

# CURRICULUM VITAE

MONISHA NATH

## CAREER BACKGROUND

Seeking a position while being Self-directed, enthusiastic educator with a passionate commitment to student development and the learning experience. Skilled in the design of challenging, enriching and innovative activities that address the diverse interests and needs of students.

## ACADEMIC BACKGROUND

✚ Pursuing PhD ,Calcutta University

✚ UGC-NET DECEMBER 2020 & JUNE 2021 [Qualified]

✚ 23<sup>RD</sup> WB-SET 2021[Qualified]

✚ DEGREE: BACHELORS OF EDUCATION (B.ED.) (2020 - 2022)

INSTITUTE: Suniti Educational Trust  
WBUTTEPA

✚ DEGREE: MASTERS OF SCIENCE (2016 - 2018)

M.Sc. in Applied Nutrition [77.8%]  
All India Institute of Hygiene and Public Health  
West Bengal University of Health Sciences

✚ DEGREE: BACHELORS OF SCIENCE (2013 - 2016)

B.Sc. in Food and Nutrition [71.5%]  
Sree Chaitanya Mahavidyalaya West Bengal  
State University

✚ DEGREE: DIPLOMA IN COMPUTER APPLICATION (2021)

Rajiv Gandhi Computer Saksharta Mission [81.5%]

✚ BOARDS EXAM: HIGHER SECONDARY (2013)

Board: WBCHSE [80.40%]

✚ BOARDS EXAM: SECONDARY (2011)

Board: WBBSE [68.12%]

## AREAS OF EXPERIENCE

- Working as an Assistant Professor in the Department of Food, Nutrition & Dietetics under school of health and medical sciences at Adamas University.
- Working as a dietician from 2019 to continue
- Worked as an Assistant Professor in the Department of Food & Nutrition at Brainware University.
- Worked as a Guest Faculty in the Department of "Nutrition & Dietetics (M.Sc.) at NIMAS Institute.
- Worked as an assistant professor in the Department of (B.Sc.) & "Food and Nutrition" (M.Sc.) at 'Swami Vivekananda University'
- Worked as a Full Time Faculty of "Food & Nutrition" for B.Sc, M.Sc. & BMLT in Paramedical College, Durgapur.

## FACULTY DEVELOPED PROGRAM:

- Participated in Faculty Development Programmes "Transforming Education in the light of National Education Policy and understanding the different accreditation bodies" is organized by IQAC in collaboration with AADC from 03.06.2025 to 12.06.2025 at Adamas University.
- Participated in Faculty Development Programmes at Department of Biotechnology, IEM Newtown in association with HRDC, IEM-UEM Group in collaboration with Centre for Interdisciplinary Research on Environmental Monitoring and Management, Department of Biotechnology, IEM Newtown held from 24th June, 2024 to 28th June, 2024
- Participated in Faculty Development Programmes on "Revised NAAC Framework" held from 26th June-30th June 2023, at Adamas University



## ABOUT ME

Date of Birth: April 18, 1996

Gender: Female

Birth of Place: West Bengal

Address: Vill+PO - Dakshin Chatra

Pin: 743247, PS- Baduria

Mobile No.: 9800405578

9143063332

Email Id.: nathmonisha\_1996@yahoo.com

monishanath007@gmail.com

LinkedIn Id.: monishanath007@gmail.com

## SKILLS

Creativity	●	●	●	●	●
Imaginative	●	●	●	●	●
Communication	●	●	●	●	●
Enthusiasm	●	●	●	●	●
Positive Attitude	●	●	●	●	○
Decision Making	●	●	●	●	●

## LANGUAGES

English	●	●	●	●	○
Bengali	●	●	●	●	●
Hindi	●	●	●	●	○

## INTERESTS

- Reading and Writing
- Making Handicrafts
- Listening to music

## MEMBERSHIP

- Life membership at NSI (Nutrition Society of India)
- Member at Indian Dietetic Association (Bengal Chapter)
- Member at Society for Nutrition & Dietetics

## Invited Scientific Advisory Committee member:

- International Conference on Functional Food and Nutraceutical Delivery, scheduled for 8th and 9th March 2025 at Jadavpur University, Kolkata.

