

**Programme Schedule**  
of  
A Two-Day International Conference on  
**“Opportunities and Challenges in Health and Physical Education in Post  
Pandemic Period”**

*Organized By*  
**Department of Physical Education**  
*in collaboration with*  
**Internal Quality Assurance Cell (IQAC)**  
**SRIKRISHNA COLLEGE**  
Bagula, Nadia, West Bengal, India.

<b>23<sup>rd</sup> February, 2023 (Thursday)</b>	
<b>Time</b>	<b>Events</b>
9:30 A.M	Registration
10:30 A.M	Receiving of Honourable Guests in the Dias
10:35 A.M	Felicitation to the Honourable Dignitaries.
<b>Inaugural Session (10:45 A.M. – 12:00 P.M.)</b>	
10:45 A.M	Inauguration of the Conference Lighting the inaugural lamp by <b>Prof. Manas Kr. Sannyal</b> , Hon'ble Vice Chancellor, University of Kalyani
10:50 A.M	Welcome Address by <b>Dr. Sukdeb Ghosh</b> , Principal and Chairperson of the Organizing Committee.
10:55 A.M	Inaugural address by <b>Mr. Anup Kr. Bhadra</b> , President, Governing Body, Srikrishna College & Petron of the Organizing Committee.
11:00 A.M	Speech By Chief Guest <b>Prof. Manash Kr. Sanyal</b> , Hon'ble Vice Chancellor, University of Kalyani.
11:10 A.M	Speech By Special Guest <b>Prof. Alok Kr. Banerjee</b> , Former Hon'ble Vice Chancellor, University of Kalyani.
11:15 A.M	Inauguration of Abstract and Souvenir of the Conference.
11:20 A.M	Keynote Address by <b>Prof. Sudarsan Bhowmick</b> , Formar Professor, Deptt. of Physical Education University of Kalyani and Former Visiting Professor Deptt. of Physical Education and Sports Science, Jashore University, Bangladesh.
12:00 P.M	Vote of Thanks By <b>Dr. Md. Imran Hossain</b> , Convener & Organizing Secretary.
12:05 P.M	Tea Break
<b>Academic Session</b>	
12:10 to 1:00 P.M	<p><b>Chair Person: Prof. Asoke Kr. Biswas</b>, Professor, Dept. of Physical Education, Jadavpur University, Kolkata.</p> <p><b>Invitee Speaker 1: Prof. Alok Kr. Banerjee</b>, Former Hon'ble Vice Chancellor, University of Kalyani, Kalyani.</p> <p><b>Topic: “Women in Sports- A Journey From Inequality to Equality”.</b></p> <p><b>Invitee Speaker 2: Prof. Zafiroul Islam</b>, Professor &amp; Head, Department of Physical Education and Sports Science, Jashore University of Science and Technology, Bangladesh.</p>

