

**Name of the Faculty Member:** Pratyasha Agrawal

**Designation with Category** (Substantive/SACT): SACT-1

**Department:** Clinical Nutrition & Dietetics (Major)



### Educational Qualifications

Name of the Institution	Name of the Affiliating Body	Degree/Diploma/Certificate Obtained	Specialization
UGC		NET- LS	
SNDT WOMEN'S UNIVERSITY, Mumbai, Juhu Campus.		M.Sc (Home Science)	Food Science & Nutrition
SMT. J.D. BIRLA INSTITUTE, ASHOK HALL GIRLS HIGHER SECONDARY SCHOOL, Kolkata.	Jadavpur University, Kolkata.	B.Sc. (Hons.) in Home Scienc	Food and Nutrition
CARMEL SCHOOL, Durgapur		C.B.S.E.	
		I.C.S.E.	

**Teaching Experience:** 11 years

Name of the Institution	Position Held	From	To
Gokhale Memorial Girls' College	SACT -1	January 2020	Till date
Gokhale Memorial Girls' College	Full Time Contractual Lecturer & Course Coordinator	2 <sup>nd</sup> September 2014	December 2019
J.D. Birla Institute	Assistant Professor	7.03.2011	23.04.2014

## Areas of Interest:

- Meal Management, Therapeutic/ Basic/ Advanced/Community Nutrition, Food Adulteration, Food Preservation
- Diet & Patient Counselling; Formulation of Nutritious Recipes

## Research Publications:

### a) Books/Book Chapters:

Sl. No.	Publication Type	Month/ Year of Publication	ISBN/ ISSN No.	Title of Paper
1.	Book- 'Environmental Education in India through the Ages'	February 2017	ISBN: 978-93-85503-68-9	Intra & Extra Uterine Environment and Mental Health-Role of Nutrition

### b) Journal Articles:

Sl. No.	Publication Type	Month/ Year of Publication	ISBN/ ISSN No.	Title of Paper
1	Journal of Educational Thoughts, 2 (6), 166-176	June-2015	ISSN: 2348-1714	Higher Education in Nutrition
2	Journal of Knowledge, 3 (8), 138-151	June-2015	ISSN: 2321-791X	Nutritional Status of School Children of 7-9 Years Age who are Beneficiaries of Mid-Day Meal Programme in Kolkata
3	Academia:GMGC	May 2016	ISSN 2348-7054	Nutritional Composition of Chyawanprash
4	International Refereed Interdisciplinary Journal	January 2018	ISSN: 2348-571X	Edible Oil Consumption among Housewives in Kolkata

c) **Seminar/Conference Proceedings:**

Sl. No.	Publication Type	Month/ Year of Publication	ISBN/ ISSN No.	Title of Paper
1.	Conference Proceeding	December 2015	ISBN: 978-93-83010-27-1	Nutritional Status of Pre School Children (1-6 years) who are ICDS Beneficiaries in Kolkata, West Bengal

d) **Magazine Article :**

Sl. No.	Publication Type	Month/ Year of Publication	ISBN/ ISSN No.	Title of Paper
1.	Your Health Magazine, Vol. 65, No. 5	May 2016	ISSN: 0513-3149	Smart Lunch Box

**Invited Talk:**

- I. **Seminar on “Double Burden of Malnutrition in Indian Children”** in Association with **World Breastfeeding Week**, organized by **IDA Bengal Ch.** on 2nd August, 2014 at Medical College & Hospital, Kolkata.
- II. “Nurture the Girl Child” at **Sir Nipendranath Girls’ High School**, Kolkata on 28th January, 2015 for celebrating **Dietetics Day**, organized by **IDA, Bengal Chapter**.
- III. **Faculty member** of the **PGDC** by **LASWEB** under **CU** on 12.07.15 & 10.07.16 at **Shri Shikshayatan College** from 2-4 p.m. on the topic “Role of Nutrition in Mental Health.”
- IV. “Lifestyle Diseases” in **seminar** held on 4th September 2015 to celebrate **National Nutrition Week** organized by the **Dept. of Food & Nutrition, Maharani Kasiswari College, University of Calcutta**.
- V. “Lifestyle Diseases” in **symposium on ‘Continuing Nutrition Education’** organized by **IDA Bengal Chapter** in collaboration with **Saffola** for celebrating **National Nutrition Week** on 4th September 2015 at Rotary Sadan, Kolkata.
- VI. “Importance of Nutrition through Different Stages of Life” & **judged recipe contest** at **National Nutrition Week Programme** of Bagbazar **ICDS** project on 5<sup>th</sup> September 2015 at Sovabazar Rajbari Natmondir Seminar Hall
- VII. “Role of dietary fibre in prevention of non-communicable diseases” in **seminar on ‘Cereal Story’** organized by **IDA** in association with **Kellogg’s** at Hotel Park Plaza, Ballygunge on 26<sup>th</sup> September 2015.

