



Dr. Tushar Kanti Bera

M.Sc., PhD

Assistant Professor

Midnapore City College



+91 9434235697 / 9641255376



tusharvu_kanti@yahoo.co.in



Abas, Paschim Medinipur-721129,
West Bengal, India

Personal Details

Date of Birth: 14th February, 1985

Sex: Male

Nationality: Indian

Academic Details

Sl. No.	Degree	Specialization	Year of passing	Institution	Board/ University	% of Marks
1	PhD	Diabetes mellitus	2015	Vidyasagar University	Vidyasagar University	-
2	M.Sc.	Physiology	2007	Vidyasagar University	Vidyasagar University	61.0
3	B.Sc.	Physiology	2005	Tamralipata Mahavidyalaya	Vidyasagar University	52.5
4	H.S. (10+2)		2002	Srirampur Agriculture High School	WBCHSE	65.1
5	Madhyamik (10 th)		2000	Joykrishnapur High School	WBBSE	73.75

Phd Details

PhD Thesis Title: Possible Antidiabetic Effects of Seed of *Swietenia mahagoni* (L.) Jacq. in Streptozotocin-Induced Diabetic Rat: A Correlative Study with Antioxidative and Antihyperlipidemic Activities

Guide's Name: Prof. Debidas Ghosh, Professor & HOD,
Department of Bio-Medical Laboratory Science & Management
Vidyasagar University, West Bengal, India

University: Vidyasagar University,
Midnapore, West Bengal, India.

Teaching Experience

- Assistant Professor, Dept of Bio-Medical Laboratory Technology, **Vidyasagar Institute of Health (VIH)**, Paschim Medinipur – 721102, West Bengal, From 20 / 08/ 2011 to 22 / 11 / 2014
- Assistant Professor, Dept of Physiology, **Universal College of Medical Sciences (UCMS)**, Bhairahawa, Nepal, From 30 / 11/ 2014 to 10 / 02 / 2019
- Assistant Professor, Dept of Biological Sciences, **Midnapore City College (MCC)**, Kuturiya, Paschim Medinipur – 721129, West Bengal, From 13 / 02 / 2019 to till date

Expertise

- Antidiabetic Herbal Drug Formulation
- Reproductive Biomedicine
- Herbal Contraception
- Herbal Drug Toxicity
- Nutrigenomic Research

Summary

I have the 7 years of teaching experience in the field of Physiology, Nutrition, BMLT. I also have more than 12 years research experience in the field of Antidiabetic herbal formulation, Drug toxicity, Reproductive biomedicine, Herbal contraception, Community nutritional therapy.. Now I am acting as Assistant Professor in the Biological Science department of Midnapore City College in the fields of Nutritional epidemiology, Nutritional anthropometry, Nutritional related various diseases.

