

Saumitra Karmakar

Qualification: B.Sc(pure). M.P.Ed.

Designation: Asst.Professor

Teaching Experience (in years):16 years in college and 8 years in School

Research Experience (in years): NIL

Date of Joining WBES: 25.04.2007

Date of Joining Present Institution: 08.05.2019

Institutions previously served: Guma Rabindra Vidyapith H.S (31st March, 1999-24th April, 2007)

Durgapur Govt. College (25.04.2007-07.05.2019)

Specialization/Field of Interest: FOOTBALL

Blood Group: B⁺

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Publications:

A) Text Books: (Bengali Version and English version)

1. **Karmakar,S.**and Roy, S. (2015), Higher Secondary Health And Physical Education, for class-XII, Kolkata, Institute of Educational Research and Evaluation,Eds-II; 240p.
2. **Karmakar,S.**and Roy, S. and others (2015), Higher Secondary Health And Physical Education, for class-XI, Kolkata, Institute of Educational Research and Evaluation,Eds-II; 240p.
3. **Karmakar,S.** and Roy, S. (2014),Health And Physical Education for Class VIII, Kolkata,W.B.S.E.B, 62p.
4. **Karmakar,S.** and Roy, S. (2014),Health And Physical Education, Practical Paper for Class VIII, Kolkata, W.B.S.E.B, 136p.
5. **Karmakar,S.** and Roy, S. (2014),Health And Physical Education for Class VII, Kolkata, W.B.S.E.B, 72p.
6. **Karmakar,S.** and Roy, S. (2014),Health And Physical Education,Practical Paper for Class VII, Kolkata, W.B.S.E.B, 124p.
7. **Karmakar,S.** and Roy, S. (2014),Health And Physical Education for Class VI, Kolkata, W.B.S.E.B, 52p.
8. **Karmakar,S.** and Roy, S. Health And Physical Education,Practical Paper for Class VI, Kolkata, W.B.S.E.B.
9. **Karmakar,S.** and Roy, S. Health And Physical Education,Practical Paper for Class V, Kolkata, West Bengal Prathamik Siksha Parshad.

B) Journals:

1. Mondal, A., **Karmakar, S.** (2016), Kinematic Analysis of Front Foot Off- Drive At Execution Phase In Cricket, Global Journal For Research Analysis ISSN No,:2277-8160(Impact factor:3.62)
2. **Karmakar, S.** & Mondal, B. (2020). Concept of Designing Fitness Training. PANCHAKOTESAYS , Vol-11 (No.-2), 37-44.
3. **Karmakar, S.**, Mondal, B. & Mallick, N. (2020). Yoga- as an Aspect of Spiritual Life, PANCHAKOTESAYS , Vol-11 (No.-1), 18-24
4. **Karmakar, S.**, Mondal, B. & Roy, A.. (2022). Empathy- A Great Skill, PANCHAKOTESAYS , Vol-13 (No.-2), 38-44
5. Roy, A., **Karmakar, S.**, & Mondal, B. (2022). Obesity and Indian Adult: A review study. PANCHAKOTESAYS , Vol-13 (No.-1), 23-27
6. **Karmakar, S.**, Mondal, B. & Mallick, N. (2021). Peace through Health and Physical Education and Sports, PANCHAKOTESAYS , Vol-12 (No.-2), 110-116
7. Mondal, B. **Karmakar, S.**, & Mallick, N. (2022). Peace through Health and Physical Education and Sports, PANCHAKOTESAYS , Vol-13 (No.-2), 1-7
8. **Karmakar, S.**, Basu, D. & Mondal, B. (2021). Peace through Health and Physical Education and Sports, PANCHAKOTESAYS , Vol-12 (No.-1), 63-72
9. Mondal, B. & **Karmakar, S.**, (2021). Principles of Class Control, PANCHAKOTESAYS , Vol-12 (No.-1), 8-15
10. **Karmakar, S.** (2021). Mental Health, PANCHAKOTESAYS , Vol-12 (No.-2), 102-109
11. **Karmakar, S.** (2023). Step by Step Guide to Wellness, PANCHAKOTESAYS , Vol-14 (No.-1), 34-40
12. Mondal, B. & **Karmakar, S.**, (2020). আধুনিক ভারতবর্ষের সামাজিক প্রেক্ষাপটে যোগের অবস্থান ও প্রয়োগের ব্যাখ্যা, PANCHAKOTESAYS , Vol-12 (No.-1), 54-61
13. Mondal, B., **Karmakar, S.**, & Mallick, N. (2020). ব্যায়ামেরসমস্যা এবং সমাধান: পোস্ট- COVID-19, PANCHAKOTESAYS , Vol-11 (No.-2), 97-104

