

CURRICULUM VITAE

Teaching Staff

Department – Physical Education

Name – SK RASID MAHAMMAD

Joining Date – 19/11/2010

Designation – SACT – I

Ghatal Rabindra Satabarsiki Mahavidyalaya

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Dr. Sk Rasid Mahammad

(M.Sc., PGDYE., M.P.Ed., M.Phil., Ph.D.,)

M.Sc (Yoga)

PGDYE (Yoga)

M.P.Ed (Physical Education)

M.Phil (Physical Education)

Ph.D (Physical Education)

**International Certificate Course of Science of Coaching in
Football (IAPES, PEFI, LNIPE)**

NPTEL Certification:-

- 1) Biomechanics of Joints and Orthopedic Implants (Mechanical Engineering) from IIT Kharagpur**
- 2) Stress Management (Psychology) from IIT Kharagpur**
- 3) Sports and Performance Nutrition (Sports Science) from IIT Madras**
- 4) Introduction to Exercise Physiology and Sports Performance (Sports Science) from IIT Madras**
- 5) Fundamental of Sports Training, Load Management and Recovery (Sports Science) from IIT Madras.**
- 6) Sports Psychology (Sports Science) from IIT Madras.**
- 7) Research Methodology from IIT Madras.**
- 8) Teaching and Learning in General Programme (TALG) from IISc Bangalore.**
- 9) Yoga and Positive Psychology from Managing Career and Life from IIT Bombay.**
- 10) Introduction to Psychology from IIT Kanpur.**

- Research Experience: 6 Years**
- Teaching Experience: 16 Years**

➤ **Research Papers in UGC listed Journal/Peer Reviewed:**

Sl. No.	Title of The Paper ,with journal Name, Page No, Year of Publication	ISSN / ISBN No.	National / International Level	Impact Factor, if any*	Author-ship***
01	A Study On The Effect Of Yoga Training On The Tactics Of The College Level Male Soccer Players 2022 International Journal of Health Sciences 18 April 2022	ISSN – 2550 – 6978 E-ISSN – 2560 – 696XC @ 2022	International UGC Care Listed Group – II (SCOPUS)	6.6	Sk Rasid Mahammad Dr. Devendra Nath Behera
02	Job Satisfaction Among Secondary School Teachers In Paschim Medinipur District In The Present Context Journal of Pharmaceutical Negative Results Vol No.- 14 Issue –3 2023 DOI- 10.47750 7 February 2023 2815-2823	ISSN – 2229-7723 DOI – 10.47750	International UGC Care Listed Group – II (SCOPUS)		Sk Rasid Mahammad Prof. (Dr.) Manikanta Paria et.al.
03	A Study on the Effect of Yoga Training on the tactics of the college level female soccer players July 2022 Vol.-IX Issue-2 710-716 Shodhasanhita	ISSN-2277-7067	International UGC CARE LISTED GROUP-I	4.95	Sk Rasid Mahammad Dr. Devendra Nath Behera
04	A Yoga doubtless solution to weight and obesity Management, Shodh Samhita Journal of Fundamental and comparative Research,Vol. No. -IX(ISSUE 1) (II), 42 – 46, January 2022	ISSN 2277 - 7067	International UGC CARE LISTED GROUP - 1	4.95	Sk Rasid Mahammad
05	A comparative study on the soccer skill between Male and Female college Players, The journal of oriental Research Madras, 36 – 43, November 2021	ISSN 0022 - 3301	International UGC CARE LISTED GROUP - 1	7.193	Sk Rasid Mahammad
06	Impact of Yoga on the Technic of Male college Level soccer players. Akshar Wangmay International Research Journal, 181 – 185, October 2021	ISSN 2229 - 4929	International UGC CARE LISTED GROUP - 1		Sk Rasid Mahammad
07	Impact of Yoga on Academic Achievement of School students of Paschim Medinipur, West Bengal, Akshar Wangmay International Research Journal, 125 – 129, July 2021	ISSN 2229 - 4929	International UGC CARE LISTED GROUP - 1		Sk Rasid Mahammad

