

ADITYANARAYAN ADAK

Mobile No.-9477013234

আমার মা – APARNA ADAK

adityanarayanadak@hotmail.com

PRESENT ADDRESS:-

C/O : ASIT BARAN ADAK
VILL+P.O : MUKTARPUR
P.S : TARAKESWAR
DIST : HOOGHLY (W.B)
PIN : 712401



PERMANENT ADDRESS:- DO

PERSONAL INFORMATION:-

STRENGTHS : HARDWORKING, CONFIDENT, POSITIVE ATTITUDE.
SEX : MALE
DATE OF BIRTH : 03/06/1986
CASTE : GENERAL
MARITAL STATUS : MARRIED
NATIONALITY : INDIAN

EDUCATIONAL BACKGROUND:-

EXAMINATION PASSED	BOARD/ UNIVERSITY	PASSING YEAR	TOTAL MARKS	MARKS OBTAINED	% OF MARKS
MADYAMIK	W.B.B.S.E.	2001	800	463	57.87
H.S.	W.B.C.H.S.E.	2003	1000	419	41.90
B.A.	B.U.	2006	1350	618	45.70
B.P.ED.	K.U.	2008	1400	870	62.10
M.P.ED.	K.U.	2010	1000	577	57.70
NET	UGC	2014	-----	-----	-----
PH.D.	VISVA-BHARATI	2015	-----	-----	-----
P.G.D.Y.E.	C.U.	2017	800	590	73.75

SPORTS ACHIVEMENT:-

- POSITION HOLDER IN STATE LEVEL ATHLETIC MEET (TRACK & FIELD)

AREA OF SPECIAL INTEREST:-

➤ THEORY

- SPORTS BIOMECHACICS
- YOGA EDUCATION

➤ PRACTICAL

- TRACK & FIELD
- YOGIC ACTIVITIES

LIST OF PUBLICATION IN JOURNAL

SL. NO.	TITLE OF ARTICLE	JOURNAL NAME	ISSN
1.	The Cause of Child Play of Different Age Group in West Bengal	International Journal of Science and Research	Online – 2319-7064
2.	Implication of centrifugal force on curve running	International Journal of Physical Education, Sports and Health	P – 2394-1693 E – 2394-1693
3.	Relationship between Leg Explosive Strength and Maximum Speed on State Level Athletes	International Journal of Health, Physical Education and Computer Science in Sports	2231-3265
4.	Comparison of Running Performance between Straight and Curve Lane	Active Lifestyle – A Complete Journal of Health, Physical Education, Physical Activity & Sports	2395-0706
5.	A Study on Zonal Velocity in Curve Running of Two Different Curve Radius Track	Comprehensive Physical Education	2321-6956
6.	Dutifulness of Secondary School Teachers Towards the Social Responsibility in Promoting Environmental Awareness	Golden Research Thoughts	2231-5063

LIST OF PUBLICATION IN UGC SPONSORED NATIONAL SEMINER PROCEEDINGS

SL. NO.	TITLE OF ARTICLE	JOURNAL NAME	ISBN
1.	Search for A New Running Track	Health Wellness Fitness and Social Integrity	978-81-922957
2.	A Study of Zonal Velocities in Different Curve Radii Running Track	Man in Motion	978-81-923488-8-9
3.	Search for Play Reason of Girls in West Bengal	Psychic Physical Education and Society	978-93-82623-83-0
4.	A Survey on National Eligibility Test in the Subject of Physical Education	International Congress on Global Innovation and Research in Education, Sports Science and Yoga	978-93-87072-19-0

PAPERS PRESENTED

- 1) Paper Entitled “**An Investigation on Optimum Value of Curve Radius for Running Track**” was presented at the Department of Physical Education, Kalyani University (National Seminar) on November 25-26, 2010.
- 2) Paper Entitled “**Search for A New Running Track**” was presented at the Department of Physical Education, Haldia Government College (UGC Sponsored National Seminar) on March 22-23, 2013.
- 3) Paper Entitled “**A Study of Zonal Velocities in Different Curve Radii Running Track**” was presented at the Department of Physical Education, Union Christian Training College (UGC Sponsored National Seminar) on 20-21 September, 2013.
- 4) Paper Entitled “**An Analysis of Play Theories**” was presented at the Department of Physical Education, Visva-Bharati (National Conference) on 4-6 January, 2014.
- 5) Paper Entitled “**Implication of Centrifugal Force on Curve Running**” was presented at the Department of Physical Education, Visva-Bharati (Pan Asian Society of Sports & Physical Education Conference) on February 7-9, 2014.
- 6) Paper Entitled “**Bengal Status of National Eligibility Test in Physical Education Subject**” was presented at the Department of Physical Education, Visva-Bharati (National Seminar) on June 25-26, 2016.

