



Department of Physical Education & Sports

The Department of Physical Education & Sports blends scientific training with Tagore's holistic view of mind-body balance. The postgraduate programmes weave together anatomy, kinesiology, exercise physiology, coaching science, and sport-specific skill acquisition with core modules in motivation, cognition, and athlete mental health. Students learn to design evidence-based fitness regimens, analyse performance through biomechanics labs, and apply psychological techniques—goal-setting, imagery, mindfulness, and resilience training—to optimise both individual and team outcomes across a range of sports.

Learning is deeply experiential. State-of-the-art fitness centres, a multi-purpose arena with indoor stadium, and outdoor fields host regular practicum sessions, inter-collegiate tournaments, and community outreach clinics. Faculty research spans talent identification in rural Bengal, injury-prevention protocols for school athletes, and the use of biofeedback and cognitive-behavioural interventions to reduce performance anxiety. Partnerships with sports academies, physiotherapy clinics, and wellness start-ups provide internships and collaborative projects, while certification pathways in coaching, fitness assessment, and sports counselling enhance graduate employability. The department thus shapes versatile professionals—strength and conditioning specialists, PE educators, sports psychologists, and wellness entrepreneurs—who champion active living and mental wellbeing in classrooms, arenas, and communities alike.

Faculty:

1. Prof. Ashok Kumar Goon.
2. Dr. Santanu Patar.
3. Dr. Mimu Seikh.
4. Dr. Ujjal Bag.
5. Dr. Bapi Das.
6. Prof. Parimal Debnath.
7. Prof. Ashim Kumar Bose.