

Dr. Shikha Singh

Assistant Professor

Department of Food & Nutrition

Era University

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Objective:

I aspire to serve your institution by providing wholesome knowledge to the students regarding food and nutrition, the best of contemporary aspects of the distinguished field and to the best of my ability.

Education:

Class (Year of passing)	School/College	Board/University	Remarks
10 th (2003)	St. Vishna R. R Nectar	CBSE	1 st div.
12 th (2005)	Jagat Taran Golden Jubilee School	CBSE	1 st div. (Distinction)
B.Sc. (2008)	Allahabad University	University of Allahabad	1 st div.
M.Sc. Nutritional Sciences (2010)	Centre of Food Technology University of Allahabad	University of Allahabad (80.22%)	1 st div. (Passed with Distinction)
Ph.D (Food and Nutrition)	SHUATS	STATE University (CGPA-9.87)	Awarded

- **Academic Distinction was obtained in M.Sc.**
- **Qualified UGC- NET (Lectureship) in DEC-2010 and JUNE-2013.**
- **Qualified Common Eligibility Test (CET) for PhD in 2012 Conducted by Dr. Ram Manohar Lohiya Awadh University Faizabad U.P.**

PATENT PUBLICATION:

PATENT PUBLICATION: IN202311025818 - NUTRITIONAL COMPOSITION OF WHEATGRASS POWDER AFFECTED BY DIFFERENT DRYING PROCESS

Application Number202311025818

Application Date: 05.04.2023

Publication Number202311025818

Publication Date19.05.2023

Publication Kind: A

WORK & RESEARCH EXPERIENCE:

- **Worked as a JRF in DST sanctioned project entitled "Development of low cost**

nutritious weaning food to combat malnutrition among weaker section of rural areas” in SHUATS from 6th Dec 2013 to 31st Dec 2016.

- **Worked as “Assistant Professor” at Nehru Gram Bharati, Deemed to be University, Jamunipur, Kotwa, Prayagraj from 16th August 2017 to 27th Sept 2021.**
- **Working as “Assistant Professor” at Era University, Lucknow from 1st October 2021 to till date.**
- **M.Sc Dissertation guided – 12**
- **M.Sc Dissertation Under Supervision – 04**
- **Ph.D under supervision - 03**

Technical Skill:

Operating Systems	: - Linux (Ubuntu)/Windows (all versions)/Android
Software & Other Skills	: - Ms Office, Internet & its application, SPSS
Programming Languages	: - C, C++, Basic.
Personal skill	: - Comprehensive problem solving ability, Professional working proficiency verbal and written Communication skill. Strong analyzing and problem solving skill.Task oriented ability to work within a diverse team.

Training:

1. One and half months training on “Bakery and confectionery” at Uddyan Khaddya Prasanskaran Vibhaag, U.P.
2. Worked as Intern (Dietician) at Nazereth Hospital Allahabad for 6 Months
3. **Five days** training on “**LABORATORY AND INSTRUMENTATION**” at Department of Foods & Nutrition , Ethelind School of Home Science; SHIATS, Allahabad.
4. **Seven days** training on “**HACCP**” at Department of Foods & Nutrition, Ethelind School of Home Science; SHIATS, Allahabad.

SEMINARS ATTENDED:

1. National seminar on Emerging Trends in Food Safety and Food Standards in India organised by Department of Foods and Nutrition, Ethelind School of Home Science, SHIATS, Allahabad on 6th March 2014.
2. Seminar on “Advances in Analytical Techniques” jointly organised by Society of chemists and society of food and dairy technology, SHIATS, Allahabad on 6th March 2014.
3. National seminar on Eco friendly nutritional approach for public health: issues and challenges at UPRTOU, Allahabad on 11th March 2016.
4. National seminar on “youth empowerment: issues, challenges and concerns “at department of journalism and mass communication , Dept of Home Science and Dept of Physical Education Khwaja Moinuddin Urdu,Arabi Farsi University, Lucknow on 22-23 February 2017
5. National seminar on “ Public Health In India with Special Reference to Women, Children

and Adolescents” at Mahamaya Rajkiya Mahavidyalaya Dhanupur, Handia, Allahabad on 21-22 January 2017

