

## **CURRICULUM VITAE**

Name	<b>Prof. RITU MATHUR</b>
Date of Birth	20.01.1968
Nationality	Indian
Present Address	5 & 6 Amba Park Colony, Near M.D.S. University Ajmer - 305009.
Present Designation	Professor and Head
Department	Department of Food Science and Nutrition Maharshi Dayanand Saraswati University, Ajmer - 305 009

### **EDUCATIONAL QUALIFICATIONS**

- B.Sc. Home Science 1987 (Gold Medalist) – University of Rajasthan, Jaipur
- M.Sc. Home Science 1989 (Foods and Nutrition) (Gold Medalist) – University of Rajasthan, Jaipur
- Recipient of UGC JRF and SRF for Ph.D. 1990
- Ph.D. (Foods and Nutrition) July 1995 – University of Rajasthan, Jaipur

### **TEACHING EXPERIENCE:**

Teaching M.Sc. Foods & Nutrition at the M.D.S. University, Ajmer since August 1995.

### **LIST OF PUBLICATIONS (National and International)**

#### **PAPERS PUBLISHED**

1. V.P. DIXIT, M. VARMA, N.T. MATHUR, **R. MATHUR** and S. SHARMA (1992): Hypocholesterolemic and Antiatherosclerotic effects of Solasodine (C<sub>27</sub>H<sub>42</sub>O<sub>2</sub>N) in Cholesterol Fed Rabbits. Phytotherapy Research. 6: 270-273. ISSN No. 0951-418 X Impact Factor 2.66
2. ARTI SHARMA, **RITU MATHUR** and V.P. DIXIT (1995): Hypocholesterolemic activity of nut shell extract of *Semecarpus anacardium* (Bhilawa) in cholesterol fed rabbits. Ind. J. Exptl. Biol. 33: 444-448. ISSN No. 0975-1009 Impact factor 0.835

3. **ARTI SHARMA, RITU MATHUR, and V.P. DIXIT** (1996): Prevention of hypocholesterolemia and atherosclerosis in rabbits after supplementation of *Myristica fragrans* seed extract. Ind. J. Physiol. Pharmacol. 39 (4): 407-410. ISSN No. 0019- 5499
4. **RITU MATHUR, ARTI SHARMA, V.P. DIXIT and MIRA VARMA** (1996): Hypocholesterolemic effect of fruit juice of *Embllica officinalis* in cholesterol fed rabbits. J. Ethnopharmacology. 50: 61-68. ISSN No.0378-8741 Impact Factor 2.998
5. **RITU MATHUR** (1997): Antiatherogenic activity of *Embllica officinalis* fruit pulp extract on cholesterol fed rabbits. Chintak (A research journal of the MDS University, Ajmer. 1 (1): 85-93.
6. **RITU MATHUR** (1997): Role of Teachers Organisation. Academic Staff College (University of Rajasthan, Jaipur). Newsletter 3 (3): 5-6.
7. **RITU MATHUR** (1997): Athletes we mean health to you. University News. 26 (30) : 12-13.
8. **RITU MATHUR and MISHRA NEETU** (2005): Nutritional profile of patients suffering from Type II Diabetes Mellitus. Anusandhan an Innovative Research Journal of Natural Sciences, M.D.S.University, Ajmer 1 (1) 48-53.
9. **RITU MATHUR and ADITANI POONAM** (2005): Microbiological evaluation and acceptance of Street foods (Snacks) sold in Ajmer city. Asian Journal of Microbiology, Biotechnology and Environmental Science 7 (3) 127-131. ISSN No.0972-3005
10. **A.Patni , R. Mathur P. Mathur and R. P. Singh** (2006): Fatty Acid composition of selected edible oil samples of Jaipur city. National Journal of Life Sciences 2 (Supp) 223-226. ISSN No.0972-995X
11. **Jain Bharti and Mathur Ritu** (2008) Evaluation of Microbiological quality of Vendors milk sold in Ajmer city. Asian Journal of Microbiology, Biotechnology and Environmental Science Vol.10 (4): 1-9. ISSN No.0972-3005
12. **Mathur Ritu and Mathur Manika** (2013) Nutritional Screening of Middle-Aged Indians with special emphasis on Lipoprotein (a) levels for Risk Prediction of Cardiovascular Diseases. Asian Journal of Home Science.7(2):479-482.online ISSN No.09768351.print ISSN No. 0973-4732
13. **Mathur Ritu and Mathur Manika** (2013). New Emerging Risk Factors and Dietary Habits of Middle-Aged Indians as Risk Predictors of Cardiovascular Diseases. Bombay Hospital Journal 55 (2) 222-225. ISSN No.0524-0182
14. **Mathur Ritu and Mathur Manika** (2013) Stress as a Predictor of Cardiovascular Diseases in Middle Aged Indians. Paper accepted for publication in Asian Journal of Home Science. Online ISSN No.09768351.print ISSN No. 0973-4732 NAAS Rating 3.1

15. **Mathur Ritu** and Mathur Manika (2013). Nutritional Screening of Middle-Aged Indians for Risk Prediction of Cardiovascular Diseases. Journal of Indian College of Cardiology (Elsevier Publication) June 2013 issue 3(2) 49-51. ISSN No.1561-8811
16. **Mathur Ritu** and Mathur Manika (2013). Nutrition for the prevention of cardiovascular diseases. International Journal for Social Development.1 (1) ISSN No.2320-9283
17. **Mathur Ritu** and Mathur Manika (2013). Dietary Review and Lipid Profile of Middle-aged Indians with special reference to Lipoprotein (a) levels and Risk Assessment for Cardio Vascular Diseases. Research Journal of Biotechnology. 8(12) Dec issue 124-127. ISSN No. 2141-5153 Impact Factor 0.279
18. **Mathur Ritu** and Mathur Manika (2014). Blood Homocysteine and Lipoprotein (a) Levels, Stress and Faulty Diet as Major Risk Factors for Early Cardiovascular Diseases in Indians. Journal of Cardiovascular Disease and Diagnosis 2 (4):1-6 ISSN 2329-9517.
19. **Mathur Ritu** and Mathur Manika (2014) Impact of Intervention with Coenzyme Q10 on Homocysteine Levels of Cardiac Patients with Established Angiographic Evidence. Journal of Clinical Trials in Cardiology 2 (1) 1-6. ISSN No. 2374-6882
20. **Mathur Ritu** and Mathur Swati (2015) Assessment of Awareness regarding Right to Food and Food Security Schemes and Evaluation of success of Mid-Day Meal Programme in Selected Schools of Ajmer City (Rajasthan). Food Science Research Journal ISSN no. 0976-1276. 6 (2):251-257. NAAS Rating 2.86, Impact Factor – 1.236
21. **Mathur Ritu** and Johari Nandini (2015) *Stevia Rebaudiana* – A miracle herb for patients with Non-Insulin Dependent Diabetes Mellitus and Impaired Glucose Tolerance Journal of Phytological Research 28 (1&2):63-70 ISSN No.0970-5767
22. **Mathur Ritu** and Johari Nandini (2016) . Nutritional Composition of *Stevia Rebaudiana* – A sweet herb and its Hypoglycemic and Hypolipidaemic Effect on Patients with Non-Insulin Dependent Diabetes Mellitus. Journal of Food Science and Agriculture ISSN No.0022-5142 Impact Factor 1.8.
23. **Mathur Ritu** (2016) The Global Scare of Diabetes. Editorial published in the International Journal of Nutritional Sciences 1 (1) pp 2003
24. **Mathur Ritu** and Mathur Swati (2016) Impact of Intervention with Ginger Aliquot and Ajwain Powder on Dysmenorrhoea in Young Adult Women (14-25 years) of Ajmer city (Rajasthan). Asian Journal of Home Science 11 (2) 350-360.ISSN 0973-4732 online ISSN 0976-8351. NAAS Score 2.98.
25. Mathur S., **Mathur R** and Kohli GK (2017) Therapeutic Use of Wheat Grass Juice for the Treatment of Anemia in Young Women of Ajmer City (Rajasthan, India) International Journal of Nutritional Sciences 2 (1) 1014-1019.

