CURRICULUM VITAE OF KANIKA VARMA

Present Position-

Former Professor and Head, Department of Home Science, University of Rajasthan, Jaipur

Work Experience –

Teaching graduate & postgraduate students since 1996

- **Member, National Taskforce for Nutrition Curriculum,** (NCAHP)National Council for Allied Healthcare Practitioners
- Member, ICDS Nutrition Committee
- Former Director, Centre for Women Studies, University of Rajasthan, Jaipur
- Former Convener, ICC. University of Rajasthan
- Former Member COC, Centre for Nutrition Sciences, University of Rajasthan
- Former Member Secretary, Departmental Ethics Committee, Home Science, UOR
- Member BOS, Department of Home science, MDS University, Ajmer
- Member COC, Women Study Centre, MPUAT, Udaipur
- Former president, Indian Dietetic Association, Rajasthan Chapter
- Founder / former president Home Science Alumni Association, Department of Home Science, University of Rajasthan
- Executive member Rajasthan Cancer Society

Award and Appreciation

Certificate of appreciation by Honourable Vice Chancellor, University of Rajasthan and IQAC on 5th September 2025

Felicitation by Lions Club, Jaipur on teacher's day on 5th September 2025

Academic Qualifications

Exam Passed	Board /University	Subjects	Year	Div./Grade/Merit etc.
High School	CBSE	English, Mathematics, Science, Social Studies, Hindi	1981	Ist Division
Higher Secondary	CBSE	English, Hindi, Biology, Home Science, Economics	1983	Ist Division

B.Sc. Home Science	University of Rajasthan	Nutrition, Home Management, Extension Education, Child Development, Textiles	1986	I[st] Division Tenth Merit Position
M.Sc. Foods and Nutrition	University of Rajasthan	Food Science, Human Nutritional Requirements, Problems in Human Nutrition, Biostatistics, Microbiology, Community Nutrition, Advanced &Therapeutic Nutrition	1988	I[st] Division Received Junior Fellowship of ICAR, New Delhi
Ph.D.	University of Rajasthan	A Nutritional Study in Young Children (6 Months-3 years) on PEM in relation to Infant Feeding Practices in Jaipur District Under the supervision of Professor Beena Mathur	7 April 1999	UGC Junior Research Fellowship (UGC-JRF)

Area of Specialization – Food & Nutrition

Areas of Interest - Clinical Nutrition
Role of Nutrition in Non-Communicable Diseases
Nutrition in Cancer and Liver Diseases
Sodium in Foods
Junk food consumption
Ultra processed foods (UPF)

Orientation/Refresher Courses attended:

	Name of Course	**Place**	**Duration**	**Sponsoring Agency**
1.	Refresher course in "Higher Education in Home Science, Challenges and Opportunities"	Jaipur	11-30 November 2002	UGC
2.	72nd Orientation Course	Jaipur	11 February - 9 March 2009	UGC
3.	Refresher Course in Information Technology	Jaipur	7-26 February 2011	UGC

4.	NEP Orientation and Sensitisation Programme	Jaipur	8-20 January 2024	UGC – Malviya Mission Teacher Training Centre (MMTTC)

TRAINING: - Participated & Completed

1. **Training of Trainers (TOT) Workshop on IMNCI (Integrated Management of Neo-natal Childhood Illnesses)** organized by Department of Pediatrics, S.M.S. Medical College, Directorate of Medical Health & Family Welfare, Rajasthan and UNICEF, held at Sir Padampat Singhania Mother & Child Hospital, Jaipur from 18 November-25 November 2008.
2. **Training of Trainers on "Facility Based Care of Severe Acute Malnutrition (SAM)"** by Directorate of Medical, Health and Family Welfare, Jaipur held at Sir Padampat Singhania Mother & Child Hospital, Jaipur in March 2012.
3. **Infant & Young Child Nutrition (IYCN) Counseling Course** organized by Department of Home Science (University of Rajasthan, Jaipur), UNICEF and BPNI, Maharashtra from 26 April to 28 April 2015.

LIST OF RESEARCH PUBLICATIONS:

H Index as per Google citations – 9

Citations 291

i10 index as per Google citations -9

International Journals

1. Development of Pearl Millet Spaghetti for Diabetics. Deepika and Kanika Varma. Vol-9 Issue-3 2023 IJARIIE-ISSN(O)-2395-4396 20867 ijariie.com 4341
2. Pearl Millet - the Real Pearl for Diabetes, Deepika and Kanika Varma, Vol-9 Issue-3 2023, IJARIIE-ISSN(O)-2395-4396
3. A Study on Quality of Life among Elderly Living in Rural Areas of Rajasthan
   Minali Meena, Kanika Varma and Ajay Gupta. International Journal of All Research Education and Scientific Methods (IJARESM), ISSN: 2455-6211Volume 9, Issue 12, December-2021, Impact Factor: 7.429, Available online at: www.ijaresm.com
4. "Comparative analysis of cardiovascular risk factors amongst pre and post menopausal dyslipidemic women residing in urban areas" Mamta Parnami and Kanika Varma. RUHS Journal of Health Sciences. e-ISSN: 2582-3590. RUHS Journal of Health Sciences, Volume 6 Number 4, October–December 2021

5. “Effect of Murraya Koenigii (Curry Leaves) powder supplementation on Anthropometric and Body Composition Parameters of Hypercholesterolemic Urban Women: A Randomized Control Trial” Mamta Parnami and Kanika Varma (Article Reference No. JASR_11092020_1) J Adv Sci Res, 2020; 11(4) Suppl 8 : 202-208
6. “Assessment of Nutritional Status and Mental Health of Elderly People Living in Rural Area in Lalsot Block Dausa, (Rajasthan)” Minali Meena and Kanika Varma Indian Journal of Gerontology 2020, Vol. 34, No. 3, pp. 403–410 ISSN: 0971–4189, UGC, Care List, Science

7. Nutritional composition of dried curry leaf powder (Murraya koenigii) Mamta Parnami and Kanika Varma Journal of Emerging Technologies and Innovative Research (ISSN : 2349-5162) UGC Approved (Journal No: 63975) & 5.87 Impact Factor. Volume 6 Issue 6 , June-2019 | Date of Publication: 2019-06-04
8. “How much sodium normotensives were taking day wise?” Sonal Dhemla and Kanika Varma. International Journal of Food, Agriculture and Veterinary Sciences ISSN: 2277-209X (Online) An Open Access, Online International Journal Available at http://www.cibtech.org/jfav.htm 2019 Vol.9 (2) May-August, pp.1-13
9. Can Dietary Method Replace the 24 hours Urinary Sodium Excretion Method of Assessing Sodium Consumption at Population Level? Sonal Dhemla and Kanika Varma. Biomed J Sci & Tech Res 11(3)-2018. BJSTR. MS.ID.002096. DOI: 10.26717/ BJSTR.2018.11.002096. **ISSN: 2574-1241**
10. Therapeutic potential of Murraya Koenigii (Curry leaves) in Dyslipidemia: A Review. Mamta Parnami and Kanika Varma. International Journal of Advanced Scientific Research and Management, Special Issue,71-75 January 2018. ISSN 2455-6378.Publication Impact Factor (PIF) 3.005
11. Worldwide Consumption of Sodium and Its Impact on Human Health. International Journal on Recent and Innovation Trends in Computing and Communication. Sonal Dhemla and Kanika Varma. (IJRITCC) 2017; 5(6): 62 – 67. ISSN: 2321-8169. **(UGC Journal Number: 49222)**
12. Estimation of Salt Intake by 24 Hours Urinary Sodium Excretion in Normotensive Subjects of Jaipur City, Rajasthan. **Sonal Dhemla** and Kanika Varma. International Journal on Recent and Innovation Trends in Computing and Communication (IJRITCC). 2017; 5(6): 113 – 118**.** ISSN: 2321-8169. **(UGC Journal Number: 49222)**
13. Fast food consumption among affluent adolescent school girls in Jaipur and Bhunas. Kusum Sukhwal, **Sonal Dhemla** and Kanika Varma. Indian journal of family and community sciences. 2017; 1(1):29-40.
14. **Estimation of salt intake of normotensive subjects of Jaipur City,** Sonal Dhemla Kanika Varma , (2016),"Nutrition & Food Science, Vol. 46 Iss 6 pp. 766 - 777

