

## Curriculum Vitae



**Dr. (Mrs.) Shruti Agrawal,**  
CE/1/B-79, Action Area I, Street no.194,  
Besides NBCC, Opp. Axis Mall,  
New Town, Kolkata 700156

E-mail :- shrutiagrawal74@yahoo.co.in  
Contact no - 9903009197  
Date of Birth: 09<sup>th</sup> September 1979

### Qualifications

#### **(A) Academic**

Examinations	Session	Board/university	Marks obtained	Percentage of marks	Div/Class
Matriculation	1994	I.C.S.E.	324/500	64.80	1 <sup>st</sup> Div.
H.S.	1996	B.I.E.C, Patna	640/900	71.12	1 <sup>st</sup> Div.
Graduate(Food & Nutrition)	1996-99	B.R.A.Bihar University	627/800	78.38	1 <sup>st</sup> Class First (Gold Medalist)
PG(Food Service Management & Dietetics)	1999-01	B.R.A.Bihar University	1262/1600	78.88	1 <sup>st</sup> Class First (Gold Medalist)
Ph.D	The changing scenario of Diabetes Mellitus (with special reference to Muzaffarpur town)		Degree awarded (2008)		

#### **(B) Professional**

UGC- NET (2006)
Internship (Dietician) (1 yr) from Calcutta Medical College & Hospital, Kolkata (2009)
Passed Certificate & Diploma Course in Food & Nutrition (IGNOU), New Delhi.
Diploma in Computer Applications (6 Months).
Diploma in Nutrition & Health Education (IGNOU), New Delhi

#### **At present:**

Working as an Assistant Professor & Head,  
Dept of Food & Nutrition, Budge Budge College, Budge Budge (Affiliated to University of Calcutta) since April 2014.

#### **Teaching Experience:**

More than 19 years (PG & UG)

Worked as a resource person/faculty from Dec.2005 to Nov.2007 (2 years) in the Department of Clinical Nutrition & Dietetics ,MDDM College, Muzaffarpur, a constituent college under BRA Bihar University, Muzaffarpur(Bihar).
Part time Lecturer at GSM College,Bireswarpur,24 Pgn(S),Calcutta University(2010-2011)
Guest faculty in Dept of Food &Nutrition at West Bengal State University, Barasat (2009- 2014)
Guest faculty in Post Graduate Dept of Food &Nutrition at Sarada Ma Girls College, Barasat
Management Appointed Full Time Assistant Professor, Dept of Food & Nutrition, BRSN College, Barrackpore from June 2011 to Mach 2014
Guest faculty in Dept of Physiology, Science College, Raja Bazar, Calcutta University.
Guest faculty in Dept of IRDM, RKVM University, Narendrapur.

### Other Experience

^ PG Exam Co-coordinator (Dept of Food & Nutrition) (Additional Charge) BRSN College, Barrackpore (2012-2014)

^ Head Examiner, Internal and External Examiner, Paper Setter and moderator (Both UG & PG) at different colleges and universities (Since 2010 - till date)

^ Members of Various Sub-Committees – Anti-Sexual Harassment Cell, Sports and NAAC Committee, IQAC, Academic Sub Committee etc (2014 onwards)

^ Organised Departmental seminars, quiz, cultural programmes, extempore, field visits, industry visits, surveys and outreach programmes (2010 onwards)

### Life Membership

- (1) Belur Research Association of Social Sciences, Kolkata
- (2) Indian Dietetics Association (Bengal Chapter), Kolkata
- (3) Nutrition Society of India, Hyderabad

### Editorial Board

Member of editorial board of Diabetes Research, peer reviewed journal (2020)

### Ph.D Supervision:

One (Registration no.10018428113020012 (06/02/2018)

### Research Guidance at PG Level:

35 students (WBSU, Barasat & BRSN College Barrackpore)

### Publications:

30+ (National & International) [Annexure 1(A)]

**Participation in seminar,  
Conference & workshop:**

15+ (National & International) [Annexure 1 (B)]

**Sponsored Research Projects :**

Two (UGC and ICSSR)

**Personal Information**

Husband's name:

Mr. Prashant Agrawal

Language Known:

English, Hindi & Bengali

Nationality

Indian

Hobbies:

Reading, Cooking and Travelling

The above information is true to the best of my knowledge.



