

# Dr. Biplab Mondal

**Qualification: B.P.E.; M.P.E. Ph.D**

**Present Designation: Asst.Professor**

**Teaching Experience (Total in Years):18<sup>+</sup>**

**Research Experience (in years): 5 Years**

**Date of Joining in WBES: 26.02.2016**

**Date of Joining Present Institution: 11.01.2022**

**Institutions previously served: Govt. Physical Education College for Women, Hooghly:  
(26/02/2016-08/01/2022)**

**Specialization/Field of Interest: Volleyball and Football**

**Blood Group: o<sup>+</sup>**

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## **Publications:**

### **Journals:**

1. Mondal, B., (2023). “YOGER SANJUKTIKARAN TATWA(in Bengali), PANCHAKOTesSAYS , ISSN-0976-4968, Vol-12 (No.-1), 8-15, May-2023
2. Mondal, B. & **Karmakar, S.**, (2021). Principles of Class Control, PANCHAKOTesSAYS , ISSN-0976-4968, Vol-12 (No.-1), 8-15
3. Mondal, B. & **Karmakar, S.**, Roy, A., (2022). “Walking: A Good Cardio Exercise”, ISSN-0976-4968, volume-13, issue-2 page no: 01-07, Nov,2022
4. Mondal, B. & **Karmakar, S.**, (2020). “ADHUNIK BHARATBARSHER SAMAJIL PREKHAPOTE YOGER ABASTHAN O PROYOGER BAKHYA” (in Bengali) ISSN-0976-4968, volume-11, issue-1, page no: 255-257, May,2020
5. Mondal, B. & **Karmakar, S.**, (2020). আধুনিক ভারতবর্ষের সামাজিক প্রেক্ষাপটে যোগের অবস্থান ও প্রয়োগের ব্যাখ্যা, PANCHAKOTesSAYS , ISSN-0976-4968, Vol-12 (No.-1), 54-61
6. Mondal, B., **Karmakar, S.**, & Mallick, N. BAYAMER SAMASWAYAEBONG SAMADHAN(in Bengali- POST COVID-19, PANCHAKOTesSAYS , ISSN-0976-4968, Vol-11 (No.-2), 97-104
7. **Karmakar, S.** & Mondal, B. (2020). Concept of Designing Fitness Training. PANCHAKOTesSAYS , ISSN-0976-4968, Vol-11 (No.-2), 37-44.
8. **Karmakar, S.**, Mondal, B. & Mallick, N. (2020). Yoga- as an Aspect of Spiritual Life, PANCHAKOTesSAYS , ISSN-0976-4968, Vol-11 (No.-1), 18-24
9. **Karmakar, S.**, Mondal, B. & Roy, A.. (2022). Empathy- A Great Skill, PANCHAKOTesSAYS , ISSN-0976-4968, Vol-13 (No.-2), 38-44
10. Roy, A., **Karmakar, S.**, & Mondal, B. (2022). Obesity and Indian Adult: A review study. PANCHAKOTesSAYS , ISSN-0976-4968, Vol-13 (No.-1), 23-27
11. **Karmakar, S.**, Mondal, B. & Mallick, N. (2021). Peace through Health and Physical Education and Sports, PANCHAKOTesSAYS , ISSN-0976-4968, Vol-12 (No.-2), 110-116

12. **Karmakar, S., Basu, D. & Mondal, B. (2021).** Peace through Health and Physical Education and Sports, PANCHAKOTESAYS, ISSN-0976-4968, Vol-12 (No.-1), 63-72
13. **Monal, B., 2019** “Health Related Problems of Slum People at Hooghly City Beside the Bank of River Ganga”, international Journal of Physiology, Nutrition and Physical Education, ISSN 2456-0057, volume-4, issue-1, page no: 255-257, 2019
14. **Monal, B., 2014** Comparison of Body Composition of Chhau Dancers, Manipuri Dancers and Santhali Dancers, online international interdisciplinary research journal,(bi-monthly), ISSN 2249-9598, volume-IV, Special Issue, page no: 374-378, May- 2014
15. **Monal, B., 2015** Comparison of Body Weight among Chhau Dancers, Manipuri Dancers and Santhali Dancers, online international interdisciplinary research journal,(bi-monthly), ISSN 2249-9598, volume-v, issue-III, page no: 304-307, May-June 2015
16. **Monal, B., 2015** Comparison of Muscle Strength of Chhau Dancers, Manipuri Dancers and Santhali Dancers, online international interdisciplinary research journal,(bi-monthly), ISSN 2249-9598, volume-v, issue-III, page no: 285-288, May-June 2015
17. **Monal, B., 2015** Comparison of Flexibility of Chhau Dancers, Manipuri Dancers and Santhali Dancers, national seminar on fit and healthy India- Vision 2020: Aphysical Education Perspective, ISBN 978-93-84869-24-3, page no: 432-435, 2015
18. **Mondal, B., 2012,** Comparison on some Selected Psychological Variables among the Chhau Dancers, Manipuri Dancers and Santhali Dancers, Entire research journal, ISSN 0975-5020, volume-IV, issue-I, page no: 22-25, January 2012
19. **Mondal, B., 2013,** Comparison on some Selected Physiological Variables among the Chhau Dancers, Manipuri Dancers and Santhali Dancers, Entire research journal, ISSN 0975-5020, volume-V, issue-III, page no: 49-51, July-2013

### **Conference Proceedings:**

1.