Teaching Interest

- 1. Bera TK, Ghosh D.** Corrective efficacy of n-hexane fraction of *Swietenia mahagoni* (L.) Jacq., seeds on testicular dysfunction in streptozotocin induced diabetic male rat. *Jordan Journal of Biological Sciences.* 2018; 11: 129-139.
- 2. Bera TK, Kar SK, Yadav PK, Mukherjee P, Yadav S, Joshi B.** Effects of monosodium glutamate (MSG) on human health: a systematic review. *World Journal of Pharmaceutical Sciences.* **2017**; 5: 139-144.
- 3. Bera TK, Jana K, Kar SK, Ghosh D.** Acute and subacute toxicity study of 'Peptoshis', a digestive disorder protective polyherbal formulation in Wistar albino rat. *World Journal of Pharmaceutical Sciences.* **2016**; 4: 326-332.
- 4. Bera TK, Chatterjee K, Ghosh D.** Remedial hypoglycemic activity of n-hexane fraction of hydro-methanol extracts of seed of *Swietenia mahagoni* (L.) jacq. in streptozotocin induced diabetic rat: A comparative evaluation. *Journal of Herbs Spices and Medicinal Plant.* **2015**; 21: 38-58.
- 5. Bera TK, Jana K, Maiti S, Ghosh A, Kar SK, Ghosh D.** Antihyperglycemic and antihyperlipidemic effects of Diashis, a polyherbal formulation, in streptozotocin-induced diabetic male albino rat: an approach through toxicity study. *World Journal of Pharmaceutical Research.* **2015**; 4: 1043-1059.
- 6. Bera TK, Chatterjee K, Ghosh D.** In-vitro antioxidant properties of hydro-methanolic extract of seed of *Swietenia mahagoni* (L.) Jacq. *Biomerkers and Genomics Medicine.* **2015**; 7: 18-24.
- 7. Bera TK, Chatterjee K, Ghosh D.** Alpha glucosidase inhibitory activity of hydro-methanolic (2:3) extract of seed of *Swietenia mahagoni* (L.) Jacq. *Pharmacognosy Journal.* **2014**; 6: 63-69.
- 8. Bera TK, Ali KM, K Jana, Ghosh A, Ghosh D.** Protective effect of aqueous extract of seed of *Psoralea corylifolia* (Somraji) and seed of *Trigonella foenum-graecum* L. (Methi) in streptozotocin-induced diabetic rat: A comparative evaluation. *Pharmacognosy Research.* **2013**; 5: 277-285.
- 9. Bera TK, Chatterjee K, K Jana, Ali KM, De D, Maiti S, Ghosh D.** Antihyperglycemic and antioxidative effects of hydro-methanolic (2:3) extract of seed of *Swietenia mahagoni* in streptozotocin-induced diabetic male albino rat: An approach through pancreas. *Genomics Medicine Biomerkers and Health Science.* **2012**; 4: 107-117.
- 10. Bera TK, Chatterjee K, K Jana, Ali KM, De D, Maiti S, Ghosh D.** Antihepatotoxic effect of 'Livshis' a polyherbal formulation against carbon tetrachloride induced hepatotoxicity in male albino rat. *Journal of Natural Pharmaceuticals.* **2012**; 3: 30-37.
- 11. Bera TK, Chatterjee K, De D, Ali KM, K Jana, Maiti S, Ghosh D.** Hepatoprotective activity of Livshis, a polyherbal formulation in CCl₄-induced hepatotoxic male wistar rats: A toxicity screening approach. *Genomics Medicine Biomerkers and Health Science.* **2011**; 3: 103-110.
- 12. Bera TK, De D, Chatterjee K, Ali KM, Ghosh D.** Effect of Diashis' a polyherbal formulation in streptozotocin induced diabetic male albino rat. *International Journal of Ayurveda Research.* **2010**; 1: 18-24.
- 13. Bera TK, Chatterjee K, Ali KM, De D, Ghosh D.** Antidiabetic and antioxidative effects of aqueous extract of seed of *Psoralea corylifolia* (somraji) and seed of *Trigonella foenum-graecum* L. (methi) in separate and composite manner in streptozotocin-induced diabetic male albino rat. *International Journal of Pharmaceutical Research and Development.* **2009**; 7:1-10.
- 14. Ali KM, Chatterjee K, De D, Bera TK, Mallick C, Ghosh D.** Hypoglycemic, antioxidant and antihyperlipidemic effects of aqueous extract of sepals of *Salmalia malabarica* in streptozotocin induced diabetic rat. *Ethiopia*

