

## **Dona Das Sengupta, PhD**

Assistant Professor

Postgraduate Department of Education

St. Xavier's College (Autonomous) Kolkata

Contact: +91 9331274701

Email id: donadassengupta@gmail.com

donadassengupta@sxccal.edu

### **Research Interest**

Sports Science, Physical Education, Yoga, Education

### **Teaching Experience**

College – 9 years

School – 8 years

### **Education**

<b>Degree</b>	<b>College / University/ Institute</b>	<b>Subject</b>	<b>Year of Passing</b>	<b>Division</b>
PhD	Jadavpur University	Physical Education	2021	NA
M.P.Ed. (Gold-Medalist)	University of Kalyani	Physical Education	2010	1 <sup>st</sup>
B.P.Ed. (Gold-Medalist)	University of Calcutta	Physical Education	2008	1 <sup>st</sup>
B.Com.	University of Calcutta	Accountancy Honours	2006	2nd
Postgraduate Diploma in Yoga	Lakshmibai National University of Physical Education, Gwalior	Yoga	2022	1 <sup>st</sup>
UGC-NET		Physical Education	2014	
National Judge - Women's Artistic Gymnastics (ID# 3111820)	Gymnastics Federation of India	Gymnastics	2022	Category 3

### **Thesis/Dissertation Details:**

**PhD Thesis:** “Development of Norms for Code of Points in Gymnastics for 4 to 8 years Children of West Bengal” defended in March 2021 under the guidance of Dr. Asish Paul.

**Teaching Experience:**

Institute	Position held	Date of Joining	Date of Leaving
St. Xavier's College (Autonomous), Kolkata	Assistant Professor, Physical Education	01.07.2016	–
Sushila Birla Girls' High School, Kolkata	Assistant Teacher	01.04.2010	30.06.2016
Loreto Convent Entally	Assistant Teacher	09.06.2008	13.10.2008
Delhi Public School, Megacity, Kolkata	Assistant Teacher	05.04.2006	01.07.2007
Mahadevi Birla Girls' H. S. School, Kolkata	Gymnastics Coach	17.8.2004	07.01.2005

**PUBLICATION IN JOURNAL:**

- Das Sengupta, D. (2025). Building Healthier Societies Through Sports & Physical Activity: The G20's Policy Response to Emerging Health Issues. International Journal of Creative Research Thoughts, 13 (8), 2320-2882. <https://doi.org/10.56975/ijcrt.v13i8.292172>
- Das Sengupta, D., Paul, A. (2022). Norms to evaluate gymnastics performance of 4–5 years children. International Journal of Current Research, 14 (12), 23158-23163. <https://doi.org/10.24941/ijcr.43962.12.2022>
- Das Sengupta, D., Paul, A., Jana, A. (2021). Underlying Criterion for Development of Norms for Beginners in Assessment of Gymnastics Performance. International Journal of Emerging Technologies and Innovative Research, 8 (1): 1253-1262
- Das Sengupta, D., Paul, A. (2018). A Review on Vital Changes since 1996 in the Evaluation System of Artistic Gymnastics Code of Point. International Journal of Physical Education, Sports and Health, 5(1): 93-95
- Das Sengupta, D., Saha, G. C., (2013). An investigation of selected anthropometric attributes of national level Volleyball players. UNMESH: A Journal on Physical Education, 9 (2): 46-49.

**CONFERENCE PRESENTATION:**

- Das Sengupta, D. (2025). 'Interfaith Exploration of Yoga: The Role and Adaptation of Yogic Practices Across World Religions' in One Day International Seminar on Yoga and Environmental Education for Promoting Holistic Living' on 24<sup>th</sup> June, 2025 organised by IQAC, Siliguri B.Ed. College.
- Das Sengupta, D., Paul, S. (2025). 'Bridging Health and Sustainability: A Review of India's Public Health System in the Context of SDG 3' in Two Days International Seminar on Sustainable Development in the Context of Society, Education & Culture

organised by Department of Education, Aliah University in collaboration with Byanjanbarna Foundation held on 28<sup>th</sup> and 29<sup>th</sup> May, 2025.

- Das Sengupta, D. (2022). 'Play through digital games: Educational implications in Physical Education Programme' in the One Day National Seminar on Role of Physical Education and Yogic Science in new normal held on 29<sup>th</sup> March, 2022 organised by Department of Physical Education and Sports Science in collaboration with IQAC of Panskura Banamali College (Autonomous), Panskura RS, Purba Medinipur, West Bengal, India.
- Das Sengupta, D. (2020). 'Underlying Criterion for Development of Norms for Beginners in Assessment of Gymnastics Performance' in International Conference on Physical Education, Yoga and Sports Science in 2020's Era held on January 15<sup>th</sup> at State Institute of Physical Education for Women, Hastings House, Kolkata.
- Das Sengupta, D. (2018). 'Evolutionary Changes of Competition Evaluation System in Gymnastics since its Inception' in the International Seminar held during July 13<sup>th</sup> & 14<sup>th</sup> at Mugberia Gangadhar Mahavidyalaya, Purba Medinipur, W.B.
- Das Sengupta, D. (2017). 'Impact of Conditioning Exercises on Vaulting Table Performance' in the International Seminar held during September 10<sup>th</sup> & 11<sup>th</sup> at Mahisadal Girls' College, Purba Medinipur, W.B.
- Das Sengupta, D. (2015). 'A Review on the Aspect of Choreography Preparation in Women Artistic Gymnastics' in the UGC sponsored National Seminar held during September 03-04 at Haldia Government College, Purba Medinipur, W.B.
- Das Sengupta, D. (2015). 'Effect of Yoga Training of Physiological Characteristics of Senior School Male Students' in National Conference held on May 31 at Dept. of Physical Education, IPS, Gwalior, M.P.

### **RESOURCE PERSON:**

- Conducted a Technical Session on the occasion of International Day of Yoga held on 19<sup>th</sup> June, 2024 at Indian Institute of Technology, Kharagpur.
- Conducted a Technical Session in an International Exchange Programme with OsloMet-Oslo Metropolitan University, Norway on 'Yoga' held on 31<sup>st</sup> January, 2024 at St. Xavier's College (Autonomous), Kolkata.
- Conducted a Technical Session in an International Study Programme with Linköping University, Sweden and University of Jyväskylä, Finland on 'Yoga' held on 5<sup>th</sup> July, 2023 at St. Xavier's College (Autonomous), Kolkata.
- Conducted a Technical Session on 'Harmony Within: Unleashing Inner Strength through Yoga' held on 8<sup>th</sup> August, 2023 at St. Xavier's University, Kolkata.
- Conducted a Technical Session on 'Rules of Gymnastics' held on 22<sup>nd</sup> September, 2022 at Ramakrishna Mission Sikkhanamandira, Belur Math, Howrah, India.