Paramita Dhara

Personal Details



- Phone : 70xxxxxx68 83xxxxxx47
- Email : paramita2307@gmail.com
- Address : Parbatipur, Tamluk, Purbamedinipur, Pin-721636, P.O+P.S- Tamluk.
- Date of Birth : 23.07.1997
- Marital Status : Married
- Nationality : Indian
- Religion : Hindu
- Gender : Female
- Adhaar card number : 85xx xxxx xx18

Experience

- **Assistant professor** — 01.11.21 - Continue
  Haldia Institute of Health Sciences
  Joined as assistant professor
- **External examiner** -
  Vidyasagar university
- **Question Paper setter** -
  West Bengal university of health sciences
- **Dietitian** -
  Park cinic Nursing home, Kolkata
  Internship
- **Dietitian** -
  Clinical experience
  Haldia Institute of Health Sciences

Education

Course / Degree	School / University	Grade / Score	Year
Post graduated	Raja Narendra Lal Khan Women's College (Vidyasagar University)	Grade-1st class, score -79.67%,CGPA-8.71	2021
Graduated	Raja Narendra Lal khan Women's college (Vidyasagar University)	Grade- 1st class, score- 65.37%	2019
Higher Secondary Education	Rajkumari Santanamoyee girls' high school	Grade- A+, score- 85.6	2016
Secondary education	Rajkumari Santanamoyee girls' high school	Grade-A, score- 78.28%	2014

Skills

- Computer Literacy (MS office, MS excel, MS word, MS power point)
- Teaching and guiding
- Team management, event management
- Diet counseling
- Personalised diet chart preparation
- Communication
- Drawing, crafting
- Music

Projects

- **Project on different millet based icecream, using different sugar substitute and different plant milk for diabetic and obese patients.**
- **Plant-Based diets and their role in sustainable obesity management: An overview**
- **Project on lipid oxidation in various food using various fat content**
- **Project on fermented food (wine production) : Evaluation of Nutritional, sensory properties.**
- **Use of betel leaves as a natural preservative on meat products**
- **Evaluation of Lipid peroxidation level on different type of food product using different oils.**
- **Energy bar production for adolescents student community**
- **Development of iron rich food product for anaemic patients.**
- **Nutritional evaluation of oats cake and comperative study with the market bakery products.**
- **Development of Millet biscuit for diabetics patient and analysis its health effects.**
- **Estimation of ascorbic acid level during different technique of preparation for fruit juice.**
- **Formulation and nutritional characterization of newly developed antioxidant enriched coconut milk by using almond skins and turmeric powder**
- **Plant-Based diets and their role in sustainable obesity management: An overview**
- **Impact of nutritional therapy on outcomes in critical care: A review of guidelines and clinical evidence**

Achievements & Awards

- Paper presentation : 1st position Institute :Haldia Institute of Health Sciences Seminer :Recent Advances in human Nutrition and health research. Date:14.09.2023
- Paper presentation : Topic : Negative impact of screen addiction on eating pattern and leading health hazards in adolescents. Institute : Mahisadal girl's collage, Mahisadal, Purbamedinipur Seminer : National seminer Theme:Addressing obesity :Reducing consumption of salt, Sugar, oil. Date :16.09.2025
- Poster presentation Topic:Newly development of low carb milet icecream for diabetes and obase patient with its multiple health effects Institute : National institute of Nutrition,Hydrabad. Seminer :57th annual conference of NIN(ICMR) Date:14.11.2025-15.11.2025.
- Poster presentation Topic: Multiple positive and nagetive health effect of pre, pro and symbiotic consumption combindly through food products(Survey wotk). Institute : St. Xavier's college(Autonomous), kolkata. Seminer :International seminar, Frontiers in biological sciences chapter VI Date:14.02.2025
- Poster presentation : Institute :Government genarel degree college Salboni Date:11.09.2018-17.09.2018
- Poster presentation :4th position Institute : Nehru Yuva Kendra Sangathan, West Bengal Date :24.01.2020