26. **Mathur Ritu** and Walia Kamlesh (2017) Impact of Amla (*Emblica Officinalis*) Powder Supplementation on Lipid Profile and Body Mass Index in Hyperlipidemic Obese Adults. KAAV International Journal of Arts, Humanities and Social Sciences. A refereed Peer Review Quarterly Online Journal ISSN 2348-4349 4 (2) Impact Factor 2017- 7.9183.
27. **Mathur Ritu** (2018) Genetic Engineering and Biosafety in the use of Genetically Modified Foods. International Journal of advanced Scientific Research and Management, special Issue1, January 2018 pp 76-82 ISSN No.2455-6378.
28. **Mathur Ritu**, Bharti Jain and Archana Sharma (2020) Nutritive Value and Sensory Evaluation of Value-Added Products developed by Incorporating dried Harshringar (*Nyctanthes Arbor-Tristis*) leaf Powder J. Phytol. Res.33(2):149-156. ISSN 0970-5767.
29. Meenakshi Jakhar, **Ritu Mathur**, Dinesh Choudhary, Pintu Nahata and Devendra Agarwal (2021). Assessment of Nutritional Awareness and Dietary Habits of Pre - hypertensive Patients. J. Indian Dietetic Association Vol 44 No.2 pp 10-14. ISSN 0971-8214
30. Meenakshi Jakhar, **Ritu Mathur**, Pintu Nahata, Devendra Agarwal and Dinesh Choudhary (2022). Effect of the Flaxseed Supplementation on the BMI,WHR,SBP,DBP,Cholesterol and Triglycerides in mild Hypertensive Patients. Acta Scientifica Nutritional Health Vol 6 Issue 6 pp 1-8 ISSN: 2582-1423
31. Ruchi Udawat and **Ritu Mathur (2022)** Impact of Diet and Physical Activity on the Glycemic control of diabetic Children: A Review. Global journal for Research Analysis Vol 11 Issue 4 pp 1-3 ISSN 2277-8160
32. Ruchi Udawat and **Ritu Mathur (2022)** Impact of Type I Diabetes Mellitus on the anthropometric Profile of children aged 7 – 12 years. Acta Scientifica Nutritional Health Vol Issue pp ISSN: 2582-1423
33. Yadav Apoorva and **Mathur Ritu** (2024) Probiotics & Mental Health: Exploring the Gut-Brain Connection” published on 30<sup>th</sup> December in International Journal of Nutrition & Lifestyle Volume 4, Issue 4, December 2024 issue ISSN: 2583-3499 (Online)
34. Sharma Apurva and **Mathur Ritu** (June 2025) “Unlocking Health Secrets: Bioactive Marvels in Indian Herbs and Spices, Exploring Their Roles, and Synergies for Wellness” published on 30<sup>th</sup> June 2025 in International Journal of Nutrition & Lifestyle Volume 5, Issue 2, June 2025 issue ISSN: 2583-3499 (Online)

### Google Scholar Index

Google Scholar	All	Since 2011
Citation Indices		
Citations	239	98
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### ABSTRACTS PUBLISHED

1. "A relationship between Atherosclerosis and Hyperliproteinaemia with reference to dietary patterns". Symptoms in Current Advances in Molecular Biochemistry: Application in Health, Environment and Agriculture held in Lucknow, 1989. Abstract No. 105.
2. "Hypolipidaemic/antiatherosclerotic activity of *Embllica officinalis* in cholesterol fed rabbits". Proceedings of the 80th session of the Indian Congress, Goa, 1993. Abstract No. 176 pp 101.
3. "Hypocholesterolemic and antiatherogenic activity of *Myristica fragrans*/*M fragrans*+*Semecarpus anacardium* in Rabbits and Man". Abstract book of XV International Congress of Nutrition, Adelaide (Australia) October 1993. Abstract No. 186 pp 662.
4. "Hypopolipidaemic/antiatherosclerotic effect of *Embllica officinalis* fruit juice/pulp extract (50% Et OH) in cholesterol fed Rabbits: a comparative evaluation)". Abstract book of XV International Congress of Nutrition, Adelaide (Australia) October, 1993. Abstract No. 186 pp. 662.
5. "Role of *Semecarpus anacardium* fruit extract (50% ET OH) as an Antiatherogenic/Hypolipidaemic agent in Cholesterol fed Rabbits". Proceedings of the 81st session of the Indian Science Congress, Jaipur, 1994. Abstract No. 166 pp. 87.
6. "A Novel Male Antifertility agent: *Spirulina platensis* (Blue green algae)". Abstract book of the National Symposium on Reproductive Health Care held in Jaipur. February 1994. Abstract No. 68, pp 115.
7. "Antifertility effects of *Myristica fragrans* in male rats". Abstract book of the National Symposium of Reproductive Health Care held in Jaipur, February 1994. Abstract No. 69 pp. 116.
8. "Anfertility effects of *Myristica fragrans* in male rats". Abstract book of the National Symposium of Reproductive Health Care held in Jaipur, February 1994. Abstract No. 70 pp 117.

