

# **CURRICULUM VITAE**

## **DR. POOJA VERMA**

### **Designation:**

Assistant Professor  
Department of Food and Nutrition  
Era University, Lucknow

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## **EDUCATIONAL QUALIFICATION**

- Ph.D. (Nutrition), 2016, Babasaheb Bhimrao Ambedkar Central University, Lucknow, U.P.
- B.Ed., 2012, (Science), Ist Division, Rama Degree College (Lucknow University).
- UGC Junior Research Fellowship (JRF)/National Eligibility Test (NET) Qualified, (Home Science), 2011.
- M.Sc. - Nutrition, (Home Science), 2010, ,Ist Division, I.T. P.G. College (Lucknow University)
- B.Sc. ( Home Science), 2008, Ist Division , I.T. P.G. College (Lucknow University)
- Intermediate ( Science), 2005, Ist Division (English Medium) CBSE Board.
- High School ( Science), 2003, Ist Division (English Medium) CBSE Board.

## **TEACHING EXPERIENCE**

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- 01 Year of Teaching Experience in both Undergraduate & Postgraduate Level courses.
- Supervised M.Sc. Thesis

## **RESEARCH EXPERIENCE**

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- 04 Years: Full-Time Researcher, Babasaheb Bhimrao Ambedkar Central University, Lucknow, U.P., 2012–2016

## **AWARDS**

- Best Research Award in 24th World Congress on Clinical Nutrition & 1st World Congress of Medical Food and Nutrition (WCCN-WCMN-2021), organized by

International Society for Medical Food and Nutrition dated 16-18th October, 2021, held at Haridwar, Uttarakhand, India.

- Bestowed with NEBA Award for Women Researcher for Endless Contribution in the Field of Education held on 20th March, 2021.

## MEMBERSHIP

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- Life member of Nutrition Society of India

## WORKSHOPS ORGANISED

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- **Workshop organised** on “Awareness of Vitamin D deficiency among women” on 18 July 2023.

## WORKSHOPS ATTENDED

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- Attended workshop on " Practical Living and Reproductive Health, held from 14-20 November, 2006
- Attended National Workshop on " Crime Against Women: Legal Issues", held on March-7, 2013
- Attended National Workshop on " How to write research paper/ article/ conceptual paper/ book review etc., held on October-27, 2013
- Attended Workshop on " Use of Post Harvest Management Techniques in Horticultural Crops, held on March-31, 2014
- Attended national workshop on " Food Processing and Preservation Techniques: Traditional and Contemporary Approach" held on 15-16th October, 2014.
- Attended 1 Week workshop on "Data Analysis and Project Designing" held on 9th-13th feb, 2014
- Attended International Workshop on “BRIDGES- Bridging Development Divide for Inclusive Growth through Science, Technology and Innovation” held on 16-17<sup>th</sup> January, 2015.
- Attended two days workshop on “Health & Wellness- Essence of Good life” held on 18<sup>th</sup> and 19 January, 2019, organized by IQAC & Dept of Nutrition, IT PG College, Lucknow.

## SYMPOSIA ATTENDED/ PRESENTED PAPERS

| S. No. | Title of the Paper | Details of Symposia | Whether National/ International | Organized by      |
|--------|--------------------|---------------------|---------------------------------|-------------------|
| 1.     | Attended           | "Building an        | -                               | Babasaheb Bhimrao |

|    |   |  |               |   |
|----|---|--|---------------|---|
|    |   | Ecologically Sustainable Society" held on 16 <sup>th</sup> August, 2013  |               | Ambedkar Central University, Lucknow, U.P., in association with Indian Academy of Social Science, Allahabad |
| 2. | Secoisolariciresinol diglucoside (SDG) - A Cardioprotective Component of Flaxseed | Innovations in Horticulture for Nutritional Security, Biodiversity & Poverty Alleviation, held on 16 <sup>th</sup> -18 <sup>th</sup> October, 2014 | International | Dept. of Applied Animal Sci. Babasaheb Bhimrao Ambedkar (Central University), Lucknow                       |