08	A Brief Review of the Mental Health of the college students in Paschim Medinipur, West Bengal, Journal of Modern Thamizh Research, 1236 – 1241, 3rd to 5th June 2021	ISSN 2321 – 984X	International UGC CARE LISTED GROUP - 1		Sk Rasid Mahammad
09	Impact of Yoga Training on Programme on Selected Psychological Variables of School Going Boys 31 November 2024 Published By: Royal International Global LLC (USA)	E-ISSN-3065-7857	International	6.001	Dr. Sk Rasid Mahammad
10	From Ancient wisdom to Modern wellness; The relevance of Yoga Today 31 October 2024 Published By: Royal International Global LLC (USA)	ISSN-3065-7857	International	6.001	Dr. Sk Rasid Mahammad
11	Beyond the Ban: Understanding the Awareness and Consequences of Doping in sports BIJMRD Volume-4 Issue- 2 February 2026	E-ISSN-2584-1890	International	5.7	Dr. Sk Rasid Mahammad
12	The Impact of Yoga on Reducing Stress:- A Research Study International Journal of Physical Education and Sports Volume: Special Issue: 02 Page- 8-17 Year- June 2025	ISSN – 2456-2963	International	4.547(CIF) 3.125 (RIF) 3.61(IJI)	Dr. Sk Rasid Mahammad
13	The Impact of Yoga Practices on Tribal Communities in West Bengal: A Pathway to Health, Empowerment and Cultural Sustainability International Journal of Multidisciplinary advanced Scientific Research and Innovation(IJMASRI) Volume-II, Issue-I, PP- 181-187 April 2025	ISSN-2582-9130	International	IBI Impact Factor 1.5	Dr. Sk Rasid Mahammad
14	The Role of Physical fitness in Playing Soccer : A Review Pen and Prosperity Vol. 1 Issue – 1 September 2024	E-ISSN – 3048-9555	International	3.8	Dr. Sk Rasid Mahammad
15	Effect of Yoga Practices on the Speed and Agility of College Level Volleyball Players Bharati International Journal of Multidisciplinary Research and Developement BIJMRD Vol.-2 Issue-3 April 2024	E-ISSN-2584-1890	International	5.95	Dr. Sk Rasid Mahammad
16	Effect of physical Fitness Variables on Urban and Rural School Level Cricket Players, Indian Journal of physical Education, Sports and applied Sciences. (I.J.P.E.S.A.S) 13-25, January - 2014	ISSN 2229–550X	International Approved by UGC	-	Sk Rasid Mahammad

17	Effect of Yogasana on Academic performance of School going students, International Journal of Physical Education Sports and Health. (I.J.P.E.S.H), 194 – 197, July –August 2016	ISSN 2394 - 1685	International Indexed Journal Peer Reviewed Journal	4.69	Sk Rasid Mahammad*, K. Karak*,
18	Effect of Meso-cycle Training on Specific Soccer skill and Playing Ability of University Level Soccer players, Jai Maa Saraswati, (J.M.S.G), 391 – 404, Oct - 2016	ISSN 2454 - 8376	International An International Multidisciplinary e-journal (Peer Reviewed open Accessed & Indexed)	4.032	Sk Rasid Mahammad*, K. Karak*,
19	Aims and objectives of Physical Education in the Indian Secondary Schools in contemporary scenario, Ad Valorem International A Blind Peer Review Quarterly Referred Journal, 21 – 24, Jan – March 2019	ISSN 2348 - 5485	International Approved by UGC Journal No - 41336	3.523	Sk Rasid Mahammad
20	Effect of Yogasana on Blood Sugar Male patients in Paschim Medinipur District, Global Journal for Research Analysis (G.J.R.A), 39 – 41, July - 2019	ISSN 2277 - 8160	International UGC Sr. No. 49177	5.156	Sk Rasid Mahammad
21	Effects of Asana as well as Yogasana promptness and Elastity Level, Aayushi International Interdisciplinary Research Journal (AIIRJ), 292 – 296, 2021	ISSN 2349 – 638x	International peer Reviewed And Indexed Journal	7.149	Sk Rasid Mahammad
22	Women Empowerment In India with specific Reference to West Bengal, Research Journey, 23 -34, May 2021	E – ISSN 2348 - 7143	International peer Reviewed And Indexed Journal	6.625	Sk Rasid Mahammad
23	A study on the role of Language in the Indian Education System, Aayushi International Interdisciplinary Research Journal (AIIRJ), 304 – 307, 30th May 2021	ISSN 2349– 638X	International peer Reviewed And Indexed Journal	7.149	Sk Rasid Mahammad
24	A comparative study Between the college students participation in sports before Covid – 19 outbreak and during the outbreak, Journal of Research and Development, 71 – 74, June 2021	ISSN 2230 - 9578	International A Multidisciplinary International Level Referred Journal	7.265	Sk Rasid Mahammad
25	Comparative analysis on the level of selected physical Fitness variables Between colleges going Football and volleyball players, paripex Indian Journal of Research 1 - 3, July 2021	ISSN 2250 - 1991	International PEER Review International Journal DOI : 10.36106	6.941	Sk Rasid Mahammad