6. National seminar on “Empowering the current age Adolescents with special reference to health and yoga” at Department of Journalism and Mass Communication , Dept of Home Science, H.N.B .Govt. P.G. College , Naini, Allahabad on 2-3 February 2018
7. National seminar on “Sustainability of Agriculture in changing climate scenario” organized by Department of Botany, University of Allahabad, Allahabad on 21-22 April 2018
8. National seminar on Minimizing disease burden of women through awareness programmes organized by Dev Kalyan Samiti and Association of Food Scientist & Technologist - India (AFT S-I) Allahabad chapter on 16 Feb 2019.

CONFERENCES ATTENDED:

NATIONAL:

1. 20th Indian Convection of Food Scientists & Technologist (icfst-2009) on Specialized processed foods for health and nutrition: technology and delivery organized by Association of Food Scientist and Technologists (India), Mysore, held at NIMHANS Convection Centre, Bengaluru on 21-23 December 2009.
2. 23th annual national conference of Indian Society of Hypertension (BPCON) held at the Scientific Convection Centre, Lucknow on 16th-17th November 2013.
3. 45th National Conference of Nutrition Society of India organized by Nutrition Society of India, held at NIN, ICMR, Hyderabad on 21st -20nd November 2013.
4. 46th Annual National conference of Indian Dietetic Association on New paradigms in nutrition research and practice organized by Indian Dietetic Association, held at Pune on 12th -14th December 2013.
5. 46th National Conference of Nutrition Society of India held organized by Nutrition Society of India, at Dayanand Medical College, Ludhiana, Punjab on 7th - 8th November 2014.
6. 47th Annual *National conference of Indian Dietetic Association* organized by Indian Dietetic Association, held at All Indian Institute of Medical Sciences New Delhi on 20th November 2013.
7. 42nd Annual National Conference of Indian Association of Preventive and Social Medicine organized by Department of Community Medicine, KGMU, held at Scientific Centre, King George’s Medical University, Lucknow UP on 26th -28th February 2015.

8. National conference on nutrition and health: issues and challenges in the global perspective organized by Department of Home Science at Isabella Thoburn College, Lucknow on 27th and 28th March, 2015.
9. 47th *National conference of Nutrition Society of India* on nutrition and agriculture – the connect and the disconnect held at the National Institute of Nutrition , ICMR, Hyderabad on 9th -10th October ,2015.
10. National Symposium on Women Health and Nutritional Security organized by Department of Foods and Nutrition, Ethelind School of Home Science, SHIATS in association with DST –UKIERI International Project held at SHIATS on 8th November 2015.
11. National conference on food safety and consumer awareness organized by Innovation Centre on Food Processing and Food Technology, University of Lucknow on 21st -22nd February 2016.
12. 4th Uttar Pradesh Agricultural Science Congress on Strategic Governance and Technological Advancement for Sustainable Agriculture held at Chandra Shekhar Azad University of Agriculture and Technology, Kanpur on 2nd -4th March 2016.
13. National Symposium on Natural resource management for sustainable agriculture and rural development organized by Society of Biological Sciences and rural development, Allahabad on 5th -6th November 2016.
14. National food conference on Agriculture and technology innovation for security organized by Centre of Food Technology, University of Allahabad and Association of Food Scientists and Technologists, India, AFST (I) Allahabad Chapter on 9-10 February 2018.
15. National food conference on Environmental Pollution: Burden and Strategies for Control organized by Department of chemistry at Isabella Thoburn College, Lucknow on 27th and 28th March, 2018.
16. National conference on organic farming , food processing & biotechnological approaches for livelihood generation organized by Jayoti Vidyapeeth Women's University in association with National Bank For Agriculture and Rural Development and Krishi Vigyan Kendra on 6-7 feb 2019.

