
MS. SONU MISHRA

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OBJECTIVE

To gain experience in the field of food and nutrition and contribute through hard work and experience to bring revolution and developments to the society at large.

ACADEMIC QUALIFICATIONS

- Qualified for Assistant Professor –CBSE-UGC NET- NOVEMBER 2017
 - Successfully completed Masters in Clinical Nutrition And Dietetics from Dr BMN College Of Home Science- SNDT Women's University
 - Successfully completed B.Sc in Food Nutrition and Dietetics in April 2015 from Nirmala Niketan College, University of Mumbai
 - Successfully completed H.S.C in February 2012 from Mithibai College, University of Mumbai
 - Successfully completed S.S.C in March 2010 from Maharashtra Board
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OTHER QUALIFICATIONS

- Certified Diabetic Educator
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MAJOR EXPERIENCES & EXPOSURES

- WORK EXPERIENCE:

- Currently working as Assistant Professor in MSc Clinical Nutrition and Dietetics department at Dr. BMN College of Home Science, SNDT University.

(June 2018- Till date)

- Currently pursuing PhD. In Nutrition from University of Mumbai under the guidance of Dr. Subhadra Mandalika.

(January 2019- Till date)

- Worked as Visiting Lecturer (sub- Biochemistry) at Seva Mandal Education Society's College of Nursing, Mumbai.

(September 2017- May 2018)

- Worked as Research Assistant at SNDT University in Harvest Plus project in collaboration with Cornell University.

(June 2017- March 2018)

Internship:

- **Hinduja Hospital:** Successfully worked as an intern with Food Service Department

(April -May 2017)

- **Nanavati Hospital:** Successfully completed one month internship with Nutrition and Dietetics department

(May 2015)

- RESEARCH EXPERIENCE:

- Participated in the collaborative project of **PFNDAL**- "HOUSEHOLD FOOD CONSUMPTION WITH EMPHASIS ON PROCESSED FOODS" in collaboration with Dr BMN College of Home Science- **SNDT University**

(August 2016 to March 2017)

- Participated in the collaborative project - "MY FRUIT FUNDA" of **PEPSICO** and DR. BMN College of Home Science- **SNDT University**

(June 2016 to March 2017)

- Participated in product analysis (Microbial Analysis and Sensory Evaluation) for a start-up company – "EAT EASY FOODS" in collaboration with Dr BMN College of Home Science- **SNDT University**

(August 2016 to March 2017)

- Participated in recipe development for the product "ORGANIC JAGGERY" of **PAAWAK FOODS** in collaboration with Dr BMN College of Home Science- **SNDT University**

(August 2017)

- Participated in Youth Volunteer project 'INTERGENERATIONAL INTERACTION BETWEEN YOUTH & SENIOR CITIZENS' organized by **THRED** in collaboration with Dr BMN College of Home Science- **SNDT University**

(August 2015 to April 2016)

ACCOMPLISHMENTS

- **CERTIFICATIONS:**

- Presented a Paper on “Paging a Smile” at **National level workshop on – ‘Transforming India Through Innovations and Development’** organized by **Bharat College of Arts and Commerce, Badlapur**
(February 2020)
- Participated in **One-day State Level Seminar on ‘Transition from Food Security to Nutrition Security’** organised by **Nutrition Society of India, Mumbai Chapter (NSI)**.
(September 2018)
- Participated in **‘Aavishkar’ Food technology innovation IPL Season 1** organized by **AFSTI (Association of Food Scientists and Technologists), Mumbai Chapter & ICT**.
(October 2016)
- Volunteered at **49th Annual National Conference of the Indian Dietetics Association, Mumbai Chapter**.
(September 2016)
- Participated as a Delegate in **49th Annual National Conference of the Indian Dietetics Association, Mumbai Chapter**.
(September 2016)
- Participated in a free **Oral Communication/Poster presentation “Modified Nutrition Pack Street Snacks for Diabetes Mellitus”** in 49th Annual National Conference of the **Indian Dietetics Association, Mumbai Chapter**.
(September 2016)
- Participated in **Intercollegiate Food and Nutrition competition** organized by **PFNDAI (Protein Food and Nutrition Development Association of India)** in collaboration with Department of Food Nutrition and Dietetics of **SVT College of Home Science, SNDT University, Mumbai**.
(September 2016)
- Participated in the **International Symposium on Community Nutrition and Health: A social responsibility 2015** held at **IIT Bombay**
(December 2015)
- Participated as a Delegate in Symposium on **THE CEREAL STORY** organized by **Kellogg’s Nutrition and IDA Mumbai Chapter, 2015**.
(September 2015)
- Participated in **Food Art poster competition** on National Nutrition week at department of Food Science and Nutrition, **SNDT University, Mumbai** in collaboration with **HEXAGON NUTRITION**.
(September 2015)

