

# Dr. Badshah Ghosh



**Qualification:** B.Com. B.P.E. M.P.Ed. Ph.D.

**Designation:** Principal

**Teaching Experience (in years):** 24+ Years

**Research Experience:**

- Recipient of UGC Minor Research Project amounting rupees 1.75 lakhs on the topic ‘Assessment of Maximal Aerobic Power of Tribal Adolescents of Burdwan Division of West Bengal’.
- Supervised 02 Ph.D. scholars who have been awarded the Doctorate degree in Physical Education.
- Supervising 02 Ph.D. Scholars enrolled at Panskura Banamali College (Autonomous) research Centre.

**Date of Joining WBSES:** 17.04.2023

**Date of Joining Present Institution:** 17.04.2023

**Institutions previously served:**

- Lecturer of Physical Education at B.S.N.V.P.G. College. Lucknow, Uttar Pradesh from 2<sup>nd</sup> May 2001 to 21<sup>st</sup> May 2002**
- Lecturer of Physical Education at Khejuri College. Khejuri, Purba Medinipur from 24<sup>th</sup> May 2002 to 6<sup>th</sup> May 2010.**
- Associate Professor in Physical Education at Panskura Banamali College, Panskura, Purba Medinipur from 7<sup>th</sup> May 2010 to 13<sup>th</sup> April 2023.**

**Specialization/Field of Interest:**

- Hockey
- Physiology

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

**Contact:** [2010badshahghosh@gmail.com](mailto:2010badshahghosh@gmail.com) / [badshahghosh@yahoo.co.in](mailto:badshahghosh@yahoo.co.in)

**Mobile No:** 8902292954 / 9674021701

## Research and Academic Contributions

### A) Books and Chapter in books:

Sl. No.	Title of the publication with page no. and year of publication	Name of the of publisher	ISSN/ ISBN No.
1.	“Assessment of VO <sub>2</sub> Max of Central Zone Adolescents of India” Total 181 pages. Year of Publication 2020 ( <b>Reference Book</b> )	LAP LAMBERT Academic Publishing	978-620-2-79969-0
2.	An Introduction to Gender Studies in Physical Education and Sports Total Pages 198 ( <b>Subject Book</b> ) Year of Publication 2020	Friends Publication, New Delhi	978819479978-8

3.	An Introduction to Sports Management and Curriculum Design in Physical Education and Sports Total Pages 242 <b>(Subject Book)</b> Year of Publication 2020	Friends Publication, New Delhi	9789390649-19-8
4.	Effect of Physical Exercise and Yogic Practice on Dysmenorrhea <b>(Reference Book)</b> Year of Publication 2021 <b>** The book is published in 06 European Languages</b>	LAP LAMBERT Academic Publishing	978-620-3-30372-8 978-620-4-18035-9 978-620-4-18039-7 978-620-4-18037-3 978-620-4-18036-6 978-620-4-18038-0 978-620-4-18040-3
5.	<b>Binodonmulok Khela Samagra (Text Book)</b> Year of Publication 2024	S.S. Publication	978-81-968365-1-1

### B) Research Papers Published in Journals:

Sl. No.	Title with page no.	Journal	ISSN/ ISBN No.
1.	Comparison of Maximal Aerobic Power Between Adolescent Boys and Adolescent Girls of the Eastern Central Zone of India pp:18-23	‘UNMESH’ Vol. 5 No. I & II, 2009	0974-9829
2.	Comparison of Maximal Aerobic Power between Adolescent Boys and Adolescent Girls of the Western Central Zone of India pp: 59-63	“Journal of Physical Education and Allied Sciences” Volume. 1, No.1, July 2011	22307397
3.	Effect of Selected Asanas and Kriyas on Cardio-Respiratory and Body Composition Variables pp:08-11	“Journal of Physical Education and Allied Sciences” Volume. 1, No.2, December 2011	22307397
4.	Somatotype Analysis of Bengali Tribes and Non Tribes pp:09-11	“South Asian Journal of Physical Education and Sports Sciences” Vol. 01 No. 01. March 2012	2277-8500
5.	Effect of 6 Weeks of Conditioning Programme on Urinary Excretion of Urea among Tribal and Non Tribal Adolescents of Bengal pp:47-50	‘Sodh Sangam’ “International Research Journal of Physical Education Sports and Allied Sciences” Vol. 1 No. 02. Jan-April 2012	2249-717X
6.	Effect of Agnisar on Abdominal Muscle Strength and Endurance of Long Runner p.:- 1-3	‘Journal of Physical Education and Allied Sciences’ Vol. 2 No. I July 2012	22307397
7.	Therapeutic Management of Yoga Nidra p. 24-46	‘Shodh Sangam’ “International Research Journal of Physical Education Sports and Allied Sciences” Vol.1No.3	2249-717X
8.	Effect of Yoga Nidra and Pranayama on Stress and Social Adjustment Capacity of College Youths pp: pp 16-21.	“‘Shodh Sangam’ An International Research Journal of Physical Education Sports and Allied Sciences, Vol. 2 No. 01. June 2013,	ISSN: 22780793
9.	Effect of Weight Training on Selected Physical Variables of Tribal Students	“International Journal of Movement Education and	227807937

