

## **CURRICULUM VITAE**

Dr. Anindita Singha Roy. M.Sc., Ph.D.

### **Personal Details**

**Date of Birth** : 8<sup>th</sup> April, 1989.

**Mother's Name** : Sulekha Singha Roy

**Father's Name** : Arun Kumar Singha Roy

**Category** : Schedule Caste (SC) [Certificate No WB1204SC20190608, issued by the office of the Subdivisional officer Serampore, Hoohly, West bengal]

**Residential Address** : 30/9 Tarapukur Lane, Serampore  
P.O –Mallickpara, Pin-712203  
Dist- Hooghly, State- West Bengal

**Present Affiliation** : Assistant Professor  
Department of Physiology  
Katwa College  
University of Burdwan

**E-mail** : [roysanindita@gmail.com](mailto:roysanindita@gmail.com)

**Mobile** : +91 9804424073

**Marital Status** : Married

**Spouse's Name** : Suurajit S Sahha

**No. of Children** : One Daughter (DOB: 24.12.2017)

**Educational Qualification** :

Sl. No.	Name of the Examination	Year of Passing	Board / University	Subjects	% of Marks	Division or Class
01.	Madhyamik Examination (Class – 10)	2004	West Bengal Board of Secondary Education	Bengali, English, Mathematics, Physical Science, Life Science, History, Geography, Work & Physical Education.	73	1 <sup>st</sup>
02.	Higher Secondary Examination (Class 10+2)	2006	West Bengal Council of Higher Secondary Education	Bengali, English, Physics, Chemistry, Mathematics, Biology	64.8	1 <sup>st</sup>
03.	<b>B.Sc. (Honours)</b>	2009	University of Calcutta	<b>Physiology (Hons.),</b> Zoology (Pass), Chemistry (Pass)	57.5	2 <sup>nd</sup>
04.	<b>M.Sc.</b>	2011	University of Calcutta	<b>Physiology</b> (Specialization in Sports & Exercise Physiology)	64.1	1 <sup>st</sup>

05.	Ph.D.	<p><b>Title of the thesis :</b> Effect of Ramadan Intermittent Fasting on Different Components of Physical Fitness in Young Muslim Males of Kolkata, India.  <b>Conferred by :</b> University of Calcutta (India)  <b>Date of submission :</b> 12<sup>th</sup> October 2017; <b>Date of Award:</b> 6<sup>th</sup> September 2018.</p>
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#### AWARDS RECEIVED

- Recipient of most prestigious **Prof. P. B. Sen Memorial Research Prize 2019** of **The Physiological Society of India** for **Best Published Research Paper**.  
**Title of the paper:** Roy AS, Bandyopadhyay A. Effect of Ramadan Intermittent Fasting on Different Components of Body Composition in Young Muslim Males of Kolkata, India. *Journal of Human Ergology* 2018; 47: 63–68.
- Received the **Best Oral Presentation Award** in the Session 2 of **PHYSICON 2018**, the **30<sup>th</sup> Annual Conference of The Physiological Society of India**.
- Received the **Young Scientist Award** in the **PHYSICON 2018**, the **30<sup>th</sup> Annual Conference of The Physiological Society of India**.
- Felicitated with most prestigious **Prof. B.B. Sarkar Memorial Research Prize 2017** of **The Physiological Society of India**, for **Best Published Research Paper**.  
**Title of the paper:** *Pulmonary Function of Young Muslim Males During the Month of Ramadan*.

#### LIST OF PUBLICATION

##### Review Articles:

1. Roy AS, Basu S, Bandyopadhyay A. Obesity – a Causative Factor of Breast Cancer. *International Journal of Medicine and Medical Research* 2018 (USA) 4(2): 50–58.
2. Bandyopadhyay A, Bhattacharjee I, Roy AS. Vitamin D – a Probable Performance Boosting Mediator in Athletes. *Journal of Food Science and Nutrition Therapy* 2016 (India); 2(1): 19–24.
3. Goswami B, Roy AS, Dalui R, Bandyopadhyay A. Impact of Pubertal Growth on Physical Fitness. *American Journal of Sports Science and Medicine* 2014 (USA); 2(5A): 34–39.
4. Goswami B, Roy AS, Dalui R, Bandyopadhyay A. Peak Expiratory Flow Rate – a Consistent Marker of Respiratory Illness Associated with Childhood Obesity. *American Journal of Sports Science and Medicine* 2014 (USA); 2 (1): 21–26.

