

D/O – BALARAM BERA
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 WEST BENGAL
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EDUCATIONAL QUALIFICATION

Examination	Board/ university	Year of passing	Percentage	DIVISION/ CLASS
M.SC Nutrition and Dietetics	V.U.	2013	66.50	1 st
B.ED	V.U.	2015	70.50	1 st
B.SC NUTRITION HONS	V.U.	2011	60.00	1 st
H.S	W.B.C.H.S.E	2008	67.80	1 st
Madhaymik	W.B.B.S.E	2006	68.13	1 st

Major / Specialization: M.Sc. in Nutrition and Dietetics.

*Special Paper : **Medical Nutrition Therapy**

COMPUTER LITERACY

MS-Office (Word, Excel and Power point), **Internet** knowledge.

TEACHING EXPERIENCE

Working as an **Guest Lecturer**, from 17th July 2017, at Dept. of Nutrition; **Mugberia Gangadhar Mahavidyalaya**; PO-Bhupatinagar; Dist. - Purba Medinipur; West Bengal – 721425. For details of courses taken please see **Annexure – I**.

RESEARCH INTEREST

Diet counseling, Nutritional Assessment, Diet Therapy in various Diseases with complication / co-Morbidity, Diabetic Foods, Supplementary Diet and Foods, Functional Foods, Community Nutrition etc.

RESEARCH WORK DURING POST GRADUATION

Post graduation research work was on ‘ROLE OF SUPPLEMENTARY DIET ON TYPE 2 DIABETES MELLITUS PATIENTS (50-80 YEARS) OF AGE’. The work mainly aimed the effect of supplementary diet on blood sugar level of people with type 2 diabetes and without insulin intake measure blood sugar level before and after dietary supplement. A healthy diet play a essential role to controlling normal blood sugar level for type 2 diabetes patients.

OTHERS EXPERIENCE

1. **Internship Training as Dietician** for 6 months (01.09.2016-28.02.2017), at SSKM Hospital, Kolkata.
2. **'Diabetes Educator'** for **10 months** training under **National Diabetes Educator Program (NDEP)**, at Kolkata, run by **Dr. Mohan's Diabetes Education Academy (DMDEA)**, **Indian Association of Diabetes Educator (IADE)**, **Indian Medical Association (IMA)** from June, 2017 to March, 2018.

WORKSHOPS/SHORT COURSES ATTENDED

1. Training on **'Level One Anthropometrist'** at Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur, West Bengal, organized by **International Society for the Advancement of Kinanthropometry (ISAK)** from 11th February to 13th February, 2018.
2. Crash course on **Post Accidental Precautions "FIRST-AID"** at Tamralipta Mahavidyalaya B.Ed. Department, Tamluk, Purba Medinipur by Institute of Preventive Awareness (IPA), 34,M.N.Senlane, Kolkata, during 26th-27th November, 2014.
3. **National-Level Workshop on 'Let's Nourish to Flourish – Nutrition For Health and Economic Development'**, Organised by **Indian Dietetic Association (IDA) Bengal Chapter**, at Kolkata, on 18th December, 2017.

PROFESSIONAL MEMBERSHIPS

1. **Indian Dietetic Association (IDA)**, Bengal Chapter (Kolkata) : **Life member**
2. **Diabetic Association of India**, West Bengal : **Life member**

SEMINAR/SYMPOSIUM/CONFERENCE ATTENDED

Please see Annexure – II

EDITOR

1. **Revised Editor** of **"Higher Secondary Sure Shot"** (Nutrition (NUTN), Page No-1-48), Publisher - Katha O khini (XII).

EXTRACURRICULAR ACTIVITIES AND ACHIEVEMENTS

Giving presentation, singing, playing different types of play etc.