Publications

- **Formulation and nutritional characterization of newly developed antioxidant enriched coconut milk by using almond skins and turmeric powder**
  Paramita Dhara 1,Paromita Mukherjee 2,Souvik Tiwari 3, Sweta Parida 4,
  International journal of agriculture and nutrition.2025;7(7):24-29.
  P-ISSN: 2664-6064 , E-ISSN :2664-6072
  Received: 17. 05.25
  Accepted :
  Published :28.06.25
  Impact Factor :RJIF 5.2
- **Plant-Based diets and their role in sustainable obesity management: An overview**
  Paramita Dhara1, Ruma Solanki2, Srijita Mukherjee3,Parna Chatterjee4,Pallabi Chatterjee5,Khan Farhana Mehreen6,Plant- based diet and their role in sustainable obesity management :An overview.
  International Journal of Multidisciplinary Education and Research,2026;11(1),18-22.
  ISSN: 2455-4588.
  Impact factor :RJIF 8.16
  Received: 15-12-2025, Accepted: 28-01-2026, Published: 13-02-2026.
- **Impact of nutritional therapy on outcomes in critical care: A review of guidelines and clinical evidence**
  Gargi Chakrabarty 1,Shubhankshi Das 2,Paramita Dhara 3,
  International journal of pharmaceutical and clinical research, 2025;7(1):81-85.
  P-ISSN: 2664-7591,E-ISSN :2664-7605
  Impact Factor: RJIF 5.2

Received : 01.01.25
Published :05.02.25

- **Omega-3 Fatty Acids and Cardiovascular Health: Mechanisms and Clinical Benefits**
  Paramita Dhara 1,Syeda Raiyya 2, Ankita Pathak3, Ankita Sengupta4, 5Pallabi Chatterjee5, Enakshi Raychowdhury6, Anmayee Nanda7,
  International journal of Medical Science and research, 2026,8;2(11-13).
  E-ISSN :2664-8768
  Impact Factor: 8
  Accepted :07.04.2026
  Published :22.04.26

Interests

- Nutritional Health Research work
- Food science research work

Activities

- Nutrition camp for low economical society Place:ICDS center, Haldia
- Nutrition camp for school student Place:Haldia Govt sponcered Vivekananda Vidyalay, Haldia.
- Blood donation camp Place:Tamluk
- Health camp Place: Old age home, Mecheda

Languages

- Bengali
- English
- Hindi

Visit

- Institutional visit
  Institute name: All India Institute of Hygiene and Public Health, Kolkata.
  Date:15.11.25
- Institutional visit: National Institute of Nutrition, ICMR, Hydrabad
  Date:2019
- Industrial visit:
  Company name: Biddyt bakery
  Date:17.05.23
  Second time:
  Date:
- Market survey :
  Place: Haldia Market
  Date: 30.05.23
- Mushroom production Farm visit:
  Centre:Mushroom production farm, Tamluk
  Date: 05.11.23
- Old age home visit :
  Institution : Vivekananda lokosikha Niketan
  Date:07.05.2024

Patent

- **Smart diagnostic and detection device**
  Design number: 6504198
  Grant date: 25 February 2026
  Registration date: 04 February 2026
- **Touch interfaced HBA1c analyzer.**
  Design No.:462239-001
  Date of issue : 18.09.25
  Grant date:14.06.25

Faculty Development Course

- **Development Program on Technical Skill Enrichment**

- Development Program on research design, mechanics of manuscript drafting and free publication process
- Faculty Development Program on Ethical Application of Artificial Intelligence and Research Software in Higher Education for Research (FDP ProTech AI 2026)

Advance Diploma Course (Skill Development)

- MNT (Medical Nutrition Therapy)course.
  Duration: 6months
  Institution name : Cognize Nutrition
  Year: 2025
- Sports Nutrition course
  Duration : 1.5 monyhs
  Institutions name: IAPEN India Association.
  Year:2025
- IT(Information and technology,Computer training course)
  Duration : 1 year
  Institutions name: PMK National Youth Computer Centre
  Year: 2019-2020
- Diabetic educator
  Duration :6months
  Institute : FSTN academy
  Year:2025
- Gynocological nutrition
  Duration :3 months
  Institute :FSTN academy
  Year:2026
- Diabetic educator courses
  Duration :10months(pursuing)
  Institute :NDEP(National Diabetes Educator Program)
  Year: 2026