

# CURRICULUM VITAE

## PERSONAL DETAILS:



### Dr. Rojina Azim

Office Address: Department of Physical Education, Mahishadal Girls' College,  
P.O. & P.S.: Mahishadal, Dist: Purba Medinipur. 721628, West Bengal.

Permanent Address: Bauria Sepai Para, Bauria, Howrah, 711305, West Bengal.

Date of Birth: 10/08/1985

Marital Status: Single

Contact Number: 08017642265

Email id: rojinaazim10@rediffmail.com / [10rojinaazim@gmail.com](mailto:10rojinaazim@gmail.com)

## PROFESSIONAL QUALIFICATION:

- ✓ Bachelor of Physical Education with 61% from Calcutta University in 2008.
- ✓ Master of Physical Education with 68% from Calcutta University in 2011.
- ✓ Doctor of Philosophy in Physical Education from Jadavpur University in the year 2020.  
Title of the Thesis: - Effect of Physical Exercise and Yogic Practice on Dysmenorrhea: An Empirical Study.
- ✓ National Eligibility Test conducted by UGC in the year 2014.

## EDUCATIONAL QUALIFICATION:

- ✓ Madhyamik with 63% from W.B.B.S.E. Board in the year 2001.
- ✓ Higher Secondary with 53% from W.B.C.H.S.E. Board in the year 2003.

- ✓ Bachelor of Science with 51% from Calcutta University in the year 2006.

### **EXTRA CURRICULAR QUALIFICATION:**

- ✓ Rock Climbing course from Himalayan Institute, Darjeeling, 2007.
- ✓ Bratachary from Banglar Bratachary Samithi, 2007.
- ✓ Basic computer course from CMC Academy, 2013.

### **PROFESSIONAL EXPERIENCE:**

- ✓ Presently working at **Mahishadal Girls' College**, Mahishadal Purba Medinipur as **Assistant Professor in Physical Education** since 11<sup>th</sup> December 2023.
- ✓ Served at **Panskura Banamali College (Autonomous)**, Panskura Purba Medinipur as **State Aided College Teacher-I**, from 24<sup>th</sup> December 2013 to 8<sup>th</sup> December 2023.
- ✓ Served at **Army Public School**, Barrackpore, North 24 Parganas as Physical Education Teacher, from 2<sup>nd</sup> April 2012 to 22<sup>nd</sup> Dec.2013.

### **GAMES SPECIALISATION:**

Athletics. Proficient in Coaching Kho – Kho and Kabaddi.

### **SPORTS PARTICIPATION & OTHER CO-CURRICULUR ACTIVITIES**

- ✓ Participated in Inter College Athletics Championship organised by University of Calcutta, 2008.
- ✓ Participated in Inter College Kho Kho Competition organised by University of Calcutta, 2008.
- ✓ Participated in Inter College Kabaddi Competition organised by University of Calcutta, 2008.
- ✓ Officiated in State level Kho-Kho Championship - West Bengal Kho-Kho Association, 2010.
- ✓ Officiated in State level Athletics Championship - Masters Athletics Association of West

Bengal, 2010.

- ✓ Officiated in Kolkata Marathon 2010.
- ✓ Team manager of Panskura Banamali College, Purba Medinipur in the Inter College Athletics Meet, 2014, 2015, 2016, 2017, 2018, 2019, 2022.
- ✓ Official in the Inter College State Sports of Games Championship, 2022- 2023.
- ✓ Team Manager of Mahishadal Girls' College in the Inter College State & Sports Championship, 2023 – 2024.

### **PUBLISHED RESEARCH WORKS:**

<b>Title of the Article</b>	<b>Author</b>	<b>CO- Author</b>	<b>Name of the Journal</b>
Attitude of the Teachers and Parents of High Madrasa towards Competitive Sports	Rojina Azim	Dr. Mrityunjoy Khan, Dr. Asish Paul	"Akash" Journal of Physical Education Sports and Yoga Science, Volume.4, No.1 April. 2015, ISSN No. 1398. pp: 11-18
Assessment of Mental Toughness among High and Low Achievers of Competitive Athletes: A Comparative Study	Rojina Azim	Dr. Badshah Ghosh	"Online International Interdisciplinary Research Journal", {Bi-Monthly}, ISSN 2249-9598, Volume-07, July 2017 Special Issue. pp: 235-240
Effect of Yogic Practice Treatment Module on Dysmenorrhea: An empirical study	Rojina Azim	Dr. Asish Paul	"International Journal of Physiology, Nutrition and Physical Education", 2018; 3(1): 99- 101. ISSN: 2456-0057, Impact Factor: (RJIF): 5.43
Insinuation of Exercise Therapy on Pain of Dysmenorrhea patients	Rojina Azim	Dr. Badshah Ghosh	International Journal of Physical Education, Health and Social Science (IPEHSS). Peer Reviewed, Indexed and UGC Approved Journal (48531) ISSN: 2278 – 716X Vol. 7, Issue 1, (2018) Impact Factor 5.02

