

Curriculum Vitae

Dr. Sugata Das Kumar, M.Sc., Ph.D., Post Doc. (DRDO).

❖ Personal Details

Sex: Female
Date of Birth: 21.06.1989
Nationality: Indian



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❖ Current Position: Assistant Professor, Department of Physiology, City College (Affiliated to Calcutta University), 102/1 Raja Rammohan Sarani, Kolkata-700009.

❖ Educational qualifications:

Course	University
B.Sc. in Physiology, (HONS.), 2007-2010.	Hooghly Mohsin College (Affiliated to The Burdwan University)
M.Sc.in Physiology (Special Papers: Ergonomics, Occupational and Work Physiology). 2010-2012.	Presidency College, (Affiliated to University of Calcutta)
Ph.D., Thesis title: "An Integrated Occupational and Ergonomic Study on the Evaluation of Health status of Female Construction Workers of West Bengal, India.", 2015-2020	Calcutta University
Research Associate: Ergonomics and Biomechanics, 2021-2023	DIPAS, DRDO

❖ Technical, workshop & Academic Training:

Academic Project Work

- Occupational & Ergonomic Health Analysis of Female Construction Workers of West Bengal India.
- Analysis of Growth Spurt of Rural School going Children of Bengal: A comparative Study.
- Growth spurt and facial anthropometry: amongst pre-pubertal school going girls of Bengal suburbs.
- A Critical Analysis of Training Induced Improved Performances of Pre-Adolescent Male Athletes of Bengal.
- Study Regarding Common Occupation Hazards Amongst Labours of Organized Sector Thermal Industry in Comparison To Management Trainees at” Bandel Thermal Power Station” (BTPS)
- Ergonomics of Welding: Investigation of health profile amongst unorganized welders of Kolkata
- Optimization of comfort posture ergonomics and abatement of hazards amongst load-bearers.
- Hidden risk factor assessment and abatement of occupational hazards amongst night-shift workers of unorganized sectors of Bengal.
- Study on Hidden Stress Profile of Under Privileged Female Construction Workers of West Bengal.

Certification:

[Ergonomics for Everyone](#) – Online (Oregon OSHA Public Education)

[Accident Investigation](#) – Online (Oregon OSHA Public Education)

[Hazard Identification and Control](#) – Online (Oregon OSHA Public Education)

[Workplace Ergonomics](#) – Online (Sri Sri University, Endorse by Indian Society of Ergonomics)

[Personal Protective Equipment \(PPE\)](#) – Online (The Knights of Safety™ Academy)

[Manual Handling Operations Awareness](#) – Online (The Knights of Safety™ Academy)

[Fire Safety in Buildings](#) – Online (International Labour Organization)

One month certification on “**Bioinformatics, Genomics, Machine Learning and Big Data Analysis**”-Online by Nextgenhelper, New Delhi (No: NGH_7_22_224)

❖ Previous working experience:

Sl. No.	Post	College, University and Organisation	Department	Duration
1	Research Trainee	Liver Foundation, West Bengal (A Unit of IPGMER, Kolkata)	Gastroenterology	October 2012 – February 2013
2	Research Assistant	Liver Foundation, West Bengal (A Unit of IPGMER, Kolkata)	Gastroenterology	March 2013 – September 2013
3	Guest Faculty	Institute of Management Study, Kolkata	B.M.L.T.	April 2019 – August 2019
4	Research Associate	Defence Institute of Physiology and Allied Sciences, DRDO. New Delhi	Ergonomics and Military Physiology	November 2021- November 2023

❖ Area of expertise and Research Interest:

Expertise: Bio-Mechanics, Ergonomics, Human Factor Integration, Statistical Analysis and Human Reliability Assistance.

Research Interest: Bio-Mechanics, Ergonomics, Product Design and Development.