- VIII. Conducted an **in house session** on "Health & Lifestyle" on the occasion of Women's Day in Reliance Broadcast Network Ltd (**92.7 Big FM**) on 8<sup>th</sup> March 2016; **on air sessions (diet tips)** – “Packed Lunch for School Children” -30/03/16 @ 12.30 pm, “Vegetables for Summer Season” – 22/04/16 @ 12.30 pm, “Role of Spices in Health”- 28/06/16 @ 12.50 p.m, “Regular Diet”- 08.07.16 @ 12.25 p.m, “Junk Food related diseases among teenage girls”-11/07/2017 (12-1 pm), “Common hormonal problems among women.”-01/08/17 (12-2 pm), “Common Food Fads”- 02/01/18 (12-2 pm)
- IX. “Prevention of Diabetes through Diet & Lifestyle” @ ‘**Beat Diabetes**’ for celebrating ‘**World Health Day**’ on 7th April, 2016 organized by **IMA South Kolkata Medical Association** at Rotary Sadan.
- X. **Training programme** on “Eat Your Way to Ideal Weight” as an affiliate with **Human Dynamics** on 18.04.16 at Justice & Care India, Kolkata.
- XI. “**Micronutrient Deficiency Disorders**” as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Rajarhat **ICDS** Project for the grass root level workers of dept. of social welfare on 15.07.16 at Kestopur, Kolkata
- XII. “**Diet Related Chronic Diseases**” as a part of **TOT** organized by CFNEU of **FNB** under the MWD, Govt. of India for the trainers of dept. of social welfare on 21.07.16 at office of FNB, MWD, Esplanade, Kolkata
- XIII. “**Micronutrient Deficiency Disorders**” & “**PEM**” as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with **ICDS** Project, Barasat Municipality for the grass root level workers of dept. of social welfare on 18.07.16 at Barasat, Kolkata
- XIV. “**Diet Related Chronic Diseases**” as a part of **TOT** organized by CFNEU of **FNB** under the MWD, Govt. of India for the trainers of dept. of social welfare on 21.07.16 at office of FNB, MWD, Esplanade, Kolkata
- XV. Lecture on “**Diet Related Chronic Disease**” to observe **National Nutrition Week 2016** under theme ‘**Lifecycle Approach for Better Nutrition**’ organised by Bagbazar **ICDS** Project, Kolkata at Sovabazar Rajbari Natmandir on 23.09.16
- XVI. “**Diet Related Chronic Diseases**” as a part of **TOT** organized by CFNEU of **FNB** under the MWD, Govt. of India for the trainers of dept. of social welfare on 30.09.16 at office of FNB, MWD, Esplanade, Kolkata
- XVII. “**Diet Related Chronic Diseases**” as a part of **TOT** organized by CFNEU of **FNB** under the MWD, Govt. of India for the trainers of dept. of social welfare on 09.12.16 at office of FNB, MWD, Esplanade, Kolkata
- XVIII. **Workshop at Julian Nursery School**, Ganganagar on topic “**Is your child eating right?**” on 11.02.17 **Nutrition & Health Care of Pregnant & Lactating Mothers** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Shibpur **ICDS** Project, Dist. Howrah for the grass root level workers of dept. of social welfare on 24.03.17 at Milani Sangha, College Road, Shibpur
- XIX. Faculty for workshop on “**Dietary Approaches to Obesity Treatment-Impact on Weight Loss & Co-Morbidities**” organised by **DAY** on 23.04.17 at Belle Vue Clinic Seminar Hall, Kolkata

