

## Curriculum Vitae



**Mukesh Mitra**

Ph.D.

Assistant Professor

Department of Physical Education

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### **Educational Qualification:**

Ph.D. in Physical Education entitled “A Study of Fluctuations in Anxiety Level During Competition Stages in relation to the Performance of Judokas”, L.N.I.P.E, Gwalior, M.P., 2010.

### **Research Interests:**

Sports Psychology, Sports Training,

### **Sports Specialization:**

Gymnastics,

### **Teaching Experience:**

1. Working as Assistant Professor in the Department of Physical Education, Michael Madhusudan Dutta College, Government of Tripura, Sabroom, South Tripura, Tripura.
2. Worked as Assistant Professor in the Department of Physical Education, Maharaja Bir Birram College, Government of Tripura, Agartala, West, Tripura.
3. Worked as Assistant Professor in the Department of Physical Education, Vidyant Hindu Post Graduate College, Government of Uttar Pradesh, Lucknow, Uttar Pradesh.
4. Worked as Contractual Lecturer in the Department of Physical Education, Lucknow Christian College, Lucknow, Uttar Pradesh.
5. Worked as Physical Education Teacher in G.D. Birla School (Residential), Ranikhat, Uttaranchal.
6. Worked as Physical Education Teacher in Manav School (Residential), Baruch, Gujrat.

### **As a Guide:**

- ✓ Ph.D. Co-Supervisor of SM Farooque, Research Scholar, Department of Physical Education, Tripura University, Tripura.
- ✓ Ph.D. Co-Supervisor of Abu Taher, Research Scholar, Department of Physical Education, Tripura University, Tripura.
- ✓ Ph.D. Co-Supervisor of Faruk Islam, Research Scholar, Department of Physical Education, Tripura University, Tripura.

### **Research Project:**

1. Act as a Co-Principal Investigators of Major Research Project entitled “Women in Sports: Women as a source of social development: Scopes and Prospects” sponsored by National Commission for Women, Government of India, New Delhi, F.No. 16(19)/2022-23/NCW-NER(RS)dated 12<sup>th</sup> January 2023. **(Ongoing)**
2. A study of psychological profiles of tribal and non-tribal soccer players of Tripura, UGC sponsored Minor Research Project, No.F. 5-319/2013-14/MRP/ NERO/286 dated 5<sup>th</sup> May 2014. **(Completed)**
3. Mapping of sports talent among tribes of Tripura, Tribal Research and Cultural Institute, Government of Tripura, No.F. 2(101)-TRI/RES (PROJECT) /2014/2113-16 dated 28<sup>th</sup> December 2015. **(Completed)**

### **Published Books (Solo authorship)**

- ✓ **2017**, Mapping of sports talent among tribes of Tripura, Tribal Research and Cultural Institute, Government of Tripura, ISBN-978-93-86707-17-8, Published by TR & CI.

### **Chapter in Books:**

- ✓ **2020**, Attitude towards Yoga among the School Students of Tripura: A Survey Study, “Research Methodology”, Volume-3, ISBN: 978-93-90541-09-6, AkiNik Publications, Delhi, pp. 351-360.

### **Seminar/Workshop/Conference Organised**

1. Organized a Workshop entitled “Capacity Building and Personality Development Program” for UG/PG Students approved by National Commission for Women, Government of India, New Delhi, dated 09<sup>th</sup> March, 2023.
2. Organized a National Seminar entitled “Promotion of Indigenous Games – Issues and Challenges with Special Reference to Tripura” sponsored by Ministry of Tribal Affairs, Government of India and Tribal research & Cultural Institute, Government of Tripura, No.F.12(7)/TR&CI/SEMINAR/18/1410-11 dated 3<sup>rd</sup> August, 2019.
3. Organized 10 Days’ Online National level Workshop entitled “Scientific Approach in Coaching and Training to Improve Sports Performance” sponsored by Department of Youth Affairs & Sports, Government of Tripura, dated 12<sup>th</sup> – 24<sup>th</sup> July, 2021.

