

PROFILE

Name: Dr. Prasanta Kumar Das

Date of Birth: 18-01-1974

Designation: Professor

Qualification: Ph.D, MPhil., M.P.Ed, Diploma in Sports Coaching (Basketball)

Date of Joining: 29th September 2015

Teaching Experience: 20 years College and University Curriculum

Specialization: Measurement and Evaluation, Basketball



Administrative Contribution:

- Acting as Secretary, Tripura University Sports Board, Tripura University, Suryamaninagar.
- Acted as Head, Department of Physical education, Tripura University, Suryamaninagar.
- Acted as COURT member of Tripura University, Suryamaninagar.
- Acted as Academic Council member of Tripura University, Suryamaninagar.
- Acted as different committee members of Tripura University, Suryamaninagar.
- Founder member to introduce B.P.Ed, M.P.Ed, M Phil and PhD courses at Post Graduate Govt. College , Sector -11, Chandigarh
- Acted as different selection committee member of Chandigarh Administration, Chandigarh.
- Acted as Undergraduate Board of Studies (Faculty of Physical Education) member of Panjab University, Chandigarh.
- Acted as academic coordinator of B.P.Ed and M.P.Ed courses, PGGC-11, Chandigarh.
- Acted as Sports coordinator of PGGC-11, Chandigarh.
- Acted as Hostel Warden at PGGC-11, Chandigarh.
- Acted as NSS Coordinator of PGGC-11, Chandigarh.
- Acted as different committee member of PGGC-11, Chandigarh.
- Acted as Centre Superintendent of Panjab University Annual Examinations.
- Awarded as Sports Person promoter from Panjab University, Chandigarh.

Paper Presented

- **Language problem is a drawback to develop Indigenous Games of Tripura Community,** National seminar on Quality education with special Reference to Tribal Education, **April 18th – 19th 2018**, Department of Sociology, MBB College, Agartala.
- **Analysis on attitude of college students towards physical Education Curriculum,** International seminar on Global Innovation and Research in Education, Sports Sciences and

Yoga, **Dec. 10th – 11th 2017**, Department of Phy. Edu., Mahisadal Girls College, P Medinipur, WB,

- **Physical Activity: A key to develop mental health among adolescent**, National Seminar on Youth in India: Issues and Challenges, **March 17th -18th 2017**, Department of Psychology, Tripura University.
- **Psychological benefits of participation in sports and physical activity among adolescents**, National Seminar on Youth in India: Issues and Challenges, **March 17th -18th 2017**, Department of Psychology, Tripura University
- **Rehabilitation for speech and hearing disabilities person**, National Conference on Rehabilitation of person with speech and hearing disabilities, **Feb. 18th 2017**, Department of Psychology, Tripura University
- **Physical Education Courses: Norms and Tenure**, National Seminar on Nomenclature Tenure and Regulation of Physical Education Courses, **February 18th 2015**, Mata Gurdev Kaur Memorial Shahi Sports College of Physical Education,
- **Ethics in Sports Issues**, National Seminar on Teacher Education/Training Programmes in Physical Education-Issues and Challenges, **February 15th -16th 2015**, UGC Dept. of Physical Education-TE&L, P G G C-11, Chandigarh,
- **Genesis of Kashmir Problem in Historical Prospective**, National Conference on Wellness through Physical Activity: Future Perspective, March 1st 2014, Dept. of Defense Study, P G G C-11, Chandigarh
- **Assessment of Mental Toughness Among High and Low Achievers of State level Yoga Competitor: A comparative Study**, 1st international AND 3rd Indian Psychological Science Congress, **February 24th & 25th 2014**, National Association of Psychological Science- India and Dept. of Psychology, PGGC-46, Chandigarh
- **A Study of Stress Among Various Age Groups**, 1st International and 3rd Indian Psychological Science Congress, National Association of Psychological Science, **February 24th & 25th 2014**, India and Dept. of Psychology, PGGC-46, Chandigarh
- **Comparative Study on Soccer Skill Performance Between Rural and Urban Women Soccer Club Players in West Bengal**, Global Scientific Conference on Physical Education, Health and Sports Sciences (GLOPEHSS-2013), **January 24th-26th 2014**, Dept. of Physical Education, Guru Nanak Dev University , Amritsar