	<p><b>Topic: “Sports and Health Connection- a sociological viewpoint”.</b> Vote of Thanks by <b>Dr. Debatra Kr. Dey</b>, Associate Professor &amp; Head, Dept. of Economics, Srikrishna College. <b>Venue:</b> College Auditorium</p>
1:00- 1:45 P.M.	<b>Lunch Time</b>
	<b>Technical Session – I (1:45 P.M. – 3:55 P.M)</b>
1:45–1:50 P.M	<b>Chairperson: Prof. Sudarsan Bhowmick</b> , Formar Professor, Deptt. of Physical Education University of Kalyani and Former Visiting Professor Deptt. of Physical Education and Sports Science, Jashore University, Bangladesh.
1:50–1:55 P.M	<b>Co-Chairperson: Dr. A. Praveen</b> , Associate Professor, Dept. of Physical Education & Sports, Pondicherry University (Central), Puducherry.
1:55–2:20 P.M	<p><b>Invitee Speaker: Prof. Asoke Kr. Biswas</b>, Professor, Dept. of Physical Education, Jadavpur University, Kolkata. <b>Topic: “Health and Physical Education in National Education Policy- 2020”.</b></p>
	<b><u>Research Papers Presented By</u></b>
2:20–2:30 P.M	<p><b>1. Prof. Sanjib Mridha</b>, Professor, Dept. of Physical Education, Jadavpur University, Kolkata. <i>Title: “Review of BPed and MPed curriculum from the viewpoints of right based to quality education approach”.</i></p>
2:30–2:40 P.M	<p><b>2. Dr. Papan Mondal</b>, Assistant Professor, Dept. of Physical Education, Jadavpur University, Kolkata. <i>Title: “Recent Concepts and Ways of Fitness”.</i></p>
2:40–3:50 P.M	<p><b>3. Dr. Jayanta Kumar Debnath</b>, Assistant Professor, Post Graduate Government Institute for Physical Education, Banipur, WB. <i>Title: “Yoga- to Rehabilitate Post COVID Syndrome”</i></p>
2:50–3:00 P.M	<p><b>4. Mr. Zirtluanga Chhangte</b>, Research Scholar, Visva-Bharati University, Santiniketan, Bolpur. <i>Title: Effect Of Soccer Dribbling Drills on Ankle And Knee Joint Angles.</i></p>
3:00–3:10 P.M	<p><b>5. Mr. Vishnulal B M</b>, Research Scholar, Pondicherry University, Puducherry. <i>Title: Sports and the Impact of Autogenic Training.</i></p>
3:10–3:20 P.M	<p><b>6. Mr. Hafijul Shaikh</b>, Research Scholar, University of Burdwan, Burdwan. <i>Title: “Cultural Intelligence: A Key Capability of Migrated Physical Education Teachers for Working in the Post Pandemic Day”.</i></p>
3:20–3:30 P.M	<p><b>7. Dr. Mrityunjay Biswas</b>, Assistant Professor, Mugberia Gangadhar Mahavidyalaya, Mugberia. <i>Title: “Study on Educational Aspiration of Secondary Students after Pandemic Period”.</i></p>
3:30–3:40 P.M	<p><b>8. Mrs. Prakriti Adhikari</b>, Research Scholar, Jadavpur University, Kolkata. <i>Title: Performance Scenario of Men And Women 100m Freestyle and Backstroke Swimming Events at the Olympics”</i></p>
3:40–3:50 P.M	<b>Certificates Distribution</b>
3:50–3:55 P.M	Vote of Thanks by <b>Mr. Ashoke Banerjee</b> , Assistant Organizing Secretary of

	Organizing Committee. <b>Venue: College Auditorium</b>
<b>Technical Session – II (1:45 P.M. – 4:05 P.M)</b>	
1:45–1:50 P.M	<b>Chairperson: Prof. Zafiroul Islam</b> , Professor & Head, Department of Physical Education and Sports Science, Jashore University of Science and Technology, Bangladesh.
1:50–1:55 P.M	<b>Co-Chairperson: Dr. Subhabrata Kar</b> , Associate Professor & Head, Dept. of Physical Education, Union Christian Training College, Berhampore.
1:55–2:20 P.M	<b>Invitee Speaker: Dr. Saugata Sarkar</b> , ADPE and Secretary, Sports Board, Mizoram University (Central), Mizoram. <b>Topic: “Sports Engineering”.</b>  <b><u>Research Papers Presented By</u></b>
2:20–2:30 P.M	<b>1. Dr. Sankarshan Chakraborty</b> , School Teacher, H.G.S.H.S.S. Haldia, West Bengal. <i>Title: “A Study of Approach Speed in Basketball Layup Shots among Different Field Positions of the Two-Point Field Goal Area”.</i>
2:30–2:40 P.M	<b>2. Md. Hasanuz Zaman</b> , Research Scholar, Dept. of Physical Education, Jadavpur University, Kolkata. <i>Title: “Effects of Plyometric Training Programme on Reaction Time of Teen-Age Sprinting Athletes”.</i>
2:40–2:50 P.M	<b>3. Mr. Salil B.S.</b> , Research Scholar, Pondicherry University, Puducherry. <i>Title: “Play-Practice-Play An Efficient Football Coaching Session Management System for Grassroots Level Players”</i>
2:50–3:00 P.M	<b>4. Mr. Tajmed Khan</b> , Research Scholar, Jadavpur University. <i>Title: “A Study on Peak Expiratory Flow Rate”.</i>
3:00–3:10 P.M	<b>5. Mr. Jharen Debsarma</b> , PG Student, Dept. of Physical Education, University of Kalyani. <i>Title: Study on Development of Games and Sports In West Bengal In Reference to Nadia District.</i>
3:10–3:20 P.M	<b>6. Mr. Amalesh P J</b> , Research Scholar, Dept. of Physical Education & Sports, Pondicherry University (Central), Puducherry. <i>Title: “Hiit Workouts as a Stress Relief for Children during Covid Pandemic”.</i>
3:20–3:30 P.M	<b>7. Mr. Uttam Roy</b> , Research Scholar, University of Kalyani, Kalyani. <i>Title: “Comparison of Sprint And Endurance Running Performance of Varsity Male With and Without Face Mask”.</i>
3:30–3:40 P.M	<b>8. Sk. Soriotulla</b> , Assistant Professor, Beta College of Education, Hooghly. <i>Title: “Effect of Mindfulness Meditation among the College-Going Trainee Teachers- A Systematic Review Study”.</i>
3:40–3:50 P.M	<b>9. Dr. Shaybal Chanda</b> , Associate Professor, Department of Physical Education and Sports Science, Jashore University of Science and Technology, Bangladesh. <i>Title: “Short-COVID-19 Infection Impact on Vital Capacity”.</i>
3:50–4:00 P.M	Certificates Distribution
4:00–4:05 P.M	Vote of Thanks <b>by Mr. Rajib Sinha</b> , Assistant Professor & Head, Dept. of