9. "Mangiferin induced inhibition of Reproductive functions: Testicular steroidogenesis and Leydig cell Dysfunction". Abstract book of the National Symposium on Reproductive Health Care held in Jaipur, February 1994. Abstract No. 71 pp. 118.
10. Participated in a two days State level Conference on "Nutrition & Health" from 25<sup>th</sup>-26<sup>th</sup> November, 2010 organized by Indian Dietetic Association Jaipur Chapter and Dept of Home Science, Jaipur and presented a paper entitled "Anti hyperglycaemic effect of powdered form of Stevia Leaves on Pre Diabetics.
11. Participated in the 13<sup>th</sup> Annual Conference of the Indian Society for Parenteral and Enteral Nutrition, organised by the Department of Gastroenterology and Human Nutrition, AIIMS, New Delhi from 12<sup>th</sup>-14<sup>th</sup> Oct 2007 Prediction of risk of Cardiovascular disease in Adult Males and Females using Risk Assessment Index.
12. Participated in a two days State level Conference on "Nutrition & Health" from 25<sup>th</sup>-26<sup>th</sup> November, 2010 organized by Indian Dietetic Association Jaipur Chapter and Dept of Home Science, Jaipur and presented a paper entitled "*Impact of Intervention with Two Varieties of Raw Onions on Lipid Profile and Blood Pressure of Patients Suffering from Hypertension*"
13. Elevated levels of Homocysteine and Lipoprotein (a) as predictors of cardiovascular diseases in Middle aged Indians. Dietetic Vision Newsletter of Indian Dietetic Association. Jaipur Chapter. Vol. 7 Issue 7 Dec 2012.
14. Micronutrient Deficiency in Pregnancy and its Impact on Neonatal Outcome ". Published in the Book of Abstracts of the two days National Seminar on "Missed Opportunities in Child Nutrition, Health and Development "held from 30<sup>th</sup>-31<sup>st</sup> January 2015 at University of Rajasthan, Jaipur organised by Department of Home Science, University of Rajasthan, Jaipur, sponsored by UGC SAP and UNICEF
15. Assessment of Health and Nutritional Status and Dietary Habits of Women suffering from Hypothyroidism Aged 18-54 years in Ajmer City". Published in the Book of Abstracts of the two days National Conference on "Prevention and Management of Non-Communicable Diseases held from 8<sup>th</sup>-9<sup>th</sup> January 2016 at IIS University, Jaipur, Rajasthan
16. Paper entitled "Faulty Dietary Habits and Wrong Food Choices in Adolescents of today and their Adverse Impact on Health' "Changes in Lifestyle influencing Adolescent Health" on 28<sup>th</sup> and 29<sup>th</sup> September 2019 at Subodh PG College Jaipur.
17. Abstract titled "Exploring the Synergistic Effects of Bioactive Compounds Curcumin and Piperine: A Review" (Aparna Sharma and Ritu Mathur) in International Conference held in Maharshi Dayanand Saraswati University, Ajmer, Rajasthan on 10<sup>th</sup> and 11<sup>th</sup> February, 2025 on "Innovative Research on Plant-Based Nutraceuticals and Therapeutics".
18. Abstract titled "The Power of Phytonutrients – Unlocking Nature's Secrets" (Ritu Mathur) in International Conference held in Maharshi Dayanand Saraswati University, Ajmer, Rajasthan on 10<sup>th</sup> and 11<sup>th</sup> February, 2025 on "Innovative Research on Plant-Based Nutraceuticals and Therapeutics".
19. Abstract titled "Plant Based Diet and The Microbiome System" (Apoorva Yadav and Ritu Mathur) in International Conference held in Maharshi Dayanand Saraswati University, Ajmer, Rajasthan on 10<sup>th</sup> and 11<sup>th</sup> February, 2025 on "Innovative Research on Plant-Based Nutraceuticals and Therapeutics".

## **20. PARTICIPATION IN SEMINARS/CONFERENCES/WORKSHOPS**

1. Participated in a 3-Day National Seminar on "Role of University in Development of Affiliated Colleges" from 13-15 Feb. 1997 at MDS University, Ajmer.
2. Participated in a 2-Day National Seminar on "Evaluation and Assessment In Higher Education" from 30-31 Aug. 1997 at MDS University, Ajmer.
3. Participated in a 3-Day National Seminar with International participation on "Environment & Ecodegradation of Pushkar Valley, Rajasthan" from 25-27 Nov. 1997 at MDS University, Ajmer.
4. Participated in a 2-Day National Seminar on "Nutrition Health & Population Links" on 30-31 Dec. 1997 at MDS University, Ajmer and also presented a paper entitled " Under nutrition - A major health hazard for women in the reproductive age group".
5. Participated in a 3-Day National Seminar on "Indian Economy: Performance, Challenges and Alternatives" from 7th - 9th Jan. 1998 at MDS University, Ajmer and also presented a paper entitled "Food Sufficiency & Future Food Policy".
6. Participated in a 3-Day "Need based workshop in Botany, Zoology & Microbiology" from 15-17 Jan. 1998 at MDS University, Ajmer.
7. Participated in the Workshop on "Population, Education and Women Development functionaries" from 23-24 Jan. 1998 at MDS University, Ajmer.
8. Participated in a 3-Day workshop on Research Methodology from 24-26 Sept. 1998 at MDS University, Ajmer.
9. Participated in a 2-day National Seminar on Micronutrients in Human Health-Recent advances from 25-26 Feb 1999 at M.D.S.University, Ajmer and presented a paper entitled " Profile of Micronutrient deficiency disorders in Eastern Rajasthan"
10. Participated in a 4-Day Training on "Bacterial Taxonomy" from 27-30 November 2002 in the Department of Microbiology at M.D.S.University, Ajmer.
11. Participated in a 3-Day UGC sponsored National Workshop on "Emerging Trends in Home Science" from 2-4 December 2002 at Sophia College, Ajmer.
12. Participated in a 5-Day International Conference- IX Asian Congress of Nutrition organised in New Delhi from 23rd to 27th February 2003 and presented a poster entitled "Impact of dry green leafy vegetable powder alone and in combination with ascorbic acid in prevention of Anaemia in young women.
13. Attended the Patent awareness Workshop organised by Patent Information Centre, DST, GOR, Jaipur and Maharshi Dayanand Saraswati University, Ajmer, on 27th March, 2003 at Maharshi Dayanand Saraswati University, Ajmer.