15. Ali KM, **Bera TK**, Mandal S, Barik BR, Ghosh D. Attenuation of diabetic disorders in experimentally induced diabetic rat by methanol extract of seed of *Holarrhena antidysenterica*. International Journal of Pharm Tech Research. 2009; 1: 1205-1211.
16. Ali KM, Chatterjee K, De D, **Bera TK**, Ghosh D. Efficacy of aqueous extract of seed of *Holarrhena antidysenterica* for the management of diabetes in experimental model rat: A correlative study with antihyperlipidemic activity. International Journal Applied Research in Natural Product. 2009; 2: 13-21.
17. Guria M, De D, **Bera TK**, Ghosh D. Awareness level of family planning practices in school going adolescent girls of different socio-economic groups in rural sectors, West Bengal. Journal of Human Ecology. 2009; 27: 101-104.
18. Das UK, De D, Chatterjee K, Mallick C, **Bera TK**, Ghosh D. Antigonadal effect induced by hydro-methanolic extract of leaf of *Aegle marmelos* in male rats: effect of hCG co-administration. Journal of Medicinal Plant Research. 2009; 3: 728-735.
19. Mallick C, **Bera TK**, Ali KM, Chatterjee K, Ghosh D. Diabetes induced vis-à-vis germ cells apoptosis in albino rats: Remedial effects of n-hexane fraction of root of *Musa paradisiaca* and leaf of *Coccinia indica*. Journal of Health Science. 2010; 56: 641-654.
20. De D, Chatterjee K, Ali KM, **Bera TK**, Ghosh D. Anidiabetic potentiality of the aqueous-methanol extract of seed of *Swietenia mahagony* in streptozotocin-induced diabetic male albino rat: A correlative approach with antioxidative and antihyperlipidemic activities. Evidenced Based Complementary and Alternative Medicine. 2010; 11: 2-11.
21. Jana K, **Bera TK**, Maiti S, Chatterjee K, Ali KM, Ghosh D. Antihyperglycemic and antihyperlipidemic effects of hydro-methanolic extract of seed of *caesalpinia bonduc* in streptozotocin induced diabetic male albino rat. International Journal of Pharm Tech Research. 2010; 2: 2234-2242.
22. Ali KM, Chatterjee K, De D, Jana K, **Bera TK**, Ghosh D. Inhibitory effect of hydro-methanolic extract of seed of *Holarrhena antidysenterica* on alpha – glucosidase activity and post prandial blood glucose level in normoglycaemic rat. Journal of Ethnopharmacology. 2011; 135: 194-196.
23. Maiti S, Chatterjee K, Ali KM, **Bera TK**, Ghosh D, Paul S. A study of anthropometric variables on growth and nutritional status of rural adolescent school girls in paschim medinipur, west Bengal. International Journal of Current Research. 2011; 3: 36-40.
24. Maiti S, Ali KM, De D, **Bera TK**, Ghosh D, Paul S. A comparative study on nutritional status of urban and rural early adolescent school girls of West Bengal, India. Journal of Nepal Pediatric Society. 2011; 31: 169-174.
25. Maiti S, Chatterjee K, **Bera TK**, Ali KM, Jana K, Ghosh D. Evaluation of health awareness package for the improvement of knowledge attitude and practices (KAP) of secondary school students at rural areas of Paschim Medinipue, West Bengal. Indian Journal of Public Health Research and Development. 2011; 2: 47-52.
26. Maiti S, Chatterjee K, Ali KM, De D, **Bera TK**, Jana K, Ghosh D. The impact of nutritional awareness package (NAP) on secondary school students for the improvement of knowledge, attitudes and practices (KAP) at rural areas of West Medinipur, West Bengal. Asian Journal of Medical Sciences. 2011; 2: 87-92.
27. Manna PK, De D, **Bera TK**, Chatterjee K, Mallick C, Ghosh D. Physical growth Vis-à-vis nutritional status analysis of the children of North Bengal: An Anthropometric Approach. The Anthropologist. 2011; 13: 299-305.
28. Jana K, Chatterjee K, Ali KM, Ghosh A, **Bera TK**, Ghosh D. Antioxidant potential of hydro-methanolic extract of

seed of *Caesalpinia bonduc*: An *in vitro* study. Journal of Advanced Pharmaceutical Technique and Research. 2011; 2: 260-265.