	of Vidyasagar University pp.15-17	Social Sciences” Vol.1No.2	
10.	Variation in Fitness Level of Kho-Kho and Kabadi Players of Vidyasagar University pp.18-20	“Journal of Physical Education and Allied Sciences” Vol. 3 No.2 Dec 2013	22307397
11.	Comparison of Maximal Aerobic Power between Adolescent Boys and Adolescent Girls of the Costal Bay of Bengal p.110-112	‘Journal of Educational Chronicle’ Vol.4No.2	2229-6220
12.	Role of Hatha Yoga and Aerobic Training on Personality Traits on Tribal Youths p.77-79	“International Journal of Movement Education and Social Sciences” Vol.3No.1	227807937
13.	A Comparative Study on Social Maturity of Physical Education and Non Physical Education Students p 20-23	International Journal of Physical Education Sports Management and Yogic Sciences Vol.4 No.2	2231-1394
14.	Assessment of Mental Toughness among High and Low Achievers of State Level Yoga Competitors: A Comparative Study p.278-283	Online International Interdisciplinary Research Journal Vol. IV Issue IV	2249-9598
15.	Effect of Asanas and Aerobic Training on Selected Psychological Variables of College Male Students p. 167-174	International Journal of Social Sciences & Interdisciplinary Research July 2014 Vol. 3(7)	2277-3630
16.	Role of Yogaasana and Pranayama on Cardio Respiratory Variables of College Youths	International Journal of Physical Education, Health and Social Science Vol.3 Issue 2, July 2014	2278-716X
17.	Comparison of Maximal Aerobic Power between Adolescent Boys and Adolescent Girls of the Northern Central Zone of India p.10-12	American Journal of Sports Science and Medicine Vol.2 No.5A	12691/ajssm-2-5A-3
18.	Effect of Six Months Surya Namaskar and Selected Asanas on Body Composition Variables of Under Graduate Female Students of Jangalmagal pp:458-464	Online International Interdisciplinary Research Journal, Vol. 5 Issue 5 Sept. – Oct. 2015 <b>Impact Factor 3.113</b>	2249-9598
19.	Scheduled Castes in India: Problems and Prospects PP: 58-59	International Journal of Research in Computer Application and Management, Vol. 5 Nov.(2015), Issue No 11.	2231-1009
20.	Comparison of Maximal Aerobic Power between Boys and Girls of the Indian Adolescents pp: 3083-3092	Scholarly Research Journal for Humanity Science & English Language, Oct-Nov, 2015, Vol. II/XII,. <b>Impact Factor 3.189</b>	2348–3083
21.	Effect of Twelve Weeks Conditioning Training on Body Composition of Tribal Students of West Bengal pp: 106-111	International Journal of Research in Economics and Social Sciences, Vol.-5, Issue 10. Oct. 2015.. <b>Impact Factor- 5.545</b>	2249-7382
22.	Relationship of Selected Physical Variables with Soccer Performance of Women Soccer Players pp: 1-8	International Educational E-Journal, Vol. IV, Issue IV, Oct-Nov-Dec. 2015. 1-8 <b>Impact Factor 3.113</b> <b>ISRA: JIF</b>	2277-2456,
23.	Effect of Nadi Sodhana and Bastrika Pranayama on Selected Physiological	International Educational E-Journal, , Vol. IV, Issue IV,	2277-2456