❖ Publication:

1. "Occupational & Ergonomic Health Analysis of Female Construction Workers of West Bengal India" Volume: 3, Issue: 2, ISSN : 2278-0246, April-June 2014 in "International Journal of Analytical, Pharmaceutical and Biomedical Sciences" (IJAPBS). Page: 55-62. [Impact Factor: 0.9961, 2014]
2. "Revisiting Role of Women in Indian Agriculture: An Ergonomic Profile" Accepted in IIT Guwahati HWWE Conference 2014. Released in Conference Proceedings.
3. "Work related health disorders of female agricultural workers correlated with sawing and ploughing in Bengal: An ergonomic profile" Volume 4 Number 5 (May-2016), ISSN: 2347-3215 in "International Journal of Current Research and Academic Review" (IJCRAR). doi: 10.20546/ijcrar. [Impact Factor: 2.519,2016]
4. "Comparison of Lung Related Discomforts among Female Mud Molders and Brick Carriers of Brick Manufacturing Unit of West Bengal, India" Vol.6; Issue: 8; August 2016, ISSN: 2249-9571 in "International Journal of Health Sciences & Research" www.ijhsr.org. [Impact Factor: 3.56, 2016]
5. "Effect of Pesticides on Reproductive Health and an Ergonomic Evaluation amongst Female Agricultural Workers of West Bengal, India" Vol. 6, Issue 4, April 2017, ISSN(Online) : 2319-8753, ISSN (Print) :2347-6710 in "International Journal of Innovative Research in Science, Engineering and Technology" www.ijirset.com [Impact Factor: 7.089, 2017]
6. "Effect of natural resources on reproductive health and oxidative stress of female construction workers, west Bengal, India." Int. J. Adv. Res. 5(7), 661-667, published: July 2017, ISSN: 2320-5407 in International Journal of Advanced Research (IJAR), www.journalijar.com. [Impact Factor: 6.896,2017]
7. "Mitigation of hidden cardiovascular risk factors amongst pre-adolescent male athletes of Kolkata, West Bengal: a novel combination of yoga & nutraceuticals "EJPMR 2018, 5(5), 487-495. Article Accepted on 01/05/2018. European journal of pharmaceutical and medical research. ISSN: 2394-3211 [Impact Factor: 4.897, 2018]
8. "Chronic effect of welding fumes on respiratory system of welders, Kolkata: a comparative study" ejpmr, 2019,6(10), 539-544, Article Accepted on 22/09/2019, [SJIF Impact Factor: 6.222, 2019]
9. "Occupational risk assessment and abatement of hazards amongst load bearers of Kolkata" Int. J. Adv. Res. 7(9), 601-606, published: September 2019 in International Journal of Advanced Research (IJAR), www.journalijar.com. [Impact Factor: 7.08, 2019]
10. "Assessment of Hidden Risk Factors amongst Night Shift Security Personnel in Kolkata, West Bengal: A Comparative Study" 2020 IJRAR, Volume 7, Issue 2. Published: April 2020. International journal of research and analytical reviews. [Impact Factor: 5.78, 2019]
11. "Alleviation of occupational risk factors of the underground coal mine workers of Raniganj, West Bengal: An interventional study" June 2020, IJMPS, Vol 10, Issue 3. International Journal of Medicine and Pharmaceutical Sciences (IJMPS). [Impact Factor: 7.8387, 2020]
12. "Effect of coffee on stress management amongst manual material handling workers of West Bengal: an interventional attempt" July 2020, Vol 7, Issue 3. International Journal of Research and Analytical Reviews (IJRAR). [Impact Factor: 5.75, 2020]
13. "Prevalence of vibration induced occupational health evaluation amongst welders of Kolkata, West Bengal" July 2020, Vol 7, Issue 7. Journal of Emerging Technologies and Innovative Research (JETIR). [Impact Factor: 5.87, 2020]