15. **Assessment of Nutritional Risk of Rural Patients suffering from Oral Cancer** Divya Taunk and Kanika Varma. International Journal of Basic and Applied Medical Sciences ISSN: 2277-2103 (Online) An Open Access, Online International Journal Available at http://www.cibtech.org/jms.htm 2016 Vol. 6 (2) May-August, pp. 1-4
16. **Prevalence of Non-communicable diseases in Doctors** Mitul Purohit and Kanika Varma, International Journal of Innovative Research and Review ISSN: 2347 – 4424 (Online) in April-June 2016 Volume 4(2) Page no. 54-61. **Impact factor 6.719**
17. **Effect of germination and dehulling on the nutritive value of soybean** Pallavi Joshi and Kanika Varma ,Nutrition & Food Science, Vol. 46 No. 4, 2016, pp. 595-603, Emerald Group Publishing Limited, 0034-6659, DOI 10.1108/NFS-10-2015-01Nutrition & Food Science **18 citations, Scopus cite score 1.8**
18. **Effect of Shift work on Health** Vandita Sharma and Kanika Varma, Shodhshree July September 2015,121-124,ISSN 2277 5587 **Impact factor 5.454**
19. **Call Centres Employees: Nutritional Status and Health** Vandita Sharma and Kanika Varma, Research Reinforcement, ISSN 2348-3857 , Year 3, Vol. I May 2015 - Oct. 2015 44-49
20. **Fast food Consumption among Adolescent School Girls in Jaipur** Minali Meena and Kanika Varma International Journal of Innovative Research and Review , , Vol. 3(3) July – September, pages 38-42IISN : 2347-4424 (online) 2015 **Impact factor 6.719, 10 citations**
21. **Diet and Nutrient Intakes in Urban Women of Rajasthan State, Northern India** Aachu Agarwal and Kanika Varma. Ecology of Food and Nutrition DOI : 10,1080/0367244.2015.1056875 **Impact factor 0.894, 7 citations**
22. **Assessment of Nutritional and Physiochemical properties of banana flour** Pallavi Joshi and Kanika Varma, Research Journal of Family and Consumer Sciences Vo. 3(5) ,1-3 July 2015.ISSN 2390-902X.
23. **Health Risks of Excessive Sodium and the role of Value Chain in India** Sonal Dhemla and Kanika Varma. Current Research in Nutrition and Food Science August 2015, Volume 3 Number 2.
24. **"Lipid Profile and prevalence of dyslipidemia in urban women of Jaipur District, Rajasthan, India"** Aachu Agarwal and Kanika Varma, Nutrition and Food Science, Vol. 45 No. 3, 2015, pp. 412-422. **6 citations**
25. **Salt Intake – An Alarming Situation** by Sonal Dhemla and Kanika Varma. International Journal of Food, Agriculture and Veterinary Sciences ISSN: 2277-209X (Online) An Open Access, Online International Journal Available at http://www.cibtech.org/jfav.htm 2015 Vol. 5 (1) January-April, pp. 1-10/Dhemla and Varma Research Article **14 citations**

26. **Physical activity of urban middle aged women in different domains: a cross sectional study** Aachu Agrawal, Kanika Varma, Rajeev Gupta International Journal of Diabetes in Developing Countries, ISSN: 0973-3930 (Print) 1998-3832 (Online), January 2015
27. **To Assess the health related Quality of life (HRQOL) and macronutrients intake in chronic liver disease patients with and without minimal hepatic encephalopathy** Nitisha Sharma, Kanika Varma, Ramesh Roop Rai and Sandeep Nijhawan in Journal of Clinical and Experimental Hepatology, Volume 4, Supplement 2S43-S44, march 2014
28. **Nutritional status in cirrhotic patients with minimal hepatic encephalopathy and non minimal hepatic encephalopathy**, Nitisha Sharma and Kanika Varma International Journal of Food and Nutritional Sciences, e-issn 2320 –7876 www.ijfans.com vol.3, iss.3, apr-jun 2014
29. "**Appetite Assessment in Chronic Liver Disease Patients with Minimal Hepatic Encephalopathy"** Nitisha Sharma and Kanika Varma International Journal of Innovative Research and Review ISSN: 2347-4424 (online) An online International Journal available at http://www.cibtech.org/jirr.htm 2014 Vol.2 (2) April-July, pp.33-41.
30. "**Extra Hepatic Portal Vein Obstruction in Children is not associated with growth impairment**" Namita Panagaria, **Kanika Varma,**, Ramesh Roop Rai. in Nutrition and Food Science, **(2013)** Vol.43 Number 6, 554-563 **Scopus cite score 1.8,**
31. "**Nutritional Status and Quality of Life at varying degrees of clinical severity of chronic liver disease**" Namita Panagaria, **Kanika Varma,** Sandeep Nijhawan, Ramesh Roop Rai. in Nutrition and Food Science, (**2010)** Vol. 40 Number 6,581 –590. **H Index 7, Scopus cite score 1.8**
32. "**High Trans Fatty acids in Common Indian Fast Foods**" Aachu Agarwal, Rajeev Gupta, **Kanika Varma** and Beena Mathur. in Nutrition and Food Science, February, **(2009)** Vol. 38 Number 6,566 –569. **H Index 7, 36 citations, Scopus cite score 1.8,**
33. "**Effect of Lucerne concentrate supplementation on the nutritional status of Chronic Myeloid Leukemia (CML) patients**" Aditi Lodha, **Kanika Varma**, Hemant Malhotra, Beena Mathur, Aachu Agarwal in Nutrition and Food Science, February. (**2009)** Vol. 39 Number 1, 46-49. **H Index 7, cite score 1.8,**
34. "**Efficacy of Iron Rich Leaf Concentrate on the Hemoglobin Level of Adolescent Girls (13-18 years) in an Orphanage of Jaipur City**. Nimali Singh, Reshma Boolchandani, **Kanika Varma**, Divya Banga, Beena Mathur, Shubha Dube. Shodh Sameeksha aur Mulyankan ISSN 0974 2832 **(2008)** Vol. 1 Issue 3. 184-186.
35. **Effect of Lucerne Concentrate on Nutritional Status of Chronic Myeloid Leukemia Patients**" **Kanika Varma**, Nimali Singh, Reshma Boolchandani, Beena Mathur, Aditi Lodha and Hemant Malhotra. Shodh Sameeksha aur Mulyankan ISSN 0974 2832 **(2008)** Vol. 1 Issue 3. 211-212.

