



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

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

Dr Mahak Sharma

Designation: Associate Professor

Qualifications: Ph.D (Clinical Nutrition)

Email: mahak.fas@mriu.edu.in

Experience: 09 years 6 months



Research Interest: Non – Communicable Diseases, Metabolic syndrome and Physical Activity

Product development from herbs and Food waste materials

Journal Publication Details:

- Nagpal G and Sharma M (2020). Kalanchoe pinnata and its remedial properties to treat kidney stone– a lesser known plant. International Journal of Biology, Pharmacy and Allied Sciences. 9(11): 3016-3023
- Brij Pal Singh and Mahak Sharma (2020). Dietary Diversity in School Going Children: Review. International Journal of Child Health and Nutrition. 9 (3)
- Vaishali Mathur, Mahak Sharma (2020). Therapeutic use of nigella sativa on metabolic disorders: A review. International Journal of Botany Studies. 5(5): 42-49
- Shivani Pathania, Mahak Sharma, Preeti Saini (2020). Prevalence of Compulsive Exercise in Physically Activity Adults. Indian Journal of Physiotherapy & Occupational Therapy. 14(4)
- Pratima Singh, Mahak Sharma (2020). Comparative Study of Proximal Analysis of Fresh Pomegranate Flower Powder and Dry Pomegranate Flower Powder – A Waste Management Study. Plant Archives.20: 88-9-
- Preeti Saini, Mahak Sharma (2020). Effect of type pf Physical Activity on Sleep Pattern in Sports players. International Journal of physiotherapy. 7(4), 140-144
- Suchita Anand, Mahak Sharma (2020). Organoleptic evaluation of product developed from Banana blossom powder and Indian gooseberry powder for Anaemic Population. Plant Archives
- Ayushi Jain, Mahak Sharma (2020). An initiative for management of food waste: An observational study. Indian Journal of Public Health Research and Development. 11(8), 193-195
- Pratima Singh, Mahak Sharma (2019). Organoleptic Evaluation of Product Developed from Pomegranate Flower for Liver Disease. Agricultural Science Digest (39):136-138
- Harmandeep Kaur, Mahak Sharma (2018). Comparative study on different physical activity level and intensity on response to oral glucose challenge among different physical activity adults. IOSR Journal of Sport and Physical Activity 5 (4):01-04
- Pratima Singh, Mahak Sharma (2019). Product development from pomegranate flower for Atherosclerotic disease patients . Journal of Emerging technologies and Innovative research 6(4): 30

- Pratima Singh, Mahak Sharma (2019). Product development from pomegranate flower for Atherosclerotic disease patients . Journal of Emerging technologies and Innovative research 6(4): 30-35
- Shuchita Anand, Mahak Sharma (2019). Product Development from Banana blossom powder and Indian gooseberry powder for Anaemic Adolescent Girls . International Journal of Health Sciences and Research 9(5):273-278
- Divya Yadav, Divya Puri & Mahak Sharma (2018). Preparation, Characterization & Antimicrobial Activity of Active Packaging Film Incorporated with Licorice Root Extract. Journal of Emerging Technologies and innovative Research vol 5(6); 901-908
- Divya Yadav, Divya Puri & Mahak Sharma(2018). An Accompaniment to Biodegradable Packaging Film Incorporated with Licorice Root Extract.International Journal of Management, IT and Engineering. Vol 8(6); 15-22.
- Rawat L, Sharma M (2018).Effect of diet with supplement protein intake on strength and body composition of Power Athletes. International Journal of Physiology, Nutrition and Physical Education 3(1): 1790-1793
- Rawat L, Sharma M (2018). Effect of Natural Protein Intake on Strength and Body Composition of Power Athletes. Indian Journal of Nutrition 5(1): 187-191
- Sharma G, Sharma M, Bhushanam GV, Pathak R (2018). Correlative study of cardiovascular factors & anxiety status among young archers.IOSR Journal of Sport and Physical Activity 5 (3): 19-21
- Anand S and Sharma M (2017).A comparative study on Quality of life of working and non working women. International Journal of Research in Health Sciences 7(7): 256-259
- Kumari P and **Sharma M**. A comparative study on validation of health buddy app by manual nutrient calculation method. Global journal for research analysis 2017; 3 (11): 716 – 718. ISSN No 2277 – 8160. Impact Factor : 4.547
- Chaubey A, **Sharma M** and Bhatnagar B. Comparitive study on coconut water, carbohydrate electrolyte sports drink and sodium enriched coconut drink on measures of hydration and physical performance in athletes. IOSR Journal of Sports and Physical Education 2017; 4(3): 46-51 ISSN: 2347-6745. IF: 2.3
- Shrivastava S, **Sharma M**, Bhatnagar B. A comparative study on eating disorder and its association with emotional regulation among males and females shooters. International Journal of Physiology, Nutrition and Physical Education. 2017;2(1):439-440. ISSN: 2456-0057. IF: 5.42
- Chaubey A, **Sharma M** and Bhatnagar B. Development of sodium enriched olive coconut drink for athletes. World journal of pharmacology and life sciences 2017; 3 (4): 233-235. ISSN 2454-2229. Impact Factor: 4.223

