

Dr. Amitava Pal, M.Sc., Ph.D.



▼ Personal Details

Sex- Male

Date of Birth: 05.05.1985

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

▼ Membership details:

Life Member:

1. Indian Science Congress Association (ISCA), India
2. Indian Society of Ergonomics (ISE), India

▼ Journal Reviewer:

- BMC Musculoskeletal Disorders (Impact Factor: 2.533); BioMed Central Ltd., United Kingdom [ISSN: 1471-2474]
- BMC Nutrition (Impact Factor: 2.429); BioMed Central Ltd., United Kingdom [ISSN: 2055-0928]
- BMC Pregnancy and Childbirth, (Impact Factor: 3.105); BioMed Central Ltd., United Kingdom [ISSN: 1471-2393]
- Frontiers in Pediatrics (Impact Factor: 3.569); Frontiers Media S.A., Switzerland [ISSN: 2296-2360]
- Inquiry (Impact Factor: 2.099); SAGE Publications Inc., United States [ISSN: 1945-7243]
- Medphoenix, National Medical College, Birgunj, Nepal [ISSN: 2631-1992]

▼ Educational qualifications:

Course	University
B.Sc. in Human Physiology (Hons.) 2006	Vidyasagar University
M.Sc.in Human Physiology (Special Paper: Ergonomics & Sports Physiology) 2008	Vidyasagar University
Ph.D. in Human Physiology (Thesis Title: Assessment of work related health hazards of vegetable cultivators and ergonomic designing of hand tools) 2017	Vidyasagar University

v Technical, workshop & Academic Training :

Refresher Courses:

Refresher courses on “New Frontiers of Advancement in Natural & Biological Sciences” organised by University of North Bengal (UGC Human Resource Development Centre) on 10th – 23rd September, 2021.

Faculty Development Programme:

30th Orientation Course organized by Mizoram University (UGC Human Resource Development Centre) on 28th July – 17th August, 2020.

Workshop:

1. “2ndInternational workshop on Kinanthropometry (Level 2)”organized by Department of Human Physiology with Community Health, Vidyasagar University in collaboration with International Society for the Advancement of Kinanthropometry (ISAK), Canada on 9th – 15th May, 2015.
2. “International workshop on Kinanthropometry (Level 1)”organized by Department of Human Physiology with Community Health, Vidyasagar University in collaboration with International Society for the Advancement of Kinanthropometry (ISAK), Canada on 14th – 16th May, 2014.
3. “Workshop for Revision of Syllabus for Honours and Pass Course of Vidyasagar University” in Physiology organized by Department of Human Physiology with Community Health and U.G. Council, Vidyasagar University on 21st February May, 2014.

v Administrative experience:

Member of Board of Studies (BOS) in Physiology in the Dept. of Physiology, Panskura Banamali College (Autonomous), Purba Medinipur from 3rd May 2022.

v Previous working experience:

Post	College, University and Organisation	Department	Duration
Govt. approved PTT	Panskura Banamali College (Autonomous); Vidyasagar University	Physiology	6 th November, 2008 - 7 th August, 2019

v Area of expertise and Research Interest:

Ergonomics; Public Health; Epidemiology; Nutrition

v Publication:

Journal:

1. BhuniaS, **Pal A**, Giri B (2023). Evaluation of socio-demographic profile and basic risk factors of Tuberculosis patients in South 24 Parganas district of West Bengal, India: A hospital-based study. *African Health Sciences*. [In Press] **IF: 1.108**
2. Dua P and **Pal A** (2023). An investigation on the prevalence of anaemia among rural adolescent students of West Bengal, India. *IOSR Journal of Pharmacy and Biological Sciences*. **18(3):01-08**.
3. Sengupta P, **Pal A**, De S, Dhara PC (2023). Impact of Nutritional Status on Hand Grip Strength among Elderly Population in India. *International Journal of Physiology, Sports and Physical Education*. **5(1): 05-09**.

