

**A Brief Report
of the Certificate on
ASSESSMENT OF BODY COMPOSITION THROUGH
ANTHROPOMETRIC MEASURES**

7th January to 28th January 2019

Body composition is an important factor of growth and maturity of human being. It reveals the importance of energy balance by calculating the amount of depot fat in the body which is hindrance to normal growth and maturity of the young.

Most accurate and scientific method of assessment of body composition is whole-body ⁴⁰K using **4 π Liquid Scintillation Counter**. But wide range of use of that sophisticated scientific equipment is very limited because of cost factor. Hence the physical education professionals are restricted to assess body composition through anthropometric measures. Evidences of different studies support the use of anthropometric measurements in the prediction of body density.

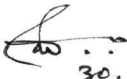
Course duration was from 7th January to 28th January 2019 consist of 30 hours, every day 2 hours from 1-30pm to 3-30pm.

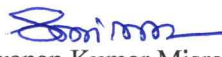
Total Number of Participants was 67 out of which 00 were male and 00 were female.

The certificate was **inaugurated** by Dr. Swapan Kumar Misra, Principal, of the College on 7th January 2019. Other dignitaries were Dr. Prasenjit Ghosh, NAAC Coordinator, Dr. Bidhan Chandra Samanta, Secretary, Teachers' Council of the College and Dr. Kalipada Maity, NAAC Coordinator.

Course Director was Dr. Debasish Ray, Head of the Department of Physical Education and Lectures delivered by him.

The **Closing Ceremony** was held on 28th January 2019 followed by **Certificate Distribution** and the ceremony was chaired by Dr. Swapan Kumar Misra, Principal, of the College.


30.01.2019
(Dr. Debasish Ray)
Course Director
&
H. O. D
Physical Education


30.01.2019
(Dr. Swapan Kumar Misra)
Principal
Mugberia Gangadhar Mahavidyalaya

Principal
Mugberia Gangadhar Mahavidyalaya





MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia_college@rediffmail.com // www.mugberiangangadharmahavidyalaya.ac.in

Ref. No. M.G.M./Phy. Ed./C-Course/01/2018-2019

Date: 02.01.2019

NOTICE

A certificate course on ASSESSMENT OF BODY COMPOSITION THROUGH ANTHROPOMETRIC MEASURES will be organized by the Department of Physical Education from 7th January to 28th January 2019. The interested students are advised to contact with Dr. Debasish Ray, Head of the Department, Physical Education.

Course duration: 30 hours.

Time: : 1-30pm to 3-30pm

Course Fee: : Rs. 300/- (Three hundred Only)

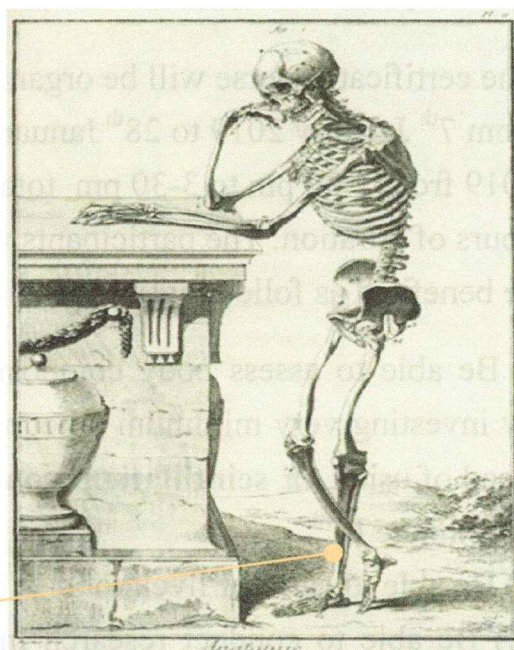
Eligibility: : Students of M. P. Ed., Zoology and Physiology and Passed Graduation or Post Graduation in those subjects




(Dr. Swapan Kumar Misra) 02.01.2019
Principal
Principal
Mugberia Gangadhar Mahavidyalaya

KINANTHROPOMETRY LAB

KINANTHROPOMETRY LAB
Department of Physical Education
Mugberia Gangadhar Mahavidyalaya



CERTIFICATE COURSE ON
ASSESSMENT OF BODY COMPOSITION
THROUGH
ANTHROPOMETRIC MEASURES
7th TO 28th JANUARY 2019
(TWO HOURS EVERY DAY)
{FROM 1-30PM TO 3-30 PM}