- Gandhi S, **Sharma M**, Bhatnagar B. Comparative Study on the Ripening Ability of Artificial Ripening Agent (Calcium Carbide) and Natural Ripening Agents. Global Journal of Biology, Agricultural and Health Sciences 2016; 5(2):106-110. ISSN: 2319 – 5584. Impact Factor: 3.1
- Khattak A, **Sharma M**, Sanghi D. Extention of shelf life of raw eggs using whey protein based eggshell coating. International Journal of Food and Nutritional Sciences 2016; 5(3): 80-83. ISSN: 2320-7876 Impact Factor: 1.021
- Rao N, **Sharma M**, Sharma A. Development of Product Rich in Dietary Fiber and Antioxidant Prepared from Lemon Peel. Global Journal of Biology, Agricultural and Health Sciences 2016; 5(2):120-123. ISSN: 2319 – 5584. Impact Factor: 3.1
- Khattak A, **Sharma M**, Sanghi D. Extention of Shelf Life of Raw Eggs Using Soya Protein Based Eggshell Coating. International journal of scientific research 2016; 5(6):23-25. ISSN No 2277 – 8179. Impact Factor: 3.5
- Saini M, **Sharma M**, Kaur L. Development Of Low Sugar Green Tea Kiwi Jam From Green Tea Extract And Kiwi Pulp. World journal of Pharmaceutical and Life Sciences 2016; 2(3): 281 -287. ISSN 2454-2229. Impact Factor: 3.347
- Bodh P, **Sharma M**, Kaur L. Development of Vitamin D Rich Product Prepared from Mushroom Powder. World journal of Pharmaceutical and Life Sciences 2016; 2(3): 253 – 260. ISSN 2454-2229. Impact Factor: 3.347
- Saini M, **Sharma M**, Kaur L. Development of Antioxidant Rich, Low Sugar Jam From Green Tea Extract and Kiwi Pulp. Indian J Nutri 2016;3(1): 124. ISSN: 2395-2326. Impact Factor: 2.1
- Rao N, **Sharma M**, Sharma A. A high dietary fibre and antioxidant rich product development from lemon peel. Indian Journal of Research 2016; 5(5): 531 – 536. ISSN: 2250 – 1991. Impact factor : 5.212
- Bodh P, **Sharma M**, Kaur L. Development of A Product Rich in Vitamin D Prepared from mushroom powder. Indian Journal of Research 2016; 5(5): 411 – 418. ISSN: 2250 – 1991. Impact factor : 5.212
- **Sharma M**, Mahna R. A Comparative Study on Nutritional Profile and Physical Activity among Metabolic Syndrome and Non – Metabolic Syndrome Indian Adults. MR International Journal of Applied Health Sciences 2015; 2(1): 51-56. ISSN: 2348 – 6856.
- **Sharma M**, Mahna R. Physical activity and metabolic syndrome in Indian urban adults. Indian Journal of Research 2015; 4(3): 6 – 9. ISSN: 2250 -1991. Impact factor : 5.212
- **Sharma M**, Mahna R. Association of Diet and Physical Activity with Metabolic Syndrome in Indian Adults. International Journal of Nutrition and Agriculture Research 2014; 1(1): 20 – 28. ISSN: 2393 – 9540
- **Sharma M**, Mahna R. Obesity, Metabolic Syndrome and Physical Activity in Indian Adults. J Metabolic Synd 2012;1:114

- **Sharma M** and Mahna R. Metabolic Syndrome among Urban Indian Adults. International Journal of Food and Nutritional Sciences 2012; 1:62-69.
- **Sharma M** and Mahna R. Metabolic Syndrome and Physical activity in Urban Indian Adults. International Journal of Food and Nutritional Sciences 2013;2(3):76-80
- Saxena S and Sharma M. Effect of Breastfeeding and Bottle feeding on the growth of the infant. Food Science and Research Journal 2010; 1(2): 170 – 174. ISSN: 0976 - 1276

Conference details:

