of Coordinative Abilities between General and Physical Education students                     | Dr.Gopal Chandra Saha  | Tarun Chakraborty 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.  |

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| 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,July2012, ISSNNo.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, July2012 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,October2012, 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,July2012 toDecember2012,pp86-90,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).  |

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| 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 Coordinative 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, ISSNNo.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                           | “Shodh Sangam, Research Confluence, An International Research Journal of Physical Education Sports and Allied Sciences” Volume. 1, No.3, December,2012,pp59-64,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.  |

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|    |  |                        |   | No.2230-7397  |
| 41 | Relationship of Depression with Self esteem and Satisfaction with life   | Dr. Gopal Chandra Saha | Shantanu Halder and Pulen Das                 | „International Journal of Behavioral, 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,ImpactFactor:0.2105pp64-68, 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, January2013toMarch2013,pp76-79, 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 ExerciseScience,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, February2013, pp 12-17, ISSN No. 2277-3665.                                |
| 47 | Study of Back Strength and its association with selected Anthropometric and Physical fitness variables of Bodo Tribals       | 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, Nov2012-Apr2013&May2013-Oct 2013,pp36-39,ISSN No.2250-1398.                              |
| 50 | Comparative Study on Anthropometrical Variables Agility and Strength Between   | Dr. Gopal Chandra Saha | Pulen Das, Shantanu Halder and Dr. Atanu      | A mass: Multilateral Research Journal,Volume.05,No-01,May-June, 2013, pp:42-48,ISSN   |

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|    | University and District Level Volleyball Players   |                        | Das   | 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,pp31-35,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-December2013, 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,pp13-18,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               | Dr. Gopal Chandra Saha | Shantanu Halder and Atanu Das                     | International Journal of Movement Education and Social Science (IJMESS)“Vol.2,No.2,October 2013,pp27-29,ISSNNo:2278-   |



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|    | Muslim Male school going children   |                            |   | 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, Nov2013-Apr2014, pp 20-23,ISSNNo. 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 <sup>th</sup> May, 2014, pp: 41-51, pISSN. No. 1791-325X, eISSN. No. 2241-6331, D.O.I: <a href="http://doi.org/10.4127/jbe.2013.0072">http://doi.org/10.4127/jbe.2013.0072</a>  |
| 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 1No. 2and Volume 2 No. 1, December 2013 and July 2014. pp 20-23, ISSN No. 2321-6956  |
| 66 | Effect of SAQ Training OnAgility 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 <sup>st</sup> November, 2014, pp: 79-85, pISSN. No. 1791-325X, eISSN.No.2241-6331, D.O.I: <a href="http://doi.org/10.4127/jbe.2014.0080">http://doi.org/10.4127/jbe.2014.0080</a> |
| 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 Zumba Fitness Programme 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,  |

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|    |  |                                   |   | Volume 01, No.1,2015,pp131-135, ISSNNo.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.1January-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, ISSNNo.OnlineISSN2321-7200, PrintISSN2348-5604.     |
| 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,pp38-42,ISSNNo.2250-1398.  |
| 75 | Akash Tatva Chikitsa 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,ImpactFactor(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-ISSNNo-23944056,ImpactFactor: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-Oct2016,pp 95-99,ISSNNo. 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,Issue6, 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  | Tania Parvin                      | Dr. Gopal   | Indian Journal of Research in  |

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|----|---|-------------------|--|---|
|    | Physical Fitness of School Going Girls; A Case Study  |                   | Chandra Saha(Corresponding author)     | Multidisciplinary Studies (IJRMS), A National Level Peer Reviewed 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, Volume2,Issue1,2017,pp-386-388, ISSNNo-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,UGCApproved 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, Volume5,No1, March 2019,pp:81-90,ISSNNo:-2454-1710 |
| 85 | Perceptions of Buddhist Monks towards Physical Education: A case study of Dali Monastery Civilization, Darjeeling                         | Pravesh Chhetri   | Dr. Gopal Chandra Saha                 | Journal of Sociology Jadavpur university Volume10,Number10, March2019,pp:163-172,ISSN No:-0976-5212   |
| 86 | Integrated Approach Towards Diabetes Management   | 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  |

