

**DR. MAHAPRASAD GHOSH**

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Department of Physical Education  
Asannagar MMT College  
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**PERSONAL INFORMATION**

Date of Birth : 25-05-1983  
Category : General  
Sex : Male  
Marital Status : Married  
Blood Group : O+  
Nationality : Indian  
Religions : Hindu  
Father : Sri Biswanath Ghosh  
Mother : Sushama Ghosh

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Date of Joining: 27.08.2019 (Present College)

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Address (College): Asannagar Madan Mohan Tarkalankar College, 56, Majdia Road,  
P.O. Asannagar, Nadia-741161

Address (Residence): Vill+P.O: Tatinapara, Labpur, Dist: Birbhum, Pin: 731303

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**TEACHING AREAS:**

- Foundation and History of Physical Education
- Management of Physical Education & Sports
- Health Education, Physical Fitness & Wellness

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**RESEARCH INTERESTS:**

- Test, Measurement & Evaluation
- Exercise Physiology
- Anthropometric Measurement

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**PROFESSIONAL EXPERIENCE: 15 YEARS**

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**AREA OF SPECIALIZATION AT PG LEVEL:**

- Sociology in Physical Education and Sports.
- Athletics (Track and Field)

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**COLLEGE SERVING:**

- Serving as a Govt. approved (DPI) Part-Time Lecturer of Physical Education (Vide memo No. 829/PTT/Edn (CS)/2011 dated 25.07.2011) at Saheed Kshudiram College, Kamakhyaguri, Alipurduar from 23<sup>rd</sup> October 2010 to 26.08.2019.
  - Assistant Professor since 27.08.2019 to till date at Asannagar Madan Mohan Tarkalankar College.
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**ACADEMIC QUALIFICATION:****Educational Qualification (Graduation onwards):**

Degree/ Examination	Name of the University	Year of Passing
Bachelor of Physical Education (B.P.E.)	Visva-Bharati	2006
Master of Physical Education (M.P.E)	Visva-Bharati	2008
NET	UGC	2013

**Research Degree(s):**

Degree	Name of the University	Date of Award	Topic
M. Phil.	Tamil Nadu Physical Education & Sports University (TNPESU)	16.07.2009	‘Isolated and Combined effect of selected Yogic practices and walking on selected Motor components among school boys’
Ph.D	Dept. of Physical Education and Sports Science (DPESS), Vinya Bhavan, Visva-Bharati	29.06.2015	‘Relationship of selected Physical, Physiological and Anthropometric variables to Skill performance of Kho-Kho Players’

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**NET QUALIFIED:** UGC National Eligibility Test (UGC-NET) was qualified in **June 2013**.

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**RESEARCH, PUBLICATIONS AND ACADEMIC CONTRIBUTIONS:****PUBLISHED PAPERS IN JOURNALS:**

SL	Title with Page Nos.	Publication Type	Journal/Proceedings	Referred or not
01	Effects of Physical Training and Combination of Physical and Yogic Training on Motor Fitness Component of Handball Players.	International Journal	International Journal of Creative Research Thought (IJCRT). ISSN: 2320-2882. Vol. 10 (12), 12 Dec 2022. UGC Approved Journal No: 49023 (18). Reg. ID: 243803. Paper ID: 2212645	Impact factor 7.97
02	Effects of Yogic Practices and Walking on Leg Explosive Strength among School Boys	International Journal	An International Interdisciplinary Research Journal, {Bi-Monthly}, ISSN 2249-9598, Volume-13, Issue-04, July-Aug 2023	Impact factor 3.113
03	Health related physical fitness among physical education professional students a comparative study. (PP. 601-604).	International Journal	International Journal of Physical Education, Sports, and Health. P-ISSN: 2394-1685, E-ISSN: 2394-1693. Vol. 3(3): 2016.	Impact Factor (ISRA): 5.38
04	Physical, Physiological, and Anthropometric measure as determinants of performance in Kho-Kho skills- A correlation study. (PP. 04-12)	International Journal	International Journal of Humanities and Social Science Invention. ISSN (e): 2319-7722. ISSN (p): 2319-7714. Vol. 3(8): Aug' 2014.	Impact factor 1.756

05	Comparative Study on Self Confidence among University Level Football, Kho-Kho, and Kabaddi Players. (PP. 16-18)	International Journal	IOSR Journal of Sports & Physical Education (ISOR-JSPE). ISSN (e):2347-6737, ISSN (p)-2347-6745. Vol. 1(3): Jan' 2014.	Impact factor 2.97
06	Isolated and Combined Effects of Yogic Practices and Walking on Cardiovascular Endurance among School Boys.	International Journal	International Journal of Physical Education, Health & Sports Science (PEFI). ISSN: 22790306. Vol. 2, Issue 1, March 2013.	Referred
07	Isolated and Combined Effects of Yogic Practices and Walking on Selected Physiological Variables among School Boys.	International Journal	International Journal of Sports Sciences and Fitness (Veena Publication). ISSN: 2231-1599. Vol. 3 (1), 2013. Govt. of Madhya Pradesh, Reg. No. 57006/BPL/CE/2011	Impact factor 5.69
08	Isolated and Combined Effects of Yogic Practices and Walking on Flexibility among School Boys. (PP. 43-47).	International Journal	International Journal of Health, Physical Education and Computer Science in Sports. ISSN: 2231-3265. Vol. 8 (1), Dec. 2012.	Impact factor 2.477