26	An Exploration of the Impact of Yoga on the Soccer Skill of the Male players of Paschim Medinipur, West Bengal, Research Nebula, 53 – 57, October 2021	ISSN 2277 - 8071	International Refereed PEER Review and Index Quarterly Journal DOI : 10.22183/RN	7.399	Sk Rasid Mahammad
27	Impact of Yoga on the Immune system of the Human Body International Journal of Physical Education of Health and Sport Science Page – 224 – 229 11-12 MARCH 2022	ISSN – 2279 - 0306	International journal of Physical Education Health & Sports Science (PEFI)		Sk Rasid Mahammad
28	An Exploration of the Impact of the Yoga on the soccer skill of the college level female players Page- 25-33 Gurukul International Multidisciplinary research journal September – 2022 Issue-3 Vol.- X 30/09/2022	E-ISSN- 2394- 8426	International	6.305	Sk Rasid Mahammad Dr. Devendra Nath Behera

➤ **Publications (Books):**

Sl. No.	Publication Type*	Title of the Book Chapter/ Book / Conference proceeding, with gear of publication and other publication details	ISBN / ISSN No.	Level International / National	Author Ship*
01	Book (2020) Kumud Publication	Physical Education and Yoga	978 – 81 947766 – 4 -2	International	Sk Rasid Mahammad

➤ **Publications (ISBN Book Chapter):**

Sl. No.	Publication Type*	Title of the Book Chapter/ Book / Conference proceeding, with gear of publication and other publication details	ISBN / ISSN No.	Level International / National	Author Ship*
01	Book Chapter	Students Attitude towards psychological and physiological aspects of Yoga education as perceived in different secondary school of West Bengal, International Edited E Book HUMAN MOVEMENT, 52 – 57, 2021	ISBN 978 – 93 – 90461 – 00 – 4	International Edited E Book IAPES PHYSICAL EDUCATION FOUNDATION OF INDIA (PEFI) MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA)	Sk Rasid Mahammad
02	Book Chapter	Effects of Games and Sports on the Academic performance as well as physical Health of Secondary School Students, (PEFI) 265 – 269 June - 2021	ISBN – 978 - 93 – 90461 – 80 - 6	International IAPES PHYSICAL EDUCATION FOUNDATION OF INDIA (PEFI) MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA	Sk Rasid Mahammad
03	Book Chapter	Value of Micronutrients for Sports persons or Athletes, Exigency of Existence A Quest, 229 – 241, January 2022	ISBN 978 – 1 – 716 – 04777 – 0 ISBN – 10:1716047 77-3	International RED'SHINE Publication UK (London)	Sk Rasid Mahammad
04	Book Chapter	Effects of Yoga practices on young children's physical and Mental Health, Social Anxiety, KUMUD PUBLICATION 137 – 150 2022	ISBN 978 – 93 – 92033 – 28 - 6	International	Sk Rasid Mahammad

05	Book Chapter	An Overview of Yoga as a Means for Peace Culture Relevants of Peace and Value Education In Present Day Education System Page No.- 129 July 2022 Red Shine Publication Pvt. Ltd. 232, Bilton Road Perivele, Greenford, London UK	ISBN- 978-1-387-71936-5 ISBN- 10;1-387-71936-X	International	Sk Rasid Mahammad
06	Book Chapter	Moral of College Level Physical Education Teacher in Paschim Medinipur District, West Bengal Innovation in the changing trends in Education Page- 27 August 2022 Red Shine Publication Pvt. Ltd. 232, Bilton Road Perivele, Greenford, London UK	ISBN- 978-1-387-71937-2 ISBN- 10;1-387-719-37-R	International	Sk Rasid Mahammad
07	Book Chapter	Challenges and opportunities in physical Education. The Experience of Physical Education Teacher in India. PAGE NO – 146-152 2023 Physical Education Sports and Yogic Science in New Normal	ISBN – 938134946-0	International	Sk Rasid Mahammad
08	Book Chapter	Tribal Language and Art: Guardians of Diversity in a Globalized World Chapter – 100-110 15 December 2024	ISBN – 978-81-977156-8-6	International	Dr. Sk Rasid Mahammad