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| 88 | The Effects of Participating in Recreational Games on Health Markers and Reaction Time in Middle aged Tribal Women | Manoj Kumar Murmu                  | Dr. Gopal Chandra Saha  | Asian Journal of Medicine and Health, Volume 18, No 9, 2020, pp:139-146, ISSN: 2456-8414, 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  |
| 90 | An enquiry of Physical and Mental Skills between Indian and Foreign Soccer Players                                 | Dr. Shantanu Halder                | Dr. Gopal Chandra Saha  | Journal of Advances in sports and Physical Education, volume 4, No-9, 2021, pp:202-207, ISSN 2616-8642 (Print) ISSN 2617-3905 (Online), DOI: 10.36348/jaspe.2021.v04i09.002  |
| 91 | Impact of recreational games in enhancing the quality of life of elderly adult tribals                             | Manoj Kumar Murmu                  | Dr. Gopal Chandra Saha  | Saudi Journal of Sports Medicine, volume:21, Issue-2, May-August 2021, pp:59-63, ISSN: 1319-6308 (Online), DOI: 10.4103/sjms.sjms_17_21  |
| 92 | Coordinative Abilities of Soccer Players: A Comparative Analysis   | Sanjit Mandal                      | Prof. Gopal Chandra Saha and Manoj Kumar Murmu                | Asian Journal of Medicine and Health, Volume 19, No: 10, 2021, pp:16-23, ISSN:2456-8414, DOI: 10.9734/AJMAH/2021/v19i1030378   |
| 93 | Comparative Study on Yo-Yo intermittent Endurance and Repeated Sprint Ability of Three different Ball Game Players | Dibyayan Ghosh                     | Dr. Gopal Chandra Saha  | International Journal of Physical Education Health and Sports Sciences, Volume: 11(Special Issue) March 2022, ISSN No-2279-0306  |
| 94 | Effect of hypoxic training with elevation training mask on $V_{O_2}$ max   | Sourav Ganguly                     | Dr. Gopal Chandra Saha, Dr. Rajarshi Kar and Debajit Karmakar | International Journal of Physical Education Sports and Health, Volume: 9, Issue:1, 2022, P-ISSN No-2394-1685, E-ISSN:2394-1693, DOI: <a href="https://doi.org/10.22271/kheljournal.2022.v9.ile.2386">https://doi.org/10.22271/kheljournal.2022.v9.ile.2386</a> |

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|----|--|---------------------|------------------------|---|
| 95 | Critical Analysis of Performance Factors between Indian and Foreign Soccer Players | Dr. Shantanu Halder | Dr. Gopal Chandra Saha | European Journal of Physical Education and Sport, volume 10, No1, 2022, pp:17-25, E-ISSN: 2409-1952, DOI: 10.13187/ejpe.2022.1.17 |
|----|--|---------------------|------------------------|---|

**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 |
|--------|----------------------|--------|--------------|-----------------------|-----------|------|------|
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|    |   |                        |  |  |   |  |                   |
|----|---|------------------------|--|--|---|--|-------------------|
| 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 <sup>st</sup> Century | Union Christian Training College Berhampore, Murshidabad, W.B. (Dept. ofPhy.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 <sup>st</sup> Century | Union Christian Training College Berhampore, Murshidabad, W.B. (Dept. ofPhy.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 <sup>st</sup> Century | Union Christian Training College Berhampore, Murshidabad, W.B. (Dept. ofPhy.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 Medini pur, 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 <sup>th</sup> -8 <sup>th</sup> , 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 <sup>th</sup> -21 <sup>th</sup> , 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 <sup>th</sup> – 22 <sup>nd</sup> , 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 <sup>th</sup> – 22 <sup>nd</sup> , 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 <sup>th</sup> – 22 <sup>nd</sup> , Feb 2016,      | ISBN: 978-93-85446-45-0 |
| 10 | ”Comparison of Biomotorical Variables and Body Mass Index between Tribal and Non Tribal Girls Student”.            | Bhunias, 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 <sup>th</sup> – 22 <sup>nd</sup> , 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 <sup>th</sup> – 22 <sup>nd</sup> , 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 <sup>th</sup> -8 <sup>th</sup> , November 2016     | ISBN: 978-81-88904-     |