36. "**Quality of life and Nutritional status in alcohol addicts and patients with Chronic Liver Disease**" Namita Pangaria, **Kanika Varma**, Amit Mathur, Sandeep Nijhawan, Ramesh Roop Rai. Tropical Gastroenterology **(2007**) 28, 171-175. **Impact factor 10.84 36 citations**

37. "**Comparison of Nutritional Status between Patients with Alcoholic and Non-alcoholic Liver cirrhosis**" Namita Pangaria, **Kanika Varma**, Amit Mathur, Sandeep Nijhawan, Ramesh Roop Rai. Tropical Gastroenterology **(2006)** 27, 75-79. **Impact factor 10.84, 13 citations**

National Journals

1. **Nutritional Assessment Tools Used for Hospitalized Patients**. Journal of Indian Dietetic Association, Vol 44,No 2 43-59, 2021.Swapnil Chaudhary and Kanika Varma
2. **Comparative analysis of hypertension related risk factors in upper-middle class males and females of Jaipur city** Yumna Majeedi, Kanika Varma and Mamta Parnami. Indian Journal of Family and Community Studies Volume 3 Issue 1 2020 Peer Reviewed Bi-annual Journal Department of Home Science, University of Rajasthan, Jaipur 12 **2017**
3. **Fast food consumption among affluent adolescent school girls in Jaipur and Bhunas** Kusum Sukhwal, Sonal Dhemla and Kanika Varma Indian Journal of Family and Community Studies Volume1 Issue 1 2017 Peer Reviewed Bi-annual Journal Department of Home Science, University of Rajasthan, Jaipur 29
4. **Impact of Integrated management of Neonatal and Childhood Illnesses (IMNCI) protocol to improve child survival in Baran District of Rajasthan, India** Sadia Chisty, Monica, Bhawana Samant, Nimali Singh, Kanika Varma and Anil Agarwal. Indian Journal of Research Volume : 5 Issue : 4 April 2016. ISSN - 2250-1991 IF : 5.215 IC Value : 77.65
5. **"Fast food consumption pattern among postgraduate female student living in hostel of University of Rajasthan, India"** Monika, Sadia Chishty and Kanika Varma. Asian Journal of Dairy & Food Research Print ISSN:0971-4456 / Online ISSN:0976-0563 (4) 2015:324-327. DOI: 10.18805/ajdfr.v34i4.6887 (Rating 3.88)
6. "Reduction in Menopausal Symptoms by Phytoestrogen and Micronutrient Supplementation; An Intervention Study" Reshma Boolchandani, Dipika Yadav, **Kanika Varma,** Nimali Singh, Nupur Hooja. Current Medical Trends, *Current Medical Trends,* **(2008), 12**:2264-68.

Chapter in Book

1. **"Eating right – A Challenge"** Kanika Varma. Edited by Prof. Alpana Kateja. Lifestyle and Health. Under publication.
2. **"Nutritional Status of Middle Aged Urban Women in Jaipur"** Kanika Varma and Aachu Agarwal. **Women, Media and Violence,** Edited by Prof. Vidya Jain & Dr. Rashmi Jain. ISBN 978-81-316-0765-7 Rawat Publications **2016**
3. **"Whey protein as a nutritional supplement in liver cirrhosis" Kanika Varma and** Namita Panagaria. Applications of Natural products for Human Health and Bioremediation of Pollutants. **2015**. Edited by Prof. N.P. Singh, Prof. G.C. Jain ,Dr. R. S. Gupta and Dr. I. P. Soni. Published by Department of Zoology, University of Rajasthan, Jaipur.
4. **"Consumers and Nutrition"** Mira Varma, Amita Attlee & **Kanika Mathur,** in **Consumer Orientation - Premises and Perspectives,** Edited by Ramesh K. Arora and Anuja Gulati. ISBN 81-7230-085-9 Arihant Publishing House, Jaipur **(1994)** 121-129.

PROJECTS UNDERTAKEN

S.no.	**Title of the Project**	**Funding Agency**	**Amount** (in Rs.)	**Duration**	**Remarks**
1.	Effect of supplementation of leaf concentrate on nutritional status of leukemia patients	Reims University, France	11,000	2006-2007	**Completed**
2	Market Survey to Assess the Quality and Availability of Edible Salt and orientation of the Traders/Retailers on sale of Iodized salt in Jaipur city-	UNICEF	2,32,900	2006	**Completed**
3	"Monitoring and Supporting IMNCI and Improving Child Survival Program at Baran District of Rajasthan"	UNICEF	24,38,200	Oct 2008-2010	Completed
4.	Alternative Recipes For Supplementary Nutrition Programme ICDS, Rajasthan	Rajasthan Rajya Tilhan Utpadak Sahakari Sangh Ltd	18,000	January 2016	Completed

5.	Recipe Development for Supplementary Nutrition for Children, Pregnant and Lactating Mothers under the ICDS, Rajasthan	UNICEF	2,95,000	April-March 2018	Completed
6.	Sustainable Strategies for Improving the Nutritional and Health Status of Vulnerable Groups in Tonk District	RUSA 2.0	83,30,000	March 2021	Ongoing

Article Published in Magazine/Newsletter/E Magazine:

1. Academics through three generations in Pratidhwani, Coffee Table Book of University of Rajasthan, 2025
2. स्तनपान की समस्याएं IDA Rajasthan Chapter Newsletter, Dietetic Vision, Special Edition March 2021
3. Rajasthan's Tribal foods Hangla Hneshel March 2021 Bangla Online food Magazine
4. Cut back on salt and faulty diet to decrease headaches –IDA Rajasthan Chapter Newsletter, Dietetic Vision, Volume 10 Issue 1, October 2020.
5. Curry Leaf- A Promising Immunostimulator- IDA Rajasthan Chapter Newsletter, Dietetic Vision, Volume 10 Issue 1, October 2020
6. Eating the healthy way
7. Fast food –the fast track to Disease. Annual Magazine of Maharani College –Bhagirathi 2018.
8. Time to shake up the Salt Habits. Newsletter "Dietetic Vision", Nov 2015. Indian Dietetic Association, Jaipur chapter.
9. Appetite assessment among chronic liver disease (CLD) patients with minimal hepatic encephalopathy (MHE) Newsletter "Dietetic Vision", Nov 2015. Indian Dietetic Association, Jaipur chapter.
10. **Sonal Dhemla** and Kanika Varma. MSG- The controversial taste enhancer. South Asia Ingredients: Foods and beverages. 16-31 August 2016. Available at: http://www.saffronmedia.in/eMagazines/ISA/2016/ISAAug16312016/index.html
11. **Sonal Dhemla** and Kanika Varma. Rich in amino acids, high in protein quality , November 2016 Available at: http://www.saffronmedia.in/eMagazines/ISA/2016/ISANov01152016/index.html

POSTS AT MY BLOG AT WORDPRESS.COM

Soul and Body Nutrition http://soulnbodynourishment.wordpress.com

Following posts have been published.

