

CURRICULUM VITAE

Ms. Shreyasi Das

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Objective:

A highly motivated and dedicated professional seeking the position of Assistant Professor in Food and Nutrition. To be a part of Educational Institution who believe in imparting knowledge through theoretical as well as practical ways in accordance to its students.

Professional Apointments:

Assistant Professor

(April-2023-Present)

Department of Food and Nutrition

Swami Vivekananda University, Barrackpore

- Collaborated with colleagues on curriculum development initiatives to ensure academic excellence.
- Formulated well-structured syllabus of course content to detail learning goals and expected outcomes.
- Applied creative instruction methods to promote student learning objectives.
- Planned class material to engage students in both online and in-person class environments.
 - Created assessment tools for evaluating student performance in coursework.

Narayana Multi Speciality Hospital at Barasat as a Trainee Clinical Dietician

(10th September,2022 - 10th march,2023)

- Educated patients, families and medical practitioners on nutrition.
- Guided individuals in food selection, preparation or menu planning based upon nutritional needs.
- Worked with food service personnel to update patient meal programs and public cafeteria menus.
- Educated patients about the importance of proper nutrition for overall wellness and disease prevention.

- Counseled pregnant women on nutritional requirements and suggestions for healthy diets.
- Developed menus for residential facilities that met nutritional requirements while adhering to budgetary constraints.
- Performed full nutritional assessments.
- Performed quality control checks on kitchen operations to ensure compliance with safety standards.
- Counseled clients on making positive behavior changes related to their nutrition habits.
- Developed diets to meet nutritional requirements for people with special conditions.
- Calculated nutritional requirements to assess adequacy of diet and nutrition support.
- Maintained accurate records of patient data including anthropometric measurements, dietary intake information, laboratory results, and progress notes.

Food Regulation and Compliance Centre on Food Testing and Analysis

(30th January,2021 – 15th March,2021)

- Reviewed recipe plans to identify and resolve concerns with ingredients in advance of major production activities.
- Reviewed HACCP plans and monitored implementation to verify that they are functioning according to plan.
- Ensured compliance with food safety regulations and standards.

KPC Medical College and Hospital as Junior Dietician

(8th Aug,2016- 25th Aug,2016)

- Calculated nutritional requirements to assess adequacy of diet and nutrition support.
- Referred patients to other relevant services to foster continuity of care.
- Evaluated menus in hospitals, nursing homes, schools, cafeterias and other institutions for