



Curriculum Vitae

Name: Dr. Balaram Sutradhar, M.Sc, Ph.D

Current Position: Assistant Professor, Physiology

Institution: Tripura Santiniketan Medical College, Agartala, Tripura, India - 799003

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I. Education

Ph.D in Human Physiology, Tripura Central University, Tripura, India (2012-2018)

Thesis: "Studies on pulmonary function and cardiovascular status of tribal children and development of reference standard for spirometry."

M.Sc in Human Physiology, Tripura Central University (2009-2011)

Specialization: Immunology, Microbiology & Tissue Culture

B.Sc in Human Physiology, Tripura Central University (2005-2009)

II. Academic Positions Held

Assistant Professor, Physiology, Tripura Santiniketan Medical College (14th Feb 2025 – Present)

Assistant Professor, Faculty of Paramedical Sciences & IQAC Officer, Assam down town University (5th Jan 2023 – 13th Feb 2025)

Assistant Professor, Dept. of Human Physiology, Holy Cross College, Tripura (1st April 2021–23rd December 2022)

Guest Faculty, PG Course, Dept. of Human Physiology, Tripura Central University (1st September 2018– 30th June 2020)

Guest Faculty, Dept. of Allied Health Sciences, ICFAI University, Tripura (1st June 2019– 31st December 2020)

III. Awards & Research Fellowships

ICMR Senior Research Fellow (Project), Dept. of Pediatrics, AGMC (2017–2019)

ICMR Senior Research Fellow (Project), Dept. of Human Physiology, TU (2012–2015)

RET Fellowship, Tripura University (2012)

Training: Biotechnological Methods, State Biotech Hub, TU (2011–2012)

IV. Book Publications

Medical Psychology for Paramedical Sciences (2025)- ISBN: 978-93-5838-384-3

Applied Physiology: Renal Physiology (2024) - ISBN: 978-81-9799-971-0

Basic Concepts of Hospital Practice and Patient Care (2023) - ISBN: 978-93-5860-022-3

V. Research Publications

1. Sutradhar B; Choudhuri D. Exercise as a preventive tool in the progression of hypertension to cardiovascular disease: Exercise and CVD prevention'. Indian Journal of Physiology and Allied Sciences; 2025. (Accepted).
2. Sutradhar B, Choudhuri D. Combined effect of occupational dust exposures and cigarette smoking on pulmonary function of adults of Tripura- a north eastern state of India. *International journal of scientific research*. 2023; 12(6): 67-70.
3. Choudhuri S, Sutradhar B, Das S, Choudhuri D. Ameliorative role of selenium and zinc against reproductive toxicity due to exposure to a mixture of heavy metals lead, cadmium and arsenic in male albino rats. *International Journal of Pharmaceutical Sciences and Research*. 2021; 12(4):2270.
4. Majumder N, Reang AS, Sutradhar B, Das B, Majumder T, Datta SS. [Rapid molecular detection of Mycobacterium tuberculosis and rifampicin resistance among pediatric patients in a tertiary care hospital of northeast India](#). *IOSR Journal of Dental and Medical Sciences*. 2021; 20(9):57-61

5. Sutradhar B, Choudhuri D, Hore S. Relationship between body adiposity markers and respiratory function of adolescent: development of lung function predictive equation. *Medical Journal of Dr. D. Y. Patil Vidyapeeth*. 2021; 14(4): 415-423.
6. Choudhuri D, Sutradhar B. Factors associated with nutritional status of adolescent schoolchildren in Tripura. *Indian Pediatrics*. 2020; 57(2):4-5.
7. Chakma M, Majumder N, Sutradhar B, Datta SS. A randomized clinical trial regarding comparative efficacy of quinine and artesunate in the treatment of severe malaria among children of Tripura: a North Eastern state of India. *International Journal of Scientific Research*. 2019; 8(9).
8. Majumder N, Sutradhar B, Reang S, Datta SS. A cross sectional study on iodine status among pregnant and non-pregnant women of Tripura-a North Eastern State of India. *International Journal of Research in Medical Sciences*. 2019; 7(2): 486-490.
9. Sutradhar B, Choudhuri D. Prevalence and predictors of pre hypertension and hypertension among school going adolescents (14–19 years) of Tripura, India. *Indian Journal of Medical Specialities*. 2017; 8: 179–186.
10. Sutradhar B, Choudhuri D. Nutritional status of adolescents of Tripura- a Northeastern state of India. *Biomedicine*. 2017; 37(2): 274 – 278.
11. Choudhuri D; Sutradhar B. Quantitative Phenotypic Trait of Cardiovascular Disease Risk. *Indian J Pediatr*. 2016; 83(8):904-5.
12. Choudhuri D; Sutradhar B. Pulmonary function of adolescents from Tripura, a North-eastern state of India. *Lung India*. 2015; 32(4): 353–358.