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|----|--|-----------------|--------------------------------------|--|--|--|-------------------------|
|    |  |                 |                                      |  | 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, Palli Siksha Bhavana, Visva-Bharati | 7 <sup>th</sup> -8 <sup>th</sup> , 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                       | SkSaha Alam     | Prof. Gopal Chandra Saha             | National Seminar on Nutrition and Wellness   | The Physical Education Unit, Palli Siksha Bhavana, Visva-Bharati | 7 <sup>th</sup> -8 <sup>th</sup> , November 2016 | ISBN: 978-81-88904-88-4 |
| 15 | Comparison of Body Composition between Tribals of Hills and Dooars region  | Bhusan Adhikary | Prof. Gopal Chandra Saha             | National Seminar on Nutrition and Wellness   | The Physical Education Unit, Palli Siksha Bhavana, Visva-Bharati | 7 <sup>th</sup> -8 <sup>th</sup> , 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  | Bikram Bera     | Prof. Gopal Chandra Saha             | National Seminar on Issues and Challenges in Physical Education and Sports Sciences,   | Department of Physical Education, Vinaya Bhavana, Visva-Bharati  | 25 <sup>th</sup> -26 <sup>th</sup> 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 | Sanjit Mandal   | Dr. Gopal Chandra Saha and Bidya Roy | National Seminar on Issues and Challenges in Physical Education and Sports Sciences,   | Department of Physical Education, Vinaya Bhavana, Visva-Bharati  | 25 <sup>th</sup> -26 <sup>th</sup> June, 2016    | ISBN: 978-93-86369-20-8 |
| 18 | Daily Physical Sloughiness: biggest challenge to improving school health in India                                    | Sourav Ganguly  | Dr. Gopal Chandra Saha               | International Conference on Global Education, Physical Education and Sports, Research and Technology for sustainable development | Department of Physical Education, Seva Bharati Mahavidyalaya     | 9 <sup>th</sup> 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 Bidya Roy | International Conference on Global Education, Physical Education and Sports, Research and Technology for sustainable development | Department of Physical Education, Seva Bharati Mahavidyalaya                                   | 9 <sup>th</sup> December, 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, Purba Mednipur, West Bengal, India  | 10-11 <sup>th</sup> Dec, 2017  | ISBN: 978-93-87072-17-6 |
| 21 | Effect of high intensity warming-up on the performance of college students           | Bidyut Bagchi          | 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, Purba Medni pur, West Bengal, India | 10-11 <sup>th</sup> Dec, 2017  | ISBN: 978-93-87072-19-0 |
| 22 | Factors affecting Grassroots and youth Football development in India                 | Sanjit Mandal          | Dr. Gopal Chandra Saha               | International Conference on Global innovation and research in Education, Sports Science and Yoga                                 | Department of Physical Education, Mahisadal Girls College, Purba Medni pur, West Bengal, India | 10-11 <sup>th</sup> 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, Purba Medni pur, West Bengal, India                       | 10-11 <sup>th</sup> Dec, 2017                      | ISBN: 978-93-87072-49-7 |
| 24 | Comparative Study of Cardio Respiratory Efficiency between Aquatic and Track and Field Performers                             | Sumanta Daw     | 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 <sup>th</sup> & 25 <sup>th</sup> Oct, 2019      | Online ISSN: 1307-6892  |
| 25 | Effect of Artificial Arch Support on Balance Performance of Flat Foot Individuals   | Sumanta Daw     | Gopal Chandra Saha                     | International Conference on "Physical Education and sports Sciences"  | Department of Arts (Physical Education), School of humanities, Manipal University Jaipur                             | 09 <sup>th</sup> - 11 <sup>th</sup> , 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 | Archita Joarder | Sumanta Daw & 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 <sup>th</sup> , February, 2019           | ISBN: 978-93-82112-69-3 |

## RESEARCH PROJECTS

### Sponsored projects carried out/on-going.

| Title of the Project  | Funding Agency | Grant sanctioned | Duration   |            | Project Status completed / on-going |
|---|----------------|------------------|------------|------------|-------------------------------------|
|   |                |                  | From       | To         |                                     |
| 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 Coordinatives abilities between Obese and Non Obese school children | 2011      | 2012    | Annamalai University   |
| 02     | Arpita Chakrabarti  | 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    |