(Shruti Agrawal)

**Annexure I (A)**  
**(I) List of Publications**  
**(Total Impact Factor-54.608)**

**(UGC Approved/Refereed/Indexed Journals)**

**NATIONAL**

1. Shruti Agrawal (2024) *Municipal Solid Waste Management around Kolkata Metropolitan Area: An overview*, International Journal of Cultural Studies and Social Sciences 20(1) no.35:87-91; ISSN 2347-4777; IF: 7.138; UGC CARE listed journal.
2. Shruti Agrawal (2023) *Pregnancy and prevalent taboos in the rural areas of West Bengal: A cross sectional study*, Shodhak: A Journal of Historical Research 53(2):22-27; ISSN 0302 9832(P); IF:7.75; UGC CARE Group I.
3. Shruti Agrawal (2023) *Nutritional and Health Related Survey of Elderly People living in Sub-urban Areas of Kolkata*, Indian Journal of Gerontology 37(3): 398-405; ISSN 0971-4189; UGC approved no. 20786; List B, Science-121.
4. Ghosh J, Agrawal S, Ghosh P. (2022) Nutritional Status of Vegetable Cultivators of West Bengal, India. Asian Pac. J. Nurs. Health Sci.,9 (2):213-217 ; ISSN 2350 0964; UGC approved no. 45
5. Jagannath Ghosh & Shruti Agrawal (2021) *A Survey of Nutritional and health Status of Elderly Farmers in North 24 Parganas, (WB)* Indian Journal of Gerontology (2021) 35(1):26-42; ISSN 0971-4189; UGC approved no. 20786.
6. Sk. Azgar Ali, Jagannath Ghosh & Shruti Agrawal (2018) *Osteoporosis And Nutrition : An Indian Perspective*, International Journal of Basic And Applied Research (2018) 8(9):1-8; ISSN 2249-3352; UGC serial no.1; Journal no.64041; Impact Factor: 5.86
7. Jagannath Ghosh, Pratiti Ghosh & Shruti Agrawal (2017) *Prevalence of Musculoskeletal Disorders among Vegetable Cultivators-A review* European Journal of Pharmaceutical and Medical Research (2017) 4 (12):144-147; ISSN 2394-3211; UGC serial no.1338; Journal no.47394; SJIF Impact Factor 4.161.
8. Shruti Agrawal & Pratiti Ghosh (2016) *Combined Efficacy of Aloe Vera and Turmeric on Lipid Profile of Streptozotocin Induced Albino Rats* European Journal of Pharmaceutical and Medical Research (2016) 3(9):388-394; ISSN 2394-3211; UGC serial no.1338; Journal no.47394; SJIF Impact Factor 3.628(now 4.161)
9. Monalisa Debnath & Shruti Agrawal (2016) *Diabetic neuropathy: oxidative stress and neuroinflammation* European Journal of Pharmaceutical and Medical Research (2016) 3(8):237-241; ISSN 2394-3211; UGC serial no.1338; Journal no.47394; SJIF Impact Factor 3.628(now 4.161)

**INTERNATIONAL**

10. Monalisa Debnath, Shruti Agrawal, Aruna Agrawal, G. P. Dubey. (2015) *Metaflammatory responses during obesity: pathomechanism and treatment*. Obesity Research and Clinical Practise. (Article reference: ORCP525) <http://authors.elsevier.com/TrackPaper.html> Impact factor :1.78 pg1-11.

