

RESUME

SMITA SAHU

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Motivation:

An enthusiastic, adaptive and passionate learner with an acute interest in the discipline of Public Health Nutrition research.

Academic Qualifications

<i>Year</i>	<i>Examinations</i>	<i>Board/University</i>	<i>Percentage</i>	<i>Div/Class</i>
2007	Secondary Examination	West Bengal Board of Secondary Education	85.25	1st Div.
2009	Higher Secondary Examination	West Bengal Council of Higher Secondary Education	83	1st Div.
2012	B.Sc. (H) in Food & Nutrition	University of Calcutta (Dept. of Home science)	66.88	1st class
2014	M. Sc. in Food & Nutrition	University of Calcutta (Dept. of Home science)	78.3	1st class CGPA:4.92 (A+ only)
2014	UGC-NET (JRF)	University Grant Commission	67.43	
2014	WB SET	West Bengal College Service Commission	69.14	
2015	ICAR NET	Indian Council of Agricultural Research		Rank-6 th
2015	ICMR-NET (JRF)	Indian Council of Medical Research		

Publications & Chapters in Book

- 2024: Sahu, S. (2024). Role of Millets in Mitigating The Nutritional Challenges of The Geriatric Population. Taurean Publications. Arnab Ghosh, Tanima Paul Das, Guddi Tiwary (eds.), Know Your Millets: The Magical Nutri-Cereals. ISBN: 978-93-95202-66-4.
- 2024: Sahu, S., Chatterjee, A., Banerjee, K. A., Karak, P. (2024). Role of Nutrition in Combating Air Pollution for Sustainable Development. International Academic Publishing House (IAPH), Shubhadeep Roychoudhury, Tanmay Sanyal, Koushik Sen & Sudipa Mukherjee Sanyal (eds.), A Basic Overview of Environment and

Sustainable Development [Volume: 2], pp. 65-78. ISBN: 978-81-962683-8-1. DOI: <https://doi.org/10.52756/boesd.2023.e02.004>.

- 2023: Sahu, S. (2023). Dietary Diversity-A key to Nutritional Adequacy. PACHAKOTesSAYS. ISSN No. 0976-4968. Volume 14, No.-1, 8-16.
- 2023: Chatterjee, A., Sahu, S., Mondal P., Chatterjee, A., Dey, A., Erum, K., Bandi, B., & Saha, P. (2023). Impact of Financial Incentives on Nutritional Status of the Adolescent Girls in West Bengal. PACHAKOTesSAYS. ISSN No. 0976-4968. Volume 14, No.-1, 1-7.
- 2023: Pradhan, S., Sahu, S., Chatterjee, A., Dutta, S. (2023). Handbook of Therapeutic Nutrition. ISBN No. 978-93-91074-84-5, Taurean Publications, Kolkata-New Delhi
- 2022: Sahu, S. (2022). Undernutrition: A Potential Unrecognized Comorbidity. Prose & Poetry from Karukatha
- 2019: Chatterjee, A., Sahu, S., Barrei, A. (2019). Anganwadi Supervisor (Main). ISBN No. 978-93-85122-60-6, S. S. Publication, Kolkata
- 2018: Sahu, S. (2018). A Narrative Review on effect of Formula feeding on the health of infants. IJCRT, ISSN No. 2320-2882. Volume 6, No.-1, 966-974.