INTERNATIONAL:

1. International Conference on Innovation In Public Health Management & Intervention of civil Service Organisation jointly organized by Department of Community Medicine and Public Health CSM Medical University and global touch international held at CSM Medical University on 17th March 2012
2. International Conference on Advances in Food Technology and Health Sciences organized

- by International Institute of Food and Nutritional Sciences, held at JNU, New Delhi on 27th - 28th December 2012.
3. International Conference on Faunal Biodiversity & their Conservational Strategies organized by Department of Zoology , University of Lucknow, held at Lucknow on 22nd – 23rd March 2014.
 4. 5th International Conference on Advances in Food Technology and Health Sciences organized by International Institute of Food and Nutritional Sciences, held at JNU, New Delhi on 15th-16th October 2014.
 5. 19th world congress on Clinical Nutrition on Eco-Friendly Agricultural, Food and Nutritional Approach for Sustainable Global health held at Institute of Medical Sciences, BHU, Varanasi, India on 13th-15th march 2015.
 6. International congress on Post –Harvest technologies of agriculture for sustainable food and nutritional security held at Integral University, Lucknow on 10th-12th November 2016.
 7. International congress on biological sciences and bio statistics held at UPRTOU, Allahabad on 9 -10 march 2016.
 8. 4th Lucknow Science Congress held at BBAU, Lucknow on 3-4 March 2017

WORKSHOPS ATTENDED:

1. Workshop of 45th National Conference of Nutrition Society of India on Current priorities in Nutrition Research, Methodology and Report Writing organized by Nutrition Society of India, held at NIN, ICMR, Hyderabad on 20th November 2013.
2. 2nd International Workshop on Micronutrients and child health jointly organized by human nutrition unit, AIIMS, New Delhi, Indian Academy of Pediatrics (Nutrition chapter) & Sitaram Bhartia Institute of Sciences & Research, New Delhi, held at AIIMS, New Delhi on 3rd to 7th 2014.
3. Workshop of 46th National Conference of Nutrition Society of India on nutrition assessment of community and ethics in human research organized by Nutrition Society of India, held at Dayanand Medical College, Ludhiana, Punjab on 8th November 2014.
4. Workshop of 47th National conference of Nutrition Society of India on infant and young child feeding – current knowledge organized by Nutrition Society of India , held at NIN, ICMR, Hyderabad on 8th October, 2015
5. National Workshop on Statistical Design and Experiments organized by Ethelind College of Home Science, SHUATS, Allahabad held on 27th to 31st August 2018
6. Hand on Workshop on Basic & Advanced Molecular Biology Techniques organised by the Department of Personalised & Molecular Medicine and Department of Biotechnology, Era

University under the aegis of Indian Society of Personalised Medicine & Indian Academy of Biomedical Sciences on 30st-31st March 2022.

7. International workshop on advanced statistical data analysis using SPSS organised by Science Tech Institute, Lucknow from 24th -30th September 2022.

WEBINAR ATTENDED:

- National webinar on "Nutrition security challenges and importance of nutrition to boost the immune system during covid-19 pandemic" on Jun 5, 2020 organised by SHUATS
- Two days National Webinar titled "Traditional Indian food habits, Life Style and Immunity in reference to Covid - 19 Pandemic" from 23rd & 24th May 2020 organised by Department of Home Science, DDU Gorakhpur University, Gorakhpur UP.
- National webinar on Basics of Nutrition, Child feeding, Food fortification and Immunization was organized by *ICMR-NIN under POSHAN Abhiyaan E-Learning Modules*
- National webinar on "Synbiotic foods in management of health and immunity" conducted by NetProFaN U.P Chapter on 14th July, 2020
- National webinar on fortification of edible oil: from commitment to action organised by GAIN in association with FSSAI on 25 Sept 2020

Publication:

Paper presentation

ORAL

1. Effect of Solid State Fermentation by Fungi on Nutritive Value of Rice was presented at *Food Technology for Health Promotion*.
2. Prevalence of hypertension and its complications among pregnant women of Allahabad District – Allahabad district was presented at *23 annual meeting of Indian Society of Hypertension*, BPCON 2013 at scientific convention centre lucknow on 16-17 November 2013
3. Osteogenic potential of *Cissus quadrangularis*. was presented at *Food Technology : Impact on Nutrition and Health*
4. Development of noodles using the banana peel powder as a functional ingredient was presented at *5th international conference on advances in food technology and health sciences organized by international institute of food and nutritional sciences new delhi , 15-16 october 2014*