## Invited Lectures Delivered:

- Spectrum of Nutrition & Its Therapeutic Application: Nutrition Myths & Facts; Nature Academy Welfare Trust ;2021
- "Areas influencing nutrition with environmental factors", Nutri Mantra 27<sup>TH</sup> Sept 2024
- "Unveiling Nutritional Misconceptions: Insights from Scientific Evidence", Hola Nutriment 15<sup>th</sup> Feb 2025

## KEY CONTRIBUTIONS

- ▣ Syllabus preparation for B.Sc & M.Sc of Food & Nutrition (According to UGC and NEP2020)
- ▣ NAAC Co-Ordinator
- ▣ Internal Moderator
- ▣ Member secretary DAC in Adamas University
- ▣ Member of BOS
- ▣ Exam Coordinator
- ▣ Laboratory setup
- ▣ Classroom Management
- ▣ Conduction national seminar & webinar
- ▣ Developing Innovative approaches for classroom teaching
- ▣ Time Management
- ▣ Curriculum Knowledge Development
- ▣ Student Motivation

## BOOK PUBLICATION

- A Laboratory Handbook of Food Chemistry, I I P Iterative International Publishers

## CHAPTER PUBLICATION

- Nutritional Fortification: Biofilm Contribution, Biofilm Applications to Revolutionize Food Technology, [https://doi.org/10.1007/978-3-031-85205-3\\_3](https://doi.org/10.1007/978-3-031-85205-3_3), under exclusive license to Springer Nature Switzerland AG 2025

## CONFERENCE PAPER

- "A Review of Recent Advances in Plant-Based Meat Processing" in the "Journal of Survey in fisheries sciences", 10(1S) 6146-6153, Processing under International Conference on Scientific Advances in Life Sciences, Agriculture, and Food & Nutrition (ICSA).
- Current Assessment of Knowledge Attitude and Practice Patterns in Management of Diabetes and Diabetic Retinopathy: A Systematic Review, in the journal of " Communications on Applied Nonlinear Analysis" <https://doi.org/10.52783/cana.v32.5153>. Processing under International Conference on Multidisciplinary Approaches for Sustainable Development (ICMASD-2025)

## JOURNAL PUBLICATION

- Formulation and nutritional evaluation of iron enriched mixed fruit juice as a functional beverage to combat iron deficiency anaemia, in the journal of International Journal of Agriculture and Nutrition 2025; 7(4): 46-50, <https://www.doi.org/10.33545/26646064.2025.v7.i4a.219>
- "An overview on application of fat-replacers in different dairy products and its health implications" in the journal of Discover Food (2025) 5:133 | <https://doi.org/10.1007/s44187-025-00332-7>
- "Modulatory Impact of Nutraceuticals in Cardiovascular Diseases and Hypertension" in the journal " International Journal of Pharmacognosy & Chinese Medicine" ISSN: 2576-4772
- Exploring Herbal Approaches for Type II Diabetes Management: A Focus on Swertia chirayita in the journal of Current Traditional Medicine, Bentham Science: ISSN (Online): 2215-0846
- "A Concise Narrative Review On The Spectrum Of Lichenification in Association With Atopic Dermatitis" In the" Journal of Chemical Health Risks" JCHR (2024 ) 14(1), 01-07 | ISSN:2251-6727
- " A Review On Indian Spices & Herbs" In the "Journal of Survey in Fisheries Sciences" 10(4S) 3512-3518
- "scrutiny on management of osteosarcoma" in the journal of "International Journal of pharmaceutical sciences and Research" E-ISSN: 0975-8232; P-ISSN: 2320-5148
- "Super Foods for Liver Health: A Critical Review" in the Journal of "Biological Forum – An International Journal" ISSN No. (Print): 0975-