29. Jana K, Chatterjee K, Ali KM, De D, **Bera TK**, Ghosh D. Antihyperglycemic and antioxidative effects of the hydro-methanolic extract of the seeds of *Caesalpinia bonduc* on streptozotocin-induced diabetes in male albino rats. Pharmacognosy Research. 2011; 4: 57-62.
30. De D, Ali KM, Chatterjee K, **Bera TK**, Ghosh D. Antihyperglycemic and antihyperlipidemic effects of n-hexane fraction from the hydro methanolic extract of sepals of *Salmalia malabarica* in streptozotocin-induced diabetic rats. Journal of Complementary and Integrative Medicine. 2012; 16: 162-169.
31. Ali KM, Jana K, **Bera TK**, De D, Chatterjee K, Ghosh D. In-vitro antioxidant activity of methanol extract of seed of *Holarrhena antidysenterica*: a correlative study with in-vivo bioactivity on oxidative stress in streptozotocin induced diabetic wistar rat. Journal of Herbal Pharmacology and Toxicology. 2012; 6: 123-131.
32. Chatterjee K, Ali KM, De D, **Bera TK**, Maiti S, Mandal U, Ghosh D. Diabetic therapeutic efficacy of n-hexane fraction of hydro methanolic (40:60) extract of leaf of *Coccinia indica* Wight & Am: Study by *In-Vivo* and *In-Vitro* methods. International Journal of Pharm Tech Research. 2012; 4: 112-124.
33. Chatterjee K, Ali KM, De D, **Bera TK**, Jana K, Maiti S, Ghosh A, Samanta R, Ghosh D. Diabetes induced testicular dysfunction amelioration by ethyl acetate fraction of hydro methanolic extract of root of *Musa paradisiaca* L in streptozotocin-induced diabetic rat. Asian Specific Journal of Tropical Biomedicine. 2012; 12: 1-6.
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35. Chatterjee K, Ali KM, De D, **Bera TK**, Jana K, Maiti S, Ghosh A, Ghosh D. Hyperglycemia-induced alteration in reproductive profile and its amelioration by the polyherbal formulation MTEC (modified) in streptozotocin-induced diabetic albino rats. Genomics Medicine Biomarkers and Health Sciences. 2013; 5: 54-66.
36. De D, **Bera TK**, Ali KM, Mandal S, Barik B, Ghosh D. Inhibitory effects of n-hexane fraction from hydro-methanolic (2:3) extract on alpha-amylase and alpha-glucosidase activities of sepal of *Salmalia malabarica*: An approach through *in vitro* study. Biomarkers and Genomic Medicine. 2013; 5: 48-53.
37. Maiti S, De D, Ali KM, **Bera TK**, Ghosh D, Paul S. Overweight and obesity among early adolescent school girls in urban area of West Bengal, India: Prevalence assessment using different reference standards. International Journal of Preventive Medicine. 2013; 4: 1070-1074.
38. Jana K, Ghosh A, **Bera TK**, Ghosh D. Evaluation of antidiabetic and antioxidative effect of seed of *Eugenia jambolana* in streptozotocin induced diabetic male rat. World Journal of Pharmaceutical Research. 2014; 3: 2040-2056.
39. Maiti S, **Bera TK**, Chatterjee K, Ghosh D. A study of the effect of mother tincture of *Syzygium jambolannum* on metabolic disorders of streptozotocin induced diabetic male albino rat. Indian Journal of Research in Homeopathy. 2014; 8:129-133.
40. Jana K, Ghosh A, **Bera TK**, Ghosh D. Antioxidative activities of ethyl acetate fraction of seed of *Eugenia jambolana* on different biological tissues in streptozotocin induced diabetic rats. International Journal of

Pharmaceutical Sciences Review and Research. 2014; 29: 25-32.

41. Jana K, **Bera TK**, Ghosh D. Antidiabetic effects of *Eugenia jambolana* in streptozotocin induced diabetic male albino rat. *Biomerkers and Genomic Medicine*. 2015; 7: 116-124.
42. Yadav P, **Bera TK**, Mukherjee P, Yadav S, Sah SK, Kar SK. Audio- visual aids in teaching- learning process of health sciences students and professional. *Journal of Universal College of Medical Sciences*. 2016; 3: 50-53.
43. Kar SK, **Bera TK**. Phyto-chemical constituents of *Aloe vera* and their multifunctional properties: A comprehensive review. *International Journal of Pharmaceutical Sciences and Research*. 2018; 9: 1416-1423.