

CURRICULUM VITAE



DR. SOUVIK TEWARI (M.Sc., MBA, PhD)

Assistant Professor, Dept. of Food and Nutrition, Swami Vivekananda University, Barrackpore, West Bengal, India.

Research area: Probiotics & Functional Food Product Development

Present Position: Assistant Professor, Dept. of Food and Nutrition, Swami Vivekananda University, Barrackpore, West Bengal, India.

PUBLICATION AND CITATION

Publications	Citing authors	h-index	i10 index
More than 50	133	06	03

EDUCATIONAL QUALIFICATIONS

Degree	Subject	Board/ University	Year of passing	Division	Percentage (%/Grade)
MBA	Marketing Management	Chandigarh University	2024	1st	6.13
Ph.D.	Food Science and Technology	SHUATS, Allahabad, Agriculture University	2022	A+	79.4
M.Sc.	Food Science	Sambalpur University	2018	1 st class 1 st	86
B.Sc.	Nutrition (Hons)	Vidyasagar University	2016	1 st class	62.37
+2 Bio-Science	Bio-Science	West Bengal Council of Higher Secondary Education	2013	1 st	77.8
10th	Bengali, English, History, Geography, Physics, Life Science, Mathematic	West Bengal board of Secondary Education	2011	1 st	62.62

Certificate/ Diploma course	Subject	Board/ university	Year of passing	Percentage (%)
One year Diploma course	Advance Diploma in Computer Application' (ADCA)	Information Technology & Management Institute, U.P.	2020	89.12%
One year certificate course	Food Processing	Mahishadal Girls' College, Vidyasagar University, W.B.	2018	70%

RESEARCH EXPERIENCE

- I have 6 years research experience in research area of Food Science, Technology and Nutrition.

TEACHING EXPERIENCE

- Former Assistant Professor, Dept. of Home Science, Indian Institute of Food Science & Technology (IIFST), (Aurangabad, Maharashtra, India) having one year experience.
- 7th months experience in high school as a Nutrition teacher.
- 6th months experience as a Dietician in AMRI hospital, Bhubaneswar, Orissa.

PHD SCHOLAR DETAILS

Scholar Name	Co-Supervisor	Title of the topic	Status	Date
Paromita Mukherjee	Dr. Anindita Ray Chakravarti	Process optimization for manufacturing non- dairy Synbiotic chocolates and their nutritional characterization	Ongoing	2024
Samapti Bedi	Dr. Bidyut Bandhopadhyay	Development of dietary fiber and antioxidant enriched Chapati from fortified wheat flour by using food wastes (Potato skin, Pumpkin peels and Pumpkin seeds)	Ongoing	2024
Prathiksha Pramanik	Dr. Anindita Ray Chakravarti	Development of Non-dairy Synbiotic functional Kulfi by using Bael leaves powder and Banana peels powder	Ongoing	2026
Pritha Chatterjee	Dr. Shweta Parida	Utilization of Soy and Sesame Milk and their waste for the Formulation of Non-Dairy Panner and Biscuit	Ongoing	2026

FACULTY DEVELOPMENT PROGRAMME

- Participated in seven days **Faculty Development Program** on Human Resource Analytics in Research Jointly Conducted by Bharatiya Vidya Bhavan Institute of Management Science Kolkata and Exceller Open Bearing Candidate ID BIMSEO111, 13.12.2021-19.12.2021.
- Participated in the **Faculty Development Program** on “**Making Classes and Lessons Interactive**” Organized by Scrollwell EduTech LLP on January 14-15, 2021. Certificate Id:

AS A REVIEW MEMBER/ EDITOR IN WEB OF SCIENCE, NASS RATING, UGC APPROVED, PEER REVIEWED JOURNAL

- Working as a reviewer in “**Uttar Pradesh Journal of Zoology**” EISSN: 0256-971X, Web of Science.
- Working as Assistant Editor in " **International Journal of Agriculture and Nutrition. Academic Publications**” from dated 27.01.2023. ISSN: P-ISSN: 2664-6064, E-ISSN: 2664-6072, Impact Factor: RJIF 5.2.
- Working as Associate Editor in " **International Journal of Agriculture and Food Science. Academic Publications**” from dated 27.01.2023. ISSN: P-ISSN: 2664-844X, E-ISSN: 2664-8458, Impact Factor: RJIF 5.6.
- Working as Editor in "**International Journal of Medical Science and Research. Academic Publications**” from dated 14.10.2022. Online ISSN: 2664-8768, Print ISSN: 2664-875X, Impact Factor: RJIF 8.
- Working as Editor in "**International Journal of Food Science and Nutrition. Academic Publications**” from dated 02.03.2022. ISSN: 2455-4898, Impact Factor: RJIF 8.
- Working as a reviewer in Journal of Pharmaceutical Research International, **Certificate No: SDI/HQ/PR/Cert/80221/SOU, ISSN: 2456-9119.**
- Working as a reviewer in **Journal of Science & Technologies (JST) (An International Open Access, under Scopus reviewed, ISO certified Journal and ISSN Approved), ISSN: 2456-5660.**
- Working as a reviewer (Member ID: 115438) in **Journal of Emerging Technologies and Innovative Research (An International Open Access Journal & UGC and ISSN Approved, Peer-reviewed, Refereed Journals), ISSN: 2349-5162.**

ACADEMIC ACHIEVEMENT/ AWARDS

- Awarded ‘Young Faculty Award-2022’ from IBRF, Kolkata, West Bengal, India.
- Awarded ‘Young Researcher Award-2021’ the field of **Food science and Technology** from IBRF, Kolkata, West Bengal, Govt. of India.
- Qualified **National Skill Qualifications** Framework Level-6 & successfully cleared the assessment for the role of Food Microbiologist (QP No. – FIC/Q7603), 24-09-2019.
- Awarded ‘**Young Research Scholar Award-2019**’ in the field of **Food science and Technology** from Society for Bioinformatics and Biological Sciences.
- Awarded **1st ranking certificate (university topper)** for scoring the first class first in **M.Sc. in**

Food Science (2016-2018) from Sambalpur University, Orissa.