### NUMBER OF PAPER PRESENTED IN SEMINARS/CONFERENCES

SL	Title of the Paper	Title of the Event	Organized by	Event Type	Period
1	“Determination of Anthropometric and Physical Performance Among Varsity Level Football Players”	“Trends, Issues and Development in Physical Education & Sports Sciences”	IQAC & Dept. of Phy. Edu., S. C. M, Habra & PGGIPE, Banipur.	International Seminar	September 20, 2019
2	“How Sports and Education Work well together”	“Matribhasa, Siksha O Madan Mohan Tarkalankar”	Dept. of Bengali & IQAC, Asannagar MMT College	National Level Seminar	February 21-22, 2020
3	“Sports Journalism: An Emerging Field”	“Questions of Development & Freedom: Colonial & Post-Colonial India”	Dept. of History, Asannagar MMT College	International Seminar	March 30-31, 2023
4	“Latest Trends and Challenges for Physical Education in North Bengal Region”	“Indian Sporting Culture & Physical Exercise: Challenges & Opportunities”	Dept. of Phy. Edu., NSS Unit, Asannagar MMT College in collaboration with Plassey College	International Seminar	August 29, 2023
5	“Philosophical Aspects of Sport”	Celebration of World Philosophy Day, Two Day International Seminar on “Social and Political Philosophy”	Sponsored by ICPR, organized by Dept. of Philosophy & IQAC, Asannagar MMT College	International Seminar	February 28 & 29, 2024
6	“Socio-Economic Condition of Sports on Poor Tea Garden People in North Bengal: A systematic review”	“India and South Asia: Socio-Economic Perspective”	Dept. of Political Science & History	International Seminar	February 13, 2024
7	“An observation on the Consuming Habits of Athletes in North Bengal”	ICSSR Sponsored International Conference on “Innovative thoughts	Dept of Physical Education, University of Kalyani, W.B.	International Conference	March 12-13, 2024

		and Ideas on Performance Sports for Athletes and fitness Activity for Holistic Community Health”			
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### **PARTICIPATION IN VARIOUS COURSES**

- Delegates in the **Refresher Course on Fitness & Nutrition** organized by Dept. of Exercise Physiology & Nutrition, TNPESU at Jawaharlal Nehru Stadium, Chennai on 15-16<sup>th</sup> Sep’2008
- Participated in the one Month **UGC-HRDC sponsored Faculty Induction Program (FIP)** held from August 3 to September 6, 2021
- Attend UGC-HRDC sponsored **“Refresher course- Physical Education, Sports Science and Yoga”** held during 17 Aug to 30 Aug 2022.

### **PARTICIPATION IN WORKSHOPS**

<b>SL</b>	<b>TITLE OF THE WORKSHOP</b>	<b>ORGANIZED BY</b>	<b>FUNDING AGENCY</b>	<b>PERIOD</b>	<b>LEVEL</b>
<b>1</b>	Advanced Scientific Training in Football	Dept. of Advanced Training & Coaching, TNPESU, Chennai.	Tamil Nadu State Council for Higher Education	12 <sup>th</sup> & 13 <sup>th</sup> March 2009	<b>International</b>
<b>2</b>	Research Methodology & Statistics in Physical Education	Dept. of Physical Education, Bharathiar University	Bharathiar University	16 <sup>th</sup> & 17 <sup>th</sup> March 2009	<b>National</b>
<b>3</b>	New Frontiers in Sports Physiotherapy	TNPESU, Health Centre, Chennai	TNPESU, CHENNAI, T.N.	28 <sup>th</sup> Nov 2008	<b>National</b>
<b>4</b>	Sports Psychometry	Dept. of Psychology, LNUPE, Gwalior	LNUPE, Gwalior	11 <sup>th</sup> to 17 <sup>th</sup> March 2013.	<b>National</b>
<b>5</b>	7 days National level Workshop on basic of Group Aerobic Dance Fitness	Dept. of Physical Education, Vinaya Bhavana, Visva-Bharati, Santiniketan	Visva-Bharati, Santiniketan	15 <sup>th</sup> to 21 <sup>st</sup> Sept 2014.	<b>National</b>
<b>6</b>	Two days Health awareness & First-Aid Training Programme	Indian Red Cross Society, Krishnanagar Sub Division Branch	Indian Red Cross Society	March 26-27, 2022	<b>State</b>
<b>7</b>	UGC-HRDC Sponsored online workshop on National Education Policy-2020 (on theme-Academic Reform in Light of NEP-2020	UGC-HRDC, Sant Gadge Baba Amravati University, M.S.	UGC-HRDC	January 21, 2023	<b>National</b>