## **Publication:**

- ✓ **2023**, Effect of 12 Weeks SAQ and Circuit Training on Dribbling and Shooting Ability of Soccer Player, European Journal of Physical Education and Sport, ISSN 2501 – 1235, 9(5), pp. 74-81
- ✓ **2023**. Effects Of Speed, Agility, and Quickness Training on Biochemical Parameters of Under-19 National-Level Elite Soccer Players: A Twelve-Week Intervention Study, Eur. Chem. Bull. 12 (Special Issue 10), 2034 – 2040.
- ✓ **2019**, Fluctuations in Critical Competition Situations in terms of Intensity of Anxiety: An Empirical study on Tribal and Non-Tribal Soccer Players, International Journal of Research and Analytical Reviews, E-ISSN 2348-1269, P- ISSN 2349-5138, April 2019, Volume 6, Issue 2, pp. 546 – 553.
- ✓ **2018**, To Assess Personality Differences between Tribal and Non-tribal Soccer Players of Tripura, Online International Interdisciplinary Research Journal, ISSN 2249-9598, Vol. 8 Issue 1, pp. 247-251.
- ✓ **2016**, Comparison of Level of Aspiration between the Tribal and Non-tribal Soccer Players of Tripura, International Journal of Informative & Futuristic Research (IJIFR), ISSN: 2347-1697, Impact factor 5.081, Volume - 3, Issue -11, pp. 4276-4282.
- ✓ **2015**, Investigating the Relationship of Fluctuating Cognitive Anxiety and Performance during the Different Stages of Judo Competition, International Journal of Informative and Futuristic Research, ISSN 2347-1697, Impact factor 4.164, Vol. 2, Issue 12, pp. 4417-4421.
- ✓ **2015**, Fluctuation of Cognitive Anxiety Intensity and Direction during the Different Stages of Judo Competition, International Educational E-Journal, ISSN 2277-2456, Impact factor 2.217 Volume-IV, Issue-II, pp. 21-25.
- ✓ **2014**, The Effects of Training with Right and Obtuse Angle of Step-ups in Full Squat, Indian Journal of Movement Education and Exercise Sciences, ISSN 2249 -6246 Online, Refereed Journal, vol. IV, No. 2, pp. 11-14.
- ✓ **2014**, Comparison of Self-concept among the Tribal and Non-tribal College Athletes of Tripura, International Journal of Human Movements, Sports and Applied Sciences, ISSN 2347-4262, Vol.1, Issue-II, pp.89-95.

- ✓ **2013**, Construction of Knowledge Test in Gymnastics for University Level Players, International Journal of Human Movements, Sports and Applied Sciences, ISSN 2347-4262, Vol-I, No-1, pp.7-10.
- ✓ **2013**, Relationship between State Anxiety and Performance in Gymnastics, International Journal of Research Pedagogy and Technology in Education and Movement Education, ISSN 2319-3050, Vol.02 Issue-02, pp.75-79.
- ✓ **2013**, Comparison of Various Coordinative Abilities among Artistic and Rhythmic Gymnast, Indian Journal of Movement Education and Exercise Sciences, ISSN 2249-5010, Vol. III, No.1 & 2, 39-42.
- ✓ **2013**, Physical Fitness through the Traditional Folk Sports of Tripuri Community, TUI- A Journal on Tribal Life and Culture, Govt. of Tripura, ISSN 2319-7382, Vol. XVII No.1, pp. 98-105.
- ✓ **2013**, Comparative Effect of Training with Different Heights of Step-ups on the Performance of Full Squat in Power Lifting, Capital Journal of Physical Education, ISSN 2277-8519, Vol. II, Issue-I, pp. 67-71.
- ✓ **2012**, Influence of Ujjayi and Bhastrika Pranayama on Vital Capacity and Maximum Ventilator Volume of Yoga Practitioner, Indian Journal of Movement Education and Exercise Sciences, ISSN 2249-5010, Vol.II No.1, pp. 6-10.
- ✓ **2012**, Comparison of Aggression Level between Tribal Female Throwers and Jumpers of Schools National Athlete, TUI- A Journal on Tribal Life and Culture, Govt. of Tripura, ISSN 2319-7382, Vol.XVI, No.2, pp. 83-86.

### **Seminars and Conferences**

- ✓ **2019**, presented a paper entitled “Effects of Tripura’s Indigenous Games and Sports on Health, Fitness and Wellness” in the National Seminar on “Promotion Challenges with Special References to Tripura” sponsored by Ministry of Tribal Affairs, Government of India, and organized by Department of Physical Education, M.M.D. College, Sabroom and Tribal Research & Cultural Institute, Government of Tripura held on 7<sup>th</sup> & 8<sup>th</sup> November 2019.
- ✓ **2019**, presented a joint paper entitled “Selected Indigenous Games of the Reang Community for Children” in the National Seminar on “Promotion Challenges with Special References to Tripura” sponsored by Ministry of Tribal Affairs, Government of

India, and organized by Department of Physical Education, M.M.D. College, Sabroom and Tribal Research & Cultural Institute, Government of Tripura held on 7<sup>th</sup> & 8<sup>th</sup> November 2019.

