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I have received B. Sc (2005) and M Sc (2007) in Physiology with specialisation in Ergonomics and Work physiology from Calcutta University, India. I have submitted the Ph D in Physiology from Bharathiar University, Coimbatore. I had two years teaching experience in a medical college near Mangalore, Karnataka before joining my research fellowship. I worked as a Research Fellow in the Defence Institute of Physiology and Allied Sciences, Defence Research and Development Organisation, New Delhi during 2009-14 where I did my PhD work on the Indian army and then served as research associate in Agricultural Engineering, IARI, Delhi for two years from 2014 to 2016. Again, I served as an assistant professor in physiology at Manav Rachna International Institute of Research and Studies from 2016 to 2018 after which I joined the Guru Nanak Dev University.

As a physiologist my main research focus dealt with physiological, biomechanical and molecular changes in sports, agricultural and defence sector for optimization of human performance. My published literatures deal with how ergonomic way load tolerance can be overcome and the drug mechanism on human performance etc. Future research target will be integration of physiological and epigenetic association on human societal benefit.

Nine peer reviewed internationally recommended indexed publications on the field of physiology, biomechanics and yoga and one travel award bagged for representing Indian research on world biomechanics congress during 2014.