VI. Conference Presentations

1. Majumder N, Sutradhar B, Reang S, Datta SS. Iodine status among pregnant and non-pregnant women of Tripura: An ICMR Task Force Study. Published in 23rd TRIPEDICON. Organized by Indian Academy of Paediatrics, Tripura. December 2017.

VII. Faculty Development / Orientation Programs

1. Seven days International Virtual FDP on Transformative Research Practices: Advancing Quality and Ethical Standards across Higher Education organized by Faculty of Science, Assam down town University. 13th - 18th December, 2024
2. Five days international online workshop on Master the Art of Research and Publication AI Tools and Techniques of Research for Quick Report Writing & Quality Publication. 26th – 30th, December, 2024
3. Participated online two weeks NEP orientation and sensitization programme organized by MMTC, Tripura University. 11th – 22nd March, 2024
4. Participated a two week online national level orientation cum faculty development program organized by Internal Quality Assurance Cell (IQAC), Himalayiya University, Dehradun, Uttarakhand. 18th – 30th March, 2024
5. Participated one week national level online faculty development program on outcome based education and application of generative AI in teaching and research organized by Internal Quality Assurance Cell (IQAC) of Government College Kottayam, in association with The Kerala State Higher Education Council (KSHEC). 6th – 13th March, 2024
6. Participated one week faculty development program on “Cognitive Computing for Smart Applications. Organized by department of Artificial Intelligence and Data Science, Viswakarma Institute of Information Technology, Pune. 18th -22nd March, 2024
7. Successfully completed and qualified the exam of one week FDP on emerging trends in how to do research methodology (online) organized by REST society for research international, India. 4th -8th September, 2023
8. Successfully completed the offline faculty development program on general management and research methodology for faculty members of higher education institutions of NER held from 8th May 2023 to 12th May 2023 organized by IIM, Shillong. 8th – 12th May, 2023
9. Two Weeks International Faculty /Knowledge Development Programme: Accreditation Awareness, Planning and Execution (APEX). Holy Cross College in collaboration with Special Minds. 16th – 29th April, 2022

VIII. Scientific Seminars

1. Sutradhar B and Choudhuri D. “Prevalence and possible risk factors of pre-hypertension and hypertension-a study in ethnic population of Tripura, India” presented paper in National seminar on Youth in India: issues and challenges organized by Department of Psychology, Tripura University, India. March, 2017
2. Sutradhar B. Lung function of tribal children from Tripura, A North Eastern State of India, presented paper in XXVIth Annual National Conference of the Physiological Society of India, organized by Department of Physiology & Department of Zoology, Berhampore Girl’s College, West Bengal, India. 19th-21st December, 2014
3. Sutradhar B. “Nutritional profile and socioeconomic status of adolescents from Tripura, a North eastern state of India”, presented paper in National Seminar on Health and Wellbeing of Adolescents and Young adults: an Indian perspective, organised by Department of Psychology, Tripura University, India. 22nd-23rd March, 2014
4. Sutradhar B and Choudhuri D. Evaluation of pulmonary function of tribal children from Tripura, a North eastern state of India, presented paper in 101st Indian Science Congress, Jammu. 3rd-7th Feb, 2014

IX. Webinars / Seminars Participated & Organized

1. Participated in webinar on “how to read scientific literature” organized by National Centre for Cell Science. 21st July, 2022
2. Member of the organizing committee for the national webinar on “Introduction to Bioinformatics” organized by department of Human Physiology, Holy Cross College, Agartala. 13th November, 2021
3. Participated two days international webinar on innovation in biotechnology: virus, vaccine and public health organized by department of Bioengineering, National Institute of Technology, Agartala. 21st&27th August, 2021

4. Attended in national webinar on “Prospects and opportunities in biomedical sciences” organized by department of Human Physiology, Swami Vivekananda Mahavidyalaya, Tripura. 12th July, 2021
5. Participated in the webinar on “Designing risk assessments to select climate and disaster risk reduction measures” organized by department of Geography and resource management, Mizoram University. 22nd June, 2021
6. Participated in webinar on “Impacts of African Swine Fever (ASF) in India conducted by Centre for Disaster Management, Mizoram University. 21st June, 2021
7. Participated in national webinar on “health benefits of yoga” organized by NCC unit and Department of Human Physiology, Swami Vivekananda Mahavidyalaya, Tripura. 31st May, 2021
8. National seminar on water and biodiversity organized by Tripura Biodiversity Board and Department of Botany supported by National Biodiversity Authority (NBA) , New Delhi. 22nd May, 2013
9. Seminar on Molecular Biology, sponsored by Department of Biotechnology, Govt. of India, organized by DBT Project, Department of Microbiology, AGMC in collaboration with Biotechnology Hub, Tripura University. 6th November, 2011