- “Assessment of antioxidant properties of probiotic(Lactobacillus acidophilus) enriched functional kulfi using beetroot(Beta vulgaris L.) and carrot (Daucus carota L.) In the journal of European Chemical Bulletin, ISSN:2063-5346
- “A K.A.P Study of Health Hazards Associated With Junk Food” In The “International Journal Of Science And Research”, Volume 8 Issue 9, September 2019
- “Circulating Dengue Virus Serotypes In 2016 Outbreak In Kolkata” In The “International Journal Of Pharmaceutical Research And Applications” Volume 6, Issue 2 Mar-Apr 2021, Pp: 574-587.
- “Effect Of Different Types Of Drugs In Tuberculosis” In The “International Journal Of Pharmaceutical Research And Applications” Volume 6, Issue 2 Mar-Apr 2021, Pp: 588-599.
- “A review article on O. basilicum: Properties and health effects” In The “International Journal of Pharmaceutical Research and Applications” Volume 6, Issue 3 May - June 2021, pp: 06-12.
- “A Survey on the Evaluation of Dietary Intakes and Nutritional Knowledge in Female Patients with type2 Diabetes Mellitus” In The “ International Journal of Science and Research(IJSR)” ISSN: 2319-7064SJIF (2020): 7.803.
- “A Study Of Knowledge, Attitude & Practice On Food Safety Among The Food Handlers In The Restaurants Of Kalyani, District: Nadia” In The “International Journal of Advanced Research” Article DOI:10.21474/IJAR01/12996 DOI URL: <http://dx.doi.org/10.21474/IJAR01/12996>
- “NUTRITION ON CARDIOVASCULAR DISEASE” In The “International Journal Of Research Analytical Reviews(IJRAR)”E-ISSN2348-1269,P-ISSN2349-5138,2021IJRARJuly2021,Volume8,Issue3.
- “QUALITY OF LIFE OF THE PEPTIC ULCER PATIENT” In The “International Journal of Advanced Research” Article DOI: 10.21474/IJAR01/13037 DOI URL: <http://dx.doi.org/10.21474/IJAR01/13037>, ISSN: 2320-5407
- “Immunostimulatory Effect of Zinc And Vitamin D As A Prophylactic, Against Covid 19” In The“International Journal of All Research Education and Scientific Methods (IJARESM)”, ISSN: 2455-6211 Volume9, Issue7July-2021, ImpactFactor: 7.429,Availableonline at: [www.ijaresm.com](http://www.ijaresm.com)

## REVIEWER

- Asian Journal of Research in Dermatological Science

## BOOK EDITOR

- The Book entitled: “Fermented Fish: Nutrition and Human Health” Taurean Publication, Delhi

## CERTIFICATES / DIPLOMA / TRAINING PROGRAMMEES

- Diabetes Educator course from National Diabetes Educator Program (NDEP)(2024)
- Participated in the NEP 2020 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MMTTP) of University Grants Commission (UGC) Organized by Malaviya Mission Teacher Training Centre (MMTTC), Staff Training and Research Institute of Distance Education (STRIDE), Indira Gandhi National Open University (IGNOU), Maidan Garhi, New Delhi from 16th to 24th December, 2024
- Attending one-week research workshop on “Generative AI Tools for Research Writing” from 17th October, 2024 to 23th October, 2024 through online mode organized by Nuhianwali Education Society.
- Certificate of Awareness on COVID-19: Operational Planning Guidelines and COVID19 Partners Platform to support country preparedness and support. (WHO)
- Certificate on COVID 19 – Awareness and Management. Conducted by Medvarsity in Partnership with NATHEALTH and F.I.C.C.I
- Course on Simulation Exercise Management – World Health Organization (WHO)
- Course on Estimating Burden Of Seasonal Influenza – World Health Organization (WHO)
- Course on Programming for Infant and Young Child Feeding - Cornell University and UNICEF
- Short Course on Diabetes and Cardiovascular Diseases, Diabetic Retinopathy, Diabetic Macular Edema (DME), Prevention of Type 2 Diabetes - International Diabetes Federation & E.A.C.C.M.E
- Course on Diarrheal Diseases, Antenatal Care, Diarrheal Diseases, – Global Health E Learning Centre
- Global Health Initiative: Hypertension Awareness, Human Health - Diet & Nutrition - Alison
- Diploma in Food Safety and Hygiene in the Catering Industry - Alison
- Short course on Basic Nutrition, Immunization, Food Fortification, Anemia, Infant and Young Child Feeding,
- Mother Health and Nutrition, Physical Activity YOGA, Non-communicable Diseases - ICMR – National Institute of Nutrition (POSHAN Abhiyaan).