Oral/ Poster Presentation in Conferences/Seminars

- 2022: Presented a paper titled “*Inequality In Food Intake And Nutritional Status Of Indian Women- A Gender Gap Analysis*” in Two days International Seminar (Blended Mode) organized by Dept. of Nutrition, in collaboration with IQAC, Asansol Girls’ College (September 17 & 19)
- 2019: Presented a paper titled “*Food System In The Anthropocene: A Systematic Analysis Of The Interconnection Between Public And Planetary Health*” in oral presentation session of 31st Annual National Conference of the Physiological Society of India (November 15-17)
- 2018: Presented a paper titled “*Nutritional Adequacy And Resilient Agricultural Procedures In The Changing Scenario of Seasonality And Climate Variability*” in the poster session of 50th Annual International Conference of Nutrition Society of India (November 15-17)
- 2018: Presented a paper titled “*Sustainable Food System For Nutritional Security: A Study On Changing Agricultural Procedures In Face Of Seasonal Variations And Climate Change*” in oral presentation session of National Conference of Nutrition Society of India, Calcutta Chapter (September 15)
- 2015: Presented a paper titled “*A Future Prospect Analysis Of Efficacy And Cost-effectiveness of Curcumin In Breast Cancer Management*” in the poster session of 47th Annual National conference of Nutrition Society of India

Participation in Conferences/Symposia/Seminars/Workshops/Winter School/ Training Programmes

- 2022: Accredited as Level One Anthropometrist (Technician-Restricted Profile) by International Society for the Advancement of Kinanthropometry (ISAK) after

completion of a Three Days Training Course at Mugberia Gangadhar Mahavidyalaya (May 23-25)

- 2020: Completed Winter School on “Use and Application of SPSS” held at Biological Anthropometry Unit, Indian Statistical Institute, Kolkata (January 27-31)
- 2019: 31st Annual Conference of the Physiological Society of India (November 15-17)
- 2019: One Day Workshop on Promotion Under Career Advancement Scheme (CAS) organized by IQAC, Prasanta Chandra Mahalanobis Mahavidyalaya on June 29
- 2018: One Day Workshop on CBCS organized by Dept. of Home Science & UG BOS in Food & Nutrition, University of Calcutta
- 2018: 50th Annual International Conference and workshop of Nutrition Society of India (November 15-17)
- 2018: National Conference of Nutrition Society of India, Calcutta Chapter (September 15)
- 2017: 50th Annual national conference and workshop of Indian Dietetic Association of India (December)
- 2017: Workshop on “Application of Time Series and Panel Data Modelling” organized by BRASS in collaboration with Department of Commerce, Nabagram Hiralal Paul College, Hooghly on 11th march 2017.
- 2017: Symposium on “Protein and Fibre: Its Role in Satiety” organized by Indian Dietetic Association of India on 15th March
- 2016: UGC sponsored National Seminar on "Fluorosis and Arsenicosis: A Global Problem" organized by Dept. of Chemistry and Nutrition, Contai Prabhat Kumar College
- 2015: 47th Annual National conference and workshop of Nutrition Society of India
- 2015: 14th World Congress on Public Health (Healthy People-Healthy Environment) Co-sponsored by WHO
- 2009: Programme to celebrate National Nutrition Week organized by International College of Nutrition, Calcutta Chapter

Orientation/ Refresher/FDP Programmes

- 2024: Participated in 6th NEP Sensitization Course organized by UGC-MMTTC, University of Calcutta from 7th May 2024 to 17th May 2024
- 2024: Participated in the online Faculty Development Programme on Transformational Pedagogy: Fostering Insights in Teaching, Research Ethics, Grantsmanship and Curriculum Design on Youth Involvement in Food Security organized by the Department of Food Processing Technology and Management, PSGR Krishnammal College for Women, Coimbatore from 29th February 2024 to 5th March 2024.
- 2022: Participated in Third Online Two-Week Refresher Course Human Rights & Social Inclusion (Interdisciplinary) organized by the UGC-HRDC, Jamia Milia Islamia, New Delhi from 9th June to 22nd June 2022

- 2020: Participated in the 105th Orientation Programme from 3rd February to 22nd February, 2020 organized by UGC-HRDC Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur
- 2019: Completed the FDP on Health Research Fundamentals conducted by ICMR-National Institute of Epidemiology funded by Ministry of HRD, GOI with a score of 87% (July-September 2019, 8 weeks NPTEL course)

