



Ms Paromita Mukherjee

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Baragnar, Kolkata-700108

Expertise

Nutrition, Food Science, Dietetics, Diabetes Diet, FODMAP diet, Renal Diet, New Functional Food Product Development, Nutritional Composition Analysis, Probiotic, Prebiotic, Synbiotic

Work experience

1. Swami Vivekanand University, Barrackpore, West Bengal
2021 — Present (40Months)
Assistant Professor,
Department of Food and Nutrition
School of Allied Health Sciences
2. Former Wellness Consultant at
Vibes Healthcare Limited, Kolkata

Education

1. **PhD Research Scholar** in Food and Nutrition
School of Allied Health Sciences
Research Area: Functional Food Products Development, Prebiotics, Probiotics,
Synbiotic
Swami Vivekananda University, Barrackpore, WB
2. **Post Graduation**
Master of Science in Dietetics and Nutrition
Maulana Abul Kalam Azad University, WB
3. **Graduation**
Bachelors of Science
West Bengal University of Health Sciences, WB

Professional Qualifications

1. **Certified Diabetes Educator**
National Diabetes Educator Program (NDEP)
2. **Certified Renal Nutritionist**
Certificate Course under FSTN
3. **Certified Critical Care Nutritionist**
Certificate Course under FSTN
4. **Post Graduate Diploma in Public Health Management**
Indian Institute of Skill Development Training

Skills & Activities

1. Passionate for Social Engagements in the community
2. Multiple Social activities for street children
3. Gardening and serving the planet with green
4. Organizing Health Camps in Local Community

Publications

Journal Publication :

Type of Journal	Name of the Article	Name of the Author(s)	ISSN No.	Year of Publication
UGC II (WoS)	A Review on Role of Different Adipokines in Gestational Diabetes	Sovana Kotal, Paromita Mukherjee, Devali Chakraborty, Souvik Tewari	0253-7214	2023
UGC II (WoS)	The Consumption of Garlic as a Preventive Measure Against Metabolic Disorders	Soumi Neogi, Paromita Mukherjee, Souvik Tewari	0253-7214	2023

UGC II	Indian traditional plants: medicinal properties and Human health	Prathiksa Pramanik, Souvik Tewari, Paromita Mukherjee, Raksha Banka, Suranjana Sen	2368-7487	2023
UGC II	An Overview on Microbial Enzymes and their Industrial Applications	Paromita Mukherjee, Indira Mondal, Debjani Dey, Esita Dan, Fatema Khatun, Souvik Tewari	2368-7487	2023
UGC II	Indian traditional plants: medicinal properties and Human health	Prathiksa Pramanik, Souvik Tewari, Paromita Mukherjee, Raksha Banka, Suranjana Sen	2368-7487	2023
Peerreviewed Journal	Development of novel nondairy synbiotic chocolates for promoting	Paromita Mukherjee, Souvik Tewari, Anindita Ray Chakravarti	ISSN (E): 2617-4707, ISSN (P): 2617-4693	2024
	desirable gut microbiome			
Peer-reviewed Journal	Biochemical parameters and potential health benefits of functional probiotic chocolates: A systematic review	Paromita Mukherjee, Souvik Tewari, Anindita Ray Chakravarti	ISSN (E): 2617-4707, ISSN (P): 2617-4693	2024

Peer-reviewed Journal	Formulation and sensory evaluation of Non-Dairy synbiotic chocolates enriched with almond milk, oats powder and probiotic microorganisms (Streptococcus thermophilus BURD PB8)	Paromita Mukherjee, Souvik Tewari, Anindita Chakravarti	IISN: 2582-1423	2024
Scopus	Proximate Components analysis of Almond Milk: A Substitute of Cow Milk for Functional Food Product Development	Paromita Mukherjee, Souvik Tewari, Prathiksha Pramanik	ISSN: 2589-7799	2022
Peer-reviewed Journal	Effects of catechins on cardiovascular disease: A review Author(s):	Paromita Mukherjee, Souvik Tewari	2664-7265	2025

Book Chapter Publication:

Name of the Chapter	Name of the Author	ISBN No.	Year of Publication
Introduction to Health and Healthy Wellbeing	Paromita Mukherjee	978-936233-0512	2023
Nutrition Care and Dietary Approach Diabetes Mellitus	Paromita Mukherjee	978-935834-1423	2024
Utilisation of Various fruit and vegetables pomece as effective ingredients	Paromita Mukherjee	978-936135-2997	2024
The Alleviating Effect of Soy Curd on Lactose Intolerance	Paromita Mukherjee	978-936135-2973	2024