**b) List of Publications ( Not UGC Approved but peer reviewed/ Open Access/refereed and indexed Journals )**

**NATIONAL**

11. Shruti Agrawal (2023) *Hypoglycemic properties of the oldest known "Nutricereal": Barnyard Millet* World Journal of Pharmaceutical Research, 12 (9):720 -725; ISSN 2277-7105 ;SJIF Impact Factor 8.084
12. Shruti Agrawal (2020) *Assessment of Maternal Health in Urban Slums of Kolkata* International Journal of Creative Research Thoughts(IJCRT)(2020)8(9):1392-1397; ISSN 2320-2882 ; Impact Factor 7.97(Calculated by Google Scholar)
13. Sk. Azgar Ali, Jagannath Ghosh & Shruti Agrawal (2018) *A prospective report on Dengue outbreak in North 24 parganas, West Bengal* World Journal of Pharmaceutical and Medical Research (2018) 4 (2):115-118; ISSN 2455-3301 ;SJIF Impact Factor 4.103
14. Shruti Agrawal & Sanghmitra Sarkar.(2015) *Effect of cellphone use on Body Mass Index and Physical Fitness of college going students.* International Journal of Core Research in Communication Engineering. 2(2) :1-7.ISSN-2349-7742

**INTERNATIONAL**

15. Monalisa Debnath & Shruti Agrawal (2016) *Effect of Nutrition Education and Dietary Modification on the Health Status of Kindergarten Children: A Case Control Study .* Journal of Nutrition and Food Science (Open Access Journal (2016) 6(6):1-8; ISSN 2155 9600; Impact Factor 1.22

**c) Full paper in Seminar proceedings in form of books/chapter with ISBN**

16. Agrawal S & Ghosh P(2017) *Dietary and Biochemical Aspects of Diabetics in West Bengal* "Molecular Physiological and Nutritional Responses During Pathophysiological Alteration of Cell Function" West Bengal State University, Barasat. ISBN no.81-89169335, ch-7,pg 83-92; Aaheli Publishers, Kolkata.
17. Shruti Agrawal (2016) "Role of Nutrients in the Treatment of Mental Disorders-A Review" Challenges in Indian Education in 21<sup>st</sup> Century, Budge Budge College.(ISBN No.81-89169-60-2) ch-40,pg-459-468 ,Aaheli Publishers, Kolkata.
18. Ray P, Chakraborty S, Ghosh P & Agrawal S.(2013) *Diabetic Rats respond to Aloe Vera and Turmeric Supplementation* March 2013 at AICTE Sponsored National Seminar on "Recent Advances in the Development of Natural Antioxidants" organized by Department of Food Technology, Gurunanak Institute of Technology, Kolkata.
19. Roy S & Agrawal S. (2013) "*Holy Basil*": A Traditional Indian Herb with Antioxidant Activity March 2013 at AICTE Sponsored National Seminar on "Recent Advances in the Development of Natural Antioxidants" organized by Department of Food Technology, Gurunanak Institute of Technology, Kolkata.
20. Agrawal S. (2012)*Women show an alarming increase in the incidence of Metabolic Syndrome in Kolkata- A study in the tertiary care hospital* February 2012 at UGC Sponsored National Seminar on "Recent Trends in Research of Nutrition Science" organized by Barrackpore Rastraguru Surendranath College & West Bengal State University.(ISBN No.978-81-921808-5-4)
21. Mondal D & Agrawal S. (2012) *Proper Dietary Regimen and use of Herbs reduces the complications of Diabetes Mellitus.* February 2012 at UGC Sponsored National Seminar on "Recent Trends in Research of

Nutrition Science” organized by BarrackporeRastraguruSurendranath College & West Bengal State University. .(ISBN No.978-81-921808-5-4)

22. Kar P, Mukherjee S, Alam N &Agrawal S.(2012) *Peptic Ulcer is more prevalent among the age group of 40-60 years-A Study in Kolkata*. February 2012 at UGC Sponsored National Seminar on “Recent Trends in Research of Nutrition Science” organized by BarrackporeRastraguruSurendranath College & West Bengal State University. .(ISBN No.978-81-921808-5-4)

23. Roy J, Agrawal S& Ghosh P.(2012) *Association of diet and lifestyle with Head and Neck Cancer* February 2012 at UGC Sponsored National Seminar on “Recent Trends in Research of Nutrition Science” organized by BarrackporeRastraguruSurendranath College & West Bengal State University. .(ISBN No.978-81-921808-5-4)

24. Biswas k & Agrawal S.(2010) *Breast Milk protects newborn, “Your Health” of Indian Medical Association* ISSN no-0513-3149, Vol 59 no.8,Pg-23-25.