- **Effect of Plyometric Training and Resistance Training on Selected Motor Abilities of 16 Handball Players**, National conference on Wellness through Physical Activity: Future Perspective, **January 17th & 18th 2014**, Dept. of Physical Education, Punjabi University, Patiala
- **SAQ Training is an Important part of Modern Training**, International Conference on Health, Fitness & Environment: Issues and Challenges, **December 18th -19th 2013**, Akal College of Physical Education, Mastuana Sahib, Sangrur, Punjab,
- **Common Medical Problems in Basketball injuries**, International conference on futuristic trends in physical education, **January 24th-26th 2013**, Dept. of Physical Education, Punjabi University, Patiala.
- **Comparative Study of Self Confidence Female Players and Non Players, Health, Physical Activity and Sports**; Recent Trends and Challenges, **December 20th -21st 2012**, Akal College of Physical Education, Mastuana Sahib, Sangrur, Punjab
- **Yoga: For Healthy Life Style**, Health, Physical Education Sports and Wellness in Schools and Community: A Holistic and Innovative Approach, **October 20th to 22nd 2012**, Dept of physical education, Panjab University, Chandigarh
- **Attitude of different Professional Students towards the Profession of Physical Education and Sports**, Psychological Well-Being: Building Bridges for Tomorrow, **October 5th-6th 2012**, Indian Psychological Science Congress, Chandigarh, Dept. of Psychology, PGGC-46, Chandigarh
- **Parental Attitude towards Games and Sports**, 3-Week Refresher Course in Physical Education, **August 13th to September 1st 2012**, Academic Staff College, H.P. University, Shimla, August
- **Bio- Mechanical Analysis of High Jump Techniques**, Sports Sciences and Sports Physiotherapy, **March 3rd and 4th 2012**, Directorate of Sports, Panjab University, Chandigarh,
- **Physical Activity and Health**, Role of Physical Education and Sports Society, **February 17th - 18th 2012**, Govt. College, Sector-1, Pachkula, Haryana,
- **Scientific Approach to Power Training, Special Reference to Sprinters**, Physical Education: A Holistic Approach of Success, **February 4, 2012**, Goswami Ganesh Dutt Sanatan Dharm College, Haryana, Hoshiarpur, Punjab

- **Comparative Study of Aggression among Hockey, Handball and Football Players**
International Conference on Physical education recreation and yogic sciences, **January 19-21, 2012**, Dept. of physical education, BHU, Varanasi, UP
- **Aggressive behavior between Chandigarh and Punjab State Football Players: A comparative study Health Psychology and Rehabilitation: The Crisis among Youth and aged. October, 12th to 13th 2011.** Department of Psychology, P G Govt. College, Sec-46, Chandigarh
- **Parents Involvement in Sports Glove Trends of Physical Education and sports in 21st Century, April 2nd -3rd 2011,** Deptt. Of Physical Education , Noida College of physical education
- **Initiatives and achievement of Indian National Conference on Re- Engineering and Benchmarking in 32Higher Education Sector in India: A Way Forward through ICTs, March 19th 2011,** Dept. of Psychology, P G G C-11, Chandigarh
- **Comparative Study of Hip and Ankle Flexibility between Swimmers and Football Player,** National Conference on Physical Education: The Key for Holistic Inter Disciplinary Collaboration, **March 11th -13th 2011,** Dept. of Physical Education-TE&L, P G G C-11, Chandigarh
- **Music and Exercise,** National Conference on Physical Education in 21st Century. **February 25th -26th, 2011.** Mata Gujri College Fatehgarh Sahib, PB
- **Scientific Approach to Power Training,** National Conference on Physical Education as an Profession, **Feb. 11th -12th 2011,** Department of Phy. Edu. , Arya College, Ludhiana
- **Mental Toughness and Sports Performance,** National Conference on Global Trends in Physical Education and Sports, **January 25TH -26TH 2011,** S K R College of Physical Education Punjab
- **Athlete's Performance, Life Style by Time Management,** National Conference on Multidisciplinary Approach in Physical Education. **February 1st -2nd 2010.**Department of Physical Education, Punjabi University, Patiala
- **Communication Skills and Sports,** National Conference on Multidisciplinary Approach In Physical Education, **February 1st - 2nd 2010,** Department of Physical Education, Punjabi University, Patiala.