1. Passed the **Sangeet Bhushan 2nd Year Examination** held in the subject of **Rabindra Sangeet (Vocal)** and was placed **1st Division (74%)** in Theory and Practical from **Chanda Bani Sangeet Mandir**, Byabattarhat, Purba Medinipur run by **Pracheen Kala Kendra**, Chandigarh on 2018.
2. Passed the **Sangeet Bhushan 1st Year Examination** held in the subject of **Rabindra Sangeet (vocal)** and was placed **1st Division (78.67%) with Distinction** in Theory and Practical from **Trailokya Samiti Sangeet Siksha Niketan**, Hariharpur, Purba Medinipur run by **Pracheen Kala Kendra**, Chandigarh on 30th Sept, 2014.
3. **1st place** in **Chainij Cheker** in the **Inter College Competition** held during the year 2014-15 at Tamralipta Mahavidyalaya, Tamluk, Purba Medinipur.
4. **2nd place** in **caram** in the **Inter College Competition** held during the year 2014-15 at Tamralipta Mahavidyalaya, Tamluk, Purba Medinipur.

5. **2nd place in Antakshari Competition** in the **Inter College Competition** held during the year 2014-15 at Tamralipta Mahavidyalaya, Tamluk, Purba Medinipur.

HOBBIES

Teaching, patient counseling, singing, reading novel, listening song, watching movie, traveling etc.

PERSONAL INFORMATION

Date of birth : 1st September, 1990
Gender : Female
Father's name : Balaram Bera
Marital status : Unmarried
Nationality : Indian
Languages known : English, Hindi and Bengali

DECLARATION

I do hereby declare that the above mentioned particulars are true to the best of my knowledge and belief.

Place : Tamluk

Date :

(Pranati Bera)

REFERENCES

- Dr. Swapan Kumar Misra, Principal, Mugberia Gangadhar Mahavidyalaya, Vil+PO –Bhupatinagar, Dist. – Purba Medinipur, West Bengal, Pin – 721425, Mob.: 09002275816, E-mail: mugberia_college@rediffmail.com
- Dr. Apurba Giri, Assistant Professor & Head, Dept. of Nutrition, Coordinator, Dept of Food Processing, Mugberia Gangadhar Mahavidyalaya, Vil+PO –Bhupatinagar, Dist. – Purba Medinipur, West Bengal, Pin – 721425, India, Mob.:09564289290, E-mail: apurbandri@gmail.com

Annexure –I Teaching Experience

Following subjects are Taught/Teaching by me at Mugberia Gangadhar Mahavidyalaya to B.Sc. Students

1. Food Science (Theory)
2. Food Commodities (Theory)
3. Food, Nutrition and Health (Theory)
4. Information, Education and Communication Including Nutrition Program (Theory)
5. Community Nutrition (Theory)
6. Nutritional Biophysics and Biochemistry (Theory)
7. Physiological Aspect of Nutrition (Theory)
8. Human Nutrition (Theory)
9. Nutritional Biochemistry (Theory)

10. Food Microbiology- Fermented foods, Waste product handling (Theory)
11. Food Processing and Preservation (Practical), Irradiation(Theory)
12. Diet and Diseases , Therapeutic diet (Theory & Practical)
13. Women Health and Nutrition (Theory)
14. Project (Practical)

Annexure - II
Seminar/Symposium/Conference attended

A. International

1. International Conference on ‘Green Engineering and sustainable development’ Organized by Dept. of Chemistry, Mugberia G. Mahavidyalaya in collaboration with Indian Chemical Society at **Mugberia G. Mahavidyalaya**, Bhupatinagar, Purba Medinipur on 20-21th August, 2018.
2. International Seminar on ‘Multidimensional Approach for Academic Accomplishment of Physical Education as a True Profession’ Organized by Dept. of Physical Education, Mugberia G. Mahavidyalaya in collaboration with Internal Quality Assurance Cell (IQAC) Mugberia G. Mahavidyalaya at **Mugberia G. Mahavidyalaya**, Bhupatinagar, Purba Medinipur on 13-14th July, 2018.