- **Anand S, Sharma M.** Organoleptic evaluation of product developed from Banana blossom powder and Indian gooseberry powder for Anaemic Population. International Conference on Advances and Innovations in Agriculture & Allied Sciences. 31th January – 1st February 2020.
- **Sharma M, Mahna R. Obesity, Metabolic Syndrome and Physical Activity in Middle aged population.** National Conference of Manav Rachna International University, in association with Indian Dietetics Association, Delhi Chapter. “Wellness convention: National, Health and Fitness. 16 – 17 October 2012, Faridabad.
- **Sharma M, Mahna R. Obesity, Metabolic Syndrome and Physical Activity in Indian Adults.** 16th World Congress of International Federation for the Surgery of Obesity and Metabolic Disorder. 11-15th September, 2012, New Delhi.
- **Sharma M, Mahna R. Metabolic Syndrome and Physical Activity in Indian Adults.** Annual meet of international society of behavioral nutrition and physical activity. Texas, Austin, US/USA, May 2012.
- **Sharma M, Mahna R. A Study of Metabolic Syndrome and Physical Activity in Indian Adults** International conference on food and nutrition technology for public health care. JNU, New Delhi in May 2012.
- **Sharma M, Mahna R. A Study of Metabolic Syndrome and Physical Activity in Middle Aged Adults.** 43rd National Conference of NSI. “Economic Transition in Nutrition – Lifestyle Diseases and Health and Nutrition Wellness”. 11 – 12th November 2011, Hyderabad.
- **Sharma M, Mahna R. Association of Metabolic Syndrome and Physical Activity in Middle Aged Adults.** 44th Annual National Conference of IDA. “Pediatric to Geriatric Nutrition: Emerging Trends and Challenges”. 3rd – 5th November 2011, New Delhi.
- **Sharma M, Mahna R. A Study of Metabolic Syndrome and Physical Activity in Middle Aged Adults.** National Conference of Institute of Home Economics. “Sustainable Development – A Collective Vision”. 31st October -1st November, 2011, New Delhi.
- **Sharma M, Mahna R. A Study on Metabolic Syndrome and Physical Activity in Middle Aged Population.** 42nd National Conference of NSI. “Wholesome Nutrition: Challenge, Scope and Management”. 19-20th November, 2010, Mumbai.
- **Sharma M, Mahna R. A Study on Metabolic Syndrome and Physical Activity in Middle Aged Adults.** Annual meet of international society of behavioral nutrition and physical activity. Minneapolis, US/USA in June 2011.
- **Sharma M, Geeta K. The prevalence of hypertension and its relation with anthropometric measurements in middle aged women.** Sparkle and Spice, Annual magazine –cum-journal of Institute of Hotel Management, Catering and Nutrition, Pusa. 2009;6:62-67
- The paper entitled ‘Lazeez-E-Dilli’ was published in sparkle and spice, annual magazine – cum-journal of Institute of Hotel Management, Catering and Nutrition, Pusa. 2009;6:68-75

- **Sharma M, Geeta K. Prevalence of hypertension and anthropometric measurements of middle aged women.** XXXIV All India Sociological Conference of Indian Sociological Society. "Youth, Globalization and Social Transformation". 27-29th December, 2008, University of Rajasthan, Jaipur.

Research Supervised(PhD):

Guiding 5 PhD scholars enrolled in the programme of PhD offered by MRIIRS
Guided 16 Master's research dissertation in the past 5 years

Administrative Responsibilities:

Diet and Nutrition Clinic Coordinator

Clinical Coordinator

Health camp Coordinator

Mooc's Coordinator

Food Science Lab coordinator

Professional Affiliation

Nutrition Society of India

Indian Diabetes Association

Expert Talk Delivered

Esteemed panelist in the webinar organized by SHARP NGO on the topic of promoting kidney health for adolescents in school on 13th March 2021

Event Organized(Conference/Seminar/FDP/Workshops)

Workshop on Techniques in Nutritional Assessment, 2020 (Moderator)

Workshop on breastfeeding, 2020 (organizer and moderator)

National Nutrition week, 2018

Indo - Japanese Conference, 2017 (Organizing Committee)

Awards

Received Chhatra Vishwakarma Award 2019 organised by AICTE for best start up on 24th February 2020

2nd Position at Start Up Jalsa sponsored by DST, 2020

Completed a certificate course on Healthy Practices: Nutrition, Physical Activity, and Community and Family Participation from Coursera in December 2020

Completed a certificate course on Diabetes from Coursera in August 2020

Completed a 2 day faculty development programme on Online teaching, learning and evaluation with MOODLE and MOOC platform conducted by EPSI on 13th – 14th July 2020

Completed a certificate course on Science of Exercise from Coursera in may 2020

Completed a corticated course and faculty development programme from NPTEL, AICTE on Introduction to biostatistics from July to September 2019

Best poster presentation award in 43rd National Conference of Nutrition Society of India, 2011. Paper entitled as “A Study of Metabolic Syndrome and Physical Activity in Middle Aged Adults”.

Best oral presentation award in a National Conference associated with Indian Dietetic association, Delhi Chapter, 2012. Paper entitled “Obesity, Metabolic Syndrome and Physical Activity in Middle aged population”.

Selected and Done an International Course in Nutrition Research Methods, Bangalore Boston Nutrition Collaborative, Bangalore, January 9-20, 2012.