5. Nutrient intake and food adequacy of the school going children of Allahabad District was presented at 19th *World Congress on Clinical Nutrition* organized by IMS,BHU, Varanasi and International College Of Nutrition, 13-15 March 2015
6. Metabolic syndrome among the post-menopausal women of urban area of Allahabad district was presented at 47th *National conference of Nutrition Society of India organized by NIN, HYDERABAD ON 9-10 OCTOBER 2015*
7. Prevalence of obesity among the post menopausal women was presented at National seminar on “Eco friendly nutritional approach for Public health : issues and challenges organized by UPRTOU, Allahabad
8. Food habits and dietary pattern of adolescents and adult girls in urban area of Allahabad district was presented at National seminar on “Youth empowerment : issues, challenges and concerns” organized by Department of Journalism and Mass Communication, Department of Home Science and Department of Physical Education, Khawaja Moinuddin Chishti Urdu, Arabi Farsi University, Lucknow on 22-23 February 2017
9. Underutilized plants as a potent source of alternative nutrition: A review was presented at International congress on biological sciences and bio statistics organized by UPRTOU, Allahabad
10. Nutritional Status of Adolescent Girls Belonging To Rural Areas of Allahabad District was presented at National seminar on “Empowering the current age Adolescents with special reference to health and yoga” at Department of Journalism and Mass Communication , Dept of Home Science, H.N.B .Govt. P.G College , Naini, Allahabad on 2-3 February 2018
11. Impact Of Phytoestrogen Rich Foods On Cholesterol Level Of Post Menopausal Women Of Allahabad District Natlional Seminar On Minimizing Disease Burden Of Women Through Awareness Programmes Organised By Dev Kalyan Sewa Samiti Mahewa Road Prayagraj And Association Of Food Scientist And Technologies India, Allahabad Chapter On 16 Feb 2019

POSTER

1. Physicochemical properties of mahua oil in comparison to other selected oils was presented at 45th *National Conference of Nutrition Society of India held at NIN,ICMR, Hyderabad on 21-22 November 2013*
2. Prevalence and nutritional assessment of metabolic syndrome associated chronic renal failure patients in Allahabad District- A Hospital based study was presented at *International conference on faunal biodiversity and their conservational strategies* organized by Lucknow University
3. Impact of nutrients intake and lifestyle on bone mineral density of postmenopausal women. was presented at 46th *National conference of Nutrition Society of India held at Dayanand Medical College and Hospital, Ludhiana, Punjab on 6-8 November 2014*
4. Development of low cost malted cereal and legume based nutritious instant baby food to combat malnutrition in rural areas was presented at **2nd International** Workshop on Micronutrients and child health *AIIMS, New Delhi on 3-7 november 2014*

5. Development of malted wheat flour based nutritious weaning food for malnourished children was presented at 47th *National conference of Indian Dietetic Association at All India Institute of Medical Sciences , New Delhi on 21-23 December 2014*
6. Effect of different types of drying on antioxidant properties of Onion stalk was presented at 19th *world congress on clinical nutrition* organized by IMS,BHU, Varanasi and International College Of Nutrition
7. Sensory evaluation of products developed by incorporating dehydrated *bathua (Chenopodium album)* and *methi (Trigonella foenum-graecum)* leaf powder was presented at 47th *National conference of Nutrition Society of India.*
8. Prevalence of hypercholesterolemia among urban post-menopausal women of Allahabad district was presented at *National Symposium on Women Health and Nutritional Security* organized by *DST UKIERI International Project in association with Ethelind School of Home Science,SHIATS on 26 november 2015*
9. Influence of advertisement media on purchasing behaviour of women of Indira nagar area of Lucknow city was presented at *National conference on food safety and consumer awareness* organized by innovation centre on food processing and food technology, university of Lucknow
10. Entrepreneurship: A Potent Gadget of Empowered Women was presented at 4th *Uttar Pradesh Agricultural Science Congress on Strategic Governance and Technological Advancement for Sustainable Agriculture* Jointly organized by CSA,UPCAR and UPAAS, 2-4 march 2016
11. Factor Associated With the Nutritional Status of Lactating Women in Rural and Urban Area of Allahabad District was presented at National Symposium on Natural resource management for sustainable agriculture and rural development Organized by Society of Biological Sciences and rural development, Allahabad
12. Consumption pattern and dietary intake of adolescent girls of eastern UP was presented at National seminar on “Public health in India with special reference to women, children and adolescents” organized by Mahamaya Rajkiya mahavidyalaya Dhanupur, Handia,Allahabad
13. Entrepreneurship approach for advancement of Food Industry in India was presented at International congress on Post –Harvest technologies of agriculture for sustainable food and nutritional security organized by Integral University, Lucknow on 10th-12th November 2016.
14. Phytoestrogen: a therapeutic tool for menopausal women was presented at 4th Lucknow Science Congress organized by BBAU, Lucknow 3-4 march 2017
15. Necessity For Environmental Education Among Students was presented at National seminar on “Sustainability of Agriculture in changing climate scenario” organized by Department of Botany, University of Allahabad, Allahabad on 21-22 April 2018