B. National

1. National seminar on “Information and Communication Technology (ITC) and Systematic Teaching Learning : Prospect and Challenges in Rural Setup” organized by Internal Quality Assurance Cell (IQAC) Mugberia G. Mahavidyalaya at **Mugberia Gangadhar Mahavidyalaya**, Bhupatinagar, Purba Medinipur on 4-5th December, 2018.
2. 51th Annual National Conference on “Nutrition from Evolution to Revolution : Preparing for The Future-Together”, organized by Indian Dietetic Association (IDA),M.P.Chapter at **Indore**, Madhpradesh, on 30th September - 2nd October, 2018.
3. National Seminar on “Environmental Hazards & Waste Management”, organized by Dept. of Zoology, **Mugberia Gangadhar Mahavidyalaya**, Bhupatinagar, Purba Medinipur on 28th August, 2018.
4. National seminar on “Nutritional Modification in Therapeutic Diets : New Approaches to Change the Usual Dietary Trends in the Field of Nutrition” organized by Department of Nutrition, **Haldia Institute of Health Sciences (HIT)**, Haldia, West Bengal, on 19th January, 2018.
5. 50th Annual National Conference on “Let’s Nourish to Flourish – Nutrition For Health and Economic Development”, organized by Indian Dietetic Association (IDA), Bengal Chapter, Science City, **Kolkata**, on 18th – 20th december, 2017.
6. 49th Annual National Conference on “Joining Hands To Nourish India – Nutrition Beyond Nutrients”, organized by Indian Dietetic Association (IDA), Mumbai Chapter, Hotel Sahara Star, **Mumbai**, on 23rd – 25th September, 2016.

Workshop / Conference / Short-term course Organized

1. Participated as a **convener** in Reception and Technical Session in **one-day National Seminar** on “Recent Innovations in Food and Nutritional Sciences”, organized by Dept. of Nutrition, in collaboration with IQAC, Mugberia Gangadhar Mahavidyalaya, Bhupatinagar, Purba Medinipur, West Bengal, on 31st August, 2018, Participants ~250.

State Level Seminar / Symposium

1. Participated Scientific Seminar on ‘Ensuring Safe & nutritious Food’ in **Dietetics Day**, organized by Indian Dietetic Association (IDA), Bengal Chapter, WBVHAI, **Kolkata**, on 27th January, 2018.
2. Attended a Symposium on ‘Insights on Management of Diabetes And Case Study Presentations’ organized by Healthcare Nutrition Science, Danone, **Kolkata**, on 22nd April, 2017.
3. Attending a session on ‘Updates on Clinical Nutrition’ in “Clinical Nutrition Excellence Academy” program, in organized by Hexagoon Nutrition, at **Kolkata**, on 29th April, 2017.
4. Participated on ‘Continuing Nutrition Education’ in “National Nutrition Week 2016”, organized by Indian Dietetic Association (IDA), Bengal Chapter with Saffola, The Heart of Healthy Family, at Golden Parkk, **Kolkata**, on 4th September, 2016.

Poster Presentations (Published in Souvenir)

A. National

5. Choudhury, K., and **Bera, P.** ‘Stress and it’s Management’. 51st Annual National Conference on “Nutrition from Evolution to Revolution : Preparing for The Future -Together”, organized by Indian Dietetic Association (IDA) ,M.P.Chapter at **Indore**, Madhpradesh, West Bengal, on 30th September - 2nd October, 2018, Published in Souvenir, Page: 154.

Abstracts

A. National

1. Pramanik, P., Sahoo, J., **Bera, P.** Myeloma Disease and it’s Treatment. National Seminar on “Recent Innovations in Food & Nutritional Sciences”, organized by Dept. of Nutrition, Mugberia G. Mahavidyalaya in collaboration with Internal Quality Assurance Cell (IQAC) Mugberia G. Mahavidyalaya at **Mugberia G. Mahavidyalaya**, Purba Medinipur, West Bengal, on 31st August, 2018, Published in Souvenir, Page: 37.

B. State level

2. Jana, S., Sahoo, J., Gayen, R., and **Bera, P.** Health Benefits of Functional Foods. State level Seminar on “Nutrition and Functional Foods for Healthy Ageing”, organized by Dept. of Ntrition, Egra Sarada Bhusan College, **Egra, Purba Medinipur**, West Bengal, on 1st March, 2019, Published in Souvenir, Page: 37.

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