KNOWLEDGE ABOUT RESEARCH METHODOLOGY/ IPR/ PLAGIARISM/ REFERENCE

- Participated in the International Workshop on “**MENDELEY: THE REFERENCE MANAGER**”, organized by Manuscriptpedia, Kanyakumari, on 4th – 5th September, 2020 through online pedagogy.
- Competed one-month **International Research Internship** from 15 June 2020 to 15 July 2020 organized Manuscriptpedia, Kanyakumari. **Ref: MP/IRI/2020/2372.**
- Participated One day Webinar on “**Intellectual Property Rights: Entrepreneurial Mindset and Research Ethics**” Organized by INTERNAL QUALITY ASSURANCE CELL (IQAC) ASANSOL GIRLS’ COLLEGE Asansol, West Bengal, 12th June, 2020. [**Certificate No. AGC/WEB2/10**]
- Participated (**ID: J4WAHW-CE000296**) in the One-day National live Webinar on “**A Confluence of Researching Minds 2020: Plagiarism Tools and Mendeley Reference Management System**”. Organized by BGCW & KMGIPGS, Puducherry on Friday, 29th of May, 2020.

EXPERIENCES AS A RESOURCE PERSON

- Worked as a Co-guide of B.Sc. (Hons) student of Nutrition, Department of Nutrition, Mahishadal Raj College, Purba Medinipur, on “**Comparative study on nutritional status between vegetarian and non-vegetarian diabetic patient, Type 2, age group of 30-50 years**” with Prof. Sudip Kumar Das, lecturer, Department of Nutrition, Mahishadal Raj College, Purba Medinipur, in 2019.

SPECIALIZATION IN M.SC.

- Nutrition and Dietetics

TOPIC OF RESEARCH IN M.SC.

‘PREVENTION OF CHRONIC LIVER DISEASE BY APPLYING THERAPEUTIC DIET’

TOPIC OF RESEARCH IN PhD

“PROCESS OPTIMIZATION FOR MANUFACTURING PROBIOTIC FUNCTIONAL KULFI BY USING INDIAN BLACKBERRY (*Syzygium cumini L.*)”

SEMINAR & CONFERENCE

International seminar & conference

1. Participate in the International Interdisciplinary Conference on “COVID 19: Challenges and Impact on Health, Environment, Livelihood and Education” held on **28 – 29 – 30 May, 2021** through Google Meet and also **presented a paper** on “**Impact of Online Education on Functional Health**. Organized by IBRF and SERI Kolkata. **Certificate No.: IIC/ 235/ 2021**.
2. Presented paper & poster Entitled ‘**Probiotic milk products for controlling lactose intolerance**’ and published an ‘**Abstract**’ on two days International conference on ‘**Sports Nutrition and Awareness of Doping in Connection with Sports Sciences, Physical Education and Yogic Sciences (ICSNADSSPEYS 2020)**’ organized by PEFI & NADA, 29th February & 1st March, 2020.
3. Presented a Poster Entitled ‘**Probiotic and its mechanism on human health**’ and published an ‘**Abstract**’ on one day International Seminar on ‘**Elements of Periodic Table In the Chemical Avenues of Biological World**’ 17th December, 2019.
4. Presented a Poster Entitled ‘**Comparative study on nutritional status between vegetarian and non-vegetarian diabetic patient (type 2), age group of 30-50 years.**’ and published an ‘**Abstract**’ on International conference on ‘**Advances and Innovations in Biotechnology for Sustainable Development** during 5-7 April, 2019.
5. Presented a Poster Entitled ‘**Prevention of Chronic Liver Disease by applying therapeutic diet**’ in International Conference on ‘**Global Research Initiatives for Sustainable Agriculture & Allied Sciences**’ (GRISAAS) -2018 during 28-30 October 2018.

National seminar & conference

1. Published full paper (Titled: ‘**Sorghum (*Sorghum bicolor L.*) phytochemicals and their potential impact**’ on ‘Nutritional and health-enhancing qualities’, India on April 6, 2023, organized by J.D. Birla Institute, Kolkata (West Bengal).
2. Published full paper (Titled: ‘**Pearl millet (*Pennisetum glaucum L.*)**’ on ‘Nutritional and health-enhancing qualities’, India on April 6, 2023, organized by J.D. Birla Institute, Kolkata (West Bengal).
3. Delivering a talk about ‘**Nutraceuticals for Global Health: Current Challenges and Future Perspectives**’ in one day E-National Seminar on ‘**Postbiotics and Nutraceuticals: potential applications in early life and beyond**’, organized by **Department of Clinical Nutrition and Dietetics, PSG College of Arts & Science, Coimbatore, 13th August, 2022**.
4. Presented Paper & Poster Entitled ‘**A Comparative study on some indigenous pithas**’ and

- published an **‘Abstract’** on one day National seminar on **“Ecology, Biodiversity and Health: Application and Strategy”**, sponsored by **West Bengal Diversity Board** 15th February, 2020
5. Published an Abstract (Titled: **‘Food & its prejudice or preconception’**) on **‘National Science Day’** on February 28, 2020, Warner college of Dairy Technology, SHUATS, Allahabad, U.P.
 6. Published an Abstract (Titled: **‘Development of RTS milk probiotic powder by using Indian blackberry’**) on **‘National Milk Day and Seminar’** on November 26, 2019, Warner college of Dairy Technology, SHUATS, Allahabad, U.P.
 7. Participated in the **MODEL MAKING** competition in the **‘National Science Day and seminar’** on February 28, 2019, Warner college of Dairy Technology, SHUATS, Allahabad, U.P.
 8. Attend National Seminar on **‘PARENTING Innovative Approaches for Enhancing Dairy Farmer’s Income’** organized by INDIAN DAIRY ASSOCIATION (IDA), 7 to 9 Feb. 2019.
 9. Participated in the **QUIZ** competition and secured **1st position** in the **‘National Milk Day and Seminar’** on November 26, 2018, Warner college of Dairy Technology, SHUATS, Allahabad, U.P.
 10. Delivering a talk about **‘Prevention of Chronic Liver Disease by applying therapeutic diet’** in one day National Conference on **‘FOOD AND NUTRITION SECURITY: THUS FAR AND FURTHER’**, 15th September, 2018.
 11. Attend National Seminar on **‘PARENTING IN CONTEMPORARY INDIAN SOCIETY’** (NSPCIS-2017), Sponsored by UGC, 17th March 2017.
 12. Presented a Poster Entitled **‘Alcohol and its impact on health’** on one day National Seminar on **‘Health and Ecology: The interaction and interdependence’** 10th September. 2017.