- XX. **“PEM-Causes, Symptoms, Prevention & Management”** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Bhawanipur **ICDS** Project, Dist. Kolkata for the grass root level workers of dept. of social welfare on 17.05.17 & 19.05.17 at office of Entally ICDS project, Entally, Kolkata
- XXI. **Nutrition & Health Care of Pregnant & Lactating Mothers** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Shibpur **ICDS** Project, Dist. Howrah for the grass root level workers of dept. of social welfare on 7.06.17 & 9.06.17 at Milani Sangha, College Road, Shibpur.
- XXII. **Nutrition & Health Care of Pregnant & Lactating Mothers; IYCF** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Bishnupur-1 **ICDS** Project, Dist. South 24 Parganas for the grass root level workers of dept. of social welfare on 7.06.17 & 9.06.17 at Bishnupur-1 BOD office, Bhasa, near Amtala, South 24 Pgs.
- XXIII. **“Importance of fruits, vegetables & antioxidants in relation to nutrition” & “Diet related chronic diseases”** as a part of **TOT** organized by CFNEU of **FNB** under the MWD, Govt. of India for the trainers of dept. of social welfare on 11.08.17 at Barasat, Kolkata
- XXIV. **“PEM & MDD-Causes, Symptoms, Prevention & Management”** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Barrackpore-I **ICDS** project, Dist. North 24 for the grass root level workers of dept. of social welfare on 22.09.17 at Talbanda Madhyamik Sikha Kendra, Talbanda, Jugaberia, Kolkata
- XXV. **“PEM & MDD-Causes, Symptoms, Prevention & Management”** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Amta-I **ICDS** project, Dist. Howrah for the grass root level workers of dept. of social welfare on 24.11.17 at Amta Library
- XXVI. **“PEM & MDD-Causes, Symptoms, Prevention & Management”** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with South Dum Dum **ICDS** project, Dist. North 24.pgs. for the grass root level workers of dept. of social welfare on 08.12.17 at Santan Sangha Club, Tanwar Colony, Dum Dum.
- XXVII. **Micronutrient Deficiency Disorders”** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Red Light Area **ICDS** Project, Dist: Kolkata for the grass root level workers of dept. of social welfare on 16.02.18 at Vivekananda Road, Kolkata
- XXVIII. **“PEM & MDD-Causes, Symptoms, Consequences, Prevention & Management”** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Dhakuria **ICDS** project, Dist. Kolkata for the grass root level workers of dept. of social welfare on 16.03.18 at Ananda Mela Sporting Club, near Baghajatin Railway Station.

- XXIX. **Nutrition & Health Care of Pregnant & Lactating Mothers; IYCF** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Joynagar-I ICDS project, Dist. south 24 pgs for the grass root level workers of dept. of social welfare on 19.06.18 and 22.06.18 at Dakshin Barasat Gram Panchayat office.
- XXX. **“PEM & MDD-Causes, Symptoms, Consequences, Prevention & Management”** as a part of **OTC** organized by CFNEU of **FNB** under the MWD, Govt. of India in collaboration with Red Light Area ICDS Project, Dist. Kolkata for the grass root level workers of dept. of social welfare on 29.06.18 at Nagarik Committee.
- XXXI. **“Infant & Young Child Feeding Practices” & “Nutrition & Health Care of Adolescent Girls, Pregnant & Lactating Mothers”** as a part of **OTC** organized by CFNEU of **FNB** under the **MWD**, Govt. of India in collaboration with Joynagar-I ICDS project, Dist. south 24 pgs for the grass root level workers (AWWs) of dept. of social welfare to update their knowledge on nutrition & health education 28.6.19 at Konnagar, Noapara, AWC No. 305 in collaboration with Sreerampore Uttarpara ICDS project Dist: Hoogly.
- XXXII. **Fb live awareness session on “Covid 19 & Obesity- A Dual pandemic!!** in association with **Nutrileon and LFF (Love for Food)** on 15.06.2020 at 4.30 p.m.
- XXXIII. **Health tips to boost your immunity naturally at 92.7 Big FM from 6-8 January 2021**
- XXXIV. **Health tips for improved sleep cycle at 92.7 FM on 19.03.2021**
- XXXV. **Natural methods of boosting our immune power for fighting infections & diseases at 92.7 Big FM on 20 & 21 April 2021**
- XXXVI. **Fb Live Session with Rj Palmela (Bhorsa Thakuk) on 18<sup>th</sup> May 2021 at 4.30 p.m.**
- XXXVII. **“Prospects of Food & Nutrition,” ‘A Special Career Counseling Session’** organized by **Department of Food & Nutrition, Prasanta Chandra Mahalanobis Mahavidlaya** on **23<sup>rd</sup> September 2021** at **12 noon** via **GMeet**