1. Breakfast Blues
https://soulnbodynourishment.wordpress.com/2020/05/19/breakfast-blues/
2. Six simple steps for good health in all times
https://soulnbodynourishment.wordpress.com/2020/05/17/six-simple-steps-for-good-health-in-all-times/
3. Fast Food – The fast track to diseases
https://soulnbodynourishment.wordpress.com/2020/05/12/64/
4. Seven ideas to get kids started on healthy eating
https://soulnbodynourishment.wordpress.com/2020/06/06/seven-ideas-to-get-kids-started-on-healthy-eating/
5. Sugar- you don't need it but you crave for it
https://soulnbodynourishment.wordpress.com/2020/06/28/sugar-you-dont-need-it-but-you-crave-for-it/
6. Nutrition advice during Covid 19
https://soulnbodynourishment.wordpress.com/2020/08/22/nutrition-advice-during-the-covid-19-outbreak/?utm_medium=email&utm_campaign=notify-postauthor
7. Festival feasting fiasco- Light up this Diwali by eating right and light
Festival Feasting Fiasco-Light up this Diwali by eating right and light — Soul and Body Nutrition (wordpress.com)
8. Four nutrients to strengthen your Immunity
Four nutrients to strengthen your Immunity ‹ Soul and Body Nutrition ‹ Reader — WordPress.com
9. Love and care on the plate- Looking after nutritional needs of Covid patients in home isolation
Love and care on the plate ‹ Soul and Body Nutrition ‹ Reader — WordPress.com
10. Sleep your way to better health.....zzzzz
Sleep your way to better health…..zzzzz ‹ Soul and Body Nutrition ‹ Reader — WordPress.com
11. Cut the Waste - **Love and food are meant for sharing not wasting**
CUT THE WASTE ‹ Soul and Body Nutrition ‹ Reader — WordPress.com
12. Break the bias
Break the Bias ‹ Soul and Body Nutrition ‹ Reader — WordPress.com

Videos on You tube

1. **“4 Nutrients to strengthen your immunity”** 3,067 views 31 Mar 2021 Let - Us - Talk : Turn Around Life with Knowledge - A community for modern, ever-evolving second-inning players. This video talks about 4 Nutrients that can strengthen your immunity. https://youtu.be/9Q6U2W7PJ1w?si=q8LvKtJe2GrrK2ei
2. **“How to increase protein in an Indian Vegetarian Diet”** 1,103 views 19 May 2021 Let - Us - Talk : Turn Around Life with Knowledge - A community for modern, ever-evolving second-inning players. This video talks about how to increase PROTEIN in an Indian vegetarian diet. https://youtu.be/pfgm9cWGKcU?si=ktW3vGXrz9qlkQh7
3. “**An approach to healthy eating- Easy Tips for mindful eating”** 387 views 9 Mar 2022 #Mindfulness #HealthyEating #NutritionTips 'Mindfulness' is the practice of purposefully bringing one’s attention & focus to the present moment. Mindful Eating has come from the concept of Mindfulness. Mindful Eating is an approach to food that focuses on experiencing the food through our 5 senses. Watch the video to know on
4. **“Are You Eating Right Amount of Salt? How Much Sodium Per Day? Know These Hidden Sources of Salt”** 252 views 1 Mar 2023In this video we will learn how to reduce salt in our diet and also about the hidden sources of salt other than packaged food.
   https://youtu.be/Wnz4s-BkssI?si=2Zq4RiDreyWBhEGS
5. **“Gender Bias In Nutrition| Break Your Self Created Biases, Break The Bias Series - Episode 3 - Part 1and part 2 ”** 304 views 20 Sept 2023 and 250 views 27 Sept 2023Through this video, let us make ourselves aware of how women neglect their own nutritional needs. Let us make ourselves aware of 'Nutritional Self Care'.
   https://youtu.be/nmfOCDDg5Hk?si=04WX8fK0raSaT0uT

ARTICLES PUBLISHED IN BLOG:

1. Kick start metabolism: eat-in harmony with your body clock. 12 Aug 2019. https://prasukorganics.in/blog-details/kickstart-metabolism-eat-in-harmony-with-your-body-clock-

2. 7 Super strategies to get kids started on healthy eating. 4 September 2019 https://prasukorganics.in/blog-details/-super-strategies-to-get-kids-started-on-healthy-eating-

RESEARCH GUIDANCE

(a) Post Doctoral Scholar

1. Dr. Pallavi Joshi **(UGC Post Doctoral Fellowship for Women) "**Formulation of Energy Dense Ready to Use Food (RUTF) to assure Food Security in children (3-6 years)". February 2012 – January 2017.

(b) PhD Scholars

1. Namita Pangaria (**UGC NET-JRF**) "Randomized Control Trial of branched chain amino acid supplementation and placebo on short and long term quality of life in patients with liver cirrhosis". Co supervisor-Dr. Ramesh Roop Rai, Professor & Head of Deptt. Of Gastroenterology, S.M.S. Medical College, Jaipur**. Awarded on 22 February 2011.**
2. Meenakshi Khatri (**UGC NET**, worked as Research Fellow in DST project) "Dietary Risk Factors for premature Coronary Heart Disease: A Case control Study" .Co-supervisor-Dr. Raja Babu Panwar, Prof. & Head of Deptt. Of Cardiology, P.B.M. Hospital, Bikaner. (Part of ICMR Project titled 'Thrombotic Coronary risk factors and inflammatory markers in premature Coronary Artery Disease: A Case control study'). **Awarded on 2 April 2012**.
3. Aachu Agarwal (**UGC NET JRF**) "Nutrition and health profile of women (35 -70 years) in urban and rural areas of Jaipur". **Awarded on 19 January 2013.**
4. Nitisha Sharma "Assessment of Nutritional Status & Health Related Quality of Life in Cirrhotic patients with Minimal Hepatic Encephalopathy in SMS Hospital, Jaipur City **Awarded on 7 September 2014**
5. Divya Taunk **(UGC NET)**"Nutritional profile & Quality of Life In Cancer Patients" **Awarded on September 2016**
6. Vandita Sharma "Assessment of Nutritional Status and Health Profile of Call Handlers in Call Centres of Jaipur City". **Awarded on 24 January 2018**
7. Sonal Dhemla **(BSR Scholar)** "An Assessment of the Dietary Sodium Intake and Urinary Sodium Excretion of Normotensive Subjects Residing in Jaipur City **Awarded on 22 February 2020**
8. Mamta Parnami **(Teacher fellow)** "Effect of Murraya Koenigii (Curry leaves) on lipid profile of hypercholesterolemic female patients in Alwar City" **Awarded on 9 April 2021**

9. Minali Meena (**UGC NET)** "Assessment of Nutritional Status and Associated Risk Factors of Elderly Persons Living in Rural Area of Lalsot Block, Dausa" **Awarded on 6 April 2023**
10. Mitul Purohit "Assessment of Nutritional Status and Associated Health Risk factors of Doctors working in Government and Private Hospitals in Jaipur" **Awarded on 14 March 2024**
11. Deepika **(UGC JRF)** "Assessment of Dietary Difficulties and Formulation of Healthy Snacks for Diabetic Children (13-18 years)" **Awarded on 9 September 2025**
12. Shweta Modi "Assessment of Dietary diversity and consumption of Ultra Processed Foods among women non teaching staff in Selected Universities of Jaipur City"
13. Bhavna Goyal "Assessment of Consumption and Awareness of Ultra Processed Food Among Adolescent Girls in Government Schools, Jaipur City"
14. Nidhi Jangid "Ultra-processed food consumption practices of Government School-Going Children in Rural Area of Dausa District, Rajasthan"

(c) M. Sc. Dissertations Guided

1. A Study on the Assessment of Nutritional Status of Migrant Nurses from Kerala in Jaipur - Shweta Bishnoi 2000.
2. A Study on use of metanil yellow in sweets in Jaipur city - Seema Yadav. 2002