14. Attended the IX annual conference organised by Parenteral and Enteral Nutrition Society of Asia (PENSA) and the Indian Society for Parenteral and Enteral Nutrition (ISPEN) from 7th to 8th November 2003 at Goa.
15. Attended the Critical Care Update on November 9th, 2003 at the IX Annual Conference, PENSA 2003 as Delegate at Goa.
16. Attended a six days workshop on food preservation organized by Department of Foods and Nutrition and Centre for Entrepreneurship and Small Business Management, M.D.S.University, Ajmer from 29th August 2005 to 3rd Sep 2005
17. Attended the First Biennial International Conference on “New age Entrepreneurship; Vision and Vistas organized by Centre for Entrepreneurship and Small Business Management from 9<sup>th</sup> to 11<sup>th</sup> September 2005.
18. Attended the 11<sup>th</sup> National Conference of Indian Society for Parenteral and Enteral Nutrition organized by ISPEN and KGM University Lucknow from 5<sup>th</sup> to 7<sup>th</sup> Nov 2005
19. Attended a National seminar on Challenges to the changing status of the aged and presented a paper entitled “Effect of aging on taste sensitivity food preference and Nutritional Status of male population aged 50-70 years belonging to Ajmer city organized by Department of Home Science JNV University, Jodhpur from 25<sup>th</sup> -26<sup>th</sup> November 2005.
20. Attended a National Seminar on Ajmer Through the Ages-Heritage Preservation organized by the Department of History M.D.S. University, Ajmer on 24<sup>th</sup> March 2006.
21. Attended a National Seminar on Recent Trends of Population growth in India organized by Department of Population studies, M.D.S.University, Ajmer on 25<sup>th</sup> March 2006.
22. Attended a Seminar on Biodiversity around Aravalli foothills in the vicinity of Ajmer (Rajasthan) organised by the Department of Zoology M.D.S. University Ajmer on 28<sup>th</sup> March 2006.
23. Participated in SPSS Faculty Development Program organised by SPSS and Department of Population Studies, M.D.S University, Ajmer in 3 phases – 20<sup>th</sup> December 2006, 4<sup>th</sup> January 2007 and 18<sup>th</sup> January 2007
24. Participated in a 5 Days Conference on International Exhibition and Conference on Processed Foods organised by Federation of Rajasthan Trade & Industry (FORTI), Jaipur from 29<sup>th</sup> Aug – 2<sup>nd</sup> Sept 2007.
25. Participated in the 13<sup>th</sup> Annual Conference of the Indian Society for Parenteral and Enteral Nutrition, organised by the Department of Gastroenterology and Human Nutrition, AIIMS, New Delhi from 12<sup>th</sup>-14<sup>th</sup> Oct 2007 and **chaired a Scientific Session** in the Conference. Also presented a Poster in the Conference entitled “Prediction of risk of Cardio-vascular disease in Adult Males and Females using Risk Assessment Index.”



26. Participated in the 3 days National Workshop on Promoting Excellence in Research (PER) organised in the MDS University, Ajmer from 5<sup>th</sup> to 7<sup>th</sup> November, 2008.
27. Participated in the 4 days International Workshop on “Micronutrients and Child Health” organised by the department of Human Nutrition All India Institute of Medical Sciences (AIIMS), New Delhi from 20<sup>th</sup>- 23<sup>rd</sup> October, 2009 and also presented a paper entitled “Development of Iron Rich Recipes incorporating Garden Cress Seeds and their Impact on Improving Iron Status of Anaemic Adolescent Girls.”
28. Participated in a three days International Conference on “Multi-disciplinary approaches to Diabetes Research & Health” from 14<sup>th</sup>-16<sup>th</sup> November, 2010 organized by Dept of Zoology, University of Rajasthan Jaipur and S.K Govt College Sikar Rajasthan and presented a paper entitled “*Stevia Rebaudiana- A Miracle Herb*”-*Nutrient Composition and its Anti-hyperglycemic effect on Type II Diabetes Mellitus Patients. Paper awarded the best oral award.*
29. Participated in a two days State level Conference on “Nutrition & Health” from 25<sup>th</sup>-26<sup>th</sup> November, 2010 organized by Indian Dietetic Association Jaipur Chapter and Dept of Home Science, Jaipur and presented a paper entitled “Anti hyperglycaemic effect of powdered form of Stevia Leaves on Pre Diabetics.”
30. Participated in a two days State level Conference on “Nutrition & Health” from 25<sup>th</sup>-26<sup>th</sup> November, 2010 organized by Indian Dietetic Association Jaipur Chapter and Dept of Home Science, Jaipur and presented a paper entitled “*Impact of Intervention with Two Varieties of Raw Onions on Lipid Profile and Blood Pressure of Patients Suffering from Hypertension*”
31. Attended one day workshop on “Emerging Career & Business Opportunities in Food Processing “held on 5<sup>th</sup> August, 2011 at Jawahar Rangmanch Ajmer Rajasthan organised by Indian Institute of Crop Processing Technology (IICPT) Thanjavur, Tamil Nadu, National Institute of Food Technology Entrepreneurship & Management, Kundli, Haryana, Chitanya Paryavaran Sanrakshan Evam Manav Vikas Sansthan Jaipur.
32. Participated in a three days National Seminar on “Water and Sewage Management” from 5<sup>th</sup> -7<sup>th</sup> March 2013 at MDS University Ajmer organised by the Department of Environmental Science MDS University Ajmer and presented a paper entitled “Water-the most essential Nutrient for life-functions, requirement and impact of deficiency”
33. Participated in a one-day National Seminar on “World Environment Day” on 5<sup>th</sup> June 2013 at MDS University Ajmer organised by the Department of Environmental Science MDS University Ajmer and presented a paper entitled “Indigenous and Judicious Ways to Save Food”
34. Participated in a one-day National level Sufi Seminar on “Chishti order of Sufism and Indian culture” on 25<sup>th</sup> July 2013 organized by MDS University Ajmer in collaboration with Punjabi University Patiala (Baba Farid Centre for Sufi Studies).