C) Conference Proceedings:

- 1) **Karmakar, S.**,Mallick.I.M., (2016), Effects of Yoga in Prevention of Life Style Disorder Disease Like Hypertension, Trailing The Footprints of Nutrition and Wellness, ISBN: 978-81-88904-88-4, 242p.
- 2) **Karmakar,S.** Basu,D,Mallick.I.M., (2017), Learning Indicators and Rubrics for Tracking child progress in the Curricular of Health and Physical Education, Awareness of Physical Education and Sports among the Backward Communities in Rural Area, ISBN: 978-83200-37-5, 55p.
- 3) Chakraborty, P., **Karmakar, S.**, Basu, D (2017), Stress and Easy Way of Stress management, Awareness of Physical Education and Sports among the Backward Communities in Rural Area, ISBN: 978-83200-37-5,202p.
- 4) **Karmakar, S.**, Sannigrahi, A., Sasmol, N, R, Pal, A. (2017), Advantage of Yoga in Sports-A Study, Awareness of Physical Education and Sports among the Backward Communities in Rural Area, ISBN: 978-83200-37-5, 168p.
- 5) **Karmakar, S.**,Mallick.I.M., (2017), Effect of Harness Running,Sand Running,Wieght-jacket Running and Weight Trainingon the performance of Sit-ups and Standing Broad Jump among the 14-18 years male Soccer Players, International Congress on Global Innovation and Sports Sciences and Yoga, ISBN: 978-93-87072-17-6-88-4, 243p.

- 6) **Karmakar, S, & Basu, D (2017)** A study of kinesthetic Perception between Higher Secondary School and college Physical Education students, “ Awareness of Physical Education & Sports Among The Backward Communities In Rural Area, ISBN: 978-83200-37-5, 147-149
- 7) **Karmakar, S (2017)** Learning Indicators and Rubrics for Tracking Child Progress in the Curricular Area of Yoga In Health and Physical education, Development of personality through Yoga Education, ISBN- 978-81-923675-0-7,
- 8) **Karmakar, S (2020)** Importance of Life Skills for Quality development of Students, Modern Technological and Nutritional Needs in Sports and Healthy Lifestyle,
- 9) **Mallick, I.N.& Karmakar, S (2017)**, Effects of harness running, sand running, weight jacket running and weight training on the performance of sit-ups and standing broad jump among the 14-18 years male soccer player, International congress on global innovation and research in education, sport, science and yoga, ISBN-

D) Seminar Presentation:

Sl. No.	Title of the Paper Presented	Title of Conference / Seminar	Organized by	Whether International/ National/State/ Regional/College or University level
1	Effect Of Yoga In Prevention Of Life Style Disorder Disease	Fitness And Healthy-Life Through Yoga	Department of Physical Education, Kashipur M.M.Mahavidyalaya Purulia, India Date: 20.04.2015	National level
2.	Yoga And Women’s Health	Fitness And Healthy-Life Through Yoga	Department of Physical Education, Kashipur M.M.Mahavidyalaya Purulia, India Date: 21.04.2015	National level
3.	Continuous And Comprehensive Evaluation In New Health And Physical Education Curriculum Frame Work Of School Education Department, Govt. Of West Bengal.	New Horizons Of Physical Education And Exercise Sciencesin The 21 st Century.	Department of Physical Education, The University of Burdwan, Golapbag, Burdwan. Date: 21.09.2016	National level
4.	Advantage Of Yoga In Sports – A Study	Awareness of physical education and sports among the backward communities in rural area	Department of Physical Education, Saltora Netaji Centenary College, Bankura Date: 26.02.2017	National level
5.	Stress And Easy Way Of Stress Management	Awareness of physical education and sports among the backward communities in rural area	Department of Physical Education, Saltora Netaji Centenary College, Bankura Date: 27.02.2017	National level
6.	Learning Indicators And Rubrics For Tracking Child Progress In The Curricular Area Of Yoga In Health And Physical Education	Development of personality through yoga education	Ramakrishna Mission Shikshana Mandir, belur Math, Howrah Date: 20.03.2017	International
7.	Importance of Life Skills for Quality development of Students	Modern Technological and Nutritional Needs in Sports	UCTC, Berhampore	International