### Details of Doctorate Degrees Awarded.

|    |                   |   |      |      |                     |
|----|-------------------|---|------|------|---------------------|
| 01 | Bidya Roy         | Effectiveness of Zumba Fitness Training on Functional Fitness, Physiological, Psychological and Anthropometric Parameters of Sedentary Individuals    | 2021 | 2021 | Jadavpur University |
| 02 | Manoj Kumar Murmu | Impact of Recreational Games on Psycho-Neuro-Physiological variables of Adult Tribals   | 2021 | 2022 | Jadavpur University |
| 03 | Pravesh Chhetri   | A Comparative study of Anthropometrical, Physical Fitness and Neuropsychological Parameters of Buddhist Trainee Monks among three different Countries | 2021 | 2022 | Jadavpur University |

**TRAINING COURSES/CONFERENCE/SEMINAR/WORKSHOP PAPERS**

| <b>Event</b>  | <b>Organiser/Place</b>   | <b>Period/Duration</b>                       |
|---|--|--|
| <b>Refresher Courses, Methodology workshop, Training Courses, Teaching learning Evolution, Technology Programs, Softskills Developments programs, Faculty Developments programs attended.</b> |  |  |
| Orientation Course in National Service Scheme   | Indian Institute of Technology, Kharagpur  | 26-09-2002to05-10-2002                       |
| Refresher Course in Physical Education  | University of Kalyani  | 25-02-2003to17-03-2003                       |
| Refresher Course in National Service Scheme   | Indian Institute of Technology, Kharagpur  | 16-01-2004to20-01-2004                       |
| 59 <sup>th</sup> OrientationProgramme   | ASC, University of Burdwan   | 19-08-2006to15-09-2006                       |
| AFC “C” License Coaching Course in Football   | Salt Lake city, Kolkata  | 15-08-2009to30-08-2009                       |
| 257 <sup>th</sup> RefresherCourseinPhysicalEducation  | ASC, H.P. University, Shimla   | 13-08-2012to01-10-2012                       |
| AFC “B” License Coaching Course in Football   | Vidyasagar Krirangan, Barasat  | 09-11-2014to29-11-2014                       |
| AIFF “D” License Instructor Course in Football  | Vidyasagar Krirangan, Barasat  | 23-11-2016to27-11-2017                       |
| AIFF Grassroots Instructor Course in Football   | Navi Mumbai  | 27-12-2018to31-12-2018                       |
| Winter School on “Research Methods in Biology/Social Science and Application of Statistics”   | Indian Statistical Institute, Kolkata, WB, India                                 | 14-01-2019to18-01-2019                       |
| AFC “B” License Coaching Course in Football   | Bangladesh Football Federation, Dhaka, Bangladesh                                | 4 <sup>th</sup> to 14 <sup>th</sup> May 2019 |
| Summer school on the “Use and Application of SPSS   | Indian Statistical Institute, Kolkata, WB, India                                 | 01-07-2019to05-07-2019                       |
| Level I Course in Football Scouting   | International Professional Scouting Organisation Football House, AIFF, New Delhi | 07-03-2020to10-07-2020                       |

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

| <b>Sl.No</b> | <b>Title of the Article</b>   | <b>Author</b>          |  |  | <b>Co-Author (S)</b> | <b>Programme Name</b>  | <b>Organiser</b>   | <b>Date</b>           |
|--------------|---|------------------------|--|--|----------------------|--|--|-----------------------|
| <b>01</b>    | 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 |

|    |   |                        |             |   |  |   |   |   |
|----|---|------------------------|-------------|---|--|---|---|---|
| 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 <sup>th</sup> -11 <sup>th</sup> , 2020 |
| 03 | An Assessment of Relationship between Somatotyping And Well being of Special Home   | Dr. Gopal Chandra Saha |             |   |  | International Conference on Psychology in Contemporary Sports, Health and Fitness Perspective | Department of Physical Education, Punjabi University Patiala, Punjab                    | Nov28 <sup>th</sup> -30 <sup>th</sup> ,2019       |
|    | Female Adolescent Students  |                        |             |   |  |   |   |   |
| 04 | Comparative Effect of Self-Myofascial Release as a Warm-Up Exercise on Functional Fitness of Young Adults                         | Dr. Gopal Chandra Saha | Sumanta Daw | 21st International Conference on Sport Science, Exercise and Physical Health  | World Academy of Science, Engineering and Technology International Research Conference ICSSEPH2019 Bali, Indonesia | October 24 <sup>th</sup> &25 <sup>th</sup> , 2019   | International   |   |
| 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 <sup>th</sup> -22 <sup>nd</sup> 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 | Lakshmibai National Institute of Physical Education, Gwalior(M.P.) India.  | November 20 <sup>th</sup> -22 <sup>nd</sup> , 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                                    | 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 |
|    | Children using Sit and Reach Test And Bridge Up Test  |                        |                        |   |   |   |               |
| 10 | Effect of Specific Soccer Training on General Soccer ability of High fit Tribal Soccer Players                              | 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 <sup>th</sup> – 9 <sup>th</sup> , 2014 | International |
| 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 <sup>th</sup> – 9 <sup>th</sup> , 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        | April24, 2004                                     | National      |
| 13 | Yoga for Ailments   | Dr. Gopal Chandra Saha | -----                  | National Seminar on Yoga Therapy“   | Yoga Centre, Dept. of Physical Education, Jadavpur University, W.B        | May28, 2005                                       | National      |