25. Biswas k., Patra D.K & Agrawal S.(2009) *Food preparation and enhancement of Digestibility in”Your Health” of Indian Medical Association* ISSN no-0513-3149; Vol 58 no.9 Pg-12-15.

## **(II) Chapters in Books**

26. Shruti Agrawal (2024) *Unique properties of Kodo Millet: The “forgotten”Nuri-Cereal Know your millets:”the magical Nutraceuticals”(Millets and its over view)* ISBN 978-93-95202-66-4, ch-4,Pg 36-45, Taurean Publications, Kolkata.

27. Shruti Agrawal (2023) *Nutritional Disparities among Scheduled Caste Women of Palamu District, Jharkhand*, Development, Environment and Education: The Indian Perspective ISBN no. 978-91-988207-2-0, ch-15,Pg 170-177, Red’Shine Publication, Stockholm, Sweden.

28. Shruti Agrawal (2022) *Nutritional Assessment of Scheduled Tribe Women of Palamu District, Jharkhand*, Women & Tribal Livelihood; ISBN no.978-91-987980-8-1,ch-4,Pg 64-75, Red’Shine Publication, Stockholm, Sweden.

29. Juthi Saha and Shruti Agrawal (2021) *Broccoli- As Immunity Booster Against Covid 19*, Immunity Boosting Functional Foods to Combat Covid 19; ISBN no.978-93-90611-51-5,ch- 11,Pg 133-141, Narendra Publishing House, New Delhi.

30. Shruti Agrawal. (2020) *High Incidence of Metabolic Syndrome among Women in Kolkata*, Women in 21<sup>st</sup> Century-A Global Scenario (2020) ISBN no.978-81-947123-5-0,ch- 17,Pg 273-283, Mittal Publications, New Delhi.

31. Shruti Agrawal. (2015) *Demographic Profile of Child Labour in West Bengal*, Education and Development ISBN no.978-93-82420-58-3,ch-4,Pg 55-61,Kunal Books, New Delhi.

32. Agrawal S & Ghosh P. (2014) *Health Status of Scheduled Caste Women-A study of Two Villages of Eastern India*, Anthropology and Health Issues ISBN no.9788131606698, ch-12,Pg 163-169, Rawat Publications, Jaipur

33. Agrawal S & Ghosh P. (2012) *Food Habits & Diseases –Some Observations* ,Human Health: A Bio-Cultural Synthesis,ISBN no.9788180698460 & 8180698467,Ch-15,Pg 175-181,Concept Publishing Company Pvt. Ltd., New Delhi.

### **(III) Book Edited**

34. "Recent Trends in Research of Nutrition Science" Seminar post preceedings in the form of book. Published by Barrackpore Rastraguru Surendranath College & West Bengal State University.(ISBN No.978-81-921808-5-4) 2012
35. "Challenges in Indian Education in 21<sup>st</sup> Century" ICSSR Sponsored National Level Seminar organized by Department of Education, Budge Budge College.(ISBN No.81-89169-60-2) 2016

### **(IV) Invited Talk/Lead Lectures**

1. One Day State Level Workshop on "ABCD of Diet Planning" at PCM College, Kolkata on 12<sup>th</sup> April 2023.
2. National level seminar on Urban and Sustainable Development on "Aspects related to maternal health in Urban Slums of Kolkata" on 27-28th Sept 2019 organised by Ranchi University, Ranchi.
3. *Research Methodology and basic concept of biostatistics in Nutrition* March 2017 for Ph.D coursework at by Department of Physiology, West Bengal State University, Barasat.
4. *Micronutrients Deficiency Control Programme –An Overview* March 2017 at Departmental Seminar organised by Department of Food & Nutrition , Behala College, Kolkata
5. *Dietary and Biochemical Aspects of Diabetics in West Bengal* March 2016 at Pre-conference International Seminar and National Conference on "Molecular Physiological and Nutritional Responses During Pathophysiological Alteration of Cell Function" organized by Department of Physiology, West Bengal State University, Barasat.
6. *Aloe vera and Turmeric acts as Therapeutic agents in the Treatment of Diabetes Mellitus* September 2015 at UGC sponsored Two day National Seminar on "Nutritional Deprivation in the Midst of Plenty-An attempt to create Awareness" organized by Department of Food & Nutrition, Raidighi College.
7. *Food Poisoning and its effect* at Special Camp of National Service Scheme organized by Ministry of Youth Affairs & Sports, Govt. of India at MDDM College, Muzaffarpur in March 2007