14. "Importance of schedule exercise programme for night shift workers of Kolkata: A validated operational attempt" August 2020, Vol 5, Issue 8. International Journal of Scientific Development and Research – (IJSDR) [Impact Factor: 5.47, 2020]
15. "Vibration Exposure Assessment of Road Construction Workers of Kolkata: An Ergo-Physiological Analysis" December 2022, Volume 9, Issue 3. International Journal of Research and Analytical Reviews (IJRAR) [Impact Factor: 7.17, 2022]
16. "A Prevalence Study of Cardiac Risk Assessment of Female Construction Workers of Bengal, India: A Meta-Analysis" August 2022, Volume 11, Issue 4. International Journal of Life Sciences (IJLS) [Impact Factor: SJIF -6.43, 2022]
17. "Evaluation of wearability, kinetic and Kinematic changes during wearing of three layered extreme cold weather clothing: A Pilot Study" June-2023. *Ergonomics in Design (EID) SAGE Publication*, 10648046231185478. [Impact Factor: 1.5, 2023]
18. "Prospects and retrospects of occupational hazards amongst healthcare workers". January 2023, Volume 43, Issue 1. Journal: Biomedicine. [Impact Factor: 4.75, 2023]
19. "Biomechanical responses on specific load carriage and positive gradient walking: a pilot study"-Under Review at 'Indian Journal of Physiology and Pharmacology'
20. "Physiological and Metabolic responses during military load carriage activities with varying speed, gradient and terrain: A systemic Review"- Under Review at 'Indian Journal of Physiology and Pharmacology'
21. "Effect of wearing high heel and flat footwear on balance and stability dynamics: a kinetic study "-Under Review at 'Indian Journal of Physiology and Pharmacology'

❖ List of Participation in Seminar, Conference and Workshop

1. INSA award Lectures & Panel Discussion on "Bimolecular Research and Informatics: Future in India" organized at Presidency University by DBT Centre for Bioinformatics, 2012
2. UGC Sponsored State Level Workshop on "Application of Statistics in Biology & Clinical Research" organized by: Hooghly Mohsin College in collaboration with: R.G. Kar Medical College, Kolkata.
3. 4th Kolkata Liver Meeting, Dec 2012 at Taj Bengal, Kolkata
4. Indian Society of Gastroenterology Conference (ISG CON), Feb 2013 at Oberoi Grand, Kolkata
5. National Symposium entitled "Modern Trends in Biological Sciences" organized by: Physiological Institute, Presidency University, Kolkata, held on 21st Feb 2014.
6. National Science Day on "Fostering Scientific Temper" organized by ISCA Kolkata Chapter on 28th Feb 2014 at ISCA auditorium.
7. Ergonomics provides essential tool & techniques for industries- An approach towards better work culture & work efficiency- Two days' workshop on Ergonomics, organized by Department of Mining Engineering, IIST Shibpur on 29th & 30th Jan 2016.
8. One Day Webinar "Effect of Yoga in Sports Performance during COVID 19" organized by Physiological Society of India & Department of Sports Science, University of Calcutta, August 2020.
9. Online Certification Course in Workplace Ergonomics offered by Sri Sri University, Endorse by Indian Society of Ergonomics, August 2020.
10. One Day National Webinar "Development & Maintenance of Physical & Mental Wellness during COVID-19 Pandemic" organized by Department of Physiology, Midnapore College, August 2020.

11. One Day Seminar on “Human Factor Integration”, organised by Department of Integrated Physiology and Soldier Support (IPS)(Formerly Ergonomics), Defence Institute of Physiology and Allied Sciences (DIPAS), DRDO, Delhi. June, 2022.
12. “Human Factor Engineering at Military Platform” for 2 days, organised by Defence Institute of Physiology and Allied Sciences (DIPAS), DRDO, At DRDO Bhawan, New Delhi. March, 2023.

❖ Additional activities:

- Course in Multimedia (2010)
- Studentship in Structural Analysis of Brachiostoma Floridae with mature & precursor sequence of miRNA, Bio Informatics (2012).
- Teaching for JEE (Biology) for Lakshyaved, Kolkata (Initiative of Liver Foundation, West Bengal)
- School and Community advocacy program for Liver Health, General Health and Hygiene and Hepatitis.
- Anti-Spitting Campaign at JNM Hospital at Kalyani.