4. Rahaman N, **Pal A**, Samanta S, Banerjee J, Das S, Mukhopadhyay R, Dash SK, Ali KM (2022). Evaluation of socio-economic status and demographic characteristics of fisherman at costal area of West Bengal, India. *International Journal of Food and Nutritional Science*. **11(8)**:1963-1973.
5. Das S, Samanta S, Banerjee J, **Pal A**, Giri B, Kar SS, Dash SK (2022). Is Omicron the end of pandemic or start of a new innings? *Travel Medicine and Infectious Disease*. **48**: 102332.
IF: 20.441
6. Samanta S, Banerjee J, Rahaman SN, Ali KM, Ahmed R, Giri B, **Pal A**, Dash SK (2022). Alteration of dietary habits and lifestyle pattern during COVID-19 pandemic associated lockdown: An online survey study. *Clinical Nutrition ESPEN*. **48**: 234-246. **IF: 2.38**
7. Samanta S, Banerjee J, Kar SS, Ali KM, Giri B, **Pal A**, Dash SK (2022). Awareness, knowledge and acceptance of COVID-19 vaccine among the people of West. *Vacunas*. **23(S1)**: SS46-SS55.
IF: 0.194
8. **Pal A**, Manna M, Dalui R, Mukhopadhyay R, Dhara PC (2021). Undernutrition and associated factors among children aged 5-10 years in West Bengal, India: a community based cross-sectional study. *Egyptian Pediatric Association Gazette* 69:40. <https://doi.org/10.1186/s43054-021-00087-7>
9. **Pal A**, Dalui R, Manna S (2021). A case-control study on pulmonary parameters and pulmonary diseases among the bus drivers. *Indian Journal of Environmental Protection*. **41 (3)**: 340-346.
IF: 0.245
10. **Pal A**, Mollick AN, Dhara PC (2020). Prevalence of respiratory symptoms and pulmonary function of rubber industry workers. *Journal of Human Ergology*. **49(2)**: 37-43. doi.org/10.11183/jhe.49.2_37
11. **Pal A**, Manna S, Das B, Dhara PC (2020). The risk of low birth weight and associated factors in West Bengal, India: A community based cross-sectional study. *Egyptian Pediatric Association Gazette*. 68:27. <https://doi.org/10.1186/s43054-020-00040-0>
12. **Pal A**, De S, Sengupta P, Maity P, Dhara PC (2019). Relationship between body mass index and musculoskeletal disorders among women cultivators. *Health and Population: Perspectives and Issues*. **42(3&4)**: 90-99.
13. Sengupta P, **Pal A**, Mondal K, Dhara PC (2019). Evaluation of risk factors for falling among Indian (Bengalee) elderly population. *Journal of Geriatric Care and Researc*. **6(2)**: 38-43.
14. **Pal A**, Manna S, Dhara PC (2019). Comparison between of motor function of school-age children with normal birth weight and children with low birth weight: A cross-sectional study. *The Turkish Journal of Pediatrics*. **61**: 374-385. **IF:0.716**
15. **Pal A** and Sinha A (2018). Effect of altitude on cardio-respiratory parameters of healthy college student. *Health and Population: Perspectives and Issues*. 41 (3&4): 85-93.
16. **Pal A** and Dhara PC (2018). Work related musculoskeletal disorders and postural stress of the women cultivators engaged in uprooting job of rice cultivation. *Indian J Occup Environ Med*. **22(3)**:163-9. **IF: 1.103**
17. Manna S, **Pal A**, Dhara PC (2018) Fine motor skills and its growth pattern in variation to age and gender on Bengali (Indian) primary school children: A cross sectional study. *Int J Health Sci Res*. **8(5)**: 51-61.
18. Manna S, Dhara, PC **Pal A** (2018) Development of normative data of cognitive skills and motor ability parameters of primary school children of West Bengal. *International Journal of Creative Research Thoughts*. **6(2)**: 555-567.
19. **Pal A**, Santra A, Goswami S, and Dhara PC (2017). An ergonomic study on the prevalence of musculoskeletal problems and postural stress among female cultivators engaged in different post harvesting jobs in West Bengal, India. *Journal of Human Ergology*. **47**: 25-35.
20. **Pal A** and Dhara PC (2017). Evaluation of work-related musculoskeletal disorders and postural stress of female 'Jari' workers. *Indian J Occup Environ Med*. **21**: 132-7. **IF: 1.103**