### **(V) Minor Research Project Completed**

1. UGC- Minor Research project on "An Integrated Home Based Herbal Remedy for the treatment of Diabetes Mellitus" PSW 183/11-12 Dated 25/1/2012 for Rs.1,55,000/- (2014)
2. ICSSR sponsored Minor Research project on " A study on Low Birth Weight and Maternal Malnutrition: A major health concern" ICSSR-ERC/2018-19/26 Dated 3/7/ 2017 for Rs.1,50,000/- (2019)

### **(VI) Ph.D Supervisor**

1. Jagannath Ghosh (Registration no.10018428113020012 dated 06/02/2018) Department of Physiology, West Bengal State University, Barasat, Kolkata on the topic entitled "*Health Hazards And Nutritional Status Of Vegetable Cultivators, Using Traditional And Modern Agricultural Techniques, Of North 24 Parganas, West Bengal –A Comparative Study (Thesis Submitted but not awarded yet)*"

### **(VII) Internship Completed**

1. Four-weeks (24 hours) virtual internship on *Emerging Trends and Innovative Food Packaging Technologies in Food Industrial Practices* organized in collaboration with Department of Food Technology (NBA Accredited), Haldia Institute of Technology (An Autonomous Institute, NAAC Accredited 'A' Grade Institute) during June 19-July 11 2021 (Every Saturdays and Sundays)

### **(VIII) Abstract Published**

Monalisa Debnath, Shruti Agrawal, Aruna Agrawal, G. P. Dubey. *Diabetic neuropathy: oxidative stress and neuroinflammation* XXXIII Annual Conference of Indian Academy of Neurosciences being organized at Panjab University, Chandigarh from October 31-November 2, 2015.

Shruti Agrawal, et al. *Cardiopulmonary Fitness is favoured by Protective Foods*. December 2013 at International Conference on “Ergonomics and Human Factors” organised by Department of Physiology with Community Health, Vidyasagar University, Midnapore.

Agrawal S, Banerjee L & Ghosh P. *High Intake of Animal Proteins Might Increase the Risk of Gastrointestinal Cancer – An Epidemiological Study*. November 2011 at 32<sup>nd</sup> Annual Conference Of Indian Association Of Biomedical Scientists (IABMS) On “Phytochemicals AND Radiations in Health and Disease”, organized by Punjab University.

Agrawal S & Ghosh P. *Ingestion of Turmeric Root and Curry Leaves Lower Glucose Level in Diabetics* at National Conference on “Interface of Science and Environment: Emerging Public Health Challenges” & 13<sup>th</sup> Annual National Conference of Society of Science and Environment, organized by Calcutta School of Tropical Medicine & All India Institute of Hygiene and Public Health, November 2011.

Agrawal S & Ghosh P. *Health-Style of Scheduled Caste Women – A Comparative Study*. February 2011. (Organized by West Bengal State University, Indian Museum, Indira Gandhi Rashtriya Manav Sangrahalaya, Indian Council of Social Science Research, Indian Council of Medical Research and Centre for Alternative Research in Development).

Agrawal S & Ghosh P. *Reflection of Socio-Economic Culture of Bihar and West Bengal through Genetic Diseases*. Presented at Human Health: A Bio-Cultural Synthesis, March 2010. (Organized by West Bengal State University and Anthropological Survey of India).

### **Annexure I (B)**

### **(IX) Participation in Programmes & Workshops**

1. Participation in UGC sponsored Inter/Multi-disciplinary Refresher Course (2 weeks) ( 2023 online Course) in Environmental Studies by UGC-HRDC, University of Calcutta , from 8<sup>th</sup> to 21<sup>st</sup> December 2023 (Grade A).
2. Participation in UGC sponsored Inter / Multi-disciplinary Refresher Course (2 weeks) (2020-2021 online Courses) in Women’s Studies and Gender Sensitization organized by UGC-HRDC , Ranchi University, from 18<sup>th</sup> September to 1<sup>st</sup> October 2020 (Grade A).