Comparative Analysis of Body Composition and Physical Dimension of Female Students Belonging to Different Professional Institutions	Rojina Azim		"International Journal of Physiology, Nutrition and Physical Education", 2019; 4(1): 306-308 ISSN: 2456-0057, Impact Factor: (RJIF): 5.43
Comparative Analysis of Anthropometric Measures and Cardio Respiratory Endurance among Hill and Plain Area Adolescent Girls	Rojina Azim		"International Journal of Physiology, Nutrition and Physical Education", 2019; 4(1): 309-311 ISSN: 2456-0057, Impact Factor: (RJIF): 5.43
Effect of Selected Yogic Practices on the Mental Stress of Dysmenorrhea Patients	Dr. Rojina Azim	Dr. Badshah Ghosh	Online International Interdisciplinary Research Journal, {Bi-Monthly}, ISSN 2249-9598, Volume-12, Feb 2022 Special Issue. Pp 79-83
Evaluating the Effect of Physical Exercise Therapy on the Mental Stress of Dysmenorrhea Patients	Dr. Rojina Azim	Dr. Asish Paul Dr. Badshah Ghosh	Webology (ISSN: 1735-188X) Volume 19, Number 3, 2022, Page No: 604-607

### Book:

Title of the Article/Book	Author	CO- Author	Name of the Publisher
<b>Effect of Physical Exercise and Yogic Practices on Dysmenorrhea</b>	Rojina Azim	Dr. Asish Paul Dr. Badshah Ghosh	LAP LAMBERT Academic Publishing ISBN : 9786203 303728 ** This book has been published in 06 European languages .
<b>Binodonmulok Khela Samagra</b>	Dr. Rojina Azim	Dr. Badshah Ghosh	S.S. Publication ISBN : 978-81-968365-1-1

## PROCEEDINGS WORKS:

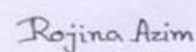
<b>Title of the Article</b>	<b>Author</b>	<b>CO- Author</b>	<b>Name of the Journal</b>
Relationship of Physical Fitness Factors with different Anthropometric Measures of College Boys	Rojina Azim	Dr.Badshah Ghosh, Dr. Asish Paul	"Yoga, Medicine and Sports Science" July. 2015, ISBN : 978-81-930250-3-1
A Comparative Study on Health Related Fitness Components of Tribal and Nontribal school children	Rojina Azim	Dr. Sandip Sankar Ghosh	"Scientific Culture in Physical Education and Sports" February 2016, ISBN:978-93-85446-45-0
A Status Survey of the Demand of the Different types of Performers in Advertisements	Rojina Azim	Dr. Asish Paul	"Emerging Trends in Fitness and Sports Science" January 2017,ISBN: 978-93-85449-31-4
Anthropometric Physiognomies of all India Intervarsity Football Players	Dr. Badshah Ghosh	Rojina Azim	"Global Education, Physical Education and Sports, Research and Technology for Sustainable Development" December 2017, ISBN NO: 978-81-929219-1-4
An Analytical Study of Physical Fitness Variables and Selected Anthropometric Measurements among Football Players	Rojina Azim	Dr. Badshah Ghosh	"Global Innovation and Research in Education, Sports Sciences and Yoga" December 2017, ISBN:978-93-87072-19-0

Training Courses / Workshop / Orientation Programme / Refresher Programme

Event	Organizer / Place	Period / Duration
National Workshop on "Research Methodology and Applied Statistics"	I.P.S. Gwalior	25.05.2015-31.05.2015
Short Term Course for "Developing Communication Skills"	H.R.D.C. Pt. Ravishankar Shukla University,Raipur.	05.10.2015-10.10.2015
NEP 2020 Orientation & Sensitization Programme	Malaviya Mission Teacher Training Programme	05.02.2024 – 15.02.2024

I, hereby declare that all the above information given is true and correct to the best of my knowledge and belief.

Date: 01.06.2024  
Place:-Howrah



Dr. Rojina Azim  
Head of the Department  
Physical Education  
Mahishadal Girls' College