4. A Study to assess the effect of Dietary factors on NIDDM Patients. - Anupriya 2002.
5. Gutkha Consumption in labourers of Ganganagar Cloth Mills - Neha Bishnoi 2003
6. A Study of Nutritional Assessment of patients suffering from Peripheral Arterial Disease in SMS Hospital, Jaipur - Aachu Agarwal 2003
7. A Study of Nutritional Status and Quality of Life in Leukemia and Lymphoma Patients –Shuchi Jain 2004
8. Knowledge and Practices of Tobacco Consumption in boys working in Thadis (Tea Stalls) of Jaipur between the age group of 10-18 years-Narender Kaur 2004
9. Assessment of nutritional status and quality of life in patients with solid malignant tumours – Divya Taunk 2005
10. Gutkha consumption in women of Sanganer : A study –Vimlesh Choudhary 2005
11. An open label study to assess the effect of Lucerne leaf concentrate supplementation on the nutritional status of chronic myeloid leukemia (CML) patients – Aditi Lodha 2006
12. A Study on Nutritional Status of Women 65- 80 years in Walled city of Jaipur -Seema Choudhary 2006

13. Assessment of Nutritional status and Quality of Life in Patients suffering from Liver cirrhosis at various stages of Clinical severity in SMS Hospital - Priyanka Jain 2007.
14. Assessment of Nutritional status of Resident Doctors of SMS Hospital, Jaipur –Shuchita Vatsal 2008.
15. Nutritional Status and Consumption Pattern of Fast Food in Female Post Graduate Students residing in Hostels of University of Rajasthan - Monica Bissu 2008.
16. Prevalence of Obesity and Related Disorders in School Going Children (14-16 Years) Mamta Pareek 2009.
17. Prevalence of Obesity and Related Disorders in School Going Children(12-14 Years) Aastha Gupta 2009
18. Marketing Survey and Assessment of Labeling of Packaged Ready to Eat Snacks in Jaipur. Pooja Jayaswal 2010
19. Marketing Survey and Assessment of Labeling of Packaged Beverages & Dairy Products in Jaipur Pratima Nareda 2010.
20. Assessment of Nutritional Status among Hospitalized Patients (Males 35 – 60 Years of Age) Chanda Tank 2011
21. Survey & Assessment of Knowledge and practices regarding Food Labeling among High Income Housewives. Sneha Kastiya 2011
22. To Assess Nutritional status of Oral cavity Cancer Patients in Jaipur. Neha Choudhary 2012
23. A Study of Food Intake of Young Women Students Undertaking "Vrat" in Jaipur. Komal Jangid 2012
24. Minali Meena 2013
25. Fast Food Consumption among Adolescent School Girls in Jaipur and Bhunas. Kusum Sukhwal 2013
26. Yumna Majeedi 2014 Prevalence of Hypertension and Related Risk factors in the Urban Upper Middle Class in Jaipur
27. Neelam 2014 Preparation of Value Added Products from Drumstick leaves (Moringa oleifra) and assess the Acceptability
28. Rukhsar 2015 Nutritional profile of Muslim Elderly in Jaipur city
29. Pooja Kanwar 2016
30. Manisha Swami 2017 Assessment of Infant and Child Feeding Index Children (3-6 years) in Urban Slums of Jaipur
31. Anupriya Saxena 2017 Assessment of Infant and Child Feeding Index Children (6-24 Months) in Urban Slums of Jaipur

CONFERENCES/ SEMINAR/ WORKSHOPS ORGANISED:

S.NO.	CONFERENCES/ SEMINAR/ WORKSHOP/CAMP	SPONSOR	DATE
1.	National seminar on "Millets for Better Health: Addressing Nutritional Needs of Vulnerable Communities"	Department of Home Science, University of Rajasthan (Jaipur) and PATH, an international, nonprofit global health organization	25 September 2025
2.	Seminar and Health Camp on "Menopause'	Department of Home Science and IQAC, University of Rajasthan, Jaipur in collaboration with Jaipur Menopause Society	13 February, 2025
3.	Three-day Theatre Workshop	Department of Home Science and Rajasthan Police	18th to 20th August, 2025
4.	National Conference "Policy to Practice: Navigating the Foundational Stage"	Department of Home Science and AECED National	8-9 November 2024
5.	Baa and Bapu – Decoding Legacy	Centre for Women's Studies, Department of Home Science, Department of Dramatics, Centre for Gandhian Studies and RUWA Cultural Committee	22 October 2024
6.	Refresher Course on "Gender Issues and Social Justice"	Malviya Mission Teachers Training Centre (MMTC) and Centre for Women's Studies, University of Rajasthan	9 – 21 September 2024
7.	Theatre Workshop on women issues	Department of Home Science, Department of Dramatics and Centre for Women's Studies, University of Rajasthan	23 -28 September 2024
8.	National Conference on Improving Holistic Well Being	RUSA 2.0 Project XI and Department of Home Science, University of Rajasthan	12-13 March 2024

9.	Seminar on "Shudh Aahar Milawat par War"	Department of Home Science, University of Rajasthan, Jaipur and Food safety and Drug control Commissionerate and The Earth Association	5 September 2024
10.	Women's day Celebration Showcasing and Highlighting Achievements Knowledge & Triumphs of Indian Women (SHAKTI of Women) *(Mela set up by Rajasthan University women alumni entrepreneurs, Health Checkup for women employees, CPR training, Nukkad Natak, Poster competition, Women oriented poetry-Kavya Paath and demonstration by Nirbhaya Squad)*	Centre for Women's Studies, Department of Home Science, Department of Dramatics, Department of Hindi, University of Rajasthan, Rajasthan University Women's Association (RUWA) and Mahatma Gandhi Hospital, Jaipur	6-7 march 2024
11.	An awareness workshop "Law related to prevention of sexual harassment of women at work place: An overview" to create awareness about sexual harassment of women at workplace	Centre for Women's Studies and Savitri Phule Girls Hostel, University of Rajasthan	12th December 2023
12.	Addressing Health and Nutritional Challenges of Women	The Centre for Women's Studies, Department of Home Science, University of Rajasthan, Jaipur, University Five Year Law College and UNICEF Rajasthan Field Office	9th March, 2021
13.	Protecting Breast feeding : Role of health care workers	Department of Home Science, University of Rajasthan, Jaipur and Sustainable Strategies for Improving the Nutritional and Health Status of Vulnerable Groups in Tonk District	12 August 2021
14.	Online Certificate Course on "Data Management and Statistical Analysis using SPSS"	Institute of Health Management Research, Bangalore & Department of Home Science, University of Rajasthan	21-23 April 2021

15.	Webinar on Impressive CVs and Impressing Interviewers"	Department of Home Science, University of Rajasthan, Jaipur and Alumni Association, Department of Home Science, UOR	1-2 February 2021
16.	Webinar on "Sustainable Diets for a Sustainable Planet: The Carbon Footprint of Food and its Impact on the Ecosystem".	State Centre of Excellence (SCOE) for Nutrition and Department of Home Science, University of Rajasthan, Jaipur	19 October 2020
17.	Ageing Gracefully	Department of Home Science, University of Rajasthan, Jaipur	1 October 2020
18.	Nutritional care during 1st 1000 days" for NSS Volunteers	UNICEF, Rajasthan Field Office, Jaipur and State Centre of Excellence (SCOE) for Nutrition was Department of Home Science, University of Rajasthan, Jaipur	15 September 2020
19.	CME on Nutrition in Metabolic Disorders	Rajasthan Hospital and Indian Dietetic Association, Rajasthan Chapter	15th June 2019
20.	Swasthya Yatra under Poshan Abhiyaan	Department of Home Science, University of Rajasthan, Jaipur FSSAI and Indian Dietetic Association, Jaipur Chapter	2nd January 2019
21.	Workshop on Nutrition month 2018	Department of Home Science, University of Rajasthan, Jaipur and Indian Dietetic Association, Jaipur Chapter	18th September 2018
22.	Orientation on Infant and Young Child Nutrition	Department of Home Science, University of Rajasthan, Jaipur and Indian Dietetic Association, Jaipur Chapter	21st August 2018
23.	National Seminar on "Holistic Approach to Nutrition and Wellness"	UNICEF & Special Assistance Programme (SAP),Department of Home Science, University of Rajasthan	23 -24 November 2017
24.	Challenges for	Department of Home Science, University of Rajasthan, and Indian	10 August 2017