- Attended a seminar on **Bariatric and Cosmetic Surgery** at **KokilabenDhirubaiAmbani Hospital**.
(January 2015)
- Participated in the **workshop on Paediatric Growth Monitoring** organized by College of Home Science, Nirmala Niketan, Mumbai in association with **NUTRICANVAS**.
(September 2014)
- Participated in **Recipe Making Competition** organized at Nirmala Niketan College of Home Science, **University of Mumbai**, in association with **PENTASURE AND HEXAGON NUTRITION**.
(September 2014)
- Attended a seminar on **Anthropometry, Nutrigenomics** at Nirmala Niketan College of Home Science, **University of Mumbai**, in association with **HEXAGON NUTRITION**.
(September 2014)

OTHER INFORMATIONS

- Registered for PhD in Nutrition(2019) under guidance of Dr Subhadra Mandalika, at Foods Nutrition and Dietetics Department- Nirmala Niketan College, Mumbai University
- Developed a MOOC course on- Insights on Renal System (4 week course)
- Received a letter of Empanelment as an Academic Counsellor from IGNOU for the program MSc DFSM (Masters in Science- Dietary and Food Service Management)
- Developed Modules on –‘Low cost Nutritious recipes, Retention of Nutrients- golden rules, cooking methods to enhance nutritive values’ for the Foundation of Research in Community Health Project (FRCH project) in association with Nutrition Society of India, Mumbai Chapter (NSI).
- As a member of NSI (Nutrition Society of India, Mumbai Chapter) attended various meetings of the Chapter to discuss activities to be carried out for the current year.
- Developed and launched e magazine ‘Nutrition Insights’ under the company Nutriture Wellness LLP formed by my self and my partner (Bansari Rao) in the field of Nutrition.

- COURSES:

- Attended and completed **National level Faculty Development Program** on E content development organized by Bharat College of Arts and Commerce.
(9th & 10th January 2020)
- Attended and completed **The International Classroom Workshop on- SPSS-Introductory Module (IC-SPSS 2020)** for 7 alternate days organized by Research Foundation of India.
(May 7- May 19 2020)
- Successfully completed **National Diabetes Educator Program** in association with Dr. Mohan's Diabetes Education Academy
(July 2017- March 2018)
- Certificate course in **NUTRITION AND EXERCISE FOR FITNESS** at Nirmala Niketan College of Home Science, **University of Mumbai**.
(July 2014 - Jan2015)
- Attended 6 days' certificate course in **BASIC TECHNIQUES IN MICROBIOLOGY** organized by the Dept. of Microbiology, Jaihind College, **University of Mumbai**.
(2014-2015)

- PROJECTS:

- **“CARBOHYDRATE CONSUMPTION AMONG CHILDREN OF DIFFERENT AGE GROUPS”**– from 24hour diet recall” – MSc dissertation, Dr. B.M.N College of Home Science, **SNDT University, Mumbai**
(2016-2017)

Abstract: The study was conducted to observe carbohydrate consumption of children of different age groups. The study was examined to identify the intake of carbohydrate foods among different socio economic strata, influence of various factors on carbohydrate consumption patterns, and, frequency, amount and variety of carbohydrate food consumption among children of different age group.

- HONORS AND AWARDS:

- **2 nd Prize winner** of '14th Best Educational Quality Enhancement Team(BEQET) President Award 2019' as a member of BEQET team of Dr. BMN College of Home Science organized by National centre for Quality Management, Mumbai
(2020)
- **Appreciation Letter** from **NSI Mumbai Chapter** along with **Swades Foundation** for contribution towards **Capacity Building Program**.
(2018)
- Awarded **Shri Ramesh Premchand Prize** for securing the highest G.P.A. at the Master of Science (Home Science) Examination at **SNDT Univeristy, Mumbai**.
(2018)
- Received **K. U. Naram award** in appreciation of securing first rank in M.Sc in Clinical Nutrition and Dietetics from **Dr. BMN College of Home Science**.
(2017)
- Secured **1st rank** position for Masters in Clinical Nutrition and Dietetics at University level at **SNDT University, Mumbai**
(2016-2017)
- Awarded as the “**BEST STUDENT OF THE YEAR**” - Dr. B.M.N College of Home Science, **SNDT University, Mumbai**
(2016-2017)
- Awarded for contribution in collaborative projects of - **PEPSICO,PAWAAK FOODS, PFNDAI, EAT EASYFOODS-** - Dr. B.M.N College of Home Science, **SNDT University, Mumbai**
(2016-2017)
- Certificate of appreciation for **PUBLISHING TWO RESEARCH PAPERS** in a peer review journal- Dr. B.M.N College of Home Science, **SNDT University, Mumbai**
(2016-2017)
- Secured Second place in the **QUIZ COMPETITION** organized by PFNDAI (Protein Food and Nutrition Development Association of India) in collaboration with Department of Food Nutrition and Dietetics of SVT College of Home Science, **SNDT University, Mumbai**.
(2016)
- Awarded **Toppers Position for Semester V and VI** of T.Y.B.Sc (Foods,Nutrition and Dietetics),Nirmala Niketan College of Home Science, **University of Mumbai**
(2014-15)
- Awarded **MISS T. JOSEPH MEMORIAL PRIZE FOR HIGHEST MARKS** in T.Y.B.Sc (Foods,Nutrition and Dietetics),Nirmala Niketan College of Home Science, **University of Mumbai**