21. **Pal A**, Pari AK, Sinha A, Dhara PC (2017). Prevalence of undernutrition and associated factors: A cross-sectional study among rural adolescents in West Bengal, India. *International Journal of Pediatrics and Adolescent Medicine*. **4**: 9-18. **IF: 1.143**
22. **Pal A**, De S, Sengupta P, Maity P, Dhara PC (2016). Estimation of stature from hand dimensions in Bengalee population, West Bengal, India. *Egyptian Journal of Forensic Sciences*. **6**: 90-98. **IF: 0.868**
23. Manna S, **Pal A**, Dhara PC (2016). Effect of socioeconomic status on learning ability of Bengali (Indian) primary school children. *Advances in Applied Physiology*. **1(1)**:12-17.
24. Maity P, De S, **Pal A**, Dhara PC (2016). An experimental study to evaluate musculoskeletal disorder and postural stress on female craft workers adopting different sitting posture. *Int J Occup Saf Ergon*. **22(2)**: 257-66. **IF: 2.665**
25. Manna S, **Pal A**, Dhara PC. (2016). Variation of cognitive skill on age and sex of primary school children of west Bengal. *Journal of Bio Innovation*. **5(6)**: 939-951.
26. Banerjee M, De S, **Pal A**, Dhara PC (2016). Sex variation of motion stereotypic response among adult bengalee population for the operation of some simple control-display units. *Indian Journal of Pharmaceutical and Biological Research*. **4(2)**: 60-68.
27. **Pal A**, De S, Sengupta P, Maity P, Mahata H, Shaikh S, Dhara PC (2015). Physiological strain among women potato cultivation In West Bengal, India. *Journal of Human Ergology*. **44(2)**: 61-74.
28. Bepari M, **Pal A**, Maity P, Maiti Choudhury S (2015). Nutritional and health status of adult women of the Lodha tribal population of PaschimMidnapore, West Bengal, India: compared with nontribal women. *East African Journal of Public Health*. **12(1)**: 988-96.
29. **Pal A**, De S, Sengupta P, Maity P, Dhara PC (2015). Evaluation of work related musculoskeletal disorder and postural stress among female potato cultivators in West Bengal, India. *Ergonomics SA*. **27(1)**: 46-64.
30. Mahata H, Maity P, Banerjee M, Chatterjee M, **Pal A**, Dhara PC (2015). Influence of age, socioeconomic and nutritional status on musculoskeletal disorders of female paddy threshing workers. *Indian Journal of Biological Science*. **21**: 36-50.
31. Arora D, **Pal A**, Dutta S, Sau S (2015). Prevalence of under nutrition among tribal adolescent boys in Paschim Medinipur District, West Bengal, India. *National Journal of Medical and Allied Sciences*. **4(2)**: 32-39.
32. **Pal A**, De S, Sengupta P, Maity P, Dhara PC (2014). Ergonomic evaluation of work related musculoskeletal disorders and postural stress among male potato cultivators of West Bengal, India. *International Journal of Occupational Safety and Health*. **4(2)**: 5-14.
33. **Pal A**, De S, Sengupta P, Maity P, Dhara PC (2014). An investigation on prevalence of anemia in relation to BMI and nutrient intake among adult rural population of West Bengal, India. *Epidemiology, Biostatistics and Public Health*. **11(2)**: e8915-1- e8915-10. **IF: 0.495**
34. Dhara PC, De S, Sengupta P, Maity P, **Pal A** (2014). An Ergonomic approach for designing Indian traditional vegetable cutter. *Work*. **50**: 177- 86. **IF: 1.505**
35. **Pal A**, De S, Sengupta P, Maity P, Dhara PC (2014). Relationship of body compositional and nutritional parameters with blood pressure in adults. *J Hum Nutr Diet*. **27(5)**: 489-500. **IF: 3.089**
36. Maity P, De S, **Pal A**, Mahata H, Chatterjee M, Dhara PC (2014). Identification of a suitable working posture for female workers engaged in golden thread work. *International Journal of Occupational Safety and Health*. **4(2)**: 24-33.
37. **Pal A**, De S, Sengupta P, Maity P, Goswami S, Dhara PC (2013). Re-evaluation of WHO-defined BMI cutoff value for defining overweight and obesity in the Bengalee (Indian) population. *Mediterr J Nutr Metab*. **6**:31-37. **IF: 1.647**