##### Publication of Research Articles:

5. Dalui R, Roy AS, Bandyopadhyay A. Anthropometry and Body Composition in Eastern Indian Soccer and Hockey Players. *Journal of Ergonomics (UK, ISSN: 2165-7556)* 2022; 2: 293–298.
6. Mukherjee P, Roy AS, Bandyopadhyay A, Gangopadhyay S. A detailed study on morphological profile, hand grip strength, flexibility, and working postures in housemaids

of Kolkata. BLDE University Journal of Health Sciences (India ISSN: 2468-838X; eISSN: 2456-1975) 2020; 5: 200–208.

7. Mukherjee P, **Roy AS**, Bandyopadhyay A, Gangopadhyay S. Assessment of Work Related Musculoskeletal Disorders among House Maids of Kolkata, India. *International Journal of Clinical and Experimental Physiology* 2020 (India, eISSN: 2348-8093; pISSN: 2348-8832); 7(2): 81–86. [DOI: 10.5530/ijcep.2020.7.2.20]
8. Basu S, **Roy AS**, Dalui R, Bandyopadhyay A. Physical Fitness of Basketball and Volleyball Players of Kolkata, India. *International Journal of Clinical and Experimental Physiology* (India, eISSN: 2348-8093; pISSN: 2348-8832) 2019; 6(4): 111–117. [DOI: 10.5530/ijcep.2019.6.4.31]
9. Mukherjee P, **Roy AS**, Bandyopadhyay A, Gangopadhyay S. Occupational Stress among Female Housemaids of Kolkata, India. *Journal of Human Ergology* (Japan, Online ISSN: 1884-3964 Print ISSN: 0300-8134) 2019; 48(1): 1–7.
10. **Roy AS**, Bandyopadhyay A. Effect of Ramadan Intermittent Fasting on Different Components of Body Composition in Young Muslim Males of Kolkata, India. *Journal of Human Ergology* (Japan, Online ISSN: 1884-3964 Print ISSN: 0300-8134) 2018; 47: 63–68.
11. Basu S, Dalui R, **Roy AS**, Bandyopadhyay A. Pulmonary Functions in Volleyball and Basketball Players of Kolkata, India. *International Journal of Pulmonary and Respiratory Medicine* (USA, ISSN: 2378-3516) 2018; 5(2): 1–7. [DOI: 10.23937/2378-3516/1410091]
12. Dalui R, **Roy AS**, Bandyopadhyay A. Fitness Profile of Male Swimmers and Water Polo Players of Kolkata, India – a Comparative Study. *Indian Journal of Physiology and Pharmacology* (India, ISSN: 1995-7645) 2018; 62(4): 397 – 406.
13. Roy AS, Bandyopadhyay A. Effect of Ramadan Intermittent Fasting on Hematological Parameters, Lipid Profile and Renal Markers in Young Muslim Males of Kolkata, India. *Indian Journal of Physiology and Pharmacology* (India, ISSN: 1995-7645) 2017; 61(4): 361–367.
14. Basu S, **Roy AS**, Bandyopadhyay A. Fitness Profile in Male Boxers of Kolkata, India. *Medicina Sportiva* (Romania, ISSN(print) 1841-0162) 2016; XII (2): 2782–2791.
15. Bandyopadhyay A, Dalui R, Pal S, Bhattacharjee I, Goswami B, **Roy AS**. Pulmonary Function in Young Females of Kolkata, India – Revisited. *Physiology International* (Hungary, Print ISSN 2498-602X) 2016; 103(2): 191–201. [DOI: 10.1556/036.103.2016.2.6]
16. **Roy AS**, Bandyopadhyay A. Pulmonary Function of Young Muslim Males during the Month of Ramadan. *American Journal of Men's Health* (USA, ISSN: 1557-9883) 2016. [DOI: 10.1177/1557988316643292].
17. **Roy AS**, Bandyopadhyay A. Response to Letter to the Editor. *American Journal of Men's Health* 2016. [doi: 10.1177/1557988316666025]
18. **Roy AS**, Bandyopadhyay A. Pulmonary Function Studies in Female Singers of Kolkata, India. *Journal of Human Ergology* (Japan, Online ISSN: 1884-3964 Print ISSN: 0300-8134) 2015; 44(2): 75–81.
19. **Roy AS**, Bandyopadhyay A. Effect of Ramadan Intermittent Fasting on Selective Fitness Profile Parameters in Young Healthy Untrained Muslim Men. *BMJ Open Sports and Exercise Medicine* (UK, Online ISSN: 2055-7647) 2015. doi: 10.1136/bmjsem-2015-000020.