RESEARCH PAPERS PUBLICATION

In Scopus indexed journal

1. **Tewari, S.,** Pattanayak, A., Zanwar, S., Vaishnav, S. (2023). Physico-chemical analysis of newly prepared prebiotic chocolates by using Galacto Oligosaccharides (GOS), *Journal of Survey in Fisheries Sciences*, 10 (4S), 1752-1763.
2. **Tewari, S.,** Nath, M., Biswas, S., Parida, S., & Roy, P. K. Assessment of antioxidant properties of probiotic (*Lactobacillus acidophilus*) enriched functional kulfi using beetroot (*Beta vulgaris* L.) And carrot (*Daucus carota* L.). *European Chemical bulletin*, 12(5), 3948-3953.
3. **Tewari, S.,** Shinde, D.B., Solanke G.M., Maske Sachin V. (2020). anti-oxidant activities of different types of indigenous Pithas of Odisha. *Journal of Critical Reviews*, 7 (18), 624-633.
[doi:10.31838/jcr.07.18.86](https://doi.org/10.31838/jcr.07.18.86)

In UGC Approved and Care listed journals

1. Feroz, F., Sarkar, A., Afreen, A., Mukherjee, M., Paul, T., Chakraborty, S., Tewari, S., Maity, M. (2023). Illuminating focus on the health benefits of fermented foods against cancer. *Journal of Survey in Fisheries Sciences*, 10(1S):6188-6194.
2. Mukherjee, P., Mondal, I, Dey, D, Dan, E., Khatun, F., Tewari, S. (2023). An Overview on Microbial Enzymes and their Industrial Applications. *Journal of Survey in Fisheries Sciences*, 10(1S):6154-6160.
3. Ganguly, I., Mondal, E., Majumdar, S., Ghosh, S., Tewari, S. (2023). Effects of Malnourishment on the immune system: a short review. *Journal of Survey in Fisheries Sciences*, 10(1S):6111-6117.
4. Roy, P., Rana, R., Neogi, S., Dutta, K., Maity, M., Tewari, S. (2023). Postbiotics: potential applications in early life nutrition and beyond. *Journal of Survey in Fisheries Sciences*, 10(1S):6161-6169.
5. Pramanik, P., Tewari, S., Mukherjee, P., Banka, R., Sen, S. (2023). Indian traditional plants: medicinal properties and Human health. *Journal of Survey in Fisheries Sciences*, 10(1S):6170-6179.
6. Madan, S. G., Singh, A.K., Shukla, R. N., Masih, H., & Tewari, S. (2022). Physico-Chemical Properties of Different Corn (Zea Mays) Varieties, *Int J Food Nutr Sci*; 11(3): 557-564.
7. Parvez, R., Vyakhaya, & Tewari, S. (2020). Nutritional and Antioxidant Capacities of Selected Plant Parts for Food Use. *Our Heritage*, 68(1), 13647-13665.
<https://archives.ourheritagejournal.com/index.php/oh/article/view/8538>
8. Tewari, S., Parida, S., Mishra, S. and Singha, N.K. (2019). Prevention of chronic liver disease by applying therapeutic diet. *Journal of The Pharma Innovation*. 8(2):437-440.
<http://www.thepharmajournal.com/archives/?year=2019&vol=8&issue=2&ArticleId=3053>
9. Tewari, S., Das, S.K., Parida, S. and Gosh, T. (2019). A comparative study on alcoholic and non-alcoholic person with RDA in our locality (kapasaria, west bengal). *Journal of The Pharma Innovation*. 8(3): 183-187.
<http://www.thepharmajournal.com/archives/?year=2019&vol=8&issue=3&ArticleId=3135>
10. Jana, P., Das, S.K. and Tewari, S. 2019. Comparative study on nutritional status between vegetarian and non-vegetarian diabetic patient (type 2), age group of 30-50 years. *Journal of The Pharma Innovation*. 8(4):247-249.
<http://www.thepharmajournal.com/archives/?year=2019&vol=8&issue=4&ArticleId=3241>

11. Khalua, R.K., Das, R. and **Tewari, S.** 2019. "Comparative evaluation of anti-inflammatory activities of three Indian medicinal plants (*Alstonia scholaris* Linn, *Swertia chirata*, *Swietenia macrophylla* Linn.)". *Journal of The Pharma Innovation*. 8 (8): 396-400.
<http://www.thepharmajournal.com/archives/?year=2019&vol=8&issue=8&ArticleId=3936>

