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Netaji Nagar Day College
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EXPERIENCE:

1. State Aided College Teacher (Category-II), Netaji Nagar Day College 2005-2020
2. Visiting Lecturer, St.Paul's College 2005-2006
3. Visiting Lecturer, Rammohon College 2005-2007
4. Senior Research Fellow at ICMR Project,
Sports Medicine Center, West Bengal State Council of Sports,
Kolkata. 2007- 2010

EDUCATION:

1. Ph.D. in Physiology (Pursuing, Thesis Defended), University of Calcutta 2012- Present
2. Master of Science (M.Sc.) in Physiology (1st Class), University of Calcutta 2002-2004
3. Bachelor of Science (B.Sc.) with Honours in Physiology (1st Class),
University of Calcutta 1999-2002

PUBLICATIONS:

1. S.K. Dey, T. Chakraborty, **Sangita Pal**. Anthropometric and Physiological Profiles of Kolkata Nursery League Football Player. Journal of sports and sports sciences. 2009; 32(3):14-23.
2. **Sangita Pal**, P. Chatterjee, A. Bandyopadhyay. VO_{2max} and PFI in 14 to 16 Years of male Sprinter and Soccer Players. IJSSPE. 2011; 2(1):50-56.
3. S.K. Dey, **Sangita Pal**. Effect of Training on Various Anthropometric and Physiological Profiles of Tribal Children in Tripura. Asian Journal of Physical Education & Recreation. 2011; 17(1):45-57.

4. Amit Bandyopadhyay, **Sangita Pal**. Effects of 8 week strength training programme on motor fitness parameters in school going boys of 10-12 years of age. *Ind. J. Physiol. & Allied Sci.* 2012; 66(3): 96-103.
5. Amit Bandyopadhyay, I. Bhattacharjee, R. Dalui, **Sangita Pal**. Pulmonary Function Studies of Healthy Non-smoking Male University Students of Kolkata, India-Revisited. *Malays J Med Sci.* 2012; 20(2): 17-26.
6. Biswajit Chaki, **Sangita Pal**, A. Bandyopadhyay. Exploring scientific legitimacy of orthorexia nervosa: a newly emerging eating disorder. *J. Hum. Sport Exerc.* 2013; 8(4): 1045-1053.
7. A. Singha Roy, I. Bhattacharjee, R. Dalui and **Sangita Pal**. A. Bandyopadhyay. Gender difference on the effect of the body mass index in prediction of spirometric reference values in healthy young Indian adults. *International Journal of Clinical and Experimental Physiology.* 2014; 1(1): 73-75.
8. Amit Bandyopadhyay and **Sangita Pal**. Modification of Fox protocol for prediction of maximum oxygen uptake in male university students. *Work.* 2015; 205-211.
9. Amit Bandyopadhyay, R. Dalui, **Sangita Pal**, I. Bhattacharjee, B. Goswami, AS Roy. Pulmonary function in young females of Kolkata, India-Revisited. *Physiology International.* 2016; 103(2): 191-201.
10. Biswajit Chaki, **Sangita Pal**, Amit Bandyopadhyay. High Intensity Exercise Induced Alteration of Haematological Profile in Sedentary Prepubertal and Postpubertal Boys: a Comparative Study. *Ind. J. Physiol. & Allied. Sci.* 2016; 70(4): 143-155.
11. **Sangita Pal**, Biswajit Chaki, S. Chattopadhyay, A. Bandyopadhyay. High-Intensity Exercise Induced Oxidative Stress and Skeletal Muscle Damage in Postpubertal Boys and Girls: A Comparative Study. *J Strength Cond Res.* 2018 Apr;32(4):1045-1052.
12. Biswajit Chaki, **Sangita Pal**, Sreya Chattopadhyay, Amit Bandyopadhyay. High-intensity exercise-induced oxidative stress in sedentary pre-pubertal & post-pubertal boys: A comparative study. *Indian J Med Res.* 2019 ;150(2):167-174.