|    |  |                        |                        |   |  |                        |          |
|----|--|------------------------|------------------------|---|--|------------------------|----------|
| 14 | Light Therapy  | Dr. Gopal Chandra Saha | -----                  | National Seminar on Physical Education for Health Care & Sports Performance                         | Dept. of Physical Education, Mugberia Gangadhar Mahavidyalaya, Purba Medinipur ,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 <sup>st</sup> Century   | Dept. of Physical Education, Khejuri College, P.O. Baratala, Purba Medinipur ,W.B.   | February 17and18, 2007 | National |
| 16 | Comparison of Blood Pressure Profile and Selected Anthropometric   | Dr. Gopal Chandra Saha | -----                  | UGC Sponsored National Seminar on Physical Education for Fitness, Health & Well-being               | Dept. of Physical Education, Mugberia Gangadhar Mahavidyalaya,                       | August 29-30, 2011     | National |
|    | Measurement among Tribal School Children   |                        |                        |   | Purba Medinipur ,W.B.  |                        |          |
| 17 | Developing Quality Physical Education In Primary School  | 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 |
| 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   | Chayan Majumder        | Dr. Gopal Chandra Saha | UGC Sponsored National Seminar on Education for Sustainable Development in 21 <sup>st</sup> Century | Union Christian Training College Berhampore, 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  | March16-17,2013        | National |

|    |   |                        |       |  |   |                                |              |
|----|---|------------------------|-------|--|---|--------------------------------|--------------|
| 21 | Effect of Static Stretching on Flexibility of Novice Soccer Players   | Dr. Gopal Chandra Saha | ----- | UGC Sponsored National Seminar on Physical Education for Health Wellness, Fitness and Social Integrity   | Dept. of Physical Education, Haldia Govt. College, Purba Midnapore ,W.B.          | March22-23,2013                | 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 <sup>st</sup> 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 Banga Sikshan Mahavidyalaya  | 20-21January ,2016             | National     |
| 24 | Impact of   | Dr. Gopal              | ----- | UGC Sponsored  | Dept. of  | March                          | State        |
|    | Environmental Degradation on Physical Fitness of School going Children  | Chandra Saha           |       | State level seminar on Biodiversity Conservation of Coastal Bay of Bengal  | Environment, Khejuri College, Purba Midnapore ,W.B.                               | 16 <sup>th</sup> ,2012         |              |
| 25 | Exercise Therapy with Music/Music Therapy   | Dr. Gopal Chandra Saha |       | State Level Seminar on Therapeutic Dimension of Yogic Practices and Physical Education Activities to Combat Life Style Diseases of Sedentary people          | Government Physical Education College for Women, Chawbazar, P.O. &Dist.-Hooghly   | January-18 <sup>th</sup> ,2008 | State        |
| 26 | Drug Abuse and Alcoholism   | Dr. Gopal Chandra Saha |       | Refresher Course in Physical Education   | Dept. of Physical Education, University of Kalyani                                | Feb-17 to March25, 2003        | Departmental |
| 27 | Psycho-Physical Problem of Sportsman  | Dr. Gopal Chandra Saha |       | Refresher Course in Physical Education   | ASC,H.P. University, Shimla   | Aug13to Sep 01, 2012           | Departmental |