➤ **Paper Presented in Conference / Seminar:**

Sl. No.	Title of the Invited Lecture/Paper presented	Title of Conference/ Seminar etc.	Organised by	Date of Presentation	Level
01	Effects of Asanas As well as Yoga on promptness and Elasticity Level	Trends challenges and Issues in the Science, Social Science and Languages for Social welfare.	Bharati Vidyapeeth's Dr. Patangrao Kadam Mahavidyalaya	17 th May 2021	International
02	Women Empowerment In India with specific Reference to West Bengal	Research Methodology in Library Science, Social Science and Commerce.	Maharana Pratapsinh Shikshan Santha's Anandibai Raorane Arts, commerce and science college, vaibhawadi	27 th May 2021	International
03	A Study on the role of Language in the Indian Education System	Sustainable Development in Science, Social Sciences and Languages	Dr. Ghali college, GADHINGLAJ AFFILIATED TO SHIVAJI UNIVERSITY, KOLHAPUR	30 th May	International
04	A comparative study Between the college student's participation in sports Before Covid – 19 outbreak and During the outbreak.	Sustainable Development Goals Initiatives Execution and challenges.	Vimukt Jati Seva Samitee Gramin (ACS) Mahavidyalaya, Vasantagar Kotgyal Associated to Swami Ramananda Teerth Marathwada University, Nanded	10 th June	International
05	Value of Micro – nutrients for sports persons or Athletes	Role of Micronutrients : Immunity and Health	Manav Rachna International Institute of Research & Studies Faculty of Allied Health Sciences. Departments of Nutrition and dietetics in collaboration with society for Agriculture and Allied Research (SAAR)	18-19 June 2021 19 th June	International

06	A Brief Review of the Mental Health of the college students in Paschim Medinipur, West Bengal	Interrogating the Idea of Development A 360 Degree Investigation	CT University Ludhiana & Vedanta Publications and Educational Services	19 and 20 th June 2021	International
07	Impact of Yoga Academic Achievement of School students of Paschim Medinipur, West Bengal	Challenges of Higher Education In India To Complete with Global Level	Night college of Arts and commerce, Ichalkaranji Affiliated to Shivaji University, Kolhapur	12 th July 2021	International
08	Impact of Yoga on the Technic of Male college Level soccer players	ICSNADSSPEYS 2020	PEFI	29 Feb and 1 st March 2020	International
09	An Exploration of the Impact of Yoga on the soccer skill of the Male players of Paschim Medinipur, West Bengal	Role of Physical Activities, Health and Fitness in Today's crisis	Mahatma Jyotiba Fule Mahavidyalaya Amaravati, Late Dattatraya Puswlkar Arts college, Nandgaonpeth Amaravati. Narayan Rao Rana Mahavidyalaya, Bandera, Amaravati.	16 th Oct 2021	International
10	A comparative study on the soccer skill between Male and Female college players	Research Methodology in Social Science, Library Science, Pure Sciences, Management, Home Science & Sports Science in Higher Education system In India	Phondaghat Education Society's Phondaghat Arts & Commerce college Phondaghat Affiliated to University of Mumbai	24 th Oct. 2021	International
11	Challenges and opportunities in physical Education. The Experience of physical Education Teacher in India.	Sustainable Development Goals in South Asia. Key Issues Opportunities and Challenges	University of Kelaniya, Srilanka & D.B.F Dayanand College of Arts and Science, Solapur (MS), India and Santosh Bhimrao Patil Arts Commerce and Science College, Mandrup (MS) India and Pangea Geographical Association, India	7 th Dec. 2021	International