	Nutritionists and Dietitians.	Dietetic Association, Rajasthan Chapter	
25.	Short Term Course on Skill Development -Workshop on Food Preservation	UGC SAP DRS-II and Department of Home Science, University of Rajasthan, Jaipur	13-19 February, 2017
26.	Dr Mira Varma Memorial Lecture	Department of Home Science, University of Rajasthan	6 February 2016
27.	One Day Symposium on Maternal and Child Nutrition	UNICEF & Department of Home Science, University of Rajasthan	4 September 2015
28.	Two day National Seminar on "Missed Opportunities in Child Nutrition, Health and Development".	UNICEF & Special Assistance Programme (SAP),Department of Home Science, University of Rajasthan	30-31 January 2015
29.	Short Term Course on "Development of Proficiency in Food and Nutrition"	Academic Staff College University of Rajasthan, Jaipur	8-13 December 2014
30.	One Day Workshop on "Nutrition and Probiotics"	Indian Dietetic Association, Jaipur Chapter & Yakult Danone Ltd.	27 February, 2012
31.	One day Seminar on Strengthening of Nutrition and Health Cell	The Nutrition and Health Cell, Special Assistance Programme (SAP),Department of Home Science, University of Rajasthan	17 September, 2011
32.	State level conference on "Nutrition & Health"	IDA, Jaipur chapter & P.G. Department of Home Science	25 & 26 November 2010,
33.	One day Workshop on "Improving & Strengthening IMNCI in Baran and Bundi district of Rajasthan"	UNICEF & P.G. Department of Home Science	8th Dec '09 at PG Deptt. Of Home Science, University of

			Rajasthan, Jaipur.
34.	Diabetes Camp	IDA, Jaipur chapter & Heart and General Hospital	14 November 2009
35.	One Day Workshop on CV Writing and Interview Skills	Home Science Alumni Association & P.G. Department of Home Science	14 October 2008
36.	One Day Workshop for Salt Traders	UNICEF & P.G. Department of Home Science	9 February 2007
37.	One Day Orientation and Training Workshop on Iodine Deficiency Disorder	UNICEF & P.G. Department of Home Science	20 November 2007
38.	Fitness and Health Camp	IDA, Rajasthan Chapter; P.G. Department of Home Science and Monilek Hospital and Research Centre	2006.
39.	Health awareness Camp	IDA, Rajasthan Chapter; P.G. Department of Home Science and Monilek Hospital and Research Centre	14 Nov 2006, on World Diabetes Day, Monilek Hospital
40.	Symposium on "Career options in Home Science"	Home Science Alumni Association, and P.G. Department of Home Science University of Rajasthan, Jaipur,	14 Sept 2005

PARTICIPATION AS SPEAKER/CHAIRPERSON/JUDGE/CONVENER/PANELIST

1. Moderator and resource person at the State-Level Consultation: Healthy Children, Better Learners: The Critical Link Between Nutrition, Food Fortification, and Education, held at Jaipur, Rajasthan on 12 June 2026 organized by the PM-POSHAN Commissionerate, Government of Rajasthan, with support from Global Health Strategies (GHS) and the CmF - Centre for microFinance, PM-POSHAN (Mid-Day Meal Scheme) and Take-Home Ration (THR) programmes, supported by the Tata Trusts.

2. Talk on “Carbohydrates- Facts and Myths” on 23rd May 2026 at the Continuing Dietetic Education organised by IDA, Rajasthan Chapter, NETPROFAN and Auric Mills
3. Panelist in Panel Discussion on “Paving the Path for Gut Microbiome and Probiotic Science” in an Update on the Science of Gut microbiota and Probiotics on 1st May 2026
4. Talk on ‘Role of Nutrition in Cancer Prevention and Management’ in IAPEN Jaipur Medico Nutrition Forum Series organised by IAPEN Jaipur Chapter on 28th April 2026
5. Talk on “Career Opportunities in Nutrition” as Resource person at the Inaugural Session of ISPEN, Jaipur Chapter on 5th April 2026
6. Panelist in a Panel Discussion Physicians heal Thyself organised by All India Ophthalmologists Conference 2026 on 14th February.
7. Talk on Fast Food – The fast track to Disease at St. Xavier’s College, Jaipur on 6th February 2026.
8. Moderator in Panel Discussion on Onco Nutrition – The power of food, diet and defence in national conference **“8”** organised by Indian Society of Oncology (ISO) and Indian Society of Medical & Pediatric Oncology (ISMPO) on 2nd November 2025
9. Member of Expert Committee Meeting to revise the curriculum for M.Sc. Food and Nutrition Programme (MscDFSM), Discipline of Nutritional Sciences, IGNOU, Delhi on 8th September 2025
10. Plenary speaker at International Conference on Innovative Research on Plant-Based Nutraceuticals and Therapeutics, organized by the Department of Botany and Department of Food Science and Nutrition, MDS University, Ajmer on February 10 2025.
11. Chairperson for the Oral Research Paper presentation Session at the AECED National Conference **"Policy to Practice: Navigating the Foundational Stage"** organized by Department of Home Science and AECED National, 9 November 2024
12. Panelist in one day seminar on Baa and Bapu – Decoding Legacy Centre for Women's Studies, Department of Home Science, Department of Dramatics, Centre for Gandhian Studies and RUWA Cultural Committee on 22 October 2024
13. Chairperson in Panel Discussion in National Conference entitled “Policy to Practice: Navigating the Foundational Stage organized RUSA 2.0 Project XI and Department of Home Science, University of Rajasthan on 13 March 2024
14. Talk on “Let food be thy medicine” as Resource person in Two Day Workshop on Behavioral Skill and Managerial Skills (5-6 February 2024) organized by Indira Gandhi Panchayati Raj and Gramin Vikas Sansthan on 6 February 2024

15. Talk on “Let food be thy medicine” as Resource person in Two Day Workshop on Behavioral Skill and Managerial Skills (1-2 February 2024) organized by Indira Gandhi Panchayati Raj and Gramin Vikas Sansthan on 2nd February 2024
16. “Health Benefits of Millets” as Nutrition month celebration organized by Department of Clinical Nutritionand Dietetics, Mahatama Gandhi Medical College and Hospital, Jaipur on 9th September 2023
17. Chairperson in INASL – Single Theme Midterm Meeting on “Nutrition in Chronic Liver Disease: What to do and How to do it?” Organised by Mahatma Gandhi Medical College and Hospital on 7th April, 2023
18. Chairperson in International Conference International Conference Future of Foods: Food Safety, Sustainability, Diversity and Industry organized by Department of Home Science, University of Rajasthan and Indian Dietetic Association, Rajasthan Chapter 0n 4th March 2023.
19. Resource person in International conference Future of Foods: Food Safety, Sustainability, Diversity and Industry organized by Department of Home Science, University of Rajasthan and Indian Dietetic Association, Rajasthan Chapter 0n 4th March 2023.
20. “Nutrition Security” for Training Program for Law Interns organised by Human rights Commission, Secretariat, Jaipur. 8 February 2023