- **PAPER:**

1. Neerubala, Anisha Verma and **Shikha Singh** Development of low cost malted cereal and legume based nutritious weaning food to combat malnutrition in rural areas. *International Journal of Food and Nutritional Sciences; Vol 3 (6),209-212. Impact Factor: 1.021*

2. Mohammad Zaki Shamim, **Shikha Singh**, Shipra Srivastava and Purnoor Siraj (2015) Nutrient profiling and antioxidant potential of three different varieties of *Zingiber officinale*. *International Journal of Pharmaceutical Research and Allied Sciences*; vol 4(2), pp 119-126. **Impact Factor: 5.320**
3. Shipra Srivastava, Neerubala, **Shikha Singh**, and Mohammad Zaki Shamim. Nutritional composition of weaning food using malted cereal and pulses flour for infants. *International Journal of Pure and Applied Biosciences*. Vol 3(1):171-185. **Impact Factor: 5.35**
4. **Shikha Singh**, Neerubala, Anisha Verma and Shipra Srivastava (2015) Development of noodle using banana peels as a functional ingredient. *International Journal of Pure and Applied Biosciences*. Vol 3(1):87-91. **Impact Factor: 5.35**
5. **Shikha Singh**, Anisha Verma and Neerubala (2015) Prevalence of hypercholesterolemia among urban post-menopausal women of Allahabad district *Proceeding of International Symposium on Women Health and Nutritional Security* (1):66-69.
6. **Shikha Singh** and Pooja Tripathi (2016) Utilization of dried *Morus alba* leaves for value added product. *International Journal of Advanced Research*. 2016, Volume 4, Issue 2, 728-731; **Impact Factor: 6.118 (UGC no- 47231)**
7. Neeru Bala, Anisha Verma and **Shikha Singh**. Prevalence of malnutrition and factors associated with nutritional status of children in rural area of Allahabad district of Uttar Pradesh. *International Journal of Advanced Research*. 2016, Volume 4, Issue 3, 812-815 ; **Impact Factor: 6.118 (UGC no- 47231)**
8. **Shikha Singh** and Shipra Srivastava Nutrient intake and food adequacy of the school Going children of Allahabad district *International Journal of Research in Applied, Natural and Social Sciences*. 2016, Vol. 4, Issue 3, 25-30 ; **NAAS Rating: 3.30**
9. Singh Pallavi, **Singh Shikha** and Srivastava Bhawna. (2016) Nutritional composition of wheat grass powder as affected by different drying process. *International Journal of Advanced Research*. 4(4), 902-905. **Impact Factor: 6.118 (UGC no- 47231)**
10. Pallavi Singh and **Shikha Singh**. (2016) Development of Wheat Grass Powder Prepared by Different Drying Processes. *International Journal of Health Sciences and Research*, 6(6); 290-292. **Impact Factor: 3.625 (UGC no- 48593)**
11. Mohammad Zaki Shamim, Anisha Verma, Sarita Sheikh and **Shika Singh**. (2016) Sensory evaluation of nutritious herbal noodles developed by utilization of aegle marmelos leaves powder. *International Journal of Research in Applied, Natural and Social Sciences*. 4(4),109 -114 **NAAS Rating: 3.30**
12. Shikha Singh, Anisha Verma and Neeru Bala (2016). Sensory and nutritional evaluation of unleavened flat bread prepared by multigrain flour mixture. *Journal of Applied and Natural Science* 8 (3): 1168-1171 **NAAS Rating: 5.08 (UGC no- 47787)**
13. **Shikha Singh** and Anisha Verma (2016) Metabolic syndrome among the post-menopausal women of urban area of Allahabad district. *International Journal of food research* 7(2): 266-269
14. **Shikha Singh**, Anisha Verma and Neeru Bala. Evaluation of Sensory and Nutritional Properties of Multigrain Porridge. *Asian Journal of Dairy & Food Research*, 36(2): 170-172 **NAAS Rating: 4.14 (UGC no- 8782)**
15. Neeru Bala, Anisha Verma and **Shikha Singh** (2017). Knowledge, attitude and feeding practices of under five children in Jasra block of Allahabad district. *International Journal of Family and Home Science*.13 (2), **NAAS Rating: 2.92**
16. **Shikha Singh**, Anisha Verma and Neeru Bala (2017) "Nutritional Profiling and Sensory Evaluation of Multigrain Flour Based Indigenous Fermented Food. *International Journal of Food and Fermentation Technology*. **(UGC no- 3035)**
17. **Shikha Singh** and Shikha khare "Role of yoga in capacity building among adolescent " in NAMAN.24 : 260-262 **(UGC Care list) 2021**

