

**Name:** Dr. Subhashis Biswas  
**Designation:** Assistant Professor  
**Branch:** Physical Education



**Educational Qualification(s):**

Qualification(s)	University
B.P. Ed	University of Kalyani
M. P. Ed	University of Kalyani
PG Diploma in Sports and Competitive Yoga	Netaji Subhas Open University
M. Phil in Sports Science	Ramakrishna Mission Vivekananda Educational and Research Institute
Ph. D. in Sports Science	Ramakrishna Mission Vivekananda Educational and Research Institute

**Experience in years:**

Academic Details:

Sl. No.	Organization	Position Held	Duration	
			From	To
1	NIMS University Rajasthan, Jaipur	Assistant Professor	16.08.2023	15.01.2024
2	Panskura Banamali College (Autonomous)	Assistant Professor	15.02.2023	14.08.2023

Industrial Details:

Sl. No.	Organization	Position Held	Duration	
			From	To
1	West Bengal Police	Cricketer (constable)	07.07.2012	04.07.2017

**Other Information:**

Awards:

- o Qualified for [Junior Research Fellowship \(JRF\)](#) in UGC National Eligibility Test, Subject: Physical Education in [July 2016](#) and [November 2017](#)
- o Qualified [State Eligibility Test \(SET\)](#), WB College Service Commission, [Dec 2015](#)

**Certification:**

Examination	Subject	Authority	Year	Remarks
Certificate Course (6 months)	Strength and Conditioning	SAI & SRIHER	2021	1 <sup>st</sup> Class
Level 1 Anthropometrist	Anthropometry	ISAK	2020	Qualified
Advanced Statistics	Statistics	RKMVERI	2019	1 <sup>st</sup> Class
Certificate course in Sports Coaching	Cricket	SAI	2023	1 <sup>st</sup> Class

**Internship:**

Subject	Venue	Authority	Year
Sports Psychology	High Performance Centre , JRD Tata Sports Complex, Jamsedpur	Tata Steel	Feb-May 2022

**Research Publications:**

- Kabir, M. S., Yadav, S., Prasad, T., & Biswas, S. (2023). Demographic Insights into College-Going Students in India: A Morphological Analysis. *International Journal of Kinanthropometry*, 3(2), 69–77. <https://doi.org/10.34256/ijk2328>
- Biswas, S., Bhattacharya R., & Das, A., (2023). Physical Characteristics, Movement Pattern, and Heart Rate Response of Indian Cricketers During Batting in Twenty20 (T20) Matches. *International Journal of Exercise Science*, 16 (6). <https://digitalcommons.wku.edu/ijes/vol16/iss6/19>
- Biswas, S., Biswas, B., Biswas, A., & Bhunia, G. (2022). Resting Heart Rate and Cardiovascular Endurance of Provincial Cricketers and Middle-Distance Runners: an Observation. *Physical Education Theory and Methodology*, 22(3s), S132-S136. <https://doi.org/10.17309/tmf.v.2022.3s.18>
- Biswas, S., Guha, S., & Bhattacharya, R. (2022). Validity and Reliability of Polar V800 Smart Watch to Measure Cricket-Specific Movements. *Physical Education Theory and Methodology*, 22(3), 316-322. <https://doi.org/10.17309/tmf.v.2022.3.03>
- Biswas, S., Biswas, A., & Bandyopadhyay, N. (2021). Effects of Four Weeks Intervention of Yogic Practices on Cricket Specific Motor Fitness, *Journal of Advances in Sports and Physical Education*. 4 (5), 125-130 <https://doi.org/10.36348/jaspe.2021.v04i05.007>
- Biswas, S. (2020). A Study on Resting Heart Rate and Heart Rate Variability of Athletes, Non-athletes and Cricketers, *American Journal of Sports Science*. 8 (4), pp. 95-98. <https://doi.org/10.11648/j.ajss.20200804.13>
- Biswas, S., & Bhattacharya R. (2022). Effect of physical and physiological parameters on the performance of sub-elite Indian upper order batsmen in T20 matches: a pilot study. *MOJ Sports Med*.5(2):51-55. <http://doi.org/10.15406/mojism.2022.05.00118>
- Biswas, S., & Biswas, N. (2021). Somatotype of Regional Cricketers of West Bengal in India, *European Journal of Sports & Exercise Science*, 2021, 9 (3): 11-17, [ISSN:2278-005X](https://doi.org/10.11648/j.ajss.20200804.13).
- Kirtania, T., Biswas, S., & Goon, A. (2022). Effect of progressive yogic practices on health related physical fitness of rural middle age women: A randomized pilot study. *Int J PhysEduc Sports Health*. 9(4):269-273. <https://doi.org/10.22271/kheljournal.2022.v9.i4e.2603>

### **Conference Presentations:**

1. Biswas, S., Goswami, A. (2020). A comparative study on resting heart rate and heart rate variability of cricketers and track event athletes of West Bengal, in International Conference on Physical Education, Yoga and Sports Sciences in 2020s Era on 15<sup>th</sup> Jan 2020 held at S.I.P.E.W, Hastings House, Kolkata.
2. Biswas, A., Biswas, S. & Ghosh, A (2020). Anthropometric profile of district level cricketers with various specialization, in International Conference on Physical Education, Yoga and Sports Sciences in 2020s Era on 15<sup>th</sup> Jan 2020 at S.I.P.E.W, Hastings House, Kolkata
3. Biswas, S., Goswami, A., Ghosh, A., & Ghosh, S. (2019). A study of Heart rate variability of district level cricketers: a pilot study, in International conference on futuristic trends in health physical education and sports, organized by Mizoram University during 14<sup>th</sup> -15<sup>th</sup> February 2019. (ISBN: 978-81-939434-7-2)

### **Sports Achievements:**

**Cricket:** Participated in East Zone Inter University Cricket Tournament (2008- 2012).  
Combined district (2009) and combined university (2010) in P. Sen Trophy.  
Represented West Bengal School (2002)  
Represented West Bengal police (2013-17)

**Football** Participated in inter district junior football (2006)  
Participated in Inter college non-govt. football tournament (2007)

**Yoga** Participated in 64<sup>th</sup> All India Police Volleyball Cluster (2016)

### **Declaration:**

I solemnly declare that the information furnished above is true to the best of my knowledge.

Date: 16.01.2024

Place: Kamlaghat, Tripura

  
Subhashis Biswas