20. **Roy AS**, Dalui R, Kalinski M, Bandyopadhyay A. Anthropometric Profile, Body Composition and Vertical Jump Score in Boxers and Swimmers. *International Journal of Medicine and Medical Research* (Ukraine) 2015; 1(1): 49–53. [DOI: 10.11603/ijmmr.2413-6077.2015.1.2854]
21. **Roy AS**, Bhattacharjee I, Dalui R, Pal S, Bandyopadhyay A. Gender Difference on the Effects of Body Mass Index in Prediction of Spirometric Reference Values in Healthy Young Indian Adults. *International Journal of Clinical and Experimental Physiology* (India, eISSN: 2348-8093; pISSN: 2348-8832) 2014; 1(1) : 73–75. [DOI: 10.4103/2348-8093.129749]
22. Dalui R, **Roy AS**, Kalinski M, Bandyopadhyay A. Relationship of Vertical Jump Test with Anthropometric Parameters and Body Composition in University Students – a Gender Variation. *Central European Journal of Sport Sciences and Medicine* (Poland, journal ISSN :2300-9705journal e-ISSN :2353-2807) 2014; 5(1) : 83–90

## Publication of Abstracts

Abstract entitled **Physical fitness and Ramadan Intermittent Fasting: a Physiological perspective** has been published in the proceedings of the **Annual Conference of the West Bengal Association of Sports Medicine (SPORTSMEDCON-2022)**, held at IPGME&R, SSKM Hospital, Kolkata on **3rd July 2022**.

Abstracts entitled **Pulmonary Function Studies in Female Singers of Kolkata, India**, has been published in the Two Day National Conference on Science and Technology: Rural Health Development, organised by **Surendranath College and Indian Science Congress Association at Surendranath College, Kolkata during 20 – 21 January 2020**.

Abstracts entitled **Effect of Ramadan Intermittent Fasting on Cardiorespiratory Fitness, High Intensity Effort and Motor Fitness Parameters in Young Muslim Males** has been published in the International Conference on Physical Education, Yoga and Sports Science, organised by **State Institute of Physical Education for Women, Hestings, Kolkata, West Bengal, India on 15<sup>th</sup> January 2020**.

Abstract entitled **Effect of Ramadan Intermittent Fasting on Selective Fitness Profile Parameters in Young Muslim Males of Kolkata, India** has been published in the National Conference on Future India: Science and Technology – 2019, jointly organised by the **Indian Science Congress Association and City College, Kolkata at the campus of City College during 27<sup>th</sup>-28<sup>th</sup> February 2019**.

Abstract entitled **Effect of Ramadan Intermittent Fasting on Selective Fitness Profile Parameters on Young Muslim Males of Kolkata, India** has been published in the Conference Proceeding for **Oral Presentation** in the **30<sup>th</sup> Annual Conference** of the **Physiological Society of India (PHYSIOCON-2018)**, held at Serampore College, Serampore during **22–24 November 2018**.

Abstract entitled **Effect of Ramadan fasting on selective fitness profile parameters in young untrained Muslim men presented** in the Conference Proceeding for Oral Presentation in the Two Day National Seminar on **Sports Science as an Emerging Discipline in Higher Education** during **17–18 February 2017** organised by the **Sports Science Department of Ramkrishna Mission Vivekananda University**.

Abstract entitled **Pulmonary Function Stuides in Female Singers of Kolkata, India** has been published in the Conference Proceeding for **Oral Presentation** in the **28th Annual Conference**

**of the Physiological Society of India (PHYSIOCON-2016)**, held at Midnapore College, Midnapore during **18-20 November 2016**.