18. Shipra Srivastava, **Shikha Singh**, Vani Shukla, Mohd. Mursal, Sahil Hussain. Unveiling the Intricacies of Phytate Antinutrients in Millets and their Therapeutic Implications in Breast Cancer. *Cancer Prevention Research*. Scopus Indexed (under publication)

ARTICLES

1. "Swasth prasanuttari" at Paryavaran chetna ISBN No.RNI.No.58573/94
2. "Bharat me 53% bachhe **kuposan** ka shika" at Paryavaran chetna RNI.No.58573/94
3. "Shishon me Kuposan" at Hamar Gaon, SHIATS Publication
4. "Shishuo mein ahar shuru karne ki jarurat" at Hamar Gaon, SHIATS Publication

AWARDS:

1. **3rd prize** in science exhibition on static model (power generation from plastic) organized by Jagat Taran Golden Jubilee School on 14th November 2003.
2. **2nd prize** for **oral presentation** in 5th International Conference On advances in Food Technology and Health Sciences held at JNU , New Delhi 2014
3. **Best poster presentation** in 6th National conference of Nutrition Society of India ,held at Ludhiana in 2014
4. **Best Paper Award** in 19th world congress on clinical nutrition held at IMS, BHU Varanasi on 13th-15th march 2015.
5. **1st prize** for **poster presentation** in International Symposium on women health and Nutritional Security held at SHUATS, Allahabad on 26th November 2015.
6. **Best poster presentation** in National conference on Food Safety and Consumer Awareness organized by innovation centre on food processing and food technology, University of Lucknow on 21st -22nd February 2016
7. Won **1st prize** in slogan writing competition on nutrition during nutrition week in 2016.
8. **Academic Excellence Award** in National conference on organic farming , food processing & biotechnological approaches for livelihood generation organized by Jayoti Vidyapeeth Women's University in association with National Bank For Agriculture and Rural Development and Krishi Vigyan Kendra on 6-7 feb 2019.
9. **1st prize for oral presentation** in National seminar on Minimizing disease burden of women through awareness programmes organized by Dev Kalyan Samiti and Association of Food Scientist & Technologist - India (AFT S-I) Allahabad chapter on 16 feb 2019.
10. **Iconic Faculty Award** at Education Leader Summit 2 by Saksham Society, Jaipur on 12/09/2020

11. **Best Teacher Award** at Nehru Gram Bharati Deemed to be University on 5 September 2021.

