

**(Self-Declared Document)**

Name	<b>Dr. Koushik Das</b>
Designation	<b>Assistant Professor</b>
Name of the Department	<b>Nutrition</b>
Email ID	<b>koushikphysiology@yahoo.com</b>
Mobile No	<b>9932241708</b>
Personal Website	
Address	<b>VILL-Dulalpur, P.O-Basudevpur, P.S-Egra, Dist-Purba Medinipur</b>

**Educational Qualification:**

<b><u>Degree Name</u></b>	<b><u>Institute</u></b>	<b><u>Year of passing/awarded</u></b>
B.Sc.	Vidyasagar University	2002
M.Sc.	Vidyasagar University	2004
PhD	Vidyasagar University	2015

**Career Profile/Teaching Experience**

Assistant Professor, Dept. of Nutrition. Belda College, Paschim Medinipur Dist., West Bengal. Govt. aided college. (01.08.2019 onwards).

Contractual Whole Time Teacher (Govt. Approved) Period of service 22.11.2004 - 31.07.2019

**Specialization/Research Area**

Functional Food Development against Type 2 Diabetes Mellitus and Dyslipidemia

Neutraceuticals and medicinal plant components against kidney disease and diabetic nephropathy.

**Course/ Subject Taught : Nutrition****Publications in Journal / Book / Book Chapter****Papers**

<b><u>Title of the Paper</u></b>	<b><u>Journal Name with ISSN, Vol. etc.</u></b>	<b><u>Year of Publication</u></b>
Anoptotic effect of I inelaidic	Scientific Reports-Nature	2023

acid isolated from Marine Tapra fish oil (Ophisthopterus tardoore) via ROS generation and caspase activation on Apoptotic effect of Linoelaidic acid isolated from Marine Tapra fish oil (Ophisthopterus tardoore) via ROS generation and caspase activation on MCF cell line	Accepted on 04.05.2023 (ISSN 2045-2322)	
Protective Effect of Arjunakwatha and Arjunasheeta in Paracetamol-induced Kidney Injury in Rat Model	Int. J. Pharm. Investigation, 2023; 13(1):53-61. (ISSN 2230-9713 )	2023
To study the antioxidant and anti-inflammatory properties of oil from leaves of camellia sinensis L. In experimental animal models	International Journal of Pharmaceutical Sciences and Research, 2022; 14 (1), 1000-17 (ISSN 0975-8232)	2023
The socio-economic burden of expenditure for diabetes mellitus treatment: A cross sectional study	International Journal of Science and Research Archive, 2022; 7(1), 427–433. (ISSN 2582-8185)	2022
Anti-hyperlipidemic effect of oils from Sesamum indicum L. and Vicia faba L. on male Wistar rats	Future Foods (Elsevier) Volume 4, December 2021, 100060 (ISSN 2666-8335)	2022
Reduction of oxidative stress and apoptosis in hyperlipidemic rats by composite oil (CO) of Sesamum indicum L. and Vicia faba L.	Mediterranean Journal of Nutrition and Metabolism. 2021: 14(1):1-11 (ISSN 1973-7998 )	2021
Sea Fish Consumption is Associated with Lower Risk of Diabetes Mellitus: A Cross-Sectional Study	International Journal of Nutritional Sciences. Volume 6 Issue 4 - 2021 (ISSN: 2690-0173 )	2021
Antioxidant synergies in supercritical carbon dioxide extracts of mustard	Journal of Nutritional Science 2019 Sep 24:9:22	2019

