

# Department of Physical Education

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Minutes of the Fifth Board of Post Graduate Studies (BPGS) Meeting held on 27<sup>th</sup> September 2016 in the Department of Physical Education held in the chamber of HOD, Physical Education at 11.00 am.

The following members were present in the meeting;

- Dr. Prasanta Kumar Das -Chairman  
Head, Department of Physical Education, Tripura University.
- Prof. Biswajit Basumatary -External  
Member  
Dean, LNIPE, NERCE, Guwahati.
- Dr. Sudip Das -Member  
Asstt. Prof. Deptt. of Physical Education, Tripura University
- Dr. Sanjib Kumar Bhowmik -Member  
Asstt. Prof. Deptt. of Physical Education, Tripura University
- Dr. K. Dhar -Special Invitee  
Asstt. Prof. Deptt. of Physical Education, Tripura University

At the outset of the meeting, the Chairman welcomed all the members to the meeting of BPGS of Deptt. of Physical Education.

After a thorough discussions over all the given agendas the following resolution were taken unanimously:

## Agenda-1

Before the confirmation of the minutes of the last meeting, Chairman briefed about the previous meeting of BPGS and readout the minutes of that meeting.

All the members unanimously confirmed the minutes of the previous meeting of BPGS held on 14<sup>th</sup> and 15<sup>th</sup> June 2016.

## Agenda -2

Regarding the Ph.D registration of Ph.D scholars of Physical Education:

- i. It was resolved that the Synopsis of Mr. Kishan Shome titled with "Assessment of Health Related Physical Fitness and Nutritional Status of Tribal Students of Tripura" which is carried out under the supervision of Dr. Sudip Das, Asstt. Professor, Department of Physical Education and which was recommended by the concerned Research Advisory Committee (RAC) for awarding registration of Ph.D be approved as suitable for registration of Ph.D. under Deptt. of Physical Education, Tripura University.

  
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- ii. It was resolved that the Synopsis of Mr. Kishalaya Chakraborty titled with "**Biomechanical Analysis of Fast Bowling Technique**" which is carried out under the supervision of Dr. Krishnendu Dhar, Asstt. Professor, Department of Physical Education and which was recommended by the concerned Research Advisory Committee (RAC) for awarding registration of Ph.D be approved as suitable for registration of Ph.D. under Deptt. of Physical Education, Tripura University.

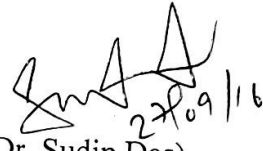
**Agenda – 3 (Misc.)**

In the Misc. agenda the Committee members prepared a detail syllabus of Ph.D Course Work. The syllabus attached (Annexure-I) here with the minutes of the BPGS meeting to be placed for the approval of the University authority.

The meeting ended with a vote of thanks to the chair.



(Prof. B. Basumatary)  
**External Member**

  
27/9/16

(Dr. Sudip Das)  
**Member**

  
27/9/16

(Dr. Sanjib Kr. Bhowmik)  
**Member**



(Dr. K. Dhar)  
**Special Invitee**

  
27/9/16

(Dr. Prasanta Kr. Das)  
**Chairman**

Copy to:

- Prof. S. Poddar, Dean, arts and Commerce, TU
  - Prof. B.C. Kapri, BHU, Varanasi, UP
  - Prof. Biswajit Basumatary, Dean, LNIPE, NERCE, Guwahati.
  - Prof. Nishant Singh Deoal, Punjabi University, Patiala
  - Director, CDC, Tripura University
  - Dr. Sudip Das, Asstt. Prof. Deptt. of Physical Education, Tripura University
  - Dr. Sanjib Kumar Bhowmik, Asstt. Prof. Deptt. of Physical Education, Tripura University
  - Dr. K. Dhar, Asstt. Prof. Deptt. of Physical Education, Tripura University
  - PS. To VC for Information to Hon'ble Vice Chancellor
- ✓ Office File

Department of Physical Education  
Tripura University  
Syllabus for PhD Course Work

**ADVANCE AREA OF RESEARCH IN PHYSICAL EDUCATION**

**UNIT-I      Research issues in Exercise Physiology**

- a) Exercise load variations and changes in- Various system of the body, Lipid Profiles, Hormonal level.
- b) Training and Gender related Issues.
- c) Process food and Replimentation Performance, Doping.
- d) Latest Trend in Exercise Physiology Research.

**UNIT-II      Research Issues in Psychological Domains of Sports Person**

- a) Skill Acquisition and Teaching Methodology.
- b) Motivational Issues in relation to Training and Competition.
- c) Psychological Intervention Techniques in relation to Sports Competition Anxiety and Under Preparedness.
- d) Psychological preparation of Sportsmen for Competition.
- e) Psychological Issues in relation to Women Sports Participation, Role Conflict, and Discrimination/Gender Bias etc.
- f) Latest trend in Research – Sports Aggression, Mental/Imaginary Training/Exercise Addiction, Simulation training, Para-Normal Psychic Abilities.
- g) Leadership role in Sports Performance.
- h) Laboratory Testing of Psychological Parameters. Construction of Test for specific Psychological Parameters.

**UNIT-III      Measurement and Training Modalities in Research in Physical Education**

- a) Construction of Test for assessment of Parameters of Physical Fitness, Component.
- b) Construction of Test for assessment of Physiological Variables through Performance Test and Laboratory Test.
- c) Construction of Skill Specific Test for various Sports Disciplines.

**Research Issues in Training**

- a) Training Load specificity and resultant effect in relation in different Sports.
- b) Concept of different types of training methods and their specific adaptation for various sports disciplines.
- c) Designing Strength and Endurance Training according Sports Discipline.
- d) Research for developing recovery from fatigue from Training Session and Competition, Reason. Tackling of Burnout.

**UNIT-IV      Research Issues in Sports Biomechanics**

- a) 3D Analysis of Sports skills for understanding Biomechanical Factor contributing to Performance.
- b) Analysis of force of contraction in a given Skill/Exercise using force platform/Electromyography.
- c) Role of spin effects, elasticity, fluid friction on skill execution and performance.
- d) Sports implement design and mechanical consideration.
- e) Sports playing surfaces and their effects.

**UNIT-V      Yoga**

- a) Effect of Asanas and Kriyas on various Systems.
- b) Concept of
  - i. Dhyana (Meditation) in Yoga.
  - ii. Underlying Principles in Yogic Meditation.
  - iii. Health Benefit from Yogic Practices.
  - iv. Preventive and Remedial aspect of Yoga.
- c) Current trends of Research in Yoga