21. Panelist in Symposium organised by Indian Dietetic Association, Rajasthan Chapter and Almond Board of California on 27th January 2023.
22. Chairperson in 3rd International Conference on Bariatric and Metabolic Surgery, AIIMS BARICON 2022 from 28th September – 1st October 2022, New Delhi.
23. Resource person in Seminar on Impact of food habits on Mental Well-being organised by Department of Home Science, SS Jain Subodh PG Mahavidyalaya, Jaipur on 20th September 2022
24. Chairperson in Nutritional Management of Covid jointly organized by Indian Dietetic Association, NetProFaN Rajasthan Chapters & IAPEN Jaipur Chapter on 4 June 2021
25. Panelist in Webinar on No World Tobacco Day jointly organized by Indian Dietetic Association, NetProFaN Rajasthan Chapters & IAPEN Jaipur Chapter on 31 May 2021
26. “Nutrition and Health” in Elective Course on Public Health Nutrition organised by IIHMR ,Bangalore on 27th April 2021
27. “Role of family in Women’s health” in Webinar on “**Addressing Health and Nutritional Challenges of Women**” organised by The Centre for Women’s Studies, University of Rajasthan, Jaipur, Department of Home Science, University of Rajasthan, Jaipur, University Five Year Law College and UNICEF, Rajasthan on 9th March, 2021

28. Panel discussion on 'World Kidney Day 2021' jointly organized by CK Birla Hospitals RBH Jaipur, Indian Dietetic Association, NetProFaN Rajasthan Chapters & IAPEN Jaipur Chapter on 12th March, 2021.
29. "Nutrition for Healthy Life" in RUSA 6th Induction Programme (online) organized by UGC-Human Resource Development Centre (HRDC), University of Rajasthan, Jaipur on 26th February 2021
30. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 24th February 2021. Google Meet online lecture.
31. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 24th February 2021. Google Meet online lecture.
32. "Nutrition during Disasters" in Short Term Course in Disaster Management organized by UGC-Human Resource Development Centre (HRDC), University of Rajasthan on 9th February 2021
33. "Nutrition Security" for Training Program for Law Interns organised by Human rights Commission, Secretariat, Jaipur. 8 February 2023
34. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 11th January 2021. Google Meet online lecture.
35. Speaker on "Scope in the field of Dietetics" in the Webinar on "Versatility Of Food Nutrition And Dietetics" organized by Department Of Food Science And Nutrition, College of Community and Applied Sciences, MPUAT, Udaipur. June 25, 2020.
36. Chairperson in Oral Presentations in National Conference on "Advances in Food Science, Processing and Safety" organized by Department of Home Science, IIS (Deemed University), Jaipur on 13-14 March 2020.
37. Panelist in panel discussion on "Eat right, keep fit and be Healthy" on International Women's Day celebrations organized by Centre for Women's studies, University of Rajasthan, Jaipur on 7th March 2020.
38. Panelist in Workshop on Dietetics Day "Dietitians reaching the Unreached" on 10th January 2020 organized by Department of Home Science, University of Rajasthan and Indian Dietetic Association, Rajasthan Chapter.
39. Convener in two days National Workshop on "Prospect of Enrolment and Evocation in Home Science and Agriculture Education" organized by Department of Home Science, University of Rajasthan on 18-19 November 2019
40. Rapporteur in the session "Nutrition Symposium" in 9th World Congress of Diabetes India organised by Diabetes India on 1st March 2019
41. Chairperson in Session Indian National conference on "Nutrition: From Evolution to Revolution Preparing for the future – Together". Organized by Dietetic Association, MP Chapter. 30 Sep 2018-2 Oct 2018.

42. Chairperson in Session "Spiritual Health" in National Conference " Holistic Approach to Nutrition and Wellness" 23-24 November 2017 organised by Department of Home Science and UNICEF, Rajasthan Field Office
43. Judge in Oral Presentations in National Conference on "Global Approaches in Nutrition, Inclusive Education and Textile Science" organized by The IIS University, Jaipur on 2-3 February 2018.

44. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 11th January 2021. Google Meet online lecture.
45. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 26th October 2020. Google Meet online lecture.
46. "Nutrition for Adolescents" in Adolescent Health, Webinar organaized by ESKA Food Safety Solutions, Jaipur on 23rd September 2020.
47. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 18th September 2020. Google Meet online lecture.
48. Nutritional care during 1st 1000 days" for NSS Volunteers, State Centre of Excellence (SCOE) for Nutrition, UNICEF, Rajasthan Field Office, Jaipur, Maharani College and Department of Home Science, University of Rajasthan, Jaipur on 15th September 2020.
49. Nutritional care during 1st 1000 days" for NSS Volunteers, State Centre of Excellence (SCOE) for Nutrition and SAP, Department of Home Science, UNICEF, Rajasthan Field Office, Jaipur and District NSS Coordination team, Sirohi on 12th September 2020.
50. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 21th August 2020. Google Meet online lecture.
51. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 11th August 2020. Google Meet online lecture.
52. Boost your Immunity through Nutrition in Online Health Seminar organized by School of Hospitality and Hotel Management, JECRC University 13th July 2020
53. "Scope in the field of Dietetics" in Versatility of Food Nutrition and Dietetics, Webinar organized by Department of Food Science and Nutrition, College of Community and Applied Science, MPUAT, Udaipur on 25th June 2020
54. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 20 July 2020. Google Meet online lecture.
55. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 16th June 2020. Google Meet online lecture.
56. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 9th June 2020. Google Meet online lecture.

57. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 4th June 2020. Google Meet online lecture.
58. "Nutritional requirements during Covid 19" organized by Department of Disaster Management & Relief on 28th May 2020. Google Meet online lecture.
59. "Eat right, keep fit and be Healthy" on International Women's Day celebrations organized by Centre for Women's studies, University of Rajasthan, Jaipur on 7th March 2020.
60. "Fast food and you" at the NSS Training Camp organized by Five Year Law University ,University of Rajasthan, Jaipur on 7th March 2020
61. Healthy nutrition for Adolescent Girls at Mahaveer Senior Secondary School, Jaipur on 11th January 2020
62. "Nutritional Requirements of School Children in Disaster Management" organized by Department of Disaster Management & Relief on 10th January 2020
63. "Nutritional Requirements of School Children in Disaster Management" organized by Department of Disaster Management & Relief on 25th February 2020
64. "Nutritional Requirements of School Children in Disaster Management" organized by Department of Disaster Management & Relief on 10th January 2020
65. "Anemia in Women" in Anemia Awareness program organized by Medical and Health Cell, Rajasthan University Women's Association (RUWA), Department of Home Science and Women Study Centre, University of Rajasthan, Jaipur on 16th November 2019
66. "Nutritional Requirements of School Children in Disaster Management" organized by Department of Disaster Management & Relief on 7th August 2019
67. "Nutritional Requirements of School Children in Disaster Management" organized by Department of Disaster Management & Relief on 24th July 2019
68. Speaker at Nutrition Workshop on 12th January 2019 in the annual meeting of Rajasthan chapter of RSSDI (Research society for study of diabetes in India) at Jaipur on 12 - 13 Jan 2019.
69. Session "Innovations in Better Management of Non-Communicable Diseases" in the National Conference on "Prevention and Management of Non-Communicable Diseases" organized by The IIS University, Jaipur on 8-9 January 2016.
70. **Standard Nutritional requirements in Disaster Management** organized by Department of Disaster Management & Relief organized by Centre for Good Governance and Department of Disaster Management & Relief on 11th January 2018
71. **Resource person in International Conference on "Nutrition and Cancer"** on 8 April 2016 Suresh Gyan Vihar University, Jaipur.
72. "**Nutrition for Prevention of Chronic Diseases"** on 8 March 2016 in Workshop entitled "Abla se Sabla –Empowering Women financially and Legally" at University Law College in collaboration with NABARD.