Abstract entitled **Fitness Profile during the Month of Ramadan** has been published for Poster Presentation in the proceeding of **103rd Indian Science Congress - 2016**, held **Mysore University**, Mysore, India during **3-7 January 2016**.

Abstract entitled **Pulmonary function in female singers of Kolkata, India** has been published for Oral Presentation in the **XXVIIth Annual Conference of the Physiological Society of India (PSI) & VIth Congress of the Federation of Indian Physiological Societies (FIPS)** held at University Colleges of Science and Technology, University of Calcutta, Kolkata during **18-20 December 2015**.

Abstract entitled **Anthropometric profile, body composition and vertical jump score in boxers and swimmers** has been published for Poster Presentation in the **Closing ceremony of International Conference on Molecules to System Physiology: 100 years Journey (ICMSP 100)** organised by the Dept. of Physiology, University of Calcutta during 28th August September 2015.

Abstract entitled **Fitness profile of Boxers and Swimmers - A comparative Study** has been published for Oral Presentation in the proceedings of the 22nd West Bengal State Science and Technology Congress 2015, **Jointly organised by University of North Bengal and West Bengal State Council of Science and Technology, Government of West Bengal during 28th February -1st March, 2015**.

Abstract entitled **Fitness profile of Boxers and Swimmers** has been published in the proceedings of **XXVIth Annual Conference of the Physiological Society of India (PSI)** organised by Department of Physiology and Department of Zoology, Berhampore Girls' College, Berhampore, Murshidabad during **19-21 December 2014**.

Abstract entitled **Fitness Profile during the Month of Ramadan** has been published in the proceeding of **Physiology-2014**, organised by The Physiological Society of India at Queen Elizabeth II Conference Centre, London, UK, during 30 June - 2nd July 2014.

Abstract entitled **Pulmonary Function of boxer and swimmer** has been published in the proceedings of the **15th Annual Conference of the West Bengal Association of Sports Medicine (SPORTSMEDCON-2014)**, held at IPGME&R, SSKM Hospital, Kolkata on **16rd February 2014**.

Abstract entitled **Validity of Queen's college step test to predict VO<sub>2</sub>max in Bangalee school Girls** has been published in the proceedings of the **100th session of the Women's Science Congress (Indian Science Congress)** held at University of Calcutta , Kolkata during **3-7 January 2013**.

Abstract entitled **Validity of Queen's college step test to predict VO<sub>2</sub>max in Bangalee school Girls** has been published in the proceedings of the **20th West Bengal State Science and Technology Congress 2013**, Jointly organised by Bengal Engineering and Science University and West Bengal State Council of Science and Technology, Government of West Bengal during 28th February -2nd March, 2013.

### **Participation in Conferences and Seminars:**

1. Participated in the National level seminar on **"Frontiers in Sports Science"** organised by the Department of Sports Science and Yoga RKMVERI Belur Math, West Bengal under the aegis of UNESCO Chair in inclusive adapted physical Education and yoga on 17<sup>th</sup> april 2022.