In peer viewed/ NASS rating journal

1. Tewari S, Bhardwaj SK, Bhowmik M, Ganguly A, Parida S. Prevalence of dyslipidemia and hypertension among adults: Insight from north 24th Parganas district, West Bengal, India. *International Journal of Cardiology Research*. 2025; 7(1): 01-03.
2. Mishra, S. Sarkar, D. Roy, P., Roy, P., Shriram, N., Tewari, S. and Farhana, K. (2024). Proximate analysis of dietary fibre-enriched pasta. *Int. J. Adv. Biochem. Res.*, 8(12S):94-96. DOI: [10.33545/26174693.2024.v8.i12Sb.3075](https://doi.org/10.33545/26174693.2024.v8.i12Sb.3075)
3. Mukherjee, P., Tewari, S., & Chakravarti, A. R. Nakhale, S., (2024). "Formulation and Sensory Evaluation of Non-Dairy Synbiotic Chocolates Enriched with Almond Milk, Oats Powder and Probiotic Microorganism (*Streptococcus thermophilus* BURD PB 8)". *Acta Scientific Nutritional Health* 8 (6): 02-10.
4. Bedi, S., Tewari, S., Bandyopadhyay, B., Parida, S., Pramanik, P., Chatterjee, P. (2024). Formulation and sensory evaluation of chapati fortified with different vegetable waste powders. *International Journal of Research in Agronomy* 7(4):142-147.
5. Mukherjee, P., Tewari, S., Jombo, T. Z. (2024). A review on bioactive compounds presents in garden beet and beetroot powder and their potential prebiotic properties. *International Journal of Research in Agronomy* 7(3):178-180
6. Mukherjee, P., Tewari, S., & Chakravarti, A. R. (2024). Biochemical parameters and potential health benefits of functional probiotic chocolates: A systematic review. *International Journal of Advanced Biochemistry Research* 8 (3), 218-223.
7. Sur, M., Ray, S., Pattanayak, A., Tewari, S., Pramanik, P. (2023). Effect of diet and physiotherapy for reducing gout associated symptoms. *Journal of Current Research in Food Science*, 4 (1): 91-94.
8. Chandrakant, K.R., Pattanayak, A., Tewari, S. (2022). Physico-chemical analysis of cookies by using chia seeds (*Salvia hispanica* L.). *International Journal of Food Science and Nutrition*, 7 (4): 32-36
9. Maske Sachin V, Dr. John David and Tewari, S. (2022). Studies on development and cost evaluation of shrikhandwadi prepared from goat milk chakka, Banana pulp, papaya pulp with ashwagandha powder. *The Pharma Innovation Journal*; 11(10S): 117-121.
10. Maske Sachin V, David, J., Tewari, S. (2022). Quality evaluation of goat milk Shrikhandwadi enriched with papaya pulp, banana pulp and ashwagandha powder. *International Journal of Food Science and Nutrition*, Volume 7, Issue 4, Pages 3-7

11. Chowdhury, S., Tewari, S., Mukherjee, P. and Pattanayak, A. (2022). A short review on medicinal value of Indian blackberry (*Syzygium cumini* L.). *International Journal of Food Science and Nutrition*, 7 (3):158-161.
12. Dixit, N. K., David, J., & **Tewari, S.** (2022). Sensory evaluation of manufacturing functional kalakand by using inulin and wheatgrass powder. *The Pharma Innovation Journal*. 11(5): 1719-1722.
13. Tewari, S., David, J., & Gautam, A. (2021). Sensory analysis of probiotic functional kulfi by using Indian blackberry (*Syzygium cumini* L.). *The Pharma Innovation Journal*, 10(9): 1421-1426.
14. Tewari, S., David, J., & Gautam, A. (2021). Physicochemical analysis of probiotic functional Kulfi by using Indian blackberry (*Syzygium cumini* L.). *Journal of Pharmacognosy and Phytochemistry*, 10(5), 236-246.
15. Chorage, C.A., Solanke, G.M., Renge, B.B. & **Tewari, S.** (2020) Sensory evaluation of jam produced from guava (*Psidium guajava*). *International journal of Food science and Nutrition*.5 (4): 6-77.
16. Das, S., Ganguly, K., Shukla, S. and **Tewari, S.** (2019). Comparative study on health status between hypothyroidism with diabetic patient (Sample-1), hypothyroidism patient (Sample-2) and diabetic patient (Sample-3) 30-50 years (Female), Tamluk, West Bengal. *International journal of Food science and Nutrition*.4 (3): 120-131. <http://www.foodsciencejournal.com/archives/2019/vol4/issue3/4-3-37>

REVIEW PAPERS PUBLICATION

In Scopus Review, Web of Science and UGC approved Journal

1. Tewari, S., Pramanik, P., Mondal, M., Khalua, RK. (2023). Current understanding of the pathogenesis of Dengue virus infection and therapeutic diet for controlling associated symptoms. *International Journal of Mosquito Research*, 10(6): 52-57
2. Parida, S., Behera, S., & Tewari, S. (2022). Extraction and estimation of the antioxidant potential of fruit peels on quality of cooking mustard oil. *Journal of Population Therapeutics and Clinical Pharmacology*, 29(04), 850-856.
3. Tewari S, Vaishnav S, Biswas S, Khalua RK, Chakraborty R, Chakraborty A. (2022). Fish Liver Oil: Omega-3 Fatty Acid and Human Health. *Uttar Pradesh Journal of Zoology*, 43(24), 307-310.
4. Samanta, C., Tewari, S., Chakraborty, D., & Vaishnav, S. (2022). Omega-3 Fatty Acid and its Protective Effect against Cancer and Cancer-related Complication. *Journal of Pharmaceutical Research International*, 34(18A), 51-62. <https://doi.org/10.9734/jpri/2022/v34i18A35785>

5. **Tewari, S.**, Agarwal, R. K., Sitaram, R. K. and Nakhale, S. (2021) ‘The Pharma Therapeutic Fruits: An Overview’, *Journal of Pharmaceutical Research International*, 33 (38A), 132-142. Doi: <https://doi.org/10.9734/jpri/2021/v33i38a32068>
6. **Nakhale, S., Tewari, S. & Rao S.J.** 2020. “Potential Health Benefits of Amla (*Phyllanthus emblica*): A Review”, *Journal of Science and Technology*, 06 (01):83-87. DOI: <https://doi.org/10.46243/jst.2021.v6.i1.pp83-87>
7. **Tewari, S.**, David, J. and David, B. 2020. “A Critical Review on Immune-Boosting Therapeutic Diet Against Coronavirus (Covid-19)”, *Journal of Science and Technology*, 05 (05):43-49. DOI: <https://doi.org/10.46243/jst.2020.v5.i5.pp43-49>