73. **Nutrition for Critically Ill patients** Panel Discussion 27 December 2015 in 63rd Annual Conference of Indian Society of Anaesthologists organized by Indian Society of Anaesthologists.
74. **Nutrition for Vulnerable Groups in Disaster** 18 June 2015 organized by Centre for Good Governance and Department of Disaster Management & Relief
75. **Nutrition for Adults and Elderly 9 December 2014** in Short Term Course on Development of Proficiency in Food and Nutrition organized by Academic Staff College, University of Rajasthan
76. **Selection of foods and healthy cooking practices 12 December 2014** in Short Term Course on Development of Proficiency in Food and Nutrition organized by Academic Staff College, University of Rajasthan
77. **Food Supply During and After Floods** 28 July 2014 in State Level Workshop on Flood Management organized by Centre for Good Governance and Department of Disaster Management & Relief
78. **Standard Nutritional requirements in Disaster Management** 30 May 2014 organized by Department of Disaster Management & Relief
79. **Diet in Celiac Disease** on 15 December 2013 at **Fortis Hospital**, Jaipur in "Celiac awareness program for Celiac children and families" jointly organized Indian Dietetic Association, Jaipur Chapter and Celiac Support Organisation (CSO), New Delhi
80. Dietary Approaches for Hypertension-Management & Prevention 23 August 2013 at **Narayana Hrudalaya, Jaipur.**
81. Session "Persistent Diarrhea-Nutritional Management" in Ped Gastro Update 2012 organized by Indian Academy of Pediatrics & Fortis Escorts Hospital, Jaipur on 8 July 8, 2012.
82. Session "Nutritional Assessment and Feeding in Critical patients" in State Level Conference on Nutrition & Health organized by Indian Dietetic Association, Jaipur on 26 November 2012.
83. "Diet for Diabetes Mellitus". 2 September 2012 at CME on "Current Trends in Diabetes Mellitus" organised by **Military Hospital, Jaipur.**
84. **"Malnutrition in Children"** 28 September 2012 at **Maharani Gayatri Devi School, Jaipur**
85. "Nutrition in Senior Citizens for Good Health" 5 August 2012 at **"Senior Citizens Health Update Programme"** organized by Lucky Seventh, S.M.S. Medicos b(1953-1958 Batch) at Hotel Maharani Palace, Jaipur.
86. As Resource person for **Three days MTC Training Workshop** for Medical officers and Para Medical staff at Ummaid Hospitl, Jodhpur, 25-27 March,2012.
87. As Resource person for **Three days MTC Training Workshop** for Medical officers and Para Medical staff at Ummaid Hospital, Jodhpur, 28-30 March 2012.

88. “Healthy eating for Growing up” 7 January 2012 at a workshop organized for school children at **St. Xavier’s School, Jaipur**
89. “Importance of Diet in Good Health & prevention of Diseases” 16 July 2011 & 27 December 2011 at the Training Programme for Rajasthan Police Services (RPS) at **Rajasthan police Academy, Jaipur**
90. “Importance of Diet in Good Health & prevention of Diseases” 27 December 2011 at the Training Programme for Rajasthan Police Services (RPS) at **Rajasthan police Academy, Jaipur**
91. “Importance of Diet in Good Health & prevention of Diseases” 14 July2011 for Staff of **Rajasthan police Academy, Jaipur**
92. “Diet and Nutrition for School Children playing Sports” June 2007 at a workshop organized at **St. Xavier’s School, Jaipur**
93. “Diet in Mature Women” in a National workshop organized by **Indian Society for Bone and Mineral Research**, October 2006.
94. “Health in Mature Women” in First national CME on Mature Womens’ Health, organized by “**Prayaas”, Mature Womens Health & Research Centre**, 16 October, 2005.
95. “Nutritional status of women” on 11th July 2005 in a health camp organized by **Indian Dietetic Association, Jaipur chapter and Monilek Hospital** on World Population Day
96. "Diet for Osteoporosis" in one-day workshop organized by **Indian Society for Bone and Mineral Research and Prayaas** on 25th May, 2002.
97. "Diet and Nutrition in Cancer Patients" in - 3 days volunteer training organized by **Mastectomees Association, Jaipur and Bhagwan Mahaveer Cancer Hospital and Research Centre, Jaipur** on 24th November, 2001.

COMMUNITY WORK

1. Counseling to Cancer patients regarding diet as a volunteer for Rajasthan Cancer Society and Mastectomee Society.
2. Community work during Nutrition Week and Breast Feeding Week in Indian Dietetic Association (IDA) programs.
3. Dietary Counseling during various Health Camps organized by IDA, Diabetes Society, Medical Camps etc.

4. Prepared and wrote radio plays with Health & Nutrition messages for Akashvani Jaipur & UNICEF.
5. Counseled students regarding diet problem during examinations through live TV programs.

MEMBERSHIP OF ACADEMIC/ PROFESSIONAL BODIES, SOCIETIES ETC.

1. Indian Dietetic Association, Rajasthan Chapter, Executive Member (former **President**, **Treasurer and Secretary**)
2. Home Science Association of India
3. Mastectotomee Society of India (Koshish)
4. Rajasthan Cancer Society**. Executive Member**
5. **Executive member , Celiac Care Society**
6. **Founder Member and Executive Member** of Home Science Alumni Association, University of Rajasthan, Jaipur.(Formerly secretary)
7. **Executive member, NET PRO FAN**
   Executive Director, Nutrition Steering Committee, IAPEN, Jaipur Chapter

PARTICIPATION IN ADMINISTRATION

- Convener, Admission Committee, PG Department of Home Science 2010
- Member, Admission Committee, Maharani College 2012
- Convener, Debate Committee ,College Week 2011
- Member, Refreshment Committee 2011, 2012
- Member, Annual Prize Distribution Committee, College Week 2013
- Student Elections, Maharani College 2011,2012
- Rector, Maharani College 2012-2013
- Member, Red Ribbon Club (For education about AID HIV), Maharani College 2012
- Proctor, PG Department of Home Science 2013
- Member, Force Task, Vision Committee, University of Rajasthan,2013
- Member Secretary ,Departmental Ethics Committee 2014-15
- Convener, Refreshment Committee, Student Election 2015
- Convener, Re admission Committee, Maharani College 2017
- Convener, Mayuri, Vithika, maharani College 2017
- Convener, Re admission Committee, Maharani College 2018
- Member Secretary, Departmental Ethics Committee 2014-2020
- Co Convener, Synergia Exhibition, Maharani College, 2019

- Convener, Fashion Show, Vithika, maharani College 2019
- Member, Student Elections, Maharani College 2011,2012, 2018,2019
- Member, Academic Council, Campus Nursery School, Jaipur 2016-2019
- Co Convener, Ph.D. Committee, Department of Home Science, 2019
- Member, Refreshment Committee, 29th Convocation Committee 2019
- Co Convener, Synergia Exhibition, Maharani College, 2020
- Convener, Platinum Jubilee Celebration, Synergia Exhibition, Maharani College, 2020
- Co Convener, Ph.D. Committee, Department of Home Science, 2021
- Local Head, Department of Home Science, Maharani College 2021
- Member BOS, Department of Home science, University of Rajasthan
- Member BOS, Department of Home science, MDS University, Ajmer
- Member COC, Women Study Centre, MPUAT, Udaipur