35. Participated in a six days workshop on “Algae Cultivation and Bio fuel production “held from 26<sup>th</sup> July -31<sup>st</sup> July,2013 at MDS University Ajmer organised by Algae Bio fuel and Bio molecules centre and UGC Academic Staff College MDS University Ajmer and presented a paper entitled “Health and Nutritional benefits of Algae”.
36. Participated in the 4<sup>th</sup> Biennial International Conference on Entrepreneurship, Tourism, Environment and Energy “held from 11<sup>th</sup>-12<sup>th</sup> October 2014 at MDS University Ajmer organised by Centre for Entrepreneurship and Small Business Management MDS University Ajmer and presented a paper entitled “Health Care Products in an Algal Biorefinery Approach”.
37. Participated in a two days National Seminar on “Missed Opportunities in Child Nutrition, Health and Development “held from 30<sup>th</sup>-31<sup>st</sup> January 2015 at University of Rajasthan , Jaipur organised by Department of Home Science, University of Rajasthan, Jaipur, sponsored by UGC SAP and UNICEF and presented a paper entitled “Micronutrient Deficiency in Pregnancy and its Impact on Neonatal Outcome “.
38. Participated in a one-day National Seminar on “World Wetland Day “held on 2<sup>nd</sup> February 2015 at MDS University, Ajmer organised by Department of Environmental Science MDS University, Ajmer and Rajasthan State Pollution Control Board and District Committee on Environment.
39. Participated in a one-day National Workshop on “Census 2011 “held on 25th February 2015 at MDS University, Ajmer organised by Directorate of Census Operations, Rajasthan, Jaipur and Department of Population Studies, MDS University, Ajmer and presented a Paper entitled “Strategies to Combat Anaemia in Female Adolescents. “
40. Abstract entitled “Assessment of Nutritional Status of Anaemic Women and Impact of Intervention with Wheat Grass Juice”. Published in Rajasthan Coclave-3, organised by Desert Medicine Research Centre (Indian Council of Medical Research) 13<sup>th</sup> to 14<sup>th</sup> December 2015
41. Participated in a two days National Conference on “Prevention and Management of Non-Communicable Diseases “held from 8<sup>th</sup>-9<sup>th</sup> January 2016 at IIS University Jaipur, Rajasthan and presented a Paper entitled “Assessment of Health and Nutritional Status and Dietary Habits of Women suffering from Hypothyroidism Aged 18-54 years in Ajmer City”.
42. Abstract entitled “Impact of Intervention with Wheat Grass Juice on Anaemic Women”. Published in Souvenir, 31<sup>st</sup> Biennial National Conference of HSAI on Science and Technology for Reaching the Unreached from 28<sup>th</sup> to 30<sup>th</sup> January 2016, Dharwad, Karnataka.
43. Participated in a two days UGC sponsored National Workshop on Small Enterprises in Microbiology (Azola, Spirulina and Blue Green Algae) 15<sup>th</sup>-16<sup>th</sup> February 2016 in the Department of Microbiology, MDS University, Ajmer.

44. Participated in UGC sponsored National Workshop on Water and Wetland: Looking for Smart Solutions, organised jointly by the Department of Environmental Science MDS University Ajmer and Eco Development and Research Cell Ahmedabad on 19<sup>th</sup> March 2016 and presented a paper entitled “Role of Wetlands in Food Security”
45. Participated in the 1<sup>st</sup> National Conference of the Indian Society of Clinical Nutrition jointly organised by INSCN and Department of Clinical Nutrition, Institute of Liver and Biliary Sciences, New Delhi from 14-16 October 2016 and **chaired a Scientific Session** in the Conference.
46. Participated in the 1<sup>st</sup> National Conference of the Indian Society of Clinical Nutrition jointly organised by INSCN and Department of Clinical Nutrition, Institute of Liver and Biliary Sciences, New Delhi from 14-16 October 2016 and presented a poster entitled “Therapeutic uses of Wheat Grass Juice and Its effect on Blood Haemoglobin Level of Anemic Women”, Abstract published in Scientific Proceedings.
47. Participated in the National Conference on Examination Reforms in Higher Education organised by the All-India National Teachers Association in joint collaboration with the Faculty of Commerce, MDS University Ajmer from 5-6 December 2016 and **chaired a Technical Session (Session III)** in the Conference.
48. Participated in a One Day Seminar on ‘Legal Services for Acid Attack Victims (A Scheme of National Legal Service Authority, India)’ jointly organised by District Legal Service Authority Ajmer and MDS University, Ajmer on 19<sup>th</sup> March 2017.
49. Participated in a two days International Conference on Conservation and Management of Agricultural and Natural Resources: “Strategies for Food Security in Developing Countries” organised by the Career Point University, Kota from 8-9 November 2017 and presented an Oral Paper in the Conference entitled “Genetic Engineering and Biosafety in the Use of Genetically Modified Foods”
50. Participated in a three days National Seminar on Science Education organised by the Regional Institute of Education, Ajmer from 21-23 November 2017 and presented an Oral Paper in the Seminar entitled “Professional Development of Science Teachers with Special Emphasis on Creative Teaching Methods”
51. Participated in a two days National Seminar on Holistic Approach to Nutrition and Wellness organised by the Department of Home Science, UGC SAP, University of Rajasthan, Jaipur from 23-24 November 2017 and presented an oral Paper in the Conference entitled “Assessment of Nutritional Status of Middle-aged Indians for Risk Prediction of Cardiovascular Disease and the Impact of Intervention with Coenzyme Q 10 in Cardiac Patients with Established angiographic Evidence”. Awarded the 2<sup>nd</sup> Prize for Oral Presentation.
52. Invited as a Keynote Speaker in the 15<sup>th</sup> International Conference on Clinical Nutrition held in Vienna, Austria from 24-26 May 2018 and gave the keynote presentation on “The

Global epidemic of cardiovascular diseases with special Reference to the Indian Scenario”

53. Participated in a two days National Seminar on “Changes in Lifestyle influencing Adolescent Health” and will also be presenting a Paper entitled “Faulty Dietary Habits and Wrong Food Choices in Adolescents of today and their Adverse Impact on Health’ on 28<sup>th</sup> and 29<sup>th</sup> September 2019 at Subodh PG College Jaipur.
54. Invited as a Co-chairperson in an ICAR sponsored National Workshop on “Prospect of Enrolment and Evocation in Home Science and Agriculture Education on 18<sup>th</sup> – 19<sup>th</sup> November 2019 organised by the Department of Home Science, University of Rajasthan, Jaipur
55. Invited as a speaker in three days “International Conference on Molecular basis of diseases and therapeutics” at Central University of Rajasthan, (Kishangarh) from 8<sup>th</sup> to 10<sup>th</sup> March 2019 on “Molecular basis of cardiovascular diseases and the Role of Medical Nutritional Therapy in their Management” on 9<sup>th</sup> March 2019.
56. Participated in a National Seminar on International Day for Biological Diversity on the theme “Our Biodiversity, Our Food, Our Health on 22<sup>nd</sup> May 2019 Jointly organized by Department of Environmental Science and Department of Food Science and Nutrition, MDS University, Ajmer and presented a paper entitled “Traditional Medicinal Plants of India and Their Therapeutic Properties”.
57. Participated in a National seminar on World Environment Day on 4<sup>th</sup> June 2019 organised by Department of Environmental Science MDS University, Ajmer and presented a Paper entitled “Domestic Fuel Emissions- A major source of indoor air pollution and major health hazard in India”
58. Participated in a National Seminar on Animal Behaviour and the 43<sup>rd</sup> Annual Conference of the Ethological Society of India jointly organised by the Department of Environmental Science MDS University Ajmer and the Ethological Society of India from 5<sup>th</sup> to 7<sup>th</sup> March 2020 and presented a Paper entitled “The rising incidence of Chronic degenerative diseases due to faulty lifestyle and incorrect Dietary Patterns” and was also the co-chair of a scientific session
59. Participated in an International Conference on Future of Food: Food Safety, Sustainability, Diversity and Industry on 3<sup>rd</sup> and 4<sup>th</sup> March 2023 in the University of Rajasthan, Jaipur and presented a paper titled “Health Consciousness, Changing Food Preferences and Its Impact on Development of Food Products In Future”.