In UGC Approved and Care listed journals

1. Paliwal, M., Nakhale, S., Tewari, S., & Chakraborty, A. (2022). Potential health benefits of Onion (*Allium cepa*), Garlic (*Allium sativum*) and Turmeric (*Curcuma*) as Prebiotics. *Industrial Engineering Journal*; 15(10): 341-351.
2. Barik, M., Chowdhury, S., & Tewari, S. (2022). Preventive and therapeutic role of functional foods: a review. *Int J Food Nutr Sci*; 11(7): 361-371.
3. Tewari, S., Chakravarti, A.R., & Nakhale, S. (2022). Probiotics and gastrointestinal health: mechanism of gastrointestinal immunomodulation and neuromodulation. *Int J Food Nutr Sci*; 11(6):201-209. 10.4103/ijfans_200_22.
4. Khalua, R.K., Sahu, R.S., Singh, K. & **Tewari. S.** (2020). Kiwifruit and its Medicinal Properties: A Review. *International Journal of Bio-Science and Bio-Technology*, 12(5), 26-30. Retrieved from <https://journals.eduindex.org/index.php/ijbsbt/article/view/20175>
5. Shinde, D. B., Renge, B. B., Solanke, G. M., & **Tewari, S.** (2020). Enlargement Immunity System Citrus Fruits (Orange) With Assessment of Nutritional Value and More Health Benefits A Review. *Studies in Indian Place Names*, 40(70), 4968-4982.
6. Khalua, R.K., Mondal, R. & **Tewari, S.** (2020). A Review on Benefits of Marine Fish Oil for Heart Health. *Studies in Indian Place Names, (UGC care listed)* 40 (70), 1137-1145.
7. Aroa, P., David, J., Prasad, S., & **Tewari, S.** (2020). A Review on Garlic & Its Therapeutic Values. *Our Heritage, (UGC care listed)* 68(30), 5465-5471. <https://archives.ourheritagejournal.com/index.php/oh/article/view/4920>
8. **Tewari, S.**, & Khalua, R. K. (2020). A Review on Anaerobic Chambers. *Our Heritage, (UGC care listed)* 68(1), 6102-6115. <https://archives.ourheritagejournal.com/index.php/oh/article/view/1654>
9. **Tewari, S.**, David, J. and Gautam, A. 2019. A review on probiotic dairy product and digestive health. *Journal of Pharmacognosy and Phytochemistry. (UGC approved)* 8 (3): 368-372.

<http://www.phytojournal.com/archives/?year=2019&vol=8&issue=3&ArticleId=8112&si=fals>

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10. Khalua, R.K., **Tewari, S.**, Das, R. 2019. A review on effect of nutrient on anxiety and depression during pregnancy and its management by foods. *Journal of Emerging Technology and Innovative Research*. (UGC approved) 6 (5): 33-41. <http://www.jetir.org/view?paper=JETIR1905C06>
11. Shinde, D.B., Mourya, C.S., Vyakhaya and **Tewari, S.** 2019. A review on benefits of sweet potato for the management of diabetes mellitus. *Journal of Emerging Technology and Innovative Research*. 6 (5): 530-538.
<https://www.jetir.org/view?paper=JETIR1905E76>
12. Khalua, R.K., **Tewari, S.**, Das, R. 2019. Nutritional comparison between brown rice and white rice. *Journal of The Pharma Innovation*. (UGC approved) 8 (6): 997-998.
<https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=1&ved=2ahUKEwiTrv1i8nkAhUVcCsKHVzZA18QFjAAegQIABAC&url=http%3A%2F%2Fwww.thepharmajournal.com%2Farchives%2F2019%2Fvol8issue6%2FPartR%2F8-6-105-357.pdf&usg=AOvVaw13O1IY9hzwRybiNyw1-65r>
13. Khalua, R.K., **Tewari, S.**, Das, R. 2019. Effect of brown rice on oxidative diseases (diabetes, atherosclerosis, and cancer). *Universal Review*. (UGC approved) 10 (7): 38-43.
<http://www.universalreview.in/publication-show/2019/July/449/6464>

In peer viewed/ NASS rating journal

1. Kundu, D., Sultana, J., Majumdar, S., **Tewari, S.** and Majumdar, A. (2024). Application of therapeutic nutrition for controlling gout: An overview. *Int. J. Agric. Nutr.*, 6(2):110-112. DOI: [10.33545/26646064.2024.v6.i2b.192](https://doi.org/10.33545/26646064.2024.v6.i2b.192)
2. Chatterjee, P., **Tewari, S.** (2024). Sesame seeds as functional foods: An overview. *Int J Hortic Food Sci*, 6(2):57-59. DOI: [10.33545/26631067.2024.v6.i2a.232](https://doi.org/10.33545/26631067.2024.v6.i2a.232)
3. Das, P., Paria, D., **Tewari, S.** and Pramanik, P. (2024). Potential health benefits of traditional Mahua Wine. *Int. J. Pharmacol. Pharm. Res.*, 6(2):27-29. DOI: [10.33545/26647184.2024.v6.i2a.40](https://doi.org/10.33545/26647184.2024.v6.i2a.40)
4. Garai U., Chakrabort P., Sur M., **Tewari S.** (2023). "Nutrition and post covid infection: A critical review". *International Journal of Food Science and Nutrition*, 8(3), 56-73.
5. Chowdhury, S., **Tewari, S.**, **Tewari, S.**, Pattanayak, A., Pramanik, P. and Das, N. (2023). Therapeutic diet for vocal health: A review. *J Curr Res Food Sci*, 4(2):05-07.
6. **Tewari, S.**, Samanta, C. and Agarwal, R. (2022). Coronavirus: Role of zinc as an immune booster,