### Interview:

- "Protein is more vital to us than we think"-Subhayan Dutta, Hindustan Times (Kolkata) Newspaper Metro, 26.09.15 (<https://newshawl.wordpress.com/2015/09/26/protein-is-more-vital-to-us-than-we-think/>) (<http://paper.hindustantimes.com/epaper/viewer.aspx?noredirect=true>)
- "Need for Nutrition Awareness" -Jaynarayan Prasad, Jansatta Newspaper, Page 2, Kolkata, 02.06.2016

### Conference Presentation:

- I. **Poster presentation: “Nutritional Status of Beneficiaries of Mid-Day Meal Programme-An Impact on Society”** in the **International Conference** on “Environment and its Impact on Society” from 18<sup>th</sup>-20<sup>th</sup> August, 2013 at J.D. Birla Institute, Kolkata

- II. **Oral presentation: “Study on Nutritional Status of Beneficiaries of Mid-Day Meal Programme among school children of 7-9 years age in Kolkata”** in UGC-Sponsored Two-Day National Seminar on “Therapeutic Ways to Wellness: Relevance of Nutrition, Psychology, Art and Music” on 21st February, 2014 at Viharilal College Campus, Kolkata
- III. **Oral presentation: “Nutritional Status of Pre-School Children (1-6 years) who are ICDS Beneficiaries in Kolkata, West Bengal”** at UGC sponsored National seminar on “Nutrition Deprivation in the Midst of Plenty- An Attempt to Create Awareness” held on 22-23 Sep 2015 at Raidighi College, Raidighi
- IV. **Oral Presentation: “Nutrition Knowledge & Feeding Practices of Mothers towards Infants & Young Children of Bankura District, WB”** at Annual Conference on ‘Obesity, Diabetes & Cardiovascular Disease’ organised by Society for Nutrition & Dietetics (SND) at Indian Science Congress Association, Kolkata on 30-31 January, 2016.
- V. **Oral presentation: “Edible Oil Consumption among Housewives in Kolkata”** in International Seminar on ‘Multidisciplinary Research’ held on 29<sup>th</sup> January, 2018 at Vijaygarh Jyotish Ray College
- VI. **Oral presentation: “Cooking Oil Awareness among Doctors in Kolkata”** in National Seminar on ‘Recent Innovations in Food & Nutritional Sciences’ held on 31.08.18 at Mugberia Gangadhar Mahavidyalaya
- VII. **Oral presentation: “Obesity & Covid 19: A Dual Pandemic- A Novel Hypothesis”** in Two Day International Conference jointly organised by Bairabh Ganguly College & Dum Dum Motijheel College on 6 & 7 July 2020.

## Conference Participation for Upgradation of Knowledge: 71

### Professional Experience

- I. Completed **5 days** online workshop from 13-17 July 2022 on “Awareness of Food Safety Act, 2006 its Regulations & FSSAI Initiatives,” FRCC **National Workshop 2022**
- II. Completed 15 days Virtual **FDP** on “FSSAI Initiatives” organized by Dept. of Food Science & Nutrition, Periyar University, Salem in association with NetProFan, Salem Chapter from 24.03.2022-07.04.2022
- III. One day Online Workshop on CAS organized by IQAC, GMGC, Kolkata on 28.6.2021 from 5-7 pm
- IV. Completed one week **FDP** (Faculty Development Programme) on “Advanced Pedagogical Techniques” organised by TLC, Ramanujan College, University of Delhi under aegis of MHRD, PMMNMTT from 29<sup>th</sup> October to 5<sup>th</sup> November 2020 and obtained a grade A+
- V. Completed 4 week **Orientation Programme** for Faculty in Universities/ Colleges/ Institutes of Higher Education organised by TLC, Ramanujan College, University of Delhi under aegis of MHRD, PMMNMTT from September 1-30, 2020 and obtained a grade A+
- VI. **Three Day Online Workshop & Training programme (FDP)** on “Developing Skills through ICT Tools & Techniques” organized by IQAC of GMGC from 2<sup>nd</sup> -4<sup>th</sup> July, 2020
- VII. Diet patient counseling