	Variables of Tribal Female pp: 30-35	Oct-Nov-Dec. 2015. <b>Impact Factor 3.113 ISRA: JIF</b>	
24.	Effect of Yoga Asanas and Pranayama on Selected Physiological Variables of Sedentary Adolescents pp: 127-130	International Journal of Physical Education, Sports and Health, Vol. 2, Issue 2 2015 <b>Impact Factor – ISRA - 4.69</b>	P-ISSN 2394-1685, E-ISSN 2394-1693
25.	A Comparative Study of Growth Status on School Going Boys of Private School in Urban Area and Government Schools in Rural Area in the State of West Bengal pp: 203-212	Online International Interdisciplinary Research Journal, Vol.-V, Issue VI, Nov.-Dec. 2015. <b>Impact Factor 3.113 ISRA: JIF</b>	2249-9598(Online),
26.	Relationship of Selected Physiological and Psychological Variables with Soccer Performance of Women Soccer Players pp: 226-262	Journal of Sports and Physical Education, <i>Photon 113 (2016)</i> <b>Impact Index 4.55</b>	ISJN: 3647-2183
27.	Validation of 30 Minutes Steady State Jog as an Estimation of Peak Oxygen Uptake pp.63-70	Journal of Physical Education Research Vol. 2 Issue 2. December 2015, <b>IBI Factor: 4.29</b>	ISSN 2394-4048, Online-2394 4056,
28.	Yoga Nidra – A Conscious Deep Sleep pp: 2321-1784	International Journal in Management and Social Science, Vol.03 Issue-12 (December, 2015) ( <b>Impact Factor- 4.358</b> )	2321-1784
29	Role of Yogic Asanas and Kriyas on Physiological Variable of Physical Education Students pp: 1-4	International Journal of Yogic, Human Movement and Sports Sciences Vol 1. Issue 1.Jul. Dec 2016	2456-4419
30.	Effect of Yoga Practice on Physiological and Biochemical Parameters in Healthy Students PP: 5-7	International Journal of Movement Education and Social Science’, Vol/ 6 Issue 1 (March 2017)	2278-0793
31.	Assessment of Mental Toughness among High and Low Achievers of Competitive Athletes: A Comparative Study pp: 235-240	Online International Inter-Disciplinary Research Journal, Vol.-7, July 2017.	2249-9598(Online),
32.	Assessment of Biochemical and Hematological Disparities in Regular Yoga Practitioners pp: 265-270	Online International Inter-Disciplinary Research Journal, Journal, Vol. 07, Issue 06 Nov.- Dec. 2017	2249-9598
33.	Comparative Effect of Training Loads Dominated by Strength and Endurance on Selected Physical Fitness Variables of Basketball Players pp: 43-47	Paripex – Indian Journal of Research International Journal, Vol. 06 Issue 11, November 2017. 29-31	2250-1991
34.	Assessment of Maximal Aerobic Power of Tribal Adolescents of Burdwan Division of West Bengal pp: 188-197	Online International Inter-Disciplinary Research Journal, Refereed and Indexed Open Access Journal, Vol. 08, March-2018	2249-9598
35.	Insinuation of Exercise Therapy on Pain of Dysmenorrhea Patients	IJPEHSS, Vol. 7 Issue 1 2018 <b>Impact Factor 5.02</b>	2278716X
36.	Construction of Norms of Combined	International Journal of	ISSN 2394-7780

	Motor Fitness Test pp: 1-8	Advance and Innovative Research Vol. 05 Issue 2 (I) April June 2018	
37.	Construction of Norms of Combined Motor Fitness Test pp:54-59	International Journal of Advance and Innovative Research Vol. 06 Issue 2 (XXVI) April June 2019	ISSN 2394-7780