X. Workshops / Trainings / Summer Schools

1. Attended in international workshop on “Dare to dream- women in tech” jointly organized by Women Enterpenureship Day Organization (WEDO) and Mizoram University, India. 14th October, 2021
2. Participated one day international workshop on youth empowerment for better society” organized by centre for extension studies , Sri Venkateswara University (SVU), Tirupati, Andhra Pradesh, in collaboration with NEHU, Shillong. 12th August, 2021
3. Participated 2 day national level workshop on “Intellectual Property Rights” organized by department of BBA, Holy Cross College, Agartala in collaboration with IQAC, HCC. 30th-31st July, 2021

4. Two days national workshop on education research: innovative way of researching, organized by the School of Education, Savitribai Phule Pune University (SPPU) in collaboration with NEHU, Shillong. 19th -20th June, 2021
5. 4th Basic Research Training Workshop on Understanding Human Disease and Improving Human Health Using Genomics –Driven Approaches organized by NIBMG, Kolkata and Tripura University. 10th-15th March 2019
6. Workshop on “Statistical and Computing methods for Life Science data analysis” organized by the Biological Anthropological Unit, Indian Statistical Institute, Kolkata, at Department of Human Physiology and Department of Information technology, Tripura University. 14th- 19th March 2016
7. Workshop on Advance Biotechnology, sponsored by Department of Biotechnology, Govt. Of India, organised by State Biotech Hub, Tripura University, 20-24th March 2015
8. “Seminar cum Workshop on Advances in Modern Biotechnology” Sponsored by Department of Biotechnology, Government of India, Organized by State Biotech Hub, Tripura University. 15th -16th January 2015
9. Workshop on The Sexual Harassment of women at Workplace (Prevention, Prohibition, Redressal) Act 2013, organized by Women’s Grievances Redressal Committee, Tripura University, in collaboration with Women’s studies centre, Tripura University. 27th November, 2014
10. Author Workshop on “Skill development to write scientific literature, quality improvement of manuscript for publication success” organized by Springer in collaboration with Central Library, Tripura University. 18th November, 2014
11. Author workshop on Understanding the books & Journal Article publishing process, organised by Elsevier in collaboration with Central Library, Tripura University. 26th September, 2014

12. One day workshop on Enhancing Institutional Innovation with Intellectual Property Rights, organized by Tezpur University Intellectual Property Right Cell in collaboration with Equal Opportunity Cell, Tripura University. 21st March 2013

13. Symposium on Integrated Approach for Teaching & Research in life Sciences, organized by Tripura University. 28- 29 September, 2012

14. Gandhi Summer School Programme 2009, organised by Centre for Gandhian Studies, Tripura University & Gandhi Smriti and Darshan Samati, New Delhi. 15th November, 2009

XI. Dissertation Guidance (M.Sc. Human Physiology)

1. Occupational dust exposures and cigarette smoking on pulmonary function of adults of Tripura- A North Eastern State of India. 2018-2019 (Name of student: Sushmita Bhowmik)

2. Effect of rubber fume exposure on pulmonary function status- a study in rubber worker of Tripura. 2018- 2019 (Name of student: Biren Murasingh)

3. Studies on anxiety, depression, insomnia and cardiovascular health of women- a study in Tripura. 2019- 2020. (Name of student: Sushmita Majumder).

4. Effect of regular exercise on lung health status of tribal college going male student – a study in Tripura. 2020 (Name of student: Copious Debbarma)

5. Cardio-pulmonary health status of women of Tripura. 2019- 2020 (Thunthin Mog)

XII. Teaching & Administrative Experience

Subjects Taught: MBBS Physiology (theory & practical), Postgraduate Physiology (Organ systems, Molecular biology, and Research methods), and Paramedical courses (UG & PG).

IQAC Officer: Quality benchmarks, audits, NAAC/NBA compliance, FDP organization, data documentation.

XIII. Field of Research

Cardio-respiratory and Cardio-metabolic disease research, Nutritional status, Micronutrients, Epidemiology.

XIV. Laboratory Skills

Colorimeter, Microscope, Centrifuge, Microtome, Spirometer, qPCR, Gel electrophoresis, DNA isolation, RNA isolation, ELISA, spectrophotometer, Automated fluorescent microscope, cooling centrifuge, cell culture.

Animal handling, Histology.

SPSS Software handling and large scale data analysis.

XV. Professional Memberships & Services

Life Member, Physiological Society of India

Reviewer, American Journal of Human Biology

XVI. References

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