



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Sector 43, Aravalli Hills, Manav Rachna Campus Rd, Faridabad,

Dr Shubhra Saraswat

Designation: Assistant Professor

Qualifications: Ph.D (Clinical Nutrition)

Email: shubhra.fas@mriu.edu.in

Experience: 14 years



Research Interest: Clinical nutrition, Food Product Development, Technology based health care systems, Nutritional Guidance and Counseling

Journal Publication Details:

- Saloni M, Shubhra S, MR Rizvi, Sonal. Vegan or Low calorie diet for weight loss in PCOD females: A randomised controlled trial. *Studies on Ethno –Medicine*, Vol 14 (1,2): 75-81.
- Richa A, Shubhra S, Ashwani K. Green Coffee Bean Extract: A hypolipidemic, hypoglycemic and weight loss supplement. *Biochemical and Cellular Archives*. April 2020; Vol 20(1): 111-115.
- Shivani B, Shubhra S. Cinnamon: All Round Medicinal Spice. *Plant Archives*. Vol. 20, Special Issue (AIAAS-2020): 95-99.
- Riya S, Shubhra S, Sneha VK. Nutrient Composition And Sensory Evaluation Of Whey Based Amla Marmalade- *Plant Archives*. Vol. 20, Special Issue (AIAAS-2020): 110-113.
- Saloni B, Shubhra S. Product development, nutrient and sensory analysis of sports drink based on chia seeds (*Salvia hispanica* L). *International Journal of Physiology, Nutrition And Physical Education* 2019; 4(2): 187-190
- Shivani B, Shubhra S. Effect Of Japan Water Therapy Infused With Cinnamon On Body Weight, Waist/Hip Ratio, And Body Mass Index Of Overweight And Obese Subjects. *Asian J Pharm Clin Res*. 2019; Vol 12(9):302-305
- Sneha VK, Shubhra S. Bajra (Pearl Millet) “The Millennium Food” *The Indian Journal of Nutrition and Dietetics*. September 2019; Vol.56 (3):325-332
- Richa A, Shubhra S. Miraculous Effects of Thyme: A Review. *International Journal of Food and Nutritional Science*. July 2019; Vol 8(3):39-46
- Richa A, Shubhra S. Health enhancing Effects of Probiotics: A Review. *International Journal of Scientific Research*. September 2018; Vol-7(9).
- Richa A, Shubhra S. Health Benefits of Prebiotics: A Review. *Indian Journal of Applied Research*. November 2018; Vol-8(11):24-26

Conference details:

- Participated in IDACON, AIIMS Delhi 2004.
- Oral Presentation on “Prevalence of Obesity in South Asia” in International Seminar on Contemporary Perspectives on Health, , Manav Rachna International University, Faridabad. April 2014
- Participated in Dietetics Workshop 22nd National Conference of Breast Cancer Foundation- India BCFICON Faridabad March 2018.
- Participated in 6th Workshop on Clinical Nutrition, Indrapastha Apollo Hospitals, New Delhi. September 2018
- Oral Presentation on “Biochemical evaluation of the health enhancing effects of probiotics augmented with some non-conventional food stuffs having prebiotic activity in them” in 50th International Conference NIN, Hyderabad, November 2018.
- Oral Presentation on “Product development, nutrient and sensory analysis of sports drink based on chia seeds” in UGC sponsored conference on Fitness, Health and Sports Sciences, Gwalior, March 2019.
- Poster Presentation on “Development, Sensory Evaluation And Nutritional Evaluation Of Paushtik Cookies Based On Blends Of Soy Flour And Pearl Milltets (Bajra)” in 51st National Conference of Nutrition Society of India, Trivandrum, November 2019.
- Poster Presentation on “Benefits of Thyme” in XIV Triennial National Conference, Indian Women Scientist Association, Hyderabad, December 2019.

Research Supervised(PhD):

- Effect of green coffee infused with thyme on lipid profile and BMI measurements of obese subjects.
- Effect of 12 week obesity educator program in postmenopausal women in NCR
- Effect of Nutritional Status on Anxiety and Depression in Post menopausal women.
- Effect of different types of diets on management and treatment of PCOD.

Administrative Responsibilities:

- Superintendent, Evaluations, End Semester Examinations
- PhD coordinator (Departmental Research Committee)
- Member of Diet clinic, Faculty of Allied Health Science, MRIIRS
- Research Coordinator (Faculty of Allied Health Sciences)
- Editor- Manav Rachna International journal of Health Sciences
- Member- Research Proposal Group, MRIIRS.

Professional Affiliation- Membership (lifetime)-

- Nutrition society of India
- Indian science congress

Event Organized (Conference/Seminar/FDP/Workshops)

1. Organizing Secretary in 5 Day Faculty Development Programme on “Recent Trends in Teaching and Research in Applied Science”, Faculty of Applied Science, held from 2-6 July, 2018, Manav Rachna International Institute of Research & Studies.

2. Organizing Secretary in National Nutrition Week 2018, 2019 & 2020 in Department of Nutrition & Dietetics, Faculty of Applied Science, MRIIRS.