- **Mental Health of Women: Looking Ahead**, National Conference on Well Being in the Workplace: Search Synergy, **March 25th 2009**, Department of Psychology, GC-11, Chandigarh
- **Genetics and Sports Performance**, National Conference on Opportunities and Challenges in Phy. Education, **February 10th -11th 2009**, Department of Physical Education, Punjabi University, Patiala
- **Situating Dalit in North Western India in Modern Time**, National Seminar on Dalits in Historical Perspective in North Western India, **February 13th 14th 2009**, Department of History, GC-11, Chandigarh
- **Mass Participation in Sports and Physical Activity**, National Seminar on Sports, exercise, Health Connections, **Feb. 29th & Mar. 1st -2nd 2008**, Department of Physical Education, Punjab University, Chandigarh
- **The Process of performance of Track Athletes: A Resonance based intervention**, National Seminar on Sports for All to develop Quality of Life, **March 24th-25th 2007**, Department of Physical Education Kurukshetra University
- **Fitness and Health related Carriers in Physical Education**, National Seminar on Sports for All to develop Quality of Life, **March 24th-25th 2007**, Department of Physical Education Kurukshetra University
- Presented a Paper on **“Physical Education Courses: Norms and Tenure”** National Seminar on Nomenclature Tenure and Regulation of Physical Education Courses, **February 18th 2015**, Mata Gurdev Kaur Memorial Shahi Sports College of Physical Education.
- Presented a Paper on **“Ethics in Sports Issue”**, National Seminar on Teacher Education/Training Programmes in Physical Education-Issues and Challenges **February 15th-16th 2015**, Dept. of Physical Education-TE&L, P.G.G.C-11, Chandigarh,
- Presented a Paper on **“Genesis of Kashmir Problem in Historical Prospective”**, Conference on Wellness through Physical Activity: Future Perspective **March 1st 2014**, Dept. of Defense Study, P.G.G.C-11, Chandigarh
- Presented a Paper on **“Assessment of Mental Toughness Among High and Low Achievers of State level Yoga Competitor: A comparative Study”**, 1st international AND 3rd Indian Psychological Science Congress **February 24th& 25th 2014**, National Association of Psychological Science- India and Dept. of Psychology, PGGC-46, Chandigarh

- Presented a Paper on “*A Study of Stress Among Various Age Groups*”, 1st international AND 3rd Indian Psychological Science Congress **February 24th& 25th 2014**, National Association of Psychological Science- India and Dept. of Psychology, PGGC-46, Chandigarh
- Presented a Paper on” *Comparative Study on Soccer Skill Performance Between Rural and Urban Women Soccer Club Players in West Bengal*”, Global Scientific Conference on Physical Education, Health and Sports Sciences (GLOPEHSS-2013) **January 24th-26th 2014**, Dept. of Physical Education, Guru Nanak Dev University , Amritsar.
- Presented a Paper on “*Effect of Plyometric Training and Resistance Training on Selected Motor Abilities of Handball Players*”, National conference on Wellness through Physical Activity: Future Perspective January 17th& 18th 2014, Dept. of Physical Education, Punjabi University, Patiala.

Paper Published

- **Varying intensity training effect on agility among the students of teacher education programme**, International journal of Physiology, Nutrition and Physical Education Vol -4 Issue-1, Jan- June 2019, Pg- 1974-1978, ISSN 2456-0057
- **Contribution of Haryana Government to introduce the new schemes for the promotion of Wrestling**, International journal of Physiology, Nutrition and Physical Education Vol -4 Issue-1, Jan- June 2019, Pg- 1039-40, ISSN 2456-0057
- **Study of body composition among university level male Football Players of North Eastern region: A comparative study**, International journal of Yogic, Human movement and sports sciences Vol -4 Issue-1, Jan 2019, Pg- 846- 850, ISSN 2456-4419
- **Analyze the Relationship of selected Anthropometric and Bio-mechanical variables on the performance of kicking for distance in soccer**, Online International Interdisciplinary Research Journal Vol -9 Issue-1, Jan-Feb 2019, Pg- 270 -276, ISSN 2249-9598
- **Effectiveness of Yoga and Aerobic training on the basis of vital capacity and cardiovascular endurance of male soccer players of Chandigarh**, International journal of of Yogic, Human movement and sports sciences Vol -3 Issue-1, Jan- June 2018, Pg- 504-508, ISSN 2456-4419,