## WEBINAR ATTENDED AS PARTICIPANT

SL	TITLE OF THE WEBINAR	ORGANIZED BY	DATE	DURATION	LEVEL
1	Yogic Therapy: A Preventive and Precautionary Measure to Battle Covid-19	M.P.G. College, Pratapgarh	21 June, 2020	6 hrs.	International
2	New Era Digital Teaching	S.B.C.E College, Arni, Tamil Nadu.	3 <sup>rd</sup> July, 2020	3 hrs.	National
3	Covid-19 Challenges and Opportunities	IQAC of K.M.M. Mahavidyalaya	5 <sup>th</sup> June, 2020	3hrs.	International
4	Higher Education and other Economic Issues in Post-Covid World	Dept. of Economics, N.V. College	7 <sup>th</sup> July, 2020	2 hrs	National
5	Physical and Mental Status of Human Beings During Covid-19	Dept P.E. University of Lucknow	29 <sup>th</sup> & 30 <sup>th</sup> June, 2020	3 hrs	International
6	The Role of Online Teaching Learning Tolls in Pandemic (Covid-19)	North India College of H.E.	29 June, 2020	3 hrs	National
7	Challenges & Strategies to Combat Education Specially in Libraries Post COVID-19	S.K College, Alipurduar	19 <sup>th</sup> June, 2020	3 hrs	National
8	Physical & Psychological Well Being through Household Work & Daily Life Activity	Dept. of P.E, Siddhinath Mahavidyalaya	13 <sup>th</sup> to 15 <sup>th</sup> July, 2020	6 hrs.	National
9	Adventure Sports	Swarnim Gujrat Sports University	31 <sup>th</sup> May, 2020	3 hrs.	National
10	Revised NAAC Assessment & Accreditation Process for Affiliated Colleges	S.G. College, Serampur & B.C. College, Rishra	22 <sup>th</sup> July, 2020	3 hrs.	National
11	The Tangled Web of Sino-India Border Issues: Confrontation & Conciliation	IQAC, Serampur College	9 <sup>th</sup> July, 2020	3 hrs.	State Level

## ONLINE FACULTY DEVELOPMENT PROGRAM

SL	TITLE OF THE FD	ORGANIZED BY	DATE	DURATION	LEVEL
1	Sports Coaching & Sports Science	Swarnim Gujrat Sports University	23 <sup>th</sup> to 29 <sup>th</sup> June, 2020	14 hrs.	National
2	Faculty Development Programme on Pedagogical Paradigm for Education during the Pandemic	Gandigram Rural Institute	19 <sup>th</sup> to 26 <sup>th</sup> Aug, 2020	20 hrs.	National

## REPRESENTATIONS:

**Member of Visva-Bharati University Kho-Kho team in North East Zone Inter University Tournament**  
in the year 2007-2008 held at M.D University, Rohtak, Haryana.

## PROFESSIONAL QUALIFICATION

### PERFORMED DUTIES OF VARIOUS COMMITTEES AS MEMBER OR COORDINATOR:

SL	NAME OF THE COMMITTEE	Held at	ACT AS	Year
1	Athletics Team of the University North Bengal in the All India Inter University Athletic Meet	Alvas Education Foundation, Mangalore (Rajib Gandhi University of Health Science)	Coach cum Manager	17 <sup>th</sup> to 21 <sup>st</sup> December <b>2011.</b>
2	Athletics Team of the University North Bengal in the All India Inter University Athletic Meet	University of Kalyani	Coach cum Manager	22 <sup>nd</sup> to 26 <sup>th</sup> January <b>2013.</b>
3	Kabaddi (Women) Team of the University North Bengal in the East Zone Inter University Bhubaneswar from	KIIT University, Bhubaneswar	Coach cum Manager	27 September to 1 <sup>st</sup> October <b>2014.</b>
4	Football (M) team of University North Bengal in the East Zone Inter University Football (Men) Tournament 2015-16	M.G. Kashi Vidyapith, Varanashi	Coach cum Manager	13 <sup>th</sup> to 19 <sup>th</sup> oct 2014.
5	Appointed for various confidential work with the University	University of North Bengal	Paper-Setter, Moderator, Examiner & Scrutinizer	2010 to 2016.
6	Appointed for various confidential work with the University	University of Gour Banga	Head Examiner, Paper-setter, Moderator, Examiner, Scrutinizer	2011-2024
7	Appointed for various confidential work with the University	Coochbehar Panchanan Barma University	Paper setter, Moderator Examiner	2017-2024
8	Appointed as a Paper setter, Moderator Examiner of CBCS program Course	University of Kalyani	Head Examiner, Paper-setter, Examiner	2019- till date

### Members of various Body:

- ❖ Member of Advisory Board for the book titled “Redefining Gender: issue in Global Perspective” published by Dept. of Education, Asannagar MMT College, Nadia
- ❖ Member (TR) of Governing Body (GB) of Asannagar MMT College, Nadia **w.e.f. 29.06.2024**
- ❖ **Member of U.G. BOS of Physical Education at Cooch Behar Panchanan Barma University since 2017.**
- ❖ **Member of U.G. BOS of Physical Education at Gour Banga University since 16.11.2022.**
- ❖ **Member of U.G. BOS of Physical Education at University of Kalyani since 08.11.2023.**