

## Curriculum Vita

1. NAME:- **DR SHYAMSUNDAR PRATI HAR**
2. Date of Birth:- **21.06.1967**
3. Parents Name:- **Late Jyotindranath Pratihar**  
**Late Fulkumari Pratihar**
4. Name of Spouse:- **Gitanjali Nayak**
5. Aadhar Number:- **887588375110**
6. Date of Joining at RSM:- 01.01.2013
7. **Educational Qualification**:-
  - a) B. Com(B.U.), BP Ed (U.U.), MA(Bengali) (FMU), MP Ed (Gold Medallist) FMU-2008, Ph. D (FMU) 2019
  - b) **Research Qualification**:-
    - (i) Comparative effect of Training Loads dominate by strength and endurance on selected physical and physiological variables of basket ball players.
8. **Working Exp**:-
  - a) Uttar Banga B.P.Ed College, Malda, 2008-2010
  - b) Ananda Chandra College, Jalpaiguri, 2010-2012
  - c) Raiganj Surendranath Mahavidyalay, 2013- till now
9. **Publication**:-
  - a) 2016- Effect of Different training methods on football playing ability. (Paripex) ISSN-2250-1991
  - b) 2017- Comparative effect of Training Loads Dominated by strength and endurance on selected physiological variables of basketball players. ISSN No- 2249-555X
  - c) 2021- The Effect of a pre season Training package on long jump performance of college level athletes. ISSN No- 2277-8160
  - d) Effect of weight Training and Yoga on selected 2021 physiological variables of college going students. ISSN No- 2277-8179
  - e) Effect on Yoga on Physical fitness variables of college going female students. ISSN No- 2250-1991

10. **Presentation:-**

- a) Effect of Different Training Methods on Football Playing ability at Nikhil Banga Sikshak Shikshan Mahavidyalay. Bishnupur Bankura
- b) Comparative effect of training Loads dominated by strength and endurance on selected physical and physiological variable of Basket Ball Players at Sree Chaitanya Mahavidyalaya (Habra)

11. **Awards:-**

Rishi Aurobinda Institute of Teacher Education, Panchkhuri,  
Paschim Medinipur

“Development of self esteem Through Yoga”