

Teachers Profile

Name: Shantanu Mistri
Designation: Assistant Professor,
HOD, Physical Education
Affiliation: Banipur Mahila Mahavidyalaya
E-mail Id: sahan79pe@gmail.com



Educational Qualification:

Degree	University	Year
B.Sc	University of Calcutta	1999
B.P.Ed.	University of Calcutta	2001
M.P.Ed.	University of Calcutta	2004
M.Phil.	University of Calcutta	2008
Ph.D.	Kalyani University	2015
SET	WBCSC	2008
NET	UGC	2008

Specialization: Exercise Physiology.

Area of Interest: Exercise Physiology, Plyometric Exercise, Yoga.

Teaching/Academic Experience:

- Assistant Professor, Department of Physical Education, Banipur Mahila Mahavidyalaya, Banipur, WB, From 04/12/ 2020 till now.
- Assistant Professor, Department of Physical Education, Vivekananda Satavarshiki Mahavidyalaya, Jhargram, WB, From 25/04/ 2014 to 03/12/2020.
- Assistant Teacher, Bongaon Kabi Keshablal Vidyapith (H. S.), Bongaon, W. B., 2004-2014.

Administrative Experience:

- ✓ Head (Department of Physical Education): 2022- till now
- ✓ Coordinator (Department of English): 2022- till now
- ✓ Convener (Sports Sub- Committee): 2020- till now
- ✓ Convener (Placement Cell): 2023- till now
- ✓ NSS Program Officer: 2022- till now
- ✓ Member (Board of Studies, Physical Education, WBSU): 2022- till now

Professional Membership:

- ✓ Member: Physical Education foundation of India
- ✓ Member: West Bengal Athletic Association

Refresher Course/ Orientation Program/Workshop/FIP Attended:

Course	Organised by	Duration	Sponsoring Agency
NSS Orientation Programme	Training Orientation & Research Centre, R.K. Mission	20.09.2015 - 26.09.2015	Ministry of Youth Affairs & sports, Govt. of India
Orientation Programme	HRDC, CU	15.02.2016 - 12.03.2016	UGC
Refresher Course	HRDC, LNIPE	07.11.2017 - 27.11.2017	UGC
Workshop on Research Methodology and Statistical Analysis	Dept of Phy. Edn., KU	19.06.2019 - 25.06.2019	KU
Online Workshop on Yoga Psychotherapy and Immunity	Dept of Yoga Edn. Dr. Harisingh Gour University	11.06.2020-20.06.2020	Dr. Harisingh Gour University
Refresher Course	HRDC, LNIPE	18.08.2020 - 31.08.2020	UGC

Published Research Paper/Article:

- ❖ “Effect of Land and Aquatic Plyometric Training on Agility and Muscle Mass”- Published in Unmesh, ISSN-0974-9829, Vol-9, No-1, Sept. 2013
- ❖ “Effect of 12 Week Yogic Practices on Aggression”- Published in International Journal of Physical Education, Health and Social Science, ISSN-2278-716X, Vol-3, No-1, Jan. 2014
- ❖ “Comparative Study of Body composition of B.P.Ed and B.A. General Students”- Published in Paripex- Indian Journal of Research, ISSN-2250-1991, Vol-3, No-9, Sept. 2015
- ❖ “Effect of Six Weeks Plyometric Training on Leg Explosive Power and speed of Female Athletes” – Published as chapter in book in Modern Physical Education Sports and Globalization. ISBN-978-93-84667-06-1, 2015
- ❖ “Effect of Plyometric Training on Long Jumping Ability, Agility and Body composition of Female Athletes” – Published as chapter in book in Recent Development of Physical Education and Sports Science. ISBN-978-81-925349-9-2, Dec. 2016
- ❖ “Effects of Land and Aquatic Plyometric Training on Leg Explosive Power and Speed”- Published in the proceedings of National Seminar on Fitness and wellness held at LNIPE, Gwalior in February 2014
- ❖ “Comparison of Land and Aquatic Plyometric Training on Anaerobic Power and Dynamic Jumping Ability”- Published in the proceedings of International Conderence on Physical Education and Sports science held at Manipal University, Jaipur in January 2017

Invited Lecture in Workshop/ Seminar/ Conference:

- Delivered lecture in the departmental seminar on “Usefulness of exercise in our day to day life” at Department of Physical Education, Jhargram Raj College in November 2018
- Delivered lecture as Resource Person on “Fitness for Society” in the Online National Workshop held at Raja Birendra Chandra College in June 2020
- Delivered extension lecture on “Physical Education for Health and Wellbeing” at Sankrail Anil Biswas Smriti Mahavidyalaya in June 2021

Participation in Seminar/ Conference:

Paper Presented		
International	National	State
3	5	1

Attended		
International	National	State
1	4	6