Contact with:

Dr. Debasish Ray

Head of the Department

Department of Physical Education

Department of Physical Education
MUGBERIA GANGADHAR MAHAVIDYALAYA
BHUPATINAGAR, PURBA MEDINIPUR
PIN-721425 WEST BENGAL

Phone: 9475887960

E-mail: drayped@rediffmail.com

PHONE:9475887960

ASSESSMENT OF BODY COMPOSITION THROUGH ANTHROPOMETRIC MEASURES

The certificate course will be organized from 7th January 2019 to 28th January 2019 from 1-30 pm to 3-30 pm total 32 hours of duration. The participants will be benefited as following:

- i) Be able to assess body composition by investing very minimum amount instead of using **4 π scintillation counter** to estimate **K⁴⁰**.
- ii) Be able to earn for livelihood
- iii) Be able to conduct research in the field of Human Biology, Physical Education, Sport Sciences, Human Physiology and Zoology.

Eligibility:

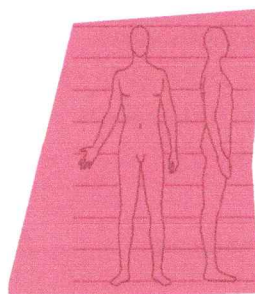
Students of Master of Physical Education, and the PG students of Physiology and Zoology and having subject in the Graduation.

Course Fee :

Rupees Three hundred per student (300/-)

The Course of Study

1. Body Measurements: IBP/HA body measurements, Gross size, Lengths, Diameters and Circumferences of body parts, Skin Fold Thicknesses
2. Kinenthropometric Study Group Measurements: Plane, Axes and Landmarks of the human body
3. Body Proportions, Body Mass Index, Phantom Stratagem, Z-Score and O-Scale System
4. Body Composition: Densitometric Determination, Water Displacement, Under Water Weighing
5. Anthropometric Determination of Body Composition: Vague's Formulae, Density estimation from Skinfold measurements, Matiegka's Method, Drinkwater Tactic for estimating fractional masses, Hydrometry



Main Inside Heading



Caption describing picture or graphic.

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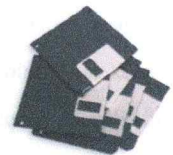
zation and to describe specific products or services. This text should be brief and should entice the reader to want to know more about a product or service.

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Secondary Heading

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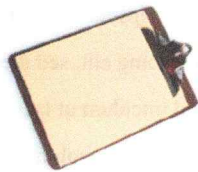
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KINANTHROPOMETRY LAB

Department of Physical Education
MUGBERIA GANGADHAR
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Phone: 9475887960

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From JANUARY 7th TO 28th JANUARY 2019 (Two hours every day as per following days)

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CERTIFICATE COURSE ON ASSESSMENT OF BODYCOMPOSITION THROUGH ANTHROPOMETRIC MEASURES

Organized BY: DEPARTMENT OF PHYSICAL EDUCATION

MUGBERIA GANGADHAR MAHAVIDYALAYA

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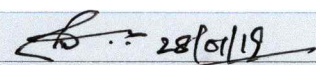
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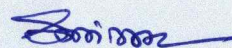
Certified that Sri Bankim Roy, a student of MPED SEM-IV from the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya has successfully completed the certificate Course on ASSESSMENT OF BODY COMPOSITION THROUGH ANTHROPOMETRIC MEASURES organized by the Department of Physical Education from 7th January to 28th January 2019.





Dr. Debasish Ray

Date 28.01.2019



Dr. Swapan Kumar Misra

Date 28.01.2019

Principal

Mugberia Gangadhar Mahavidyalaya

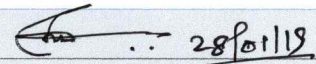
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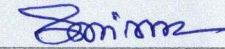
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DEPARTMENT OF PHYSICAL EDUCATION
Mugberia Gangadhar Mahavidyalaya

Certified that Ms Jeyeshree Dolai, a student of MPED SEM-IV from the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya has successfully completed the certificate Course on ASSESSMENT OF BODY COMPOSITION THROUGH ANTHROPOMETRIC MEASURES organized by the Department of Physical Education from 7th January to 28th January 2019.




Dr. Debasish Ray

Date 28.01.2019


Dr. Swapan Kumar Misra

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