- The Pharma Innovation, 11 (01): 905-908. [11-1-59-379.pdf \(thepharmajournal.com\)](#)
7. **Tewari, S.**, Sarkar, L., Bhoi. S. R. and Sahu, R. S. (2021). Nutritional Psychiatry: Focuses on Improving Mental Health through Diet. *International Journal for Modern Trends in Science and Technology*, 7 pp.85-91.
 8. **Tewari, S.**, Patra, P.C. and Solanke, G. (2021). Vitamin D: a potential helper in the fight against diabetes mellitus, *World journal of pharmacy and pharmaceutical sciences*, 10 (12): 674-682, [1638255127.pdf \(storage.googleapis.com\)](#)
 9. **Tewari, S.**, David, J., Nakhale, S. and David, B. (2021). **Mucormycosis: Post Covid-19 Fungal Infection**, *International Journal of Current Microbiology and Applied Sciences* ISSN: 2319-7706, 10(06): 64-71, DOI: <https://doi.org/10.20546/ijcmas.2021.1006.006>.
 10. Kumar, R. S., Shinde, D. B. and **Tewari, S.** (2021). **Relationship between Mucormycosis and Coronavirus: A Review**, *Journal of Science and Technology*, ISSN: 2456-5660 Volume 06, Issue 04, July-August 2021, 1-3, DOI: <https://doi.org/10.46243/jst.2021.v6.i04.pp01-03>.
 11. **Tewari, S.**, Nakhale, S. and Khan, F. (2020). **Probiotic Microorganisms and Lactose Intolerance (LI): A review**, Ajanta Publication, IX (IV): 66-72. https://www.academia.edu/44895391/Probiotic_Microorganisms_and_Lactose_Intolerance_LI_A_review
 12. Swati D Shende Nakhale, **Tewari, S.** and Khan Farhana M. Role of diet in the reduction of coronavirus infection: A review. **The Pharma Innovation Journal**. 2020; 9(9): 413-416. <https://www.thepharmajournal.com/archives/?year=2020&vol=9&issue=9&ArticleId=5157>
 13. **Tewari, S.**, Ramkrishna, K.S. & Dhiman, T. (2020). A review on nutraceutical: the combination of nutrition and pharmaceutical. *World journal of pharmacy and pharmaceutical sciences*, 9 (5), 1899-1906. https://storage.googleapis.com/journal-uploads/wjpps/article_issue/1588585233.pdf
 14. **Tewari, S.** 2019. Anaemia and its management. *International journal of Food science and Nutrition*. 4 (2):130-135. <http://www.foodsciencejournal.com/archives/2019/vol4/issue2/4-2-49>
 15. **Tewari, S.**, Shinde, D.B., Mourya, C.S. and Shukla, S. 2019. Nano-technology and its application in food industry. *International journal of Food science and Nutrition*. 4 (3): 46-41. <http://www.foodsciencejournal.com/archives/2019/vol4/issue3/4-3-13>

BOOKS PUBLICATION

1. Published a Book (**Book title: Therapeutic diet to control diseases**) as a Author. **Paper ISBN No. 978-93-5335-481-7 & E-Book ISBN: 978-93-5335-482-4**. Delhi Akinik Publications, Delhi, 2019.
Online link: <https://www.akinik.com/search?q=souvik+tewari>

Amazon website: https://www.amazon.in/Therapeutic-control-diseases-Souvik-Tewari/dp/B082MD5YMS/ref=sr_1_1?keywords=souvik+tewari&qid=1576683708&sr=8-1

BOOK CHAPTERS PUBLICATION

1. Tewari, S. (2024). The Impact of the Gut-Brain Axis on Mental Health, *Mapping the Mind: An Exploration of Psychology*, 181-188, ISBN: 978-93-5834-551-3, DOI: 10.62778/int.book.433.
2. Tewari, S. and Ghosh, J. (2024). The Wonders of Fermented Foods and Their Effects on Well-Being, *Archive of Human Health and Wellbeing*, 123-134, ISBN: 978-93-6135-299-7. DOI: 10.22271/ed.book.2750.
3. Uppal, A., Roy, P., Tewari, S., Mukherjee, P. (2023). Sorghum (*Sorghum bicolor L.*) phytochemicals and their potential impact' on 'Nutritional and health-enhancing qualities', *Seminar on Millets- Future super food of India*, 39-40, ISBN: 978-81-956407-2-0.
4. Pramanik, P., Tewari, S. (2023). Pearl millet (*Pennisetum glaucum L.*)' on 'Nutritional and health-enhancing qualities', *Seminar on Millets- Future super food of India*, 13-18, ISBN: 978-81-956407-2-0.
5. Published a chapter on the topic 'A Review of the Therapeutic Potential of Aloe Barbadensis Mill. (Aloe Vera) In the Treatment of Polycystic Ovarian Syndrome (PCOS)' (Book: "Empowering Women: A Journey Through the Ages"), Page No. 9-14). ISBN: 978-93-89817-65-2. International E – Publication, 2022.
6. Published a chapter on the topic '**Kiwi Fruit and Its Medicinal Properties**' (Book titled: **Nutrition and Immunity Boosting Foods**", Page No. 142-146). E-Book ISBN: 978-81-946726-1-6. BLUEROSE PUBLISHERS, Delhi, 2020.
Amazon-website:
https://www.amazon.in/s?k=book+nutrition+and+immunity+boesting+foods&ref=nb_sb_noss
7. Published a chapter on the topic '**Hygienic and Microbiological risk assessment of ice-cream**' (Book titled: **Basic Food & Dairy Microbiology**, Page No. 70-78).E-Book ISBN: 978-93-86330-33-8. Delhi OCEAN PUBLISHING HOUSE, Delhi, 2020.
Amazon website:
8. Published a chapter on the topic '**vitamin C and its importance**' (Book titled: **Basic Importance of vitamins on human health**, Page No. 40-45).E-Book ISBN: 978-81-943113-7-9. Delhi Taurean Publications, Delhi, 2020.

Amazon website:

9. Published a chapter on the topic ‘**Anaerobic chamber: for cultivation of anaerobic microorganism**’ (**Book titled: Basic Principle of Instrumentation in Food science, Page No. 7-20**).**E-Book ISBN: 978-81-9431-132-4**. Delhi Taurean Publications, Delhi, 2019.