- **Emotional Intelligence aggression among the female basketball players of Northern India**, International journal of Physiology, Nutrition and Physical Education Vol -3 Issue-1, Jan- June 2018, Pg- 372-377, ISSN 2456-0057
- **Physical Activity and Health Status among the students of Post Graduate Govt. College, Sec-11, Chandigarh**, Shodh Sangam – An International Research Journal of physical education sports and allied Sciences, Vol.-6, No.-1, June 2018, Pg. 16-26, ISSN 2249-717X
- **Big Five Factors: Personality Dimensions among Elite players of Chandigarh**, Shodh Sangam – An International Research Journal of physical education sports and allied sciences, Vol.-6, No.-1, June 2018, Pg. 26- 36, ISSN 2249-717X
- **Effect of Yogic Exercises on forced vital capacity and resting pulse rate of under graduate male students**, International journal of Physiology, Nutrition and Physical Education Vol -2 Issue-1, Jan- June 2017, Pg- 228-231, ISSN 2456-0057
- **Ethics in Sports Issues**, National Seminar on Teacher Education/ Training Programmes in physical education –Issues and Challenges, Dept. of Physical Education-Teacher Education and Learning, PGGC-11, Chandigarh February 15th -16th 2015
- **A Comparative study of sports achievement motivation between volleyball and basketball players**, Indian journal of sport science and physical education, Vol. 23 No.1&2, Jan & July 2015, Pg- 1-7, ISSN 0971-0140
- **A Comparative Study of Sports Competitive Anxiety between Basketball and Volleyball Male Players**, ShodhSangam-An **International** Research Journal of Physical Education Sports and Allied Sciences Vol-2, No-3, December-2014 Pg-7-12, ISSN 2249-717X
- **Comparative Study on Soccer Skill Performance Between Rural and Urban Women Soccer Club Players in West Bengal**, Global Scientific Conference on Physical Education, Health and Sports Sciences (GLOPEHSS-2014), Dept. Of Physical Education (Teaching) GNDU, Amritsar, Punjab January 24th-26th 2014.
- **Effect of Plyometrics Training and Resistance Training on Selected Motor Abilities of Handball Players**, National conference on Wellness through Physical Activity: Future Perspective, Dept. of Physical Education Punjabi University, Patiala, Punjab January 17th& 18th 2014.

- **A Comparative study of sports Competitive Anxiety between Basketball and Handball male players**, 2ND National conference on Youth Enrichment through Physical Education, Dept. of Physical Education, Amity University, Noida, UP, January 20th&21st 2014
- **Effect of Yoga on Physiological Variables on School Going Girl Students**, Journal of Physical Education and Allied Sciences, Vol.-3, No.-2, December 2013, Pg-65-72, ISSN 2230-7397
- **Depletion of blood glucose level during match progress in basketball competition**, Journal of Physical Education and Allied Sciences, Vol.-2, No.-1 July 2012, Pg-60-65, ISSN 2230-7397
- **A Comparative Study of Coordinative Abilities between Football and Hockey University level Players**, Vol.-1, No.-2, Jan-Apr 2012, Shodh Sangam – An International Research Journal of physical education sports and allied sciences, Pg. 67-72, ISSN 2249-717X
- **Psycho-neuromuscular abilities of university level starter and non-starter basketball players**, South Asian Journal of Physical Education and Sports Sciences, Bi-Annual March 2012, Pg-34-37, ISSN 2277-8500
- **Awareness of H.P. University students about Olympic-2012**, Shodh Sangam – An International Research Journal of physical education sports and allied sciences, JAN-APR 2012, Pg-73-77, ISSN 2249-717X
- **Diagnostic study of various parameters of vital capacity among exercisers and non-exercisers of middle-aged men**, International Journal of Motor Learning and Sports Performance, Vol-2, No-1, Jan-2012, Pg-126-130, ISSN 2230-8628
- **Relationship of Body composition with playing ability of female Basketball players**, Journal of Physical Education and Allied Sciences, Vol. -1, No. -2 December 2011, Pg-47-52, ISSN 2230-7397
- **Assessment of body mass index among Physical Educationist**, Journal of Physical Education and Allied Sciences, Vol. -1, No. -1 July 2011, Pg-09-16, ISSN 2230-7397
- **2D Kinematic Analysis of spiking in Volleyball**, Journal of Physical Education and Yoga Vol. -2, No. - 1 January 2011, Pg-07-09, ISSN 0975-9301
- **Analysis of Team Preparation among leading Basketball Team**, Journal of Movement Education and Sports Vol. – 2, July 2010, Pg – 09-14, ISSN 978-81-908949-5-1

Contribution/Achievement-

- Awarded 4 numbers PhD scholars under my supervision.
- Guiding 6 number PhD scholar present day.
- Tripura University Women Pencak Silat Team got 6 bronze medals in AIU Tournament.
- Organized AIU and East Zone Volleyball Man Tournament in the TU Campus 2016.
- Organized different inter college and interuniversity tournaments in the Campus.
- Got NCTE Recognition for MPed Two Year Teacher Education Programme.

Pipeline/Future Prospect-

- Strengthen the Departmental Profile by getting project, seminar, workshop, conference.
- Produce more research papers research scholar in the Physical Education and Sports Sciences.
- Apply new educational policy.
- Try to introduce 4 year integrated courses like B.Ed, B.P.Ed, etc.
- Strengthening the Placement cell of the university through invites to different institutions, companies and organizations.
- Try to establish indoor stadium/multipurpose hall in the TU Campus from Khelo India Project.
- Try to establish Swimming Pool in the University Campus.
- Try to establish fitness center/gym from HEFA Project.
- Utilize maximum use of university resources.
- Conduct or organize cultural exchange between national university and foreign university.