12. **Dr. Sabir Hussain felicitation award** in 25th World Congress on Clinical Nutrition organized by organized by Era University Lucknow on 2022

BOOKS:

S.No.	Name of the Book	Chapter	ISBN No.	Name of the Publisher	Year of the Publication
1.	The Futuristic Wisdom	Nutritional status of farm women residing in trans Yamuna area of Prayagraj	978-81-938068-7-6	Belvedere Press	2020
2.	Personality Development And Yoga	Mental health and Yoga	997-93-90390-10-6	Nitya Publication	2020
3.	Vaishvik Surahsha Evam Chunauti	Mahila Surahsha Ek Chunauti	978-93-90818-90-7	Bharti Publication	2021
4.	National And Global Security Challenges : Approaches And Strategies	Nutritional security challenges during COVID 19 Pandemic	978-93-90818-22-8	Bharti Publication	2021

FACULTY DEVELOPMENT PROGRAM:

- ✓ Five day faculty development programme in virtual mode on “Designing of question paper and efficient evaluation methodology” organised by Academic Success Centre, GLA University, Mathura from 15th-19th November 2021.
- ✓ Two week professional development programme on Recent Trends in Agriculture for Sustainable Food & Nutritional Security organised by integral institute of agricultural sciences & technology, integral university, lucknow from 23rd Nov 2022 to 07th Dec 2021.
- ✓ One week faculty development programme on “Scholarly writing & Publishing research papers” organised by faculty of Commerce and management in association with Faculty of Doctoral studies from 9th-16th March 2022.

MEMBERSHIP:

- Lifetime member of Nutrition Society of India.
- Lifetime member of Indian Dietetic Association, Lucknow chapter
- Lifetime member of Home Science Association of India

SEMINAR/ CONFERENCES/ WEBINAR ORGANISED:

- ✓ **ORGANIZING COMMITTEE MEMBER** of National Symposium on Women Health and Nutritional Security held at SHIATS.
- ✓ **ORGANIZING COMMITTEE MEMBER** of National Conference on Nutritional, functional and safety challenges of food and health issues in the current scenario held at SHIATS.
- ✓ **National webinar organised** on “Supercharge your immune with super foods during this pandemic” on 23 June 2020.
- ✓ **Workshop organised** on “Awareness of Vitamin D deficiency among women” on 18 July 2023.

INDUCTION TRAINING/ORIENTATION PROGRAMME:

- "Online Induction Training/Orientation Programme" for Faculty in Universities/Colleges/Higher Educational Institutions (04th June 2020 to 01st July 2020), under the most coveted MHRD-sponsored Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT), organized by Teaching Learning Centre (TLC), Ramanujan College in association with Research Development and Services Cell, Ramanujan College, University of Delhi.

OTHER ACTIVITIES:

- ✓ **MEMBER OF SCIENTIFIC COMMITTEE (POSTER)** of National Symposium on Women Health and Nutritional Security held at SHIATS.
- ✓ **EDITORIAL, SOUVENIR AND SCREENING (POSTER) COMMITTEE MEMBER** of National Conference on Nutritional, functional and safety challenges of food and health issues in the current scenario held at SHIATS.
- ✓ **Invited as a resource person** for demonstration on nutrient rich recipes by underutilised leaves to slum women of Allahabad district.
- ✓ **Invited as special guest speaker** at Dr. A.H Rizvi Degree P.G College, kaushambi
- ✓ **Invited as special guest speaker** at Handiya P.G College, kaushambi
- ✓ **VARIOUS ARTICLES PUBLISHED IN NEWSPAPER**
- ✓ **Member of Proctor board (2018-2019)**

Co-curricular Activities:

- ✓ Got 3rd prize in science exhibition on static model (power generation from plastic).
- ✓ Participated and won 1st and 3rd prize in intra and inter college skit competition.
- ✓ Organised cafeteria planned menu and served food to the staff and student during summer training in our college

Declaration:

I hereby declare that above-mentioned information is correct up to the best of my knowledge and I bear the responsibility for the correctness of the above-mentioned particulars.

Date: 26.07.2023

Place: Lucknow

(Shikha Singh)