Amazon-website:https://www.amazon.in/Basic-Principle-Instrumentation-Food-Science/dp/8194311322/ref=sr_1_1?keywords=ranajit+kumar+khalua&qid=1576683496&sr=8-1

10. Published a chapter on the topic ‘**Indian Blackberry (*Syzygium cumini*): Its Medicinal Properties and Therapeutic Benefits for Human**’ (**Book titled: Fruits & Its Health Benefits, Page No. 25-32**) as an Editor cum Author. **Paper ISBN No. 978-93-5335-623-1 & E-Book ISBN: 978-93-5335-624-8**. Delhi publications, Delhi, 2019.

Amazon website: https://www.amazon.in/Fruits-Health-Benefits-John-David/dp/B082MDTR46/ref=sr_1_2?keywords=ranajit+kumar+khalua&qid=1576683496&sr=8-2

PATENT PUBLICATIONS

1. Nakhale, S., Rao, S.J., Tewari, S., Khan F.M. and Puthilibai, G. (2023). A process for high protein nutritious baked snack food.

Indian patent Application no.: 202321003299

Date of Filing: 17/01/2023, Date of Publication: 10/02/2023

2. Tewari, S., Mukherjee, P., Khalua, K.R., Mukherjee, P.A., Kar, S., Mahreen, F.K. (2023). Nutri-chef application system.

Indian patent Application no.: 202331061108

Date of Filing: 11/09/2023, Date of Publication: 03/11/2023

PATENT DESIGN

- I. Dr. Souvik Tewari, Dr. Shweta Parida, Dr. Sanjukta Kar, Ms. Anindita Ghosh, Mrs. Paromita Mukherjee, Dr. Ranajit Kumar Khalua. (2024) Solar powered soil testing device with biofertilizer dispenser. Application No. 439669-001

SKILL DEVELOPMENT PROGRAMME/ WORKSHOP/ WEBINAR/ SHORT TIME CERTIFICATE COURSE

1. Delivered a talk on Career Paths in Food and Nutrition: Career Opportunities and Future, Hiralal Mazumdar Memorial College for Women. Dated: 06/08/2024.

2. Participated in the One Day Workshop on “Writing Research Grant Proposals”. Organized by Swami Vivekananda University, Barrackpore, W.B., India.
3. Participated in the international webinar on “Boulevard to better nutrition” held on 6th September 2022, organized by P.G. Department of Food Science Technology and Nutrition, Sambalpur University, Orrisa, India.
4. Participated in the International Multidisciplinary Webinar on “Impact of COVID 19 on Higher Education System” held on 6-7-8 August, 2021 through Google Meet and also presented a paper on “Probiotics: To Combat Against Coronavirus Infecfons.”
5. Participated in the National Webinar on **Nutraceuticals and Immunity Booster Foods for Combating COVID-19** organized by the Department of Food Science and Nutrition, ASPEE College of Home Science & Nutrition, S. D. Agricultural University, Sardarkrushinagar on 17th May, 2021.
6. Participated in one day National workshop on ‘**Idea about Fellowship and Statistical Solutions**’. Organized by Home Science Dept. IIFST, Aurangabad, Maharashtra.
7. Presented a paper entitled “**Kiwi fruits (*Actinidia delicsa*): Its Medicinal properties as a Functional Food**” in two days International webinar on “Probiotics, Functional Food and Nutraceuticals: Todays need to maintain healthy life” organized by dept. of Home Science, Arya Mahila P.G. College, Varanasi, held on 15 & 16 June, 2020.
8. Qualified E-Quiz on “Basics of Agriculture and Agricultural Engineering” organized by Dept. of Agriculture Engineering, Maharashtra Institute of Technology, Aurangabad on 16 June 2020.
9. Participated and **successfully qualified (with a percentage of 68%)** E-Quiz on “Test your Food Safety and Healthful Eating Awareness’ held on June 12-13, 2020. Organized by MPUAT, Udaipur under IDP-NAHEP (Social and Environment Safeguards).
10. Participated and **successfully qualified Quiz competition on Food Safety, 2nd World Food Safety Day** organized by Dept. of Food Technology, AKS University on **7th June, 2020**.
11. Participated **National Webinar on ‘Impact of COVID-19 on Dairy Industry** organized by the **Warner College of Dairy Technology, SHUATS, Allahabad, U.P., India on 8th June, 2020**.
12. Participated and presented paper entitled “**Relation Between Education & Human Health**” as **Poster in International e-Seminar on ‘Biodiversity & Human Welfare’, June 05-06, 2020**, organized by School of Biological Engineering & Life Sciences, Shobhit Institute of Engineering and Technology (Deemed to be University), Meerut, India.
13. Participated One-Day **Webinar on ‘Nutrition & Diet Perspective: COVID 19 Pandemic Scenario** organized by the **Internal Quality Assurance Cell (IQAC), Asansol Girls’ College, Asansol, West Bengal, on 6th June, 2020**.
14. Participated and presented paper entitled “**Immune Boosting Foods for Increasing Immune**

Power of Human Body” as Poster in National Webcon organized by the **CSA University of Agriculture & Technology**, Kanpur, during 6-8 May 2020.

15. Participate in Online Workshop on ‘**Oriented Training on Positive Psychology**’, 7th May, 2020: Rabindrik Psychotherapy Research Institute Trust, Registered Under Indian Trust Act, 1882.
16. Successfully completed short time certificate course on ‘**CORONAVIRUS- What you need to know**’ from Alison, 22nd March 2020.
17. Participate in skill development programmed for **26 days** (from 1st July to 26th July), in **cftri** (Central Food Technological Research Institute), Mysore, Karnataka, Topic on: **Microbial Food Safety and Fermentation**.

MEMBERSHIP

- Lifetime membership of IBRF, Kolkata.
- **Professional Member of International Association of Oncology (IAO)**, Membership Id No: **PM03169578**, Date of Issue: 14/09/2020.
- Lifetime member of ‘**ALL INDIA AGRICULTURAL STUDENTS ASSOCIATION**’ (AIASA), **Registration No. AIASA/SHIATS/OL/LM-659/2018**, Registered society under SR act, 1860.
- Lifetime member of **Society for Bioinformatics And Biological Sciences (SBBS)**, **Registration No. SBBS/LM/19/SC/A21**, Prayagraj, U.P.