### **D) Seminar/ Conferance Presentation:**

Sl. No.	Title of the Paper Presented	Title of Conference / Seminar/Workshop	Organized by	Whether International/ National/State/ Regional/College or University level
1	PM Poshan is Playing Important role in Women Education in Upper Primary: A Small Survey”.	“Gender Equality and Women’s Rights: Exploring Women’s Voice and Experience in South Asia”	Department of Economics & Women’s cell and IQAC, Chanchal College in Collaboration with centre for Women’s study and IQAC, Raiganj University Date: 6 <sup>th</sup> and 7 <sup>th</sup> December, 2023	International level ICSSR Sponsored
2.	“Comparison of Physical Flexibility of Chhau Dancers, Manipuri Dancers and Santhali Dancers”.	“Fit and Healthy India – vision 2020, A Physical Education Perspective”	LNIFE North East Regional Centre, Guwhati Date: 20 <sup>th</sup> and 21 <sup>st</sup> February, 2015	National level
3.	“Cardiovascular Problem: A	“Quality Assurance in	IQAC, N.B.S.	National level

	Disaster disease can Control Through Regular Exercises”.	Health Fitness and Wellness”	Mahavidyalaya, Bishnupur, Bankura, W.B. 20 <sup>th</sup> and 21 <sup>st</sup> January, 2016	
4.	“Dance and Fitness”	FITNESS AND HEALTHY LIFE THROUGH YOGA	Kashipur Michael Madhusudhan Mahavidyalaya, Purulia, West Bengal. 20 <sup>th</sup> and 21 <sup>st</sup> April, 2015	National level
5.	“Stress Management Through Physical Activities”	“EXPEDIENCY OF PHYSICAL EDUCATION SPORT WELLNESS FITNESS AND POSITIVE HEALTH IN MODERN MECHANISED WORLD”	GPECW, Hooghly, Chinsurah Rice Research Station, Hooghly West Bengal Date: 13/01/2020	National level
6.	“QUALITY ASSURANCE IN TEACHER EDUCATION: ISSUES AND CHALLENGES IN INDIA”	Quality Enhancement of Teacher education in India: Recent Trends & Challenges”.	IQAC, N.B.S. Mahavidyalaya, Bishnupur, Bankura, W.B. 13 <sup>th</sup> and 14 <sup>th</sup> July, 2019.	National
7.	“Dance and Health”	New Horizons of Physical Education and Exercise Sciences, in the 21 <sup>st</sup> Century	UGC Sponsored Two Day National Conference, Department of Physical Education, the University of Burdwan Date: 20 <sup>th</sup> and 21 <sup>st</sup> September, 2016	National
8.	“Discernment of Physical Exercise During Covid Situations an Interference of an Expert”.	ROLE OF PHYSICAL EDUCATION AND YOGIC SCIENCE IN NEW NORMAL	Panskura Banamali College Midnapur, WestBengal Date: 29 <sup>th</sup> March, 2022	National
9.	“Place of Physical Education in Ancient World(10000 BC)”	“GLOBALIZATION AND ITS REFLECTION IN SPORTS, CULTURE AND ECONOMY”	IQAC, Department of Physical Education and Economics, Kandra Radha Kanta Mahavidyalaya Date: 4 <sup>th</sup> March, 2023	International
10	“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 <sup>th</sup> and 26 <sup>th</sup> October, 2023	International
11.	“The Provision of Internal Complain Committee to Judge Complain of Physical Assault of a Woman Employee or a Student in an Institution”.	Dynamic of Gender Justice and Violence Against Women: Issues, Challenges and Remedies	Sexual Harassment Prevention Cell, Bankura University, West Bengal, India 3 <sup>rd</sup> to 5 <sup>th</sup> October, 2020	

**E) Articles in Edited volumes:**

- 1) **B. Mondal.** , Sports & Yogic Sciences in New Normal, ISBN:978-93-81349-465, 97-109

**F) Resource Person/Chairing the Session:**

Sl. No.	Title of the Topic	Title of Conference / Seminar/Workshop	Organized by	Invited as guest or resource person
1.	'Personality'	Special Lecture	Purnidevi Chowdhury Girls' College 24/11/2016	Invitational Lecture
2.	Remedial coaching Class	NET Coaching	Burdwan University 06/09/2017	Invitational Lecture
3.	Remedial coaching Class	NET Coaching	Burdwan University 13/09/2017	Invitational Lecture
4.	'Kinanthropometry'	Special Lecture	THLH Mahavidlaya 28 <sup>th</sup> February and 01 <sup>st</sup> March, 2017	Invitational Lecture
5.	"International Sports Day for Development & Peace"	Special Lecture	THLH Mahavidlaya 29/08/2016	Invitational Lecture
6.	"Obesity: One of the Major Health Problem in India"	"75 Azadi Ka Amrit Mahotsav" Online fitness awareness program	Manikchand Pahade Law College 14/03/2022	Resource Person
7.	Stress Management through Yoga	"Physical Activity and Healthy Life"	Uttar Banga Krishi Viswavidyalaya 21/12/2023	Resource Person

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

**Awards & Recognitions:** NIL