## Other Academic/Official Responsibilities

- External examiner for M.Sc. in Dietetics & Clinical Nutrition Odd Semester Practical Examination on 30/11/18.
- Ex-Member of Board of Studies (BOS)-JDBI
- Examiner, Paper Setter, Invigilator for JU & CU examinations
- Member of academic, placement (earlier), students' welfare & blood donation (now) committees in college
- Guide for students' seminars (B.Sc. Final Year)
- Organized various events at college including Seminars & Conferences, Nutrition Exhibition, Educational Trip, Field Visits, cultural programmes.

## Awards/Recognitions

- **'Best Presentation' & 'Active Participation & Interaction'** Awards in 15 Days Online **FDP** on "FSSAI Initiatives" organized by Dept. of Food Science & Nutrition, Periyar University, Salem in association with NetProFan, Salem Chapter from 24.03.2022 - 07.04.2022
- Winner of **1<sup>st</sup> position in 'Badminton (doubles)'** at the annual sports 2013-14 held on 16<sup>th</sup> November, 2013 by J.D. Birla Institute at Sports Authority of India Complex, Kolkata.
- Winner of **2<sup>nd</sup> position in 100 meters 'Mental Math's Race'** at the Annual Sports 2011-2012 held on 21<sup>st</sup> December 2011 by J.D. Birla Institute at Sports Authority of India Complex, Kolkata.
- Awarded **2<sup>nd</sup> position in debate competition** organized by SAIL on 21<sup>st</sup> October, 1998 at Durgapur.

**Membership:** Life member of Indian Dietetic Association (IDA) Bengal Chapter

## Social Responsibility Initiatives:

- Received Certificate of Appreciation from State Blood Transfusion Council, W.B. & Certificate of Participation from Better Life Foundation & Gokhale Memorial Girls' College, Kolkata for voluntary blood donation at College Campus on 18.11.2022.
- Received Certificate of Recognition for Beat Covid Faculty Coordinator: MoE/ Beat Covid Campaign/ June 2021/29 an initiative of Mahatma Gandhi National Council of Rural Education, Hyderabad on 03/08/2021.
- Blood Donation on 25.07.2021 at 3 pm to 'Life Care' Blood Bank, organized by TMC at Panihati, Kolkata
- Donation made on 16.12.2021 for emergency relief work in Yaas affected areas in West Bengal, an initiative by NSS, GMGC in collaboration with Priyanath Manna Bustee Community Kitchen.



- Donation made on 12.6.2021 for TCS fund-student help: towards purchase of mobile phone & data for students of 3 depts in college
- Donation made on 12. 05.2021 towards medical treatment of Mr. Pinaki Saha, father of Tamanghna Saha-student of 6<sup>th</sup> Semester CMEV dept, GMGC
- Working as Volunteer Faculty with GMGC Help Desk “We Care For You” started in May 2021
- Donated for Nandita Das, student of economics dept at GMGC on 15.10.2020
- Distribution of dry ration & perishables among 13 needy families in Panihati locality hit by lockdown and Amphan on 18.06.2020 [financed by Dr. Nandita Das Desouza, Houston (Teax)].
- Distribution of dry ration & perishables among 30 needy families in Panihati locality post Amphan- 29.05.2020.
- Prepared a video for awareness of college staff & students on “Coronavirus: Covid-19 Lockdown, Diet & Health” (<http://youtu.be/uJuS2B0VdrA>)
- Participated in Social Outreach Programme organized by Gokhale Memorial Girls’ College, Kolkata at Anandabhavan Deaf & Blind School, Brindabanpur, Howrah on 26.11.15 & another NGO in 2017
- Received Certificate of Appreciation from Association of Voluntary Blood Donors, WB & State Blood Transfusion Council, WB for voluntarily donating blood at the Blood Donation Camp organized by Gokhale Memorial Girls’ College, Kolkata at College Campus in association with State Government Hospital Blood Bank on 18.11.2014 & 15
- Participated in Demanding Dignity Walk organised by J.D. Birla Institute for celebration of International Women’s’ Day on 08.03.13
- Received ‘Certificate of Social Service’ by HelpAge India for creating awareness & assisting in raising funds for care of elderly in September, 2001& February, 1996.