	Sanskrit, Srikrishna College. <b>Venue: Seminar Hall (Room No. 42)</b>
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### Programme Schedule for 2<sup>nd</sup> Day

<b>24<sup>th</sup> February, 2023 (Friday)</b>	
<b>Time</b>	<b>Events</b>
10:00 A.M	Registration
10:30 A.M	Receiving of Honourable Guests in the Dias
10:35 A.M	Felicitatation to the Honourable Dignitaries.
<b>Technical Session – III (10:40 A.M. – 12:35 P.M)</b>	
10:40 -10:45 A.M	<b>Chair Person:</b> Prof. Gopal Chandra Saha, Professor, Viswa Bharti University, Santiniketan, Bolpur.
10:45 -10:50 A.M	<b>Co-Chairperson: Dr. A. Praveen</b> , Associate Professor, Dept. of Physical Education & Sports, Pondicherry University (Central), Puducherry.
10:50 -11:05 A.M	<b>Special Guest: Prof. Kanchan Bondopadhyay</b> , Formar Professor, Dept. of Physical Education, University of Kalyani, Kalyani.
11:05 -11:30 A.M	<b>Invitee Speaker: Prof. M. C. Ghosh.</b> Professor, Dept. of Physical Education, University of Kalyani, Kalyani.
<b><u>Research Papers Presented By</u></b>	
11:30 -11:40 A.M	<b>1. Dr. Awashes Subba</b> , Assistant Professor, Viswa Bharti University, Santiniketan, Bolpur. <i>Title: “Understanding the Relationship Between Exercise and Women’s Physiology: Towards Dispelling the Social Myths &amp; Beliefs”.</i>
11:40 -11:50 A.M	<b>2. Dr. Mritunjoy Das</b> , Assistant Professor, Seva Bharati Mahavidyalaya, <i>Title: “Physical Activity for a Better Tomorrow in New Normal Situation”.</i>
11:50 -12:00 P.M	<b>3. Mr. Abdul Rejjak Sk</b> , Research Scholar, Dept. of Physical Education, University of Kalyani, Kalyani. <i>Title: “Comparison of Health Related Fitness And Standard of Under-16 And Under-19 Year Aqua Athletes”.</i>
12:00 -12:10 P.M	<b>4. Mr. Arindam Ghosh</b> , Research Scholar, RIMT University. <i>Title: “A Step Test of Cardio-Respiratory Fitness in School Boys in Dooars Region of West Bengal During Post Pandemic Period”.</i>
12:10 -12:20 P.M	<b>5. Mr. Anup Saha</b> , PG Student, Dept. of Physical Education, University of Kalyani, Kalyani. <i>Title: “Study on the Perspective of Health And Physical Education of National Educationl Policy 2020”.</i>
12:20 -12:30 P.M	<b>6. Mr. Sukumar Das</b> , Assistant Professor, Sarat Centenary College