- ✓ **2018**, presented a joint paper entitled “A Study on Participating in Sports and Games Interferes Study among Tribal Players”, in the National Seminar on “Quality Education with Special Reference to Tribal Education” sponsored by Ministry of Tribal Affairs, Government of India, and organized by Department of Sociology, M.B.B. College, Agartala, Tripura and Tribal Research & Cultural Institute, Government of Tripura.held on 18<sup>th</sup> & 19<sup>th</sup> April 2018.
- ✓ **2018**, presented a paper entitled “Empirical Study on Passion towards Sports among the Tribal Players of Tripura”, in the National Seminar on “Quality Education with Special Reference to Tribal Education” sponsored by Ministry of Tribal Affairs, Government of India, and organized by Department of Sociology, M.B.B. College, Agartala, Tripura held on 18<sup>th</sup> & 19<sup>th</sup> April 2018.
- ✓ **2018**, presented a paper entitled “Relationship of Selected Physical Variable with the Performance of Gymnastics in Floor Exercise” in the Two days National Seminar on “Reaching the Unreached through Science and Technology” sponsored by Indian Science Congress Association (ISCA) and organized by ISCA-Dharmanagar Chapter and Department of Physical Education, Government Degree College, Dharmanagar, Tripura held on 10<sup>th</sup> & 11<sup>th</sup> April 2018.
- ✓ **2017**, Presented a paper entitled “Pattern Change in Cognitive Anxiety Level in Term of Intensity and Direction during the Soccer Match” in the National Seminar on “Awareness of Physical Education and Sports among the Backward Communities in Rural Area”, sponsored by UGC and organized by Saltora Netaji Centenary College held on 26<sup>th</sup> & 27<sup>th</sup> February 2017.
- ✓ **2016**, presented a paper entitled “Sports Literature in Bengali: An Impoverished Saga” in the Two Days International Seminar on “One Hundred and Fifty Years of Bengali Kathasahitya” sponsored by UGC and organized by Department of Bengali, Government of Tripura, Kamalpur, Tripura, held on 5-6<sup>th</sup> April 2016.
- ✓ **2015**, presented a paper entitled “Importance of Forest Training among the Tribal Athletes”, in the National Seminar “Tribal Life and Forest Resource Management”

sponsored by Ministry of Tribal Affairs, Government of India, and organized by Department of Sociology, M.B.B. College, Agartala, Tripura and Tribal Research & Cultural Institute, Government of Tripura, held on 12<sup>th</sup> & 13<sup>th</sup> March 2015.

- ✓ **2011**, Dr. Ambedkar's Idea of Social Justice: Socio-Political Perspectives, One Week Symposium, UGC, Place: Lucknow, U.P.
- ✓ **2010**, The Diagnosis and Management of Patellofemoral Pain Syndrome, National Seminar, UGC, Place: Allahabad, U.P.
- ✓ **2010**, An Investigation of Selected Psychological Traits of Women Inter-varsity Volleyball Players, National Seminar, UGC-SAP DRS-I, Place: Aligarh Muslim University, Aligarh, U.P.
- ✓ **2010**, The Diagnosis and Management of Bursitis, International Conference, Institute of Medical Sciences, Place: Banaras Hindu University, Varanasi, U.P.

#### **Workshops /Conferences Attended**

- ✓ Three days workshop on "Process Control, Improvement and Optimization" held on 16<sup>th</sup> – 18<sup>th</sup> February 2015 organised by Statistical Quality Control & Operations Research Unit, Kolkata and Department of Statistics, M.B.B. College, Agartala, Tripura, sponsored by Indian Statistical Institute (ISI).
- ✓ Attended Two days conference organized by Indira Gandhi National Open University, New Delhi on 21<sup>st</sup> & 22<sup>nd</sup> January 2017 at Regional Centre Guwahati.

#### **Sports achievements and awards**

- ✓ Represented Tripura team in Sub-junior National Gymnastics Championship 1996 and won individual gold medal in Vaulting Horse and silver medal in Floor Exercise and second position in Team Champion.
- ✓ Participated in various national gymnastics competition from Tripura Gymnastics Team under Sub-Junior and Junior category from 1992 to 1998.
- ✓ Represented LNIPE gymnastics Team consecutively for five times in All India Intervarsity Gymnastic Championship from 1999 to 2004.

I certify that the above-mentioned information and data is true.

Dr. Mukesh Mitra