ARTICLE PUBLICATION ON ONLINE MAGAZINE

Regularly published articles on India’ No.1 Dairy Industry news portal. Link:

<http://www.dairytoday.in/>

1. Topic: **Know About Antioxidant Properties of Milk and Dairy Products**
Link: <https://www.dairytoday.in/know-about-antioxidant-properties-of-milk-and-dairy-products/>
2. Topic: **Golden milk strengthens immunity, is beneficial for fighting Corona**
Link: <https://www.dairytoday.in/golden-milk-strengthens-immunity-is-beneficial-for-fighting-corona/>
3. Topic: **Buffalo milk is better than cow’s milk for heart health, know how**, 10/2/2020.
Link: <https://www.dairytoday.in/buffalo-milk-is-better-than-cows-milk-for-heart-health-know-how/>
4. Topic: **Known about probiotic Dairy Products and Digestive Health**, 2/8/2019.
Link: <http://www.dairytoday.in/know-about-probiotic-dairy-products-and-digestive-health/>
5. Topic: **Known, how to make RTS milk probiotic powder using Indian blackberry**, 11/8/2019

Link: <http://www.dairytoday.in/know-how-to-make-rts-milk-probiotic-powder-using-indian-blackberry/>

E-LEARNING CERTIFICATE COURSES

1. Successfully completed the Nutrition Education Programme on “**Basic Nutrition**” through e-Learning platform, Poshan Abhiyaan, E-Learning **ICMR-NIN Modules**, Ministry of Women and Child Development, Government of India, **ICMR- National Institute of Nutrition**, Department of Health Research, Ministry of Health & Family Welfare, Government of India, Hyderabad Telangana India.
2. Successfully completed the Nutrition Education Programme on “**Anaemia**” through e-Learning platform, Poshan Abhiyaan, E-Learning **ICMR-NIN Modules**, Ministry of Women and Child Development, Government of India, **ICMR- National Institute of Nutrition**, Department of Health Research, Ministry of Health & Family Welfare, Government of India, Hyderabad Telangana India.

COMPUTER LITERACY

- **Participated and qualified (Scored: 73%)** in the **Online Computer Quiz** conducted by Sri Guru Tegh Bahadur Khalsa College Jabalpur (M.P.) from 21 June to 23 June 2020.
- Completed 1 year diploma course in ‘**Advance Diploma in Computer Application**’ (ADCA) from Information Technology & Management Institute (Regd. By U.P. Government, Regd No. 2074/2014-15) an ISO 9001: 2008 certified, OM/1501IE/923.
- MS-Office (Word, Excel and Power point) Internet Knowledge.
- Worked as a Cover designer in Books.

EXTRA CURRICULUM ACTIVITIES

- **Completed six-month internship and worked as Dietician at AMRI Hospital, Bhubaneswar, Orissa.**
- **Completed 5th Year Arts (painting) from ‘Pracheen Kala Kendra’, Chandigarh.**

PROFESSIONAL NETWORKS

1. Google-scholar:

https://scholar.google.co.in/citations?hl=en&user=OsVkaUgAAAAJ&view_op=list_works&sortby=pubd

[ate](#)

2. **Researchgate:** [\(5\) Souvik Tewari \(researchgate.net\)](#)
3. **Academia:** <https://shiats.academia.edu/SOUVIKTEWARI>
4. **LiveDNA:** <https://livedna.net/?dna=91.34889>
5. **Publons:** <https://publons.com/researcher/3779704/souvik-tewari/>
6. **Semantic Scholar:** <https://www.semanticscholar.org/author/Souvik-Tewari/148150969>
7. **Web of Science Researcher ID:** ABD-4701-2021
8. **ORCID ID:** <https://orcid.org/0000-0002-1463-2290>
9. **Vidwan Id:** <https://vidwan.inflibnet.ac.in/profile/270747>

NATIONAL COLLABORATION

- **Prof. (Dr.) John David (Ph.D. supervisor)**
Dean of Warner college of Dairy Technology
SHUATS University, Allahabad, UP, 211007
Email- john.david@shiats.edu.in, profjohndavid06@gmail.com
- **Dr. Prakash. M. Halami**
Senior principal scientist & professor- AcSIR
Dept. of Microbiology & Fermentation Technology
CSIR-Central Food Technological Research Institute
Mysuru- 570020, India.
Email- prakashalami@cftri.res.in
- **Dr. Ranajit Kumar Khalua**
Vice principal & Hod, dept. of zoology,
Narajal College , vidyasagar Universities
Paschim Medinipur, West Bengal.
Email- rknrc69@gmail.com

PERSONAL DETAILS

Name	:	Dr. Souvik Tewari
Father's Name	:	Dr. Santanu Tewari
Mother Name	:	Sikha Rani Nanda (Tewari)

Date of Birth : 23- 04-1996

Marital Status : Married

Mother Tongue : Bengali

Nationality : Indian

Aadhar card No : 3108 5015 0891

Permanent Address : Vill + P.O. - kapasaria, Dist. – Purba Medinipur,
P.S. – Mahishadal, Pin – 721628 (West Bengal), INDIA.

Present address : Department of Food and Nutrition, Swami
Vivekananda University, Barrackpore, West
Bengal, India.

Contacts : souviktewari@gmail.com / souvikt@svu.ac.in
+91-9002435977, 7548993737 (M)

Languages Known: *English, Hindi, Bengali, Odia*

HOBBIES

- Singing
- Guitar Playing
- Music composes
- Painting

SELF DECLARATION

I hereby declare that the above written particulars are true to the best of my knowledge and belief. I assure you of my full sincerity and devotion in executing the duties related to the post, should I be given a chance to serve.

Date: 10/06/2024

(SOUVIK TEWARI)

Souvik Tewari