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

| <b>Sl.No</b> | <b>Name of the Programme</b>  | <b>Organiser</b>  | <b>Topic</b>   | <b>Date &amp; place</b>                            | <b>Level: International /National/ Regional / Local</b> | <b>Invited for delivering Lecture / Chairing Session</b> |
|--------------|---|---|--|--|---|--|
| 01           | UGC Sponsored National Seminar on Education for Sustainable Development in 21 <sup>st</sup> Century               | Union Christian Training College Berhampore, Murshidabad, W.B.                      | Impact of Physical and Health Education on Sustainable Human Development                 | October<br>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 | 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<br>20-21, 2013                           | National  | Chairing Session As Chairperson                          |
|              | Well-Being in 21 <sup>st</sup> Century  |   |  |  |   |  |
| 03           | UGC Sponsored Career Counseling Cell  | Department of Physical Education, Garhbeta College, Paschim Medinipur, West Bengal  | Enhancing Health and Wellbeing through Physical Activity                                 | March, 5 <sup>th</sup> , 2014                      | National  | Delivered Lecture  |
| 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 <sup>th</sup> – 22 <sup>nd</sup> 2015, | International   | Chairing Session As Co-Chairperson                       |

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|----|--|--|---|--|---------------|------------------------------------|
| 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                  | June25-26,2016                                   | National      | Resource Person                    |
| 06 | Two Day National Conference on New Horizons of Physical Education and Exercise Sciences, in the 21 <sup>st</sup> century         | Department of Physical Education, Burdwan University   | New Horizons of Physical Education and Exercise Sciences, in the 21 <sup>st</sup> Century | September 20th – 21nd2016                        | National      | Chairing Session As Co-Chairperson |
| 07 | National Seminar on Nutrition and Wellness   | The Physical Education Unit, Palli Siksha Bhavana, Visva-Bharati   | Performance Nutrition for growing Athletes  | November 7 <sup>th</sup> -8 <sup>th</sup> , 2016 | National      | Lead Speaker                       |
| 08 | National Seminar on Nutrition and Wellness   | The Physical Education Unit, Palli Siksha Bhavana, Visva-Bharati   | Nutrition and Wellness  | November 7 <sup>th</sup> -8 <sup>th</sup> , 2016 | National      | Chaired Session As Chairperson     |
| 09 | One Day Seminar on “Scientific Approach and Technical Analysis for the   | Department of Physical Education, Midnapore College (Autonomous), Paschim Medinipur,   | Coaching process for the development of Future Soccer                                     | 11 <sup>th</sup> June, 2017                      | National      | Delivered Lecture                  |
|    | Development of Soccer”   | WB   |   |  |               |                                    |
| 10 | International Conference on Global Education, Physical Education and Sports, Research and Technology for Sustainable Development | Department of Physical Education, Seva Bharati Mahavidyalya, Kapgari, Jhargram, West Bengal, India.  | Physical Education and Sports for Sustainable Development in Modern Era                   | 9 <sup>th</sup> December, 2017                   | International | Resource Person                    |

|    |  |   |  |  |               |                                |
|----|--|---|--|--|---------------|--------------------------------|
| 11 | International Conference on Global Education, Physical Education and Sports, Research and Technology for Sustainable Development | Department of Physical Education, Seva Bharati Mahavidyalya, Kapgari, Jhargram, West Bengal, India. | Development Aspects of Sports                    | 9 <sup>th</sup> December, 2017                 | International | Chaired Session As Chairperson |
| 12 | Departmental Seminar, IQAC   | Dr. Meghnad Saha College, Uttar Dinajpur, Gour Banga University                                     | Therapeutic Modalities and Injury Rehabilitation | 6 <sup>th</sup> March, 2018                    | Departmental  | Delivered Lecture              |
| 13 | National Conference on Physical Education and Sports Sciences in the 21 <sup>st</sup> Century                                    | Department of Physical Education, Jadavpur University, Kolkata-32                                   | Health, Fitness and Wellness                     | 22 <sup>nd</sup> -23 <sup>rd</sup> 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 <sup>th</sup> 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 <sup>th</sup> June, 2019                    | National      | Resource Person                |
|    |  | Chattisgarh   |  |  |               |                                |
| 16 | Refresher Course on Yoga: Health, Fitness, Wellness & First Aid (ID)   | UGC-Human Resource Development Centre, Guru Ghasidas University, Bilaspur, Chattisgarh              | Wellness for Greater Community                   | 19 <sup>th</sup> June, 2019                    | National      | Resource Person                |