and small cardamom seeds lower serum cholesterol level in rats: New leads for therapeutic foods.	(ISSN 2048-6790)		
Establishment of novel urinary kidney disease new biomarkers and therapeutic effect of methanol fraction of Terminalia arjuna on acetaminophen induced kidney disease in rats.	Asian Journal of Pharmaceutical and Clinical Research. 12(3):117-124. Online ISSN: 2455-3891   Print ISSN: 0974-2441	2019	
Analysis of fatty acids from oil of green tea (Camellia sinensis L.) by Gas Chromatography coupled with flame ionization detector and its anticancer and antibacterial activity In vitro.	International Journal of Pharmacy and Pharmaceutical Sciences.2019; 11(3):104-11 (ISSN: 0975-1491)	2019	
Supplementation of seed dust of Vicia faba and sesame ameliorates high lipid diet-induced dyslipidemia in rats.	Current Research in Nutrition and Food Science. 2019; 7 (1):1-17. (ISSN 2347-467X)	2019	
<b>Book/Book Chapter</b>			
<b>Title of the Book</b>	<b>Publication Name with ISSN , Vol etc.</b>	<b>Year of Publication</b>	
Approach to Early Detection and Management of Kidney Disease	Technological Innovation in Pharmaceutical Research Vol. 6; 2020. (978-93-90149-90-2 (Print) 978-93-90149-91-9 (eBook))	2020	
<b>Conference /Seminar/Workshop Attended/Organised</b>			
<b>Title of the Events</b>	<b>Date</b>	<b>Name of the Organiser</b>	<b>Role</b>
Empowering Nutrition	19-21 Dec, 2019	52 <sup>nd</sup> Annual National Conference, Indian Dietetics Association at Ahmedabad	Participation
"BRIDGES BETWEEN BIOINFORMATICS AND NUTRIGENOMICS"	5th - 6th February, 2020	Midnapore City College (Sponsored by SERB and DBT, Govt. of India)	Key note speaker

Sustainable Healthy Diet-Health for all	22-23 Dec, 2022	54TH ANNUAL CONFERENCE OF NUTRITION SOCIETY OF INDIA(NSI) Indian council of medical research (ICMR) , National Institute of Nutrition(NIN) Hyderabad.	Oral Presentation
Food Informatics: Opportunities and Challenges	5th - 6th February, 2023	4th Annual National Conference of Midnapore City College (Sponsored by SERB and DBT, Govt. of India)	Oral Presentation
PHYSICON-2019	15-17 NOV, 2019	XXX1st National Conference organized by Bankura Chritiana ollege	Oral Presentation
<p><b>Invited Lecture :</b>  The वर्षण (Heavy Rain of Thoughts) , is going to organize a Webinar entitled, "The Effects of the COVID-19 Outbreak on Dietary Patterns, Nutrition and Health:"on February 13, Sunday, 2022 as a part of the celebration of 75th Year of Indian Independence (Azadi Ka Amrit Mahotsav) by Government of India UDYAM Registered The वर्षण (Heavy Rain of Thoughts).</p>			

**Ph.D Guidance:**

Scholar name	Thesis Title	Date of Registration (Status )	To be Completed in Year
*Deblina Giri	Early detection of novel biomarkers on experimentally induced kidney disease in male rat and therapeutic efficacy of Methanol fraction of Terminalia arjuna.	21.07.2019	2023 (Thesis Submit)

*Meghmala Mandal	A study of bioactivities of tea oil	21.07.2019	2023 (Thesis Submit)
*Shrabanti Pyne	Effect of sea fish oil (Bholavetki fish, <i>Panna microdon</i> ) on experimental type II diabetic animals.	21.07.2019	2023 (Thesis Submit)
*Sanjay Das	Effect of some small sea fishes protein on experimentally induced type II diabetes mellitus rats	26.04.2021	2024
#Supriya Bhowmick	Effect of protein hydroxylate from sea fishes on experimentally induced type II diabetes mellitus rats (Proposed)	11.04.2023 (Enrolled)	2026
#Sayan Panda	Role of peptide for type 2 diabetes management: in silico analysis (Proposed)	11.04.2023 (Enrolled)	2026
#Madhumita Pal	Study of diabetes prevalence at Purba medinipur district (Proposed)	11.04.2023 (Enrolled)	2026
# Anju Manna	Study of hypertension prevalence at Paschim Medinipur district (Proposed)	11.04.2023 (Enrolled)	

Scholar is registered under \*Applied and Natural Science Research Centre of Raja Narendra Lal Khan Women's College (Autonomous), # Natural Science Research Centre Belda college affiliated by Vidyasagar University.