12:30 -12:35 P.M	<p><i>Title: “Epidemic Mystery of Diabetes: Causes Consequences and Management During Post Pandemic Period”.</i></p> <p>Vote of Thanks <b>by Dr. Sajjilul Islam</b>, Assistant Professor &amp; Head, Dept. of Commerce, Srikrishna College.</p> <p><b>Venue: College Auditorium</b></p>
12:35 -1:15 P.M	<b>Lunch Time</b>
<b>Technical Session – IV (1:15 P.M. – 3:30 P.M)</b>	
1:15- 1:20 P.M	<b>Chair Person: Prof. Sanjib Mridha</b> , Professor, Dept. of Physical Education, Jadavpur University, Kolkata.
1:20- 1:25 P.M	<b>Co-Chairperson: Dr. Mritunjoy Das</b> , Assistant Professor, Seva Bharati Mahavidyalaya,
1:25- 1:50 P.M	<b>Invitee Speaker 1: Prof. Gopal Chandra Saha</b> , Professor, Viswa Bharti University, Santiniketan, Bolpur.
1:50- 2:15 P.M	<p><i>Topic: “Principles of Scintific Strength Training”.</i></p> <p><b>Invitee Speaker 2: Dr. A. Praveen</b>, Associate Professor, Dept. of Physical Education &amp; Sports, Pondicherry University (Central), Puducherry.</p> <p><i>Topic: “Impact of Pandemic due to Covid-19 on Health and Fitness”.</i></p> <p><b><u>Research Papers Presented By</u></b></p>
2:15- 2:25 P.M	<p><b>1. Dr. Ashok Kumar Sardar</b>, School Teacher,</p> <p><i>Title: “Ergonomic Effect of Occupational Disorder And Postural Rehabilitation In Women Beddi Workers of West Bengal”.</i></p>
2:25- 2:35 P.M	<p><b>2. Dr. Prasenjit Barman</b>, Assistant Professor, Seva Bharati Mahavidyalaya,</p> <p><i>Title: “A Comparative Study on Motor Fitness of Height-Weight-Matched Early Teen Male Students of Three Different Type Schools of West Bengal”.</i></p>
2:35- 2:45 P.M	<p><b>3. Dr. Keshab Ch Gope</b>, Assistant Professor, Seva Bharati Mahavidyalaya</p> <p><i>Title: “Prescription of Individual Fitness Exercise Programme - an Outline”.</i></p>
2:45- 2:55 P.M	<p><b>4. Mrs Trina Halder</b>, PG Student, Dept. of Physical Education, University of Kalyani, Kalyani.</p> <p><i>Title: “Level of Depression Among The English Medium School Girls In Rural And Urban Areas of West Bengal – A Comparative Study”.</i></p>
2:55- 3:05 P.M	<p><b>5. Mrs. Soma Rani Mandal</b>, PG Student, Dept. of Physical Education, University of Kalyani, Kalyani.</p> <p><i>Title: “Study on Anxiety among the Elderly People Living with Families And Old Age Homes in Kalyani: A Compraitive Analysis”.</i></p>
3:05- 3:15 P.M	<p><b>6. Mrs Diti Roy</b>, SACT, Scottish Church College.</p> <p><i>Title: “Polycystic Ovary Syndrome: An Emerging Epidemic and Physical Exercise as a Solution”.</i></p>
3:15- 3:25 P.M	<p><b>7. Mr. Palash Mondal</b>, SACT, Haringhata Mahavidyalaya</p> <p><i>Title: “A Study on Sports Violence”.</i></p>
3:25- 3:30 P.M	<p>Vote of Thanks <b>by Mr. Arijit Chowdhury</b>, Assistant Professor &amp; TCS, Dept. of Political Science, Srikrishna College.</p> <p><b>Venue: College Auditorium</b></p>

3.30 P.M.	Valedictory Session and Grand Vote of Thanks by Dr. Md. Imran Hossain.