60. Participated in an International Conference on Future of Food: Food Safety, Sustainability, Diversity and Industry on 3<sup>rd</sup> and 4<sup>th</sup> March 2023 in the University of Rajasthan, Jaipur and presented a paper titled “Development and Standardization of Millet Based Products and Sensory Evaluation of Value-Added Products Incorporating the Premix”.
61. Participated in an International Conference on Future of Food: Food Safety, Sustainability, Diversity and Industry on 3<sup>rd</sup> and 4<sup>th</sup> March 2023 in the University of Rajasthan, Jaipur and presented a paper titled “Nutritive Value of Dried *Moringa oleifera* leaf powder and its use as Nutraceutical in the Food Industry”.
62. Participated in a two days International Conference on “Millets: A sustainable approach towards Health, Nutrition and Environment” from 25<sup>th</sup> -26<sup>th</sup> September 2023. Was invited there to chair a scientific session.
63. Presented a paper on “Empowering Women's Wellness: Unveiling the Potential of Superfoods – A Comprehensive Review” in an International Conference held by IIS University, Jaipur, Rajasthan on 25-26<sup>th</sup> September 2023, (ICSSR Sponsored International Conference) “Millets: A Sustainable Approach Towards Health, Nutrition and Environment”.
64. Presented a paper on “Millets and Micro Greens: The ancient and Modern Foods for a healthier You” in an International Conference held by IIS University, Jaipur, Rajasthan on 25-26<sup>th</sup> September 2023, (ICSSR Sponsored International Conference) “Millets: A Sustainable Approach Towards Health, Nutrition and Environment”.
65. Presented a paper on “Use of traditional Medicinal Plants: Evaluating the impact of Ker (*Capparis Decidua*) in Pre-hypertensive Patients” in an International Conference held by IIS University, Jaipur, Rajasthan on 25-26<sup>th</sup> September 2023, (ICSSR Sponsored International Conference) “Millets: A Sustainable Approach Towards Health, Nutrition and Environment”.
66. Presented a paper on “Unlocking Health Secrets: Bioactive Marvels in Indian Herbs and Spices, Exploring Their Roles and Synergies for Wellness” in National Conference held by Rajasthan University, Jaipur, Rajasthan on 12<sup>th</sup> and 13<sup>th</sup> March, 2024 on “Sustainable Strategies for Improving Holistic Well Being”.
67. Participated in two days “Ajaimeru Diabetic summit and Diabetic Foot care Workshop” held on 7<sup>th</sup> and 8<sup>th</sup> October 2023 organised by the Ajaimeru Diabetes Society in Association with Indian Podiatry Association and presented a paper titled “Development and acceptability evaluation of millet-based snacks for diabetics”
68. Participated in two days “Ajaimeru Diabetic summit and Diabetic Foot care Workshop” held on 7<sup>th</sup> and 8<sup>th</sup> October 2023 organised by the Ajaimeru Diabetes Society in

Association with Indian Podiatry Association and presented a paper titled “Exploring the Therapeutic Potential of Moringa oleifera leaves: A comprehensive Review of its role in managing Diabetes Mellitus”

69. Participated in a two days National Conference on Sustainable Strategies for Improving Holistic Well Being” organized by Department of Home science (Foods and Nutrition) University of Rajasthan, Jaipur on 11-12 March 2024 and presented a paper titled Probiotics and Mental Health: Exploring the Gut-Brain Connection”
70. Participated in the 56<sup>th</sup> National Conference on “Transdisciplinary Approaches in Addressing Nutrition Challenges” held in Pune on 14<sup>th</sup>- 15<sup>th</sup> November 2024, organized by Nutrition Society of India in and presented a poster titled Role of Psychobiotics in Irritable Bowel Syndrome & Inflammatory Bowel Disease Patients: A Microbial Mechanism”
71. Participated in the International Conference held in Maharshi Dayanand Saraswati University, Ajmer, Rajasthan on 10<sup>th</sup> and 11<sup>th</sup> February, 2025 on Innovative Research on Plant-Based Nutraceuticals and Therapeutics and presented a poster titled “Plant Based Diet and The Microbiome System”
72. Participated in the International Conference held in Maharshi Dayanand Saraswati University, Ajmer, Rajasthan on 10<sup>th</sup> and 11<sup>th</sup> February, 2025 on Innovative Research on Plant-Based Nutraceuticals and Therapeutics” and presented a poster titled “Exploring the Synergistic Effects of Bioactive Compounds Curcumin and Piperine: A Review”
73. Participated in a two days International Conference titled “Innovative Research on Plant-Based Nutraceuticals and Therapeutics” held in Maharshi Dayanand Saraswati University, Ajmer, Rajasthan on 10<sup>th</sup> and 11<sup>th</sup> February, 2025 and delivered an invited talk titled “The Power of Phytonutrients – Unlocking Nature’s Secrets”.

## **ORIENTATION & REFRESHER COURSES**

1. Attended a UGC sponsored 4 weeks Orientation Course at the Academic Staff College University of Rajasthan, Jaipur from Sept. 10 - Oct 7, 1997.
2. Attended a UGC sponsored 3 weeks Refresher Course in Environment organised by the Department of Environmental studies and the Academic Staff College M.D.S.University , Ajmer from March 9th to 29th, 2004.
3. Attended a UGC sponsored 3 weeks Refresher Course in Home Science organised by the Department of Foods and Nutrition and the Academic Staff College M.D.S.University , Ajmer from 1st to 21st December 2004.

## **MEMBERSHIP OF VARIOUS ACADEMIC BODIES**

1. Member Board of Studies in Foods and Nutrition, M.D.S.University , Ajmer
2. Member Board of Management M.D.S.University , Ajmer
3. Life Member Nutrition Society of India
4. Life Member Indian Society for Parenteral and Enteral Nutrition (ISPEN) and Parenteral and Enteral Nutrition Society of Asia (PENSA)
5. Life Member the Indian Society of Clinical Nutrition.
6. Life Member, Asian Journal of Home Science.
7. Life Member Indian Dietetic Association Jaipur Chapter.