2. Participated in the Three Day National Webinar on **COVID-19: Fighting Together and Moving Forward** organised jointly by the Berhampore Girls College and The Physiological Society of India during 25 – 27 September 2020.
3. Participated in Webinar **Application of Biomechanics in Sports Performance – a Covid 19 Perspective** organised by the Department of Sports Science and The Physiological Society of India on 13<sup>th</sup> September 2020.
4. Participated in Webinar **Nutrition, Health and Stress Management in the Context of Covid-19 Pandemic** organised by the Bankura Sammilani College on 7<sup>th</sup> September 2020.
5. Participated in Webinar **Development and Maintenance of Physical and Mental Wellness during Covid-19 Pandemic** organised by the Midnapore College and the Physiological Society of India on 29<sup>th</sup> August 2020.
6. Participated in Webinar **Effect of Yoga in Sports Performance in Covid-19** organised by the Department of Sports Science and The Physiological Society of India on 21<sup>st</sup> August 2020.
7. Participated in Webinar pertaining to International Online Faculty Enrichment Programme on **Tips and Tricks for Publishing in International Scientific Journals**, organised by Surendranath College, Kolkata on June 20, 2020.
8. Participated in Webinar **Covid – 19: Overview of the Disease and General Safety Measures** organised by Surendranath College, Kolkata on June 15, 2020.
9. Participated Two Day National Seminar on Sports Science as an Emerging Discipline in Higher Education during 17–18 February 2017 organised by the Sports Science Department of Ramkrishna Mission Vivekananda University.
10. Participated in the National Symposium on **Recent Advances in Medical and Allied Health Sciences** organised by Central Calcutta Society for Advancement of Human Development and Research at National Institute of Cholera and Enteric Diseases, Kolkata on 21<sup>st</sup> July 2016.
11. Participated in the Closing Ceremony of the International Conference on Molecules to System Physiology (**ICMSP – 2015**), Organised by the Department of Physiology, University of Calcutta at Rajabazar Science College, Kolkata, India on 28<sup>th</sup> August 2015.
12. Participated in the **UGC Sponserd Interaction Programme for Research Scholar** held at Academic Staff College, University Of Calcutta, **From 25<sup>th</sup> March to 14<sup>th</sup> April 2014**.
13. Participated in the **15<sup>th</sup> Annual Conference of the West Bengal Association of Sports Medicine (SPORTSMEDCON–2014)**, held at IPGME&R, SSKM Hospital, Kolkata on **16<sup>rd</sup> February 2014**.
14. Participated in the **DST Sponsored state level seminar on “Impact of Pollution: Assessment and Awareness”** at Hooghly Women’s College during 14–15 Februray 2014.  
**Topic: Exercise under environmental heat stress: role of nutritional supplement**
15. Participated in the **Socio–Medical National Seminar on Hypertension and Its Complications**, held at Serampore College, Hooghly District, West Bengal, India, on **27<sup>th</sup> July, 2013**. The seminar was jointly organised by Serampore College and Indian Medical Association (Bengal State Branch).

16. Participated in the **14<sup>th</sup> Annual Conference of the West Bengal Association of Sports Medicine (SPORTSMEDCON-2013)**, held at Jadavpur University, Kolkata on **3<sup>rd</sup> February 2013**.
17. Participated in the DST Sponsered National Seminar on **Indigenous Health and Medicine System: Indian and South African Perspective**, organized by Jadavpur University on **27<sup>th</sup> December 2012**.
18. Participated in the **XIIIth Annual Conference of West Bengal Association of Sports Medicine: SPORTSMEDCON-2012**, organized jointly by Department of Physical Education, University of Kalyani on **15<sup>th</sup> January 2012**.
19. Participated in the **International Conference on Molecules to System Physiology: 100 years Journey (ICMSP 100) Centenary celebration of the Dept. of Physiology, University of Calcutta**, organised by the Dept. of Physiology, University of Calcutta during **21-23<sup>th</sup> September 2011**.
20. Participated in the **One day symposium on Occupational Health** organized by the Dept. of Physiology, University of Calcutta on **9<sup>th</sup> July 2011**.
21. Participated in the **DST Sponsered National conference on Biodiversity: Threats and Conservation**, organized by Serampore College on **13<sup>th</sup>-14<sup>th</sup> February, 2009**.

**Membership:**

1. Life Member of the Physiological Society of India (PSI)
2. Life Member of the Federation of Indian Physiological Societies (FIPS)
3. Life Member of the South Asian Association of Physiologists (SAAP)
4. Life Member of the Indian Science Congress Association  
(Section : Medical Sciences including Physiology) [**Membership No. : L27481**]

**Teaching Experience:**

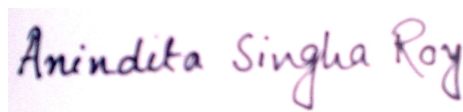
Engaged in teaching as a Guest Lecturer in the Post-Graduate Department of Physiology, Serampore College since **5<sup>TH</sup> March 2019**.

**Examinership:**

Internal Examiner of Sports and Exercise Physiology Special paper of M.Sc. 4<sup>th</sup> Semester Examination 2020 under the University of Calcutta.

**Extracurricular Activities / Hobbies** : Dance, Travelling, Watching movies, Photography.

**Languages known** : **English and Bengali** (read, write and speak), **Hindi** (speak).



Date:

Place:

(Dr. Anindita Singha Roy)