## DISSERTATION

“A K.A.P Study Of Health Hazards Associated With Junk Food” Under The Dr. G.K Pandey, Director, Professor (HOD) Dept. Of Epidemiology, All India Institute of Hygiene & Public Health, Kolkata.

## INTERNSHIP TRAININGS

- In Urban Health Unit & Training Centre, Chetla, Kolkata, Duration: 5.03.2018 To 06.04.2018
- Participated in 12 Days Rural Field Programme and Prepared a Project on A field Training Programme Conducted at the Rural

- Worked as a trainee Dietitian for 3 months in NABH Accredited Multi-specialty Peerless Hospital and B.K.Roy Research Centre.

## CONFERENCES / SEMINARS / WEBINARS

- Participated in The International Conference on “HEALTHMEDICON 2025” at Adamas University on 30-31<sup>st</sup> January 2025
- Attended 7<sup>th</sup> annual conference Sponsored by Society for Nutrition & Dietetics, 2022
- Attended UGC Sponsored National Seminar On “Food Security And Sustainable Nutrition In India: The Present Scenario” In 15<sup>th</sup> & 16<sup>th</sup> September 2016
- Participated in the seminar entitled “ Life Style Management And The Immune System ” At AIHH&PH ,Kolkata, In 1<sup>st</sup> May 2018
- Participated in The Webinar Entitled “Care Women’s Health for A Brighter Future”, Organized Women Study Cell, Maharaja Dhiraj Uday Chand Women’s College On 22<sup>nd</sup> July, 2020.
- Participated in The International Webinar On “Food and Nutrition V.S Covid-19” Organized by The Department of Food and Nutrition, University of Kalyani on 24<sup>th</sup> July 2020.
- Participated In The 12<sup>th</sup> International Webinar On “Nutrivigilance In Kidney Diseases” Organized By Signutra, USA On 20<sup>th</sup> July 2020.
- Participated in The Webinar Entitled “Exploring Role of Nutrition in Current Pandemic” Organized by Hexagon Nutrition in Association With ‘IDA’ Kolkata, Bengal Chapter On 25<sup>th</sup> July, 2020.
- Participated in The Two Days National-Level Webinar On “Food for Life: Nutrition Strategies to Prevent Diseases” Organized by Hooghly Women’s College On 24<sup>th</sup> And 25<sup>th</sup> July, 2020.
- Participated In The One Day National Webinar On “Linking Omics Approaches Medicinal Plants, Phytomedicine And Human Health Organized By Raidighi College In Collaboration With ‘ IDA ’ On 4<sup>th</sup> August , 2020.
- Participated In The Webinar Entitled “International Renal Nutrition Update 2020” Organized By Cure Hospital In Association With ‘ IDA ’ ( Chennai Chapter ) And Bangladesh Academy Of Dietetic And Nutrition On 7<sup>th</sup> August , 2020.
- Participated in The Webinar Entitled “Diet, Immunity & Stress Management in Vulnerable Groups Under Present Scenario” Organized by The Department of Nutrition Of ‘Prabhat Kumar College’ Contain On 7<sup>th</sup> August, 2020.
- Participated in The Webinar Entitled “Covid 19: Awareness & Dietary Modification” Organized by Food & Nutrition department in association of IQAC of “SETH ANANDRAM JAIPURIA COLLEGE “on 9<sup>th</sup> august , 2020
- Participated in The Webinar Entitled “Personalize. Nutrition, The Wave of Future” Organized by Paramedical College Durgapur on 24<sup>th</sup> July, 2021.
- Participated in The Webinar Entitled “Nutrition & Health” Organized by Debra Thana Sahid Kshudiram Smriti Mahavidyalaya on 31<sup>st</sup> July, 2021.