### C) Full papers in Conference Proceedings:

Sl. No.	Title with page no.	Details of Conference publication	ISSN / ISBN no.
1.	Relationship of Physical Fitness Factors with different Anthropometric Measures of College Boys pp:373-375	Yoga, Medicine and Sports Science Prof. N. B. Shukla, Tushar Dhar Shukla and Dr. Sudha Bhusan Shukla Published by President Indian Association of Sports Anthropometry	978-81-930250-3-1
2.	Analyzing the Effectiveness of the Physical Education Classes to promote Physical Activity in the Schools of West Bengal pp: 30-39	Yoga and Exercise: The Way of Living Editor: Rajarshi Kayal Pub: Rohini Nandan, Kolkata 72	978-81-933615-4-2
3.	Yoga Practice and Biochemical and Physiological Alterations in Working Women pp: 95-102	Yoga and Exercise: The Way of Living Editor: Rajarshi Kayal Pub: Rohini Nandan, Kolkata 72	978-81-933615-4-2
4.	Anthropometric Physiognomies of All India Intersarsity Football Players pp: 122-134 Published on 2017	Akinik Publications, New Delhi	978-81-929219-1-4
5.	Effect of Yoga Practice on Biochemical Alterations in College Women Teachers pp 356-363 Published on 2017	Akinik Publications, New Delhi	978-81-929219-1-4
6.	Lactate Metabolism and the Insinuations for Sports Persons pp 49-57 Published on 2017	Akinik Publications, New Delhi	978-93-87072-17-6
7.	Comparison of Biomotor Variables and Body Mass Index between Tribal and Non Tribal Student pp 439-445 Published on 2017	Akinik Publications, New Delhi	978-93-87072-17-6
8.	Analysis of Muscular Strength of Inter University Table Tennis Players with Respect to their Achievements pp 446-456 Published on 2017	Akinik Publications, New Delhi	978-93-87072-17-6
9.	An Analytical Study of Physical Fitness Variables and Selected Anthropometric Measurements among Football Players pp 1-8 Published on 2017	Akinik Publications, New Delhi	978-93-87072-19-0
10	Relationship of Body Mass Index and Selected Physical Fitness Variables of School Going Students of Purba Medinipur District pp 238-	Akinik Publications, New Delhi	978-93-87072-19-0

**D) Training Courses, Teaching – Learning –Evaluation Technology Programmes, Faculty Development Programme (not less than one week duration)**

Sl. No.	Programme	Duration	Organized by
1.	Orientation Programme	29-01-2004 to 25-02-2004	ASC, L.N.I.P.E. Gwalior
2.	Refresher Course in Phy. Edu.	20-12-2006 to 09-01-2007	ASC, Kurukshetra University, Kurukshetra.
3.	Refresher Course in Phy. Edu.	01-06-2009 to 20-06-2009	ASC, Himachal Pradesh University, Shimla
4.	Refresher Course in Phy. Edu	01-02-2012 to 21-02-2012	ASC, L.N.I.P.E. Gwalior
5.	Short Term Course for Professional Development (Research Methodology in Social Sciences)	19-03-2013 to 25-03-2013	ASC, University of Calcutta
6.	Capacity Building Workshop	16.04.2014 to 29.04.2014	Sikkim University, Gangtok
7.	Refresher Course in Phy. Edu	6 <sup>th</sup> January to 26 <sup>th</sup> January, 2015	ASC L.N.I.P.E, Gwalior

**E) Papers presented in Conferences, Seminars, workshops, Symposia:**

l. No.	Title of the paper presented	Title of the Conference / Seminar	Organized by	Whether International / National / state/ Regional/ College or University level
1	Nutritional Requirement of University Sports Person	Seminar on Nutrition and Health	L.N.I.P.E, Gwalior in collaboration with Marc Hospital	Regional
2	Stress Management Through Vipassana Meditation	Symposium on Stress Management	L.N.I.P.E, Gwalior	Regional
3	'X' Factors of the Male Hockey Players – A Statistical Retrospection	National Symposium on Sports Statistics-Cum-Special Presentation	L.N.I.P.E, Gwalior	National
4	Schedule Caste in India: Problems and Prospects	National level Symposium on Sociology	U.P. Sociological Society, Dept. of Sociology, Lucknow University, Lucknow	National
5	Doping Control and Gender Verification	International Seminar on "Science and Medicine in Sports at the Grassroot Level"	Dept. of Physical Education, Visva-Bharati, Shantiniketan, W.B	International
6	A Schema for Teacher Education	UGC Sponsored National Seminar on Teacher Education – A Contemporary Approach	Academic Staff College, L.N.I.P.E Gwalior	National
7	Value of Monitoring Aerobic Intensity	National Seminar on Physical Education for Health Care and Sports Performance	Dept. of Physical Education, Mugberia Gangadhar Mahavidyalaya.	National