Invited lectures

- 2022: Delivered a lecture on Women's Nutrition: Issues, Challenges and The Way Forward" in One day state level seminar to observe "Rashtriya Poshan Maah 2022" organized by Dept. of Nutrition, in collaboration with NSS, IQAC and Women Cell, Mugberia Gangadhar Mahavidyalaya, Purba Medinipur, West Bengal (September 28)
- 2019: Delivered a lecture in Celebration of National Nutrition Month 2019 organized by Dept. of Food and Nutrition & Dept. of Anthropology, Acharya Prafulla Chandra College, New Barrackpore in collaboration with NSI, Kolkata Chapter & NSS, Unit-III, APC College (September 24)
- 2018: Delivered a lecture on "Nutrition-The Catalyst for Health & Wellness" on July 29, 2018 for fulfillment of the certificate course on "Awareness Generation In Agri-Horticulture, Phytochemicals, Food, Nutrition, Food Processing & Entrepreneurship" jointly organized by Nutrition Society of India (Calcutta Chapter); Association of Food Scientists & Technologists [(India) Calcutta chapter], Jadavpur University Campus; Dr. Subhas Mukherjee Memorial R.B. Research Centre (Food & Nutrition Division) and Oil Technologists' Association of India, Eastern Region.
- 2017: Extensive lecture entitled "Introduction to Basic Nutrition & Food Hygiene" June 2017 for the fulfilment of the certificate course on "Food, Nutrition, Food Processing Entrepreneurship & Awareness Generation" jointly organized by Nutrition Society of India (Calcutta Chapter) & Association of Food Scientists & Technologists [(India) Calcutta chapter], Jadavpur University Campus & Dr. Subhas Mukherjee Memorial R.B. Research Centre (Food & Nutrition Division).

Online Conference/Seminar/Workshop/Course/Programme

- 2021: One month course on Applied Meta Analysis for Social Science Research by MyInnerlog (Jan 16- Feb 16, 2021)
- 2021: 5 Day workshop On Creating Effective Dashboards (19-24th January)
- 2021: Workshop on making Academic Writing Easy & Effective with Microsoft Office organized by PharmaState Academy
- 2020: International Conference Nutrition 2020 Live online by American Society of Nutrition (June 1-4)
- 2020: Secured Grade "O" in Constructive Teaching & Learning with Technology Part I conducted by Tata Institute of Social science (June-August 2020)- 2 credit course
- 2020: Workshop and training programme entitled "Developing skills through ICT tools and technique" organized by IQAC, Gokhale Memorial Girls' College (July 2-4)

- 2020: 7 days International Webinar Series on the occasion of National Nutrition Month organized by Dept. of Home Science, University of Calcutta (September 1-9)
- 2020: One day Webinar on Nutrition & Diet Perspective: COVID 19 Pandemic Scenario organized by IQAC, Asansol girls College (6th June)
- 2019: Completed 4 credit Swayam online course on Functional Foods and Nutraceuticals
- 2019: Participated as a trainee in the online course on “Grant Management for Health and Social Science Researchers” held from 1st October 2019 to 31st October 2019 by St. John’s medical College & Research Institute

Teaching Experience

- **Presently** working as an Assistant Professor in Dept. of Food & Nutrition at Budge Budge College (Affiliated to University of Calcutta) November 2016 onwards
- Guest faculty in Dept. of Nutrition at Contai Prabhat Kumar College (Affiliated to Vidyasagar University, 16th September 2015-24th September 2016)

Dissertation

Completed dissertation on ‘*Curcumin: Future of Breast Cancer Treatment and Prevention –A Review*’ under the guidance of Dr. Binata Nayak, M.Sc. (CU) M.Sc. (NIN) Ph.D. (CU), Assistant Professor, Department of Home Science, University of Calcutta in M.Sc. in 2014

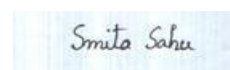
Internship

Served as a trainee-dietitian in GD Hospital & Diabetes Institute

Membership of Professional Bodies:

- Life member of Nutrition Society of India
- Life member of Indian Dietetic Association

I hereby confirm that the information furnished above is true to the best of my knowledge.



(SMITA SAHU)

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