## VOLUNTEER / ORGANISER

- Organizing committee member at the 4<sup>rd</sup> International Conference on “HEALTHMEDICON 2025” at Adamas University on 30-31<sup>st</sup> January 2025.
- Organizing committee member at the 3<sup>rd</sup> International Conference on “New Horizon in Drug Discovery & Development Process” at Adamas University on 23<sup>rd</sup> February 22, 2023
- Organized a one-day program on “World Breastfeeding Week “Food, Nutrition & dietetics department, Adamas University, Barasat on 7<sup>th</sup> August 2024.
- Organized a Workshop on “Packaging technology and career options in association with Indian Institute of Packaging” Adamas University, Barasat, 700126
- Organized a National seminar on “Nutrition for all: Togetherness in healthy lifestyle” Organized by Food, Nutrition & Dietetics Department, Adamas University, Barasat on 21<sup>st</sup> Sept, 2023
- Organized a One Day National Webinar On “Life-Style Modification – Protection from Covid-19 In Connection with Immunity Boost-Up and Dietary Guidelines for The Citizen” Organized by Paramedical College, Durgapur on 26<sup>th</sup> July 2020.

- Organized a Webinar On "Nutraceuticals: An Emerging Trends in Food Science" by the Food & Nutrition Department at Brainware University, Barasat on 29<sup>th</sup> Sept 2022.
- Organized a Webinar On "An Overview of Food Products Development" By Food & Nutrition Department at Brainware University, Barasat On 22<sup>nd</sup> Oct, 2022.
- Organized a Webinar On "Holistic Health: Role of Nutrition and Life Style" Food, Nutrition & dietetics department, Adamas University, Barasat on 28<sup>th</sup> June 2023.
- Organized a Webinar On "Importance of Intestinal Health and Role of Probiotics for Maintaining Health" including the virtual Factory Visit to Yakult – A Leading Probiotic Health Drink Manufacturing Unit in India, Food, Nutrition & dietetics department, Adamas University, Barasat on 20<sup>th</sup> March 2023
- Organized a poster-making competition on "World Breastfeeding Week" Food, Nutrition & dietetics department, Adamas University, Barasat on 7<sup>th</sup> August 2023.
- Organized a community engagement program on Nutrition and General Hygiene on 9<sup>th</sup> August 2023, Food, Nutrition & Dietetics Department, Adamas University, Barasat

### ORGANIZING VISIT:

- Visit to Keventer Agro Limited Subhasnagar, PO-Nilganj bazar, Barasat, Kolkata - 700121, West Bengal, India.
- Visit to Red Cow Dairy Jaugram Unit, Purba Burdwan.
- Visit to Saroj Gupta Cancer Centre & Research Institute (SGCC&RI)
- Visit to SONA BISCUITS LTD (SOBISCO), Seoraphuli ; Hooghly.
- Visit to Barnita Mushroom Farm and Training Center, Amdanga, North 24 Pargana.
- Visit to Echo Doctors Clinic & Diagnostics Centre, Chandannagar, North 24 Pargana.
- Visit to Diamond beverages-Cocacola LTD, Taratala :Kolkata
- Visit to ICDS centre (Chaturia FP school), Barbaria, Barasat, 700126
- Visit to Subcentre, Chaturia, Barbaria Barasat, 700126
- Visit to Jaymala Memorial Hospital, Kalyani, 741235

### REFERENCE

Available upon request.

### DECLARATION

I do hereby declare that the above particulars furnished by me are true to the best of my belief.