		and Healthy Lifestyle 26.08.20		
8.	Importance of Life Skills for Quality development of Teachers	Role of Physical Education and Yogic science in New Normal 29.03.22	Panskura Banamali College	National
9.	Effects of harness running, sand running, weight jacket running and weight training on the performance of sit-ups and standing broad jump among the 14-18 years male soccer player	International congress on global innovation and research in education, sport, science and yoga 10-11. Dec.'2017	Department of Physical Education, Mahishadal Girls' College	International
10	A STUDY ON APPLICATION OF RUBRIC FOR ASSESSMENT & GRADING LEARNING OUTCOME OF THE SUTDENTS IN YOGASANA CURRICULAR AREA AT PRIMARY LEVEL SCHOOLS AFFILIATED TO WEST BENGAL BOARD OF PRIMARY EDUCATION	Comprehensive Impact of Yoga, Meditation and Wellness on Social Wellbeing in 21 st Century.	UCTC, Berhampore	National
11	"One Time Poshan is a Game Changing Program on Upper Primary Level School Students in Tea Garden Area of Alipurduar District in West Bengal"	'EDUCATION FOR ALL'	London School of Management Education 25 th and 26 th October, 2023	International

E) Articles in Edited volumes:

- 1) **Karmakar. S. & Mallick.I.M.** (2016), Yoga and Women's Health, Women in India, ISBN: 978-93-84106-88-1, 74P
- 2) **Karmakar. S. & Mallick.I.M.** (2023), Life Skills for Quality Development of Students, Physical Education, Sports & Yogic Sciences in New Normal, ISBN:978-93-81349-465, 97-109

F) Chairing the Session:

Sl. No.	Title of the Lecture or Academic Session	Title of Conference / Seminar With Date	Organized by	Whether International/ National/State/ Regional/College or University level
1	Chairing the Session-	Modern Physical Education, Sports and Globalization 3 rd & 4 th September, 2015	Department of Physical Education Haldia Govt.College	National level
2		Awareness of physical education and sports among the backward communities in rural area 26 th & 27 th February, 2017	Department of Physical Education, Saltora Netaji Centenary College, Bankura	National level

Membership of State / National / International Level Academic Body of Repute:

1. WEST BENGAL STATE COLLEGE SPORTS CHAMPIONSHIP (2008 – to till now)
2. Member, UGBOS, NBU (2023 to till now)
3. Member, UGBOS, BU (2011 to 2017)

4. Member, UGBOS, SKBU (2013 to 2018)

5. Member, UGBOS, GBU (2017 to till now)

6. Chairman, UGBOS, KNU (2014 to 2019)

7. Head Examiner, KNU (2014 to 2019)

8. Member, Syllabus Committee of Physical Education, KNU (2015 to 2019)

9. Member, Expert Committee of Physical Education, SKBU (2014 to 2018)

10. Member, Expert Committee of Physical Education, School Education, West Bengal (2013-to till now)

11. N.S.S Programming Officer, Durgapur Govt. College (2007 to 2014)

12. Govt. observer-. WEST BENGAL DISTRICT COLLEGE SPORTS CHAMPIONSHIP (2008 – to till now)

13. Member, SCERT, West Bengal (2023 to till now)

Awards & Recognitions: NIL