12	A Study On The Effect Of Yoga Training On The Tactics Of The College Level Male Soccer Players	Recent Trends In Humanities , Commerce , And Management , Pure Sciences , And Environment	Department of Economics , School of Social Sciences	19 th March 2022	International
13	Challenges And Opportunities In Physical Education. The Experience Of Physical Education Teacher In India	Role Of Physical Education And Yogic Science In New Normal.	Department of Physical Education and Sports Science in Collaboration with IQAC Panskura Banamali College.	29 th March 2022	National
14	A Study on the Effect of Yoga Training on the Tactics of the College Level Female Soccer Players	The Occasion of National Sports Day	Sports and Human Development (Inclusivity Perspective) Indira Gandhi National Tribal University	29 th August 2022	National
15	Impact of Yoga on the Technic of Female College Level Soccer Players	Rashtriya Sikshaniti 2020	Eklavya University	23-24 September 2022	National

➤ **TRAINING RECEIVED/WORKSHOPS/SHORT TERM COURSE/FDP**

Sl. No.	Name of the Course/Programme/Training/Summer or Winter School	Place & Institution	Duration (Dates)	Sponsoring Agency
01	12 days Faculty Development programme on Teacher Education Renewal in India.	Sri Guru Gobinda Singh College of Education Beghpur, Kamlooh, (Mukerian)	01 st June – 12 th June 2021	Sri Guru Gobind Sing College of Education, Beghpur, Kamlooh, (Mukerian)
02	One week National Level Faculty Development Programme on "Data Analysis Using MS – Excel : For Research In Social Science"	Bharat College of Arts & Commerce Affiliated University, Mumbai	26 th July to 31 st July 2021	Bharat Friend's Association's Bharat college of Arts and Commerce.

➤ NPTEL Certification (AICTE Approved FDP)

STRESS MANAGEMENT	IIT KHARAGPUR	4 WEEKS 2019	PSYCHOLOGY
BIOMECHANICS OF JOINTS AND ORTHOPAEDIC IMPLANTS	IIT KHARAGPUR	8 WEEKS 2024	MECHANICAL ENGINEERING
INTRODUCTION TO EXERCISE PHYSIOLOGY AND SPORTS PERFORMANCE	IIT MADRAS	8 WEEKS 2024	SPORTS SCIENCE
SPORTS AND PERFORMANCE NUTRITION	IIT MADRAS	8 WEEKS 2024	SPORTS SCIENCE
RESEARCH METHODOLOGY	IIT MADRAS	8 WEEKS 2024	SOCIAL SCIENCE
FUNDAMENTAL OF SPORTS TRAINING, LOAD MANAGEMENT AND RECOVERY	IIT MADRAS	8 WEEKS 2024	SPORTS SCIENCE
SPORTS PSYCHOLOGY	IIT MADRAS	8 WEEKS 2024	SPORTS SCIENCE
TEACHING AND LEARNING IN GENERAL PROGRAMME	IISC BANGALORE	8 WEEKS 2024	TALG
YOGA AND POSITIVE PSYCHOLOGY FOR MANAGING CARRER AND LIFE	IIT BOMBAY	8 WEEKS 2024	PSYCHOLOGY
INTRODUCTION TO PSYCHOLOGY	IIT KANPUR	8 WEEKS 2025	PSYCHOLOGY
INTERNATIONAL CERTIFICATE COURSE OF SCIENCE OF COACHING IN FOOTBALL.	IAPES., PEFI., LNIPE	FEBRUARY 19-22 2022	FOOTBALL

➤ ACHIEVEMENTS/AWARDS:

SPORTS/EVENT	POSITION	YEAR	INTERNATIONAL/NATIONAL/STATE/INTER COLLEGE LEVEL
CRICKET	MEMBER OF WINNER TEAM	2008-2009	INTER COLLEGE
400 METER RUN	1 ST	2008-2009	INTER COLLEGE
ATYA-PATYA	PARTICIPATION	15-16 DECEMBER 2012	STATE LEVEL (WEST BENGAL STATE LEVEL ATYA-PATYA CHAMPIONSHIP 2012-2013)
SOFT BALL	PARTICIPATION	27-30 NOVEMBER 2014	NATIONAL LEVEL (9 TH SENIOR NATIONAL SOFT BALL CRICKET CHAMPIONSHIP 2014)

➤ Editorial Board Member in Journal:

- 1) Gurukul International Journal (Editorial Consultants). ISSN- 2394-8426
- 2) Vidyawarta Peer- Reviewed International Journal. ISSN- 23919318, 30 November 2022
- 3) International Journal of Multidisciplinary Educational Research. ISSN- 2277-7881, IJMER, Volume- 12, 2023
- 4) Pen and Prosperity International Multidisciplinary Journal. E-ISSN- 3048-9555