(2014-15)

- Awarded **PRINCIPAL'S SCHOLARSHIP FOR TOPPERS POSITION** in Foods, Nutrition and Dietetics at Graduation Level- Nirmala Niketan College of Home Science, **University of Mumbai**

(2014-15)

- **PUBLICATIONS:**

- Sonu Mishra, Milina Pereira, **PAGING A SMILE**, Published in Studies in Indian Place Names ISSN:2394-3114, Impact Factor-6.3 Vol. 40 No. 51
(March 2020)
- Sonu Mishra, Rupali Sengupta. **MODIFIED ENERGY PACK STREET SNACK FOR DIABETES MELLITUS**. Published in *International journal of Science and Research Methodology(IJSRM)*. Volume 5. Issue 1. November 2016. Impact Factor(2015):2.672
(November 2016)
- Sonu Mishra, Rupali Sengupta. **MULTIFLOUR BAKED MINI PURI FOR DIABETES MELLITUS**. Published in *International journal of science and research(IJSR)*. ISSN (Online): 2319-7064. Index Copernicus Value (2013): 6.14. Impact Factor (2015): 6.391
(August 2016)
- Sonu Mishra, Rupali Sengupta. **CARBOHYDRATE CONSUMPTION BY CHILDREN OF DIFFERENT AGE GROUPS.(FROM 24 HOUR DIET RECALL)**. Published in *International Journal of Research(IJR)*. ISSN:2348-6848. Index Copernicus Value:100. Impact factor: 5.60

- **CO CURRICULAR ACTIVITIES:**

- Visited to **Kingfisher Beer Factory, Monginis Cake Bakery and Nestle – Goa, India** for industrial visit demonstrating working layout of each in collaboration with, Nirmala Niketan College of Home Science, **University of Mumbai**
(January 2015)
- Visited **Nutraceutical lab** of GurunanakKhalsa College of Science, **University of Mumbai**
(February 2015)

- Visited to a 3day field trip to **Institute of Social Service- Kolad**,for recipe demonstration and Nutrition Education Programs in collaboration with, Nirmala Niketan College of Home Science, **University of Mumbai**

(December 2014)

- EXTRA CURRICULAR ACTIVITIES:

- Member of **Social Service Committee (SSC)** of Nirmala Niketan College of Home Science,**University of Mumbai** for the year 2014-2015. (2014-2015)
- Actively participated in beach cleaning drive during the course of Ganpati Festival, in collaboration with, Nirmala Niketan College of Home Science, **University of Mumbai** (2014)
- Active Member for the event “**ELDER’S DAY OUT**” in collaboration with NGO’S on the occasion of Elder’s Day, in collaboration with, Nirmala Niketan College of Home Science, **University of Mumbai** (2014)
- Actively volunteered for the **Fashion Show Program** organized by textiles department of Nirmala Niketan College of Home Science, **University of Mumbai** (2014)

ADDITIONAL INFORMATION

- RESEARCH INTERESTS:

Meal planning
Microbiology
Public health
Nutrition
Research
Clinical nutrition
Statistics
Community nutrition
Biochemistry
Pathophysiology

- LANGUAGES:

Proficient in English, Hindi, Marathi

- HOBBIES:

- Cooking (Indian)

- Reading (Fiction, mystery, thriller)
- Playing badminton

- SKILLS:

Computational skills: Microsoft office, Coraldraw , Photoshop.

PERSONAL DETAILS:

Date of birth: 1st January 1994

Languages known: English, Hindi, Marathi

Address: 1C/209, Indraprastha, Jitendra road, Malad east, Mumbai-400097

I hereby declare that the above mentioned details are true and correct up to my best of knowledge and belief.

REFERENCE:

Dr Subhadra Mandalika, Nirmala Niketan College of Home Science
9920098880
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Mrs. Anuradha Mitra (H.O.D 2014 onwards), Nirmala Niketan College of Home Science
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