- 7) Paper Entitled **“Search for Play Reason of Girls in West Bengal”** was presented at the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya (UGC Sponsored National Seminar) on November 11-12, 2016.
- 8) Paper Entitled **“A Survey on National Eligibility Test in Physical Education Subject”** was presented at the Department of Sports Science, Ramakrishna Mission Vivekananda University (National Seminar) on February 17-18, 2017.

TRAINING – CUM – WORKSHOP:-

- 1) Participated in “Indian Council of Social Science Research” (ICSSR) Sponsored Two-Week Workshop on **“Research Methodology: An Introduction to Qualitative and Quantitative Research in Social Science for Ph.D. Students”** in Sidho-Kanho-Birsha University, 19th to 28th August, 2013.
- 2) Participated in ICSSR Sponsored Two-Week Intensive Capacity Building Training Programme on **“Methodology of Educational Research and Developing Research Proposal in Education and Allied Disciplines for the Faculty Members and Research Scholars”** in National Institute of Technical Teachers’ Training and Research, Kolkata, During September 09th to 20th, 2013.
- 3) Participated in Three Days State Level Workshop on **“Revised B.P.Ed. and M.P.Ed. Programmes as Per NCTE New Regulation, 2014”** in Department of Physical Education, Jadavpur University, During June 15 to 17, 2016.
- 4) Participated in Two Days Workshop on **“Development of Cricket in Educational Institutions”** in Visva-Bharati, During June 27 to 28, 2016.
- 5) Participated in Seven Days National Workshop on **“Society, Literature & Antonio Gramsci”** in Ramakrishna Mission Vidyamandira Organized by Swami Vivekananda Research Centre, During February 15 to 22, 2017.
- 6) Participated in Two Days Workshop on **“Data Analysis by Using SPSS”** in Department of Physical Education, Visva-Bharati, During February 4 to 5, 2017.

M.P.ED. THESIS SUPERVISION:-

- 1) Thesis Entitled **“A Comparison of Motor Fitness of College Level Kho-Kho Players Between Two Districts of West Bengal”** by Kakuli Bar in Mugberia Gangadhar Mahavidyalaya on July, 2016.
- 2) Thesis Entitled **“Relationship between Playing Ability and Motor Fitness Components of Football Players”** by Samiran Mahapatra in Mugberia Gangadhar Mahavidyalaya on July, 2016.

- 3) Thesis Entitled “**Effect of Asanas on Health Related Physical Fitness in School Girls**” by Debadrita Mondal in Mugberia Gangadhar Mahavidyalaya on July, 2017.
- 4) Thesis Entitled “**Isolated and Combined Effects of Yogic Practices and Walking on Cardiovascular Endurance Among School Boys**” by Bapi Karmakar in Mugberia Gangadhar Mahavidyalaya on July, 2017.
- 5) Thesis Entitled “**Effect of Strength Training on Football and Volleyball Performance of Male Players**” by Md. Washim Akhter in Mugberia Gangadhar Mahavidyalaya on July, 2017.
- 6) Thesis Entitled “**Effect of Plyometric Exercise on Long Jump Performance**” by Simal Hansda in Mugberia Gangadhar Mahavidyalaya on July, 2018.
- 7) Thesis Entitled “**Effect of Pranayama on Heart Rate and Blood Pressure**” by Parameshwar Naskar in Mugberia Gangadhar Mahavidyalaya on July, 2018.

TEACHING EXPERIENCE:-

- 4 years 8 months and 23 days(08/11/2010 to 31/07/2015) in Sunil Dhar Memorial B.P.Ed. College as an Assistant Professor.
- Since 01/08/2015 to till now In Mugberia Gangadhar Mahavidyalayaas an assistant Professor.

EXTRA CURRICULAM:-

- 3 year experience (2012-13, 2013-14 and 2014-15) as a Nodal Officer in Sunil Dhar Memorial B.P.Ed. College, recommended by AISHE, MHRD.
- Certificate course in computer education.

LANGUAGES KNOWN:-

- English, Bengali (read, write & speak) and Hindi (only speak)

DECLARATION:-I HEREBY DECLARE THAT THE STATEMENT MADE IN THIS APPLICATION IS TRUE
TO THE BEST OF MY KNOWLEDGE.

PLACE:

DATE:

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(ADITYANARAYAN ADAK)