## **RESEARCH PROJECT CONDUCTED**

Principal Investigator in the UGC Major Research Project entitled “*Nutritional Screening, Prediction and Assessment of Risk Factors in Adults aged 30-60 Years and in Patients Suffering from Cardio Vascular Diseases with Special reference to Diet, Life Style Modification and Impact of Intervention with Coenzyme Q – 10 supplementations*” of 3 years duration (2010-13). (Sanctioned Amount- Rs. 12,71,000)

## **Seminars/Conferences Organised**

Organised a two days International Conference in joint collaboration with the Department of botany on “Innovative Research on Plant-Based Nutraceuticals and Therapeutics” on 10<sup>th</sup> and 11<sup>th</sup> February, 2025

## **Membership of Editorial Board of Journals/Launch of a newsletter**

- Member, Editorial Advisory Committee for Asian Journal of Microbiology, Biotechnology and Environmental Sciences, Global Science Publications, India.
- Editor International Journal of Nutritional Sciences
- Launched a newsletter titled “Poshan Pravaah” of the Department of Food Science and Nutrition, MDS University, Ajmer on 10.2.2025

## **Contribution in University Activities**

1. Worked as Member Board of Studies, Home Science
2. Member Board of Studies, Foods and Nutrition
3. Member Departmental Council
4. Worked as Member Guest House Advisory Committee
5. Worked as NSS Unit Officer

6. Worked as Member of the Committee for the formulation of University Hostel Rules
7. Worked as Editor of the Students Magazine
8. Assisted in the PTET Counselling for the PTET Exam conducted by the MDS University in 2006
9. Worked as University nominee in the Board of Management of Gandhi Shikshan Sansthan, Gulabpura, Bhilwara, an affiliated college of the MDS University, Ajmer.
10. Worked as University Observer in the RPMT/RPVT exam 2005 and 2006
11. Worked as Guest faculty in the Department of Microbiology and Yoga
12. Assisted in the University Prospectus.
13. Worked as Convener Food & Nutrition Cell of the University
14. Worked as Associate Director (Finance), Bharat Vidya Adhyayan Sankul
15. Worked as Director, Bharat Vidya Adhyayan Sankul
16. Assisted in the organization of Cultural Youth Festivals of the University
17. Assisted in University Convocations & in the organization of other Academic events (seminars, conferences, workshops) of the University
18. Worked as co- coordinator in the UGC Innovative Programme of the Department
19. Worked as Member of Committee for formulation of M.Phil. ordinance
20. Worked as Director Research of the University from July 2010-October 2013 and Nov. 2016- March 2017.
21. Worked as Coordinator Ph. D. Course Work held in the MDS University Ajmer from 12<sup>th</sup> to 30<sup>th</sup> September 2014.
22. Member of the Scrutiny Committee for Safety Features in University Degrees.
23. Member of the NSS Advisory Committee
24. Worked as Editor of the Souvenir released for the MDS University Convocation 2015,2016 and 2017.
25. Convenor of the University Inspection Committee 2016-17
26. Assisted in the organization of the AIU West Zone Vice Chancellors Meet organized by the MDS University Ajmer from 7-8 October 2016.
27. Worked as Convenor in the 5<sup>th</sup> Biennial International Conference on Entrepreneurship, Tourism and Environment held from 23<sup>rd</sup>-24th December 2016 at MDS University Ajmer organised by Centre for Entrepreneurship and Small Business Management MDS University Ajmer
28. In charge MDS University Guest House since Sept. 2017
29. Convenor Unfair means Committee of the University
30. Convenor Internal Complaint Committee
31. Convenor Internal Complaint Committee of the MDS University
32. Dean PG studies of the University (2021-2023)
33. Convenor Library Advisory Committee
34. Warden Gargi Girls Hostel MDS University
35. Member Board of Management, MDS University
36. Member of Exam Advisory Committee
37. Nodal Officer Udaan Yojna



### **Experience as Research Supervisor**

#### **Guided & Supervised**

1. M.Sc. Dissertations-more than 100
2. M.Phil. Dissertations-8
3. Ph.D. Awarded - 5  
Registered - 5

### **Chairing Scientific Sessions in Conferences**

1. Invited to chair a Scientific Session the 13<sup>th</sup> Annual Conference of the Indian Society for Parenteral and Enteral Nutrition, organised by the Department of Gastroenterology and Human Nutrition, AIIMS, New Delhi from 12<sup>th</sup>-14<sup>th</sup> Oct 2007.
2. Invited to chair a Scientific Session in the 1<sup>st</sup> National Conference of the Indian Society of Clinical Nutrition jointly organised by INSCN and Department of Clinical Nutrition, Institute of Liver and Biliary Sciences, New Delhi from 14-16 October 2016
3. Invited to chair a Technical Session (Session III) in the National Conference on Examination Reforms in Higher Education organised by the All-India National Teachers Association in joint collaboration with the Faculty of Commerce, MDS University Ajmer from 5-6 December 2016.
4. Participated in a National Seminar on Animal Behaviour and the 43<sup>rd</sup> Annual Conference of the Ethological Society of India jointly organised by the Department of Environmental Science MDS University Ajmer and the Ethological Society of India from 5<sup>th</sup> to 7<sup>th</sup> March 2020 and presented a Paper entitled “The rising incidence of Chronic degenerative diseases due to faulty lifestyle and incorrect Dietary Patterns” and was also the co-chair of a scientific session.
5. Participated in a two days International Conference on “Millets: A sustainable approach towards Health, Nutrition and Environment” from 25<sup>th</sup> -26<sup>th</sup> September 2023. Was invited there to chair a scientific session.
6. Invited to chair a scientific session in the Ajaimeru Diabetic summit and Diabetic Foot care Workshop held on 7<sup>th</sup> and 8<sup>th</sup> October 2023, organised by the Ajaimeru Diabetes Society in Association with Indian Podiatry Association
7. Chaired a scientific session in a two days International Conference titled “Innovative Research on Plant-Based Nutraceuticals and Therapeutics” held in Maharshi Dayanand Saraswati University, Ajmer, Rajasthan on 10<sup>th</sup> and 11<sup>th</sup> February, 2025.

## **AWARDS AND HONOURS RECEIVED**

1. In the International Conference on “Multi-disciplinary approaches to Diabetes Research & Health” from 14<sup>th</sup>-16<sup>th</sup> November, 2010 organized by Dept of Zoology, University of Rajasthan Jaipur and S. K Govt College Sikar Rajasthan. Presented a paper entitled “*Stevia Rebaudiana- A Miracle Herb*”-Nutrient Composition and its Anti-hyperglycemic effect on Type II Diabetes Mellitus Patients. Paper awarded the Best Oral Award
2. Awarded with Best Extension Worker Award for Outstanding performance and Excellence in Education and Research in the International Conference on Conservation and Management of Agricultural and Natural Resources: “Strategies for Food Security in Developing Countries” organised by the Career Point University, Kota from 8-9 November 2017.
3. In the National Seminar on Holistic Approach to Nutrition and Wellness organised by the Department of Home Science, UGC SAP, University of Rajasthan, Jaipur from 23-24 November 2017, presented an oral Paper in the Seminar entitled “Assessment of Nutritional Status of Middle-aged Indians for Risk Prediction of Cardiovascular Disease and the Impact of Intervention with Coenzyme Q 10 in Cardiac Patients with Established angiographic Evidence”. Awarded the 2<sup>nd</sup> Prize for Oral Presentation.
4. Participated in a two days National Conference on Sustainable Strategies for Improving Holistic Well Being” organized by Department of Home science (Foods and Nutrition) University of Rajasthan, Jaipur on 11-12 March 2024 and presented a paper titled Probiotics and Mental Health: Exploring the Gut-Brain Connection”. Awarded the first prize for the best poster presentation in this Conference

## **DELIVERED LECTURES AS RESOURCE PERSON**

1. Invited as a Resource person to deliver a lecture on Exchange lists in Diet Planning in the UGC sponsored 3 weeks Refresher Course in Home Science organized by the Department of Foods and Nutrition and the Academic Staff College M.D.S. University, Ajmer from 1<sup>st</sup> -21<sup>st</sup> Dec 2004.
2. Invited as a Resource person to deliver a lecture on Maternal Nutrition: Issues and Interventions in a National Seminar on Recent Trends of Population growth in India organized by Department of Population studies, M.D.S. University, Ajmer on 25<sup>th</sup> March 2006.
3. Invited as a Resource person to deliver a lecture on Maternal Health and Nutrition and Child Care to NSS volunteers in NSS CAMP organised by M.D.S. University Ajmer on 6.2.2008

4. Invited as a Resource person to deliver a lecture on Role of Balanced Diet for optimum Nutrition and Health to NSS volunteers in NSS CAMP organised by M.D.S.University Ajmer from 20<sup>th</sup>-26<sup>th</sup> Nov. 2008
5. Invited as a Resource person to deliver a lecture on Anaemia in Pregnancy and Lactation to NSS volunteers in NSS CAMP organised by M.D.S.University Ajmer on 3.2.2010.
6. Invited as a Resource person to deliver a lecture on Health and Hygeine for preschool and School going children to NSS volunteers in NSS CAMP organised by M.D.S.University Ajmer on 25<sup>th</sup> Nov. 2010.
7. Invited as a Resource person to deliver a lecture on History and Scope of Bakery Products in the Entrepreneurship Development Programme (EDP) on Bakery Products organized by the Centre for Entrepreneurship and Small Business Management (CESBM), MDS University Ajmer on 3.3.12.
8. Invited as a Resource person to deliver a lecture on Healthy Cooking Practices for the optimum Retention of Nutrients to NSS volunteers in NSS CAMP organised by M.D.S.University Ajmer on 16.3.2012
9. Invited as a Resource person to deliver a lecture on Storage of Bakery Products in the Entrepreneurship Development Programme (EDP) on Bakery Products organized by the Centre for Entrepreneurship and Small Business Management (CESBM), MDS University Ajmer on 17.3.12
10. Invited as a Resource person to deliver a lecture on Equipments used in Bakery in the Entrepreneurship Development Programme (EDP) on Bakery Products organized by the Centre for Entrepreneurship and Small Business Management (CESBM), MDS University Ajmer on 26.3.12.
11. Invited as a Resource person to deliver a lecture on Research Methodology at the Indian Institute of Tourism and Travel Management Gwalior on 1<sup>st</sup> December 2012
12. Invited as a Resource person to deliver a lecture on Nutrition During the Life Cycle to NSS volunteers in NSS CAMP organised by M.D.S.University Ajmer on 6.12.12
13. Invited as a Resource person to deliver a lecture on Research Techniques and Designs on 8.12.12 in the UGC sponsored 3 weeks Refresher Course in Commerce organized by the Department of Commerce and the Academic Staff College M.D.S. University, Ajmer from 3<sup>rd</sup> to 24<sup>th</sup> December 2012
14. Invited as a Resource person to deliver 2 lectures on Nutrition for the Prevention and Management of Chronic Degenerative Diseases and Management of Diseases of Affluence in the UGC sponsored 3 weeks Refresher Course in Life Sciences organized by the HRD Centre M.D.S. University, Ajmer from 20<sup>th</sup> July to 19<sup>th</sup> August 2016
15. Invited as a Resource person to deliver 3 lectures on Basics of Assessment of Nutritional Status (6.2.17), Use of Exchange Lists in Meal Planning (6.2.17) and Management of Diseases of Affluence (9.2.17) in the UGC sponsored 6 Days training

- Programme on Assessment of Nutritional Status organized by the Department of Food Science and Nutrition and the HRD Centre M.D.S. University, Ajmer from 6<sup>th</sup>-13<sup>th</sup> February 2017
16. Invited as a Resource person to deliver a lecture on Nutrition for the Prevention and Management of Cardiovascular Diseases in the UGC sponsored 3 weeks Orientation Programme organized by the HRD Centre M.D.S. University, Ajmer on 11<sup>th</sup> December 2019
  17. Invited as a Resource person to deliver a lecture and a Practical Session on Body Composition Analysis in the UGC sponsored 3 weeks Orientation Programme organized by the HRD Centre M.D.S. University, Ajmer on 24<sup>th</sup> December 2019
  18. Invited as a Resource person to deliver a lecture on alarming increase in cardiovascular diseases and the Role of nutrition in their Prevention and Management in the UGC sponsored 3 weeks Orientation Programme organized by the HRD Centre M.D.S. University, Ajmer on 16<sup>th</sup> January 2020.
  19. Invited to deliver a lecture in a two days International Conference titled “Innovative Research on Plant-Based Nutraceuticals and Therapeutics” held in Maharshi Dayanand Saraswati University, Ajmer, Rajasthan on 10<sup>th</sup> and 11<sup>th</sup> February, 2025 titled “The Power of Phytonutrients – Unlocking Nature’s Secrets”.

**Delivered several lectures on Health, Nutrition, Lifestyle Modification, Healthy Eating Habits, Prevention of Kidney/Cardiovascular/Diabetes/Liver Diseases/Cancer, etc. to students, research scholars, NSS volunteers on various occasions on different platforms.**