|    |   |  |   |                                |               |                                |
|----|---|--|---|--------------------------------|---------------|--------------------------------|
| 17 | Refresher Course on Yoga: Health, Fitness, Wellness & First Aid (ID)                  | UGC-Human Resource Development Centre, Guru Ghasidas University, Bilaspur, Chattisgarh | Wellness for Better Life                  | 20 <sup>th</sup> June, 2019    | National      | Resource Person                |
| 18 | Refresher Course on Yoga: Health, Fitness, Wellness & First Aid (ID)                  | UGC-Human Resource Development Centre, Guru Ghasidas University, Bilaspur, Chattisgarh | Fitness: Lets know all about Fitness....  | 20 <sup>th</sup> 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 <sup>th</sup> 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 <sup>th</sup> January, 2020 | International | Lead Speaker                   |

#### Details of organizing Conferences/Seminars/Symposia

| Sl.No | Name of the Programme | Organiser | Date | Level: International |
|-------|-----------------------|-----------|------|----------------------|
|-------|-----------------------|-----------|------|----------------------|

|    |   |  |  | <b>/ National /<br/>Regional/Local</b> |
|----|---|--|--|--|
| 01 | National Seminar on New Challenges for Physical Education and Sports Sciences                 | Post Graduate Govt. Institute for Physical Education, Baniour under the auspices of Higher Education Dept., Govt. of West Bengal | 19 <sup>th</sup> -20 <sup>th</sup> March, 2010 | National                               |
| 02 | National Conference on Physical Education and Sports Sciences in the 21 <sup>st</sup> Century | Department of Physical Education, Jadavpur University, Kolkata-32  | 22 <sup>nd</sup> -23 <sup>rd</sup> 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 19<sup>th</sup> and 20<sup>th</sup> March 2010.
3. Officer-incharge 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 Coordinator 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 Equipment 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. Twenty one years B.P.Ed., sixteen years M.P.Ed., one year M.Phil and ten years Ph.D Course work Teaching Experience.
18. 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.
19. Diploma in Information Technology Application with Grade 'A'.
  20. Member of Technical Committee and Organising Committee of the Inter Govt. College Sports Competition, 2012.
  21. Assisted in Teaching practice of B.P.E IInd year and took practical Football Classes of B.P.E.I,II and III in the year1997-98,1998-99 and 1999-2000.
  22. Acted as Hostel Superintendent at P.G.G.I.P.E., Banipur.
  23. Appointed to act as an Observer for the "Joint Entrance Examination (Main) on April 6<sup>th</sup>, 2014.
  24. Life member of Indian Federation of Computer Science in Sports.
  25. Reviewer and member of Editorial Board of „UNMESH“ a peer reviewed Journal of Physical Education, Banipur, ISSN No. 0974-9829
  26. Reviewer of Indian Journal of Research in Multidisciplinary Studies, Blind Peer Reviewed National Journal (ISSN: 2348-2524) published by Garhbeta college, Paschim Medinipur, West Bengal, India.
  27. Associate Editor of International Journal of Physical Education, Health and Social Science (IJPEHSS)“ ISSN No. 2278-716X (Online)
  28. Associate Editor of International Journal of Research, ISSN Print: 2394-7500, ISSN Online: 2394-5869.
  29. Reviewer of Education Research and Reviews, [www.academicjournals.org/err](http://www.academicjournals.org/err)
  30. Advisory Board Member of Journal of Physical Education and Allied Sciences (JPEAS) ISSN No. 22307397.
  31. Member of Editorial Board of a peer reviewed journal named "International Journal of Interdisciplinary Current Researches (IJICR).
  32. Associate Editor of International Journal of Physical Education, Sports and Health, P-ISSN:2394-1685, E-ISSN:2394-1693.
  33. Associate Editor of International Journal of Applied Research, P-ISSN: 2394-7500, E-ISSN:2394-5869.
  34. Member of Editorial Board of a peer reviewed journal named "International Journal of Sport, Exercise and Health Research.
  35. Acted as Assistant Instructor of AIFF 'D' Certificate Course (Coaches) held at Ganganagar, Howrah from 02-07-2016 to 07-07-2016.
  36. Acted as Technical expert for admission to M.P.Ed course of Burdwan University held on 13<sup>th</sup> and 14<sup>th</sup> of August, 2016.

37. Member of Executive Council of Jadavpur University.

**DECLARATION**

**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.



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