## ATTENDED/PAPER PRESENTED IN SEMINARS/WEBINARS

| Title of Paper  | Details of Seminars   | Organized By   |
|---|---|--|
| Efficacy of Indian Gooseberry and Barley in the mgt. of CVD       | Recent advances in Biological Sciences, held on 29-31 Dec, 2011   | Dept. of Zoology, Lucknow University Lucknow, U.P., Zoological Society of India Bodhgaya                         |
| Aurobindo Ghosh: Concept of Integral Education                    | National Seminar on Sri Aurobindo's Vision, for Education held on 12 February, 2012                           | Rama Degree College, Lucknow, U.P.   |
| Attended  | One day National Seminar on ICT in higher Education: Need of the Hour, held on 20 <sup>th</sup> January, 2014 | Department of Information & Guidance Bureau & DLIS, Babasaheb Bhimrao Ambedkar Central University, Lucknow, U.P. |
| Empowering Youth through Information and Communication Technology | National Seminar on Empowerment of Youth Issues and Challenges held on 08-09 February, 2014                   | Department of Home Science, Netaji Subhash Chandra Bose, Govt. Girls Degree College, Lucknow, U.P.               |
| Higher Education and Transformed Society                          | National Seminar Higher Education and Social Change, held on 15-16 February, 2014                             | Indira Gandhi Rajkeya MahilaMahavidyalaya, Raebareli, U.P.   |
| Nutritional Significance of Soybean Intake during Menopause Stage | National Seminar on Women Empowerment towards Gender Equality, held on 5-6 <sup>th</sup> March, 2014          | Khwaja Moinuddin Chisti, Urdu Arbi Farsi University, Lucknow   |
| Micronutrients deficiency among women: Consequences               | National Seminar on Home Science-Current Scenario and   | Krishna College of Science and Information Technology,   |

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|---|---|--|
| and Interventions   | Future Challenges, held on 15-16 September, 2014  | Bijnor   |
| Attended  | 2 Day National Seminar on Implications of Pradhan Mantri Jan Dhan Yojana on Inclusive Development: Issues and Challenges , held on 19-20 February, 2015 | Organized by Department of Economics, Babasaheb Bhimrao Ambedkar Central University, Lucknow, U.P.                     |
| Presented Paper on Role of Flaxseed in the reduction of blood cholesterol     | 2 Day International Seminar on Indigenous Technologies for Sustainable Agriculture & Better Tomorrow, held on 09-10 January, 2016                       | Organized by Samagra Vikas Welfare Society, Lucknow & Amulya Sanchay Producer company Ltd., Lucknow                    |
| Presented Paper on Effect of Flaxseed in the Reduction of Blood Glucose Level | Two day national seminar on Feminist Methodology in Social Sciences, held on 08-09 March, 2016  | Organized by Department of Geography & Home Science, Khwaja Moinuddin Chisti Urdu Arbi Farsi University, Lucknow, U.P. |
| Attended International Webinar on Nutrivigilance against COVID 19             | Held on 28 <sup>th</sup> April 2020   | Organized by Signutra Company  |

### **ATTENDED/ PRESENTED PAPER/ POSTER IN CONFERENCE**

| <b>Title of Paper/Poster</b>   | <b>Details of Conference</b>  | <b>Organized By</b>  |
|--------------------------------|---|--|
| Attended                       | Conference on Health Promotion held on 2nd September, 2007  | Indian Society Of Gastroenterology at Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGI) Lucknow, U.P. |
| Beta-Glucan and Cardiac Health | International Conference on Scientific and Technological Advancements: Social Issues and Health Concerns, held on 18 <sup>th</sup> -19 <sup>th</sup> February, 2014 | School of Home Science, Babasaheb Bhimrao Ambedkar Central University, Lucknow, U.P.                                 |
| Attended                       | Conference on Update on Therapeutic Nutrition in Pediatric Gastroenterology and Hepatology, held on 7 <sup>th</sup> December, 2014                                  | Sanjay Gandhi Postgraduate Institute of Medical Sciences (SGPGI) Lucknow, U.P.                                       |
| Attended                       | National Conference on Nutrition & Health: Issues & Challenges in the Global Perspective, held on 27 <sup>th</sup> -28 <sup>th</sup> March, 2015                    | Department of Home Science, Isabella Thoburn College, Lucknow, U.P.  |