3. Participation in 7 days-International workshop organized by Eudoxia Research Centre, Guwahati, (Ministry of Corporate Affairs, GOI) on “workshop on Research Methodology-2020” from 5<sup>th</sup> April-11 April 2020.
4. Participation in 6<sup>th</sup> annual conference organised by Society of Nutrition and dietetics on “Emerging trends in Dietetics for Universal Health Coverage” on 12<sup>th</sup> Jan 2020.
5. Participation in workshop on CBCS organised by IQAC, Vivekananda College for women on 18<sup>th</sup> August 2018.
6. Participation in UGC sponsored Refresher Course (18 days) in Research Methodology organized by UGC-HRDC , University of Calcutta , from 15<sup>th</sup> January to 5<sup>th</sup> February 2018 (Grade A).
7. Participated in workshop on “Application of Time Series and Panel data Modelling” organised by BRASS in collaboration with Department of Commerce, Nabagram Hiralal Paul College, Hooghly on 11<sup>th</sup> March 2017.
8. Participated in workshop “In-Service Training and Sensitization of key Functionaries of Central and State Government ,Local Bodies and Other Service Providers” of Central Sector Plan Scheme under XII Five Year Plan of Department of Empowerment of Persons with Disabilities and Rehabilitation Council, of India, Ministry of Social Justice and Empowerment from 5<sup>th</sup> January to 8<sup>th</sup> January 2017.
9. Participation in UGC sponsored orientation programme (21 days) organized by UGC-HRDC , University of Calcutta , (OP no.111) from 10<sup>th</sup> August to 8<sup>th</sup> September 2015 (Grade A)
10. A two day State Level workshop on “Statistical Methods for Data Analysis” organized by Department of Economics, Barrackpore Rastraguru Surendranath College in May 2013.
11. A two day UGC sponsored Short Term Course (workshop) on “Health Food Using Traditional Herbs and Spices” organized by Department of Food Technology and Biochemical Engineering, Jadavpur University, Kolkata in March 2013.

#### **(X) Participation in Seminars & Conferences**

##### **❖ Regional /State / National**

12. ICSSR Sponsored National Level Seminar on Challenges in Indian Education in 21<sup>st</sup> Century organized by Department of Education, Budge Budge College in March 2016
13. National Conference on “Molecular Physiological and Nutritional Responses During Pathophysiological Alteration of Cell Function” organized by Department of Physiology, West Bengal State University, Barasat in March 2016.
14. UGC sponsored Two day National Seminar on “Nutritional Deprivation in the Midst of Plenty-An attempt to create Awareness” organized by Department of Food & Nutrition, Raidighi College in September 2015
15. AICTE Sponsored National Seminar on “Recent Advances in the Development A two day of Natural Antioxidants” organized by Department of Food Technology, Gurunanak Institute of Technology, Kolkata in March 2013.

16. A two day UGC Sponsored National Seminar on “Recent Trends in Research of Nutrition Science” organized by Barrackpore Rastraguru Surendranath College & West Bengal State University in February 2012.

#### **(XI) Attended Seminars**

1. A two day UGC sponsored National Seminar on “ Recent Approaches in Mental Health Research” organized by department of Psychology, Barrackpore Rastraguru Surendranath College in collaboration with Department of Applied Psychology, University of Calcutta in August 2013.
2. International Seminar on “Molecular Physiological and Nutritional Responses During Pathophysiological Alteration of Cell Function” organized by Department of Physiology, West Bengal State University, Barasat in January 2016.

#### **(XII) Others**

- Various webinars/workshop/symposium/ organised by the college on the state, national and international levels.( Nos. 15)
- Organised seminar in collaboration with Nutrition Society of India, Hyderabad (Kolkata Chapter)
- Breast Feeding Week
- Nutrition Month
- Health Check-up Camp in the college
- Awareness Street Play to create awareness regarding nutrition in the community.