8	A Historical Account of Costal Sports of Bengal	UGC Sponsored State Level Seminar on Costal Belt in Bengal History from Tamralipta to Haldia	Dept. of History, Khejuri College, Purba Medinipur.	National
9	Studying the Commercialization of Sports: The Need for Critical Analysis	UGC, Academic Staff College, L.N.I.P.E Gwalior	Academic Staff College, L.N.I.P.E Gwalior	National
10	Biodiversity and its Effect on Sports	UGC Sponsored State level seminar on Biodiversity Conservation of Coastal Bay of Bengal	Dept. of Environment, Khejuri College, Purba Midnapore, Went Bengal	National
11.	Assessment of Mental Toughness among High and Low Achievers of State Level Yoga Competitors: A Comparative Study	1 <sup>st</sup> International and 3 <sup>rd</sup> Indian Psychological Science Congress	National Association of Psychological Science and Department of Psychology, P.G. Govt. College, Sector 46, Chandigarh	International
12.	Health Hazards of Tribals of Paschim Medinipur District	National Conference on Health Education	Institute of Professional Studies, Gwalior, M.P	National
13.	Biomechanical Analysis of Skills of College Level Hockey Players	National Conference on Quality Education through Application of Research and Statistics in Profession	Institute of Professional Studies, Gwalior, M.P	National
14.	Analysing the Effectiveness of the Physical Education Classes to Promote Physical Activity in the Schools of West Bengal	UGC Sponsored National Seminar on Yoga and Exercise: The Way of Living	Pingla Thana Mahavidyalaya in collaboration with Prabhu Jagat Bandhu College	National

**F) Invited lectures / Chairing the session or presentation for conferences / symposia etc.**

<b>Sl. No.</b>	<b>Title of the Lecture / Academic session</b>	<b>Title of the Conference / Seminar</b>	<b>Organized by</b>	<b>Whether International / National / state/ Regional/ College or University level</b>
1.	Resource Person	Updating the Syllabus of Bachelor of Physical Education (B.P.Ed.) & Elective Subject (Physical Education at the Undergraduate Level	Government Physical Education College for Women, Hooghly	Regional
2.	Invited Lecture as Recourse Person "Career Prospects of General Students"	UGC Sponsored Career Counselling Programme	Ramnagar College, Purba Medinipur	National
3.	Invited Lecture on Theory and Practical Special Classes of General Students	Theory and Practical Special Classes of General Students	Egra Sarada Shashi Bhusan College, Purba Medinipur	Local

4.	Invited Lecture on Problems and Prospects of Physical Education Subject	College level Seminar on Physical Education	Netaji Satabarsiki Mahavidyalaya, Ashokenagar	Local
5.	Chairperson of the Scientific Session on “Yoga Physiology”	UGC Sponsored 2 Days National Seminar on “Yoga and Exercise: The Way of Living”	Pingla Thana Mahavidyalaya, Paschim Medinipur	National
6.	Invited Lecture on ‘First-Aid & its Management’	College level Seminar on Physical Education	Netaji Satabarsiki Mahavidyalaya, Ashokenagar	Local
7.	Chairperson of the session “Scientific Approach and Technical Analysis for the Development of Soccer”	One Day National Seminar on “Scientific Approach and Technical Analysis for the Development of Soccer”	Midnapore College (Autonomous), Paschim Medinipur	National
8.	Anthropometric Physiognomies of All India Intersarsity Football Players	International Conference on Global Education, Physical Education and Sports, Research and Technology for Sustainable Development 09/12/2017	Dept. of Physical Education, Seva Bharati Mahavidyalaya, Jhargram	International
9.	Lactate Metabolism and the Insinuation for Sports Persons	International Congress on Global Innovation and Research in Education, Sports Sciences and Yoga 10/12/2017 & 11/12/2017	Dept. of Physical Education, Mahishsdal Girls’ College, Purba Medinipur	International

### G) Research Guidance:

Sl. No.	Number enrolled	Degree Awarded	Thesis Submitted
1.	Ph.D. enrolled 04	02	02 yet to submit

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

- Life member of National Association of Physical Education and Sports
- General member of Physical Education Federation of India
- Member of Governing Body at Khejuri College, Baratala, Purba Medinipur from 2002 to 2010.
- Member of Governing Body at Panskura Banamali College, Panskura, Purba Medinipur from 2013 to 2015.
- Member of Board of Studies at Vidyasagar University from 2002 to 2018.
- Member of Board of Studies at Panskura Banamali College (Autonomous) from 2018.
- Member of Academic Council at at Panskura Banamali College (Autonomous) from 2018 to 2023.

**DR. BADSHAH GHOSH**  
Principal  
G.C.P.E.W., Dinhatra,  
Cooch Behar