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## OTHERS

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|---|--|--|
| Colostrum: Natural Vaccine for Neonate (poster) | 2nd Lucknow Science Congress on Leveraging Science and innovation for Development, held on 27 <sup>th</sup> - 28 <sup>th</sup> March, 2014 | Dept. of Biotechnology, Babasaheb Bhimrao Ambedkar Central University, Lucknow, U.P. |
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## BOOKS PUBLISHED

1. Food, Nutrition & Dietetics, 2015, CBS Publications Pvt Ltd., New Delhi, ISBN- 978-81-239-2529-5
2. Food & Nutritional Science with Objective Questions, 2016, CBS Publications Pvt Ltd., New Delhi, ISBN- 978-81-239-2949-1.
3. Food & Nutritional Science with Objective Questions, Second Edition 2021, CBS Publications Pvt Ltd., New Delhi, ISBN- 978-93-87964-08-2.

## PUBLICATIONS IN JOURNALS

### Review Papers

| Title of Paper  | Name of Journal   | Author  | Impact Factor |
|---|---|---|---------------|
| Flaxseed: Bioactive Compounds and Health Significance     | International Organization of Scientific Research-JHSS              | Prof. Sunita Mishra and Pooja Verma               | 1.589         |
| Potential of Herbs in Prevention of Obesity- A Review     | International Journal of Health Sciences and Research               | Shruti Singh, Pooja Verma and Prof. Sunita Mishra | 3.5           |
| Antioxidants and Disease Prevention                       | International Journal of Advanced Scientific and Technical Research | Pooja Verma and Prof. Sunita Mishra               | 2.94          |
| Flaxseed: Functional Food Components and Therapeutic Role | Journal of Medical Science and Clinical Research                    | Pooja Verma and Prof. Sunita Mishra               | 3.79          |

### Research Papers

| Title of Paper   | Name of Journal                           | Author                              | Impact Factor |
|--|---|-------------------------------------|---------------|
| Potential of Flaxseed in the Reduction of LDL in Hypercholesterolemic Rats | International Journal of Current Research | Pooja Verma and Prof. Sunita Mishra | 6.226         |

|   |   |                                     |      |
|---|---|-------------------------------------|------|
| Efficacy Of Flaxseed In The Reduction Of Blood Cholesterol In Hypercholesterolemia Rats | International Journal of Development Research | Pooja Verma and Prof. Sunita Mishra | 4.75 |
|---|---|-------------------------------------|------|

## **PUBLICATION IN NEWSPAPER**

| <b>S. No.</b> | <b>Title of article</b> | <b>Name and Edition</b>   | <b>Date</b>    |
|---------------|-------------------------|---------------------------|----------------|
| 1.            | Haldi ek gud anek       | Rashtriya Sahara (Kanpur) | 24 April, 2014 |

## **TRAINING PROGRAMMES**

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- Certificate in Fruit and Food Preservation from Udyan Evam Khadya Prasanskaran Nideshalaya, Uttar Pradesh.

## **PERSONAL ATTRIBUTES**

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- Excellent verbal communication skills (both in Hindi and English).
- Self confident and enthusiastic.

## **TECHNICAL QUALIFICATIONS**

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- Certificate in CCC "Course On Computer Concepts"
- "O" -Level Diploma in Computer Applications, Business Accounting and Multilingual DTP.