38. Goswami S, **Pal A**, Dhara PC (2012). Evaluation of work related musculoskeletal disorder and postural stress among female cultivators engaged in post harvesting tasks. *Indian Journal of Biological Science*. **18**: 16-25.
39. Sengupta P, De S, **Pal A**, Maity P, Banerjee M, Dhara PC (2012). Variation of range of joint motion in indian (bengalee) healthy adult subjects. *Journal of Life Sciences*. **4(2)**:23-133.
40. De S, Sengupta P, Maity P, **Pal A**, Dhara PC (2011). Effect of body posture on hand grip strength in adult bengalee population. *Journal of Exercise Science and Physiotherapy*. **7(2)**: 79-88.
41. De S, Sengupta P, Maity P, **Pal A**, Dhara PC (2011). Age and sex variations of the index finger flexion and extension strength in adult Bengalee population. *Isokinetics and Exercise Science*. **19(4)**: 265-272. **IF: 0.519**
42. Dhara PC, De S, **Pal A**, Sengupta P, Roy S (2009). Assessment of hand grip strength of orthopedically challenged persons affected with upper extremity. *Journal of Life Sciences*. **1(2)**: 121-127.

Book chapter:

1. Maity P, **Pal A**, Dhara PC (2015). Evaluation of work related musculoskeletal disorder and postural stress of brick kiln workers during performing brick making tasks. In: Ergonomics for rural development. Dhara P.C. (ed), Vidyasagar University, Midnapore, pp-386-398.[ISBN- 9789351749059]
2. **Pal A**, Chatterjee S, De S, Sengupta P, Maity P, Banerjee M, Chatterjee M, Mahata H, Dhara PC (2014). Relationship between obesity and cardiorespiratory fitness among the office workers. In: Bose K. (ed). Public Health in the 21st Century: Health Consequence of Human Central Obesity. *NOVA Science Publishers, Inc: Hauppauge, NY, USA*. PP. 185-206. [ISBN: 978-1-63321-152-0]
3. Sengupta P, De S, Maity P, **Pal A**, Banerjee M, Chatterjee M, Dhara PC (2014). A comparative study of hand grip strength and body composition among the population of eastern India. In: Humanizing work and work environment- Ergo: Safety for all. Vinay D. (ed), Astral Publishing Pvt. Ltd., New Delhi, pp 371-377. [ISBN -13:978-9351302704]
4. Dhara PC, **Pal A**, De S, Sengupta P, Maity P, Banerjee M (2012). Nutritional status and blood pressure among Bengalee female cultivators. In: Bose K. (ed). Human Malnutrition: Twin Burdens of Undernutrition and Overnutrition. *NOVA Science Publishers, Inc: Hauppauge, NY, USA*. PP. 213-226. [ISBN: 978-1-62417-043-0]
5. Dhara PC, Maity R, Maity P, De S, Sengupta P, Banerjee M, Chatterjee M, **Pal A**, Mahahata H. (2012). An Ergonomic approach for designing crowbar. International conference on Humanizing the work and work environment. G. B. Pant University of Agriculture and Technology, Pantnagar. Page-20-26.
6. **Pal A**, Ghorai SK, De S, Sengupta P, Dhara PC (2010). An ergonomic approach for modifying the potter's workstation. In: Ergonomics for Everyone, Chapter II Ergonomics in Occupational Health. Gangopadhyay S. (ed), Department of Physiology, University of Calcutta, Kolkata, pp– 109-117. [ISBN 978-81-910303-0-3]

v Awards:

Name of the Award: Best Paper Presentation

Conference: International Conference on Frontiers in Biological Researches (ICFBR-2012)

Organiser: Vidyasagar University, Midnapore 26th – 27th February, 2012

Title of paper: stimation of stature from hand dimensions in Bengalee population

v List of Paper Presented in International/National Seminar, Conference & Symposium

2023

1. Conference: Health Awareness Programme
Organiser: Narajole Raj College; Paschim Midnapore on 27th April, 2023
Title of paper: Adolescent Health Consequences

2020

2. Conference: International Conference on Contemporary Innovative Issue and Future Challenges in Physiology and Allied Sciences.
Organiser: Vidyasagar University; Midnapore on 21st - 22nd January, 2020
Title of paper: Determination of sex from footprint dimensions among adult Bengalee population.

2019

3. Conference: One Day International Seminar on Global Challenges on Food and Environment
Organiser: Dept. of Nutrition in collaboration with Dept. of Physiology, Belda College, Belda, Paschim Midnapore on 9th April, 2019.
Title of paper: The association between sleep duration and obesity among Bengalee adults.

2018

4. Conference: National Seminar on Health Risk of Processed Food
Organiser: Ramnagar College, Purba Medinipur in collaboration with Egra S.S.B. College, Purba Medinipur, 9th March, 2018.
Title of paper: A Case-control Study on Pulmonary Parameters and Pulmonary Diseases among Bus Drivers.
5. Conference: 3rd Conference of Physiological Society of Nepal on Exploring Research Fields in Nepal
Organiser: Nepal Medical College, Kathmandu, Nepal, 11th & 12th February, 2018.
Title of paper: Cross-sectional study of undernutrition and associated factors among children in West Bengal, India.

2016

6. Conference: PHYSIOCON-2016: XXVIIIth Annual Conference of the Physiological Society of India
Organiser: Department of Physiology; Midnapore College; Midnapore, 18-20th November, 2016.
Title of paper: Cross-Sectional Study of Undernutrition and Associated Factors among Children in West Bengal, India.
7. Conference: National Symposium on Bioresource Management
Organiser: Faculty of Science, Vidyasagar University, Midnapore, 26th and 27st April, 2016.
Title of paper: Prevalence of undernutrition and associated factors: a cross-sectional study among rural adolescents in West Bengal, India
8. Conference: UGC sponsored National seminar on Trends of physiological researches from laboratory to community
Organiser: Vidyasagar University, Midnapore, 30th and 31st March, 2016.
Title of paper: The Risk Factors of Low Birth Weight and Preterm Birth in Rural Areas of West Bengal: A Cross-Sectional Study.
9. Conference: "9th Rastriya Vigyan Sancharak Sammelean"; 103st session of Indian science Congress
Organiser: Mysore University, Mysuru, 3rd- 7th Jan., 2016
Title of paper: Science and Technology for Indigenous Development in India
10. Conference: 103st session of Indian science Congress
Organiser: Mysore University, Mysuru, 3rd- 7th Jan., 2016
Title of paper: Relationship between Body Mass Index and Musculoskeletal disorders among women cultivators

2015

11. Conference: UGC sponsored National seminar on current trend of research in human physiology and community health
Organiser: Vidyasagar University, Midnapore 27th March, 2015.
Title of paper: A case-control study on pulmonary parameters and the occurrence chronic obstructive pulmonary diseases among the rubber factory workers.
- 2014
12. Conference: International Ergonomics Conference, HWWE-2014
Organiser: Department of Design, Indian Institute of Technology, Guwahati, 3-5 December, 2014.
Title of paper: An ergonomic study on the prevalence of musculoskeletal problems and postural stress among female cultivators engaged in different post harvesting jobs in West Bengal, India
13. Conference: 101st session of Indian science Congress
Organiser: Jammu University, Jammu, 3-7 Feb, 2014.
Title of paper: Variation of heart rate, oxygen consumption and blood lactate of the worker engaged in different potato cultivation tusk
- 2013
14. Conference: International Conference on Ergonomics and Human Factors, HWWE-2013
Organiser: Vidyasagar University, Midnapore on 4th-6th December, 2013
Title of paper: Evaluation of Postural and Physiological Stresses of the Women Workers Engaged in Rice Cultivation in West Bengal, India
15. Conference: 100th Indian science Congress
Organiser: University of Calcutta, Kolkata, Jan., 2013. pp – 187.
Title of paper: Evaluation of work related musculoskeletal disorder and postural stress of women workers during performing different rice cultivation tasks.
- 2012
16. Conference: International Conference on Frontiers in Biological Researches (ICFBR-2012)
Organiser: Vidyasagar University, Midnapore 26th – 27th February, 2012
Title of paper: stimation of stature from hand dimensions in Bengalee population
17. Conference: 99th Indian science Congress
Organiser: KIIT, Bhubaneswar, Jan., 2012. pp – 181.
Title of paper: An investigation on prevalence of Anemia in relation to BMI, nutrient intake and socioeconomic condition among the female cultivators of West Bengal
- 2011
18. Conference: (ICMSP 100): 100 years journey
Organiser: University of Calcutta, Kolkata 21st – 23rd September, 2011.
Title of paper: Evaluation of Hand Dimension of Vegetable Cultivators in West Bengal. International confarence on molecules to systems physiology
- 2010
19. Conference: 97th Indian Science Congress
Organiser: University of Kerala, Thiruvananthapuram, Kerala on 3rd – 7th Jan 2010
Title of paper: An Ergonomic Intervention for Modifying the Blacksmith's Workstation
20. Conference: UGC sponsored National Seminar on "Emerging Issues in Physiology & Allied Sciences"
Organiser: Vidyasagar University, Midnapore on 26th March, 2010.
Title of paper: Normitive data on Hand Grip Strength of female agricultural worker of West Bengal
- 2009
21. Conference: International Ergonomics Conference HWWE 2009 on "Ergonomics for everyone"
Organiser: University of Calcutta, Kolkata on 17th-19th December 2009
Title of paper: An Ergonomic Approach for Modifying the Potter's Workstation
22. Conference: UGC sponsored National seminar on Current Trends of Researches in Health & Diseases
Organiser: Vidyasagar University, Midnapore on 30th – 31st March, 2009.
Title of paper: Evaluation of Postural stress and Work related musculoskeletal disorder of Blacksmith

List of Participation in Seminar, Conference & Symposium

1. Seminar on the occasion of National Science Day, 2022 Organized by IQAC, City College, Kolkata on 25th February, 2022.
2. Seminar on “Blood Donation: Understanding, Awareness & Camp” Organized by IQAC and Dept. Of Zoology, City College, Kolkata on 17th February, 2022.
3. “National Science Day-2015”, Organized by Vidyasagar University, Midnapore, West Bengal. on 8th October, 2015.
4. National Seminar on “Research Methodology in Higher Education”, Organized by Vidyasagar University Research Scholar Association, Vidyasagar University, Midnapore, West Bengal. on 19th March, 2013.
5. Symposium on “Next Generation DNA Sequencing: An Advance Technology”. Organized by Vidyasagar University Research Scholar Association, Vidyasagar University, Midnapore, West Bengal, on 26th November, 2012.
6. Symposium on “Acharya Prafulla Chandra Ray Memorial (150 Years) Lectures”. Organized by Vidyasagar University Research Scholar Association, Vidyasagar University, Midnapore, West Bengal, on 8th December, 2011.
7. International Seminar on “Renovation and Rejuvenation of Higher Education and Research across the Disciplines” Organized by Vidyasagar University Research Scholar Association, Vidyasagar University, Midnapore, West Bengal on 3rd & 4th March, 2010.
8. International Seminar on “Higher Education and Employability”, Organized by Vidyasagar University Research Scholar Association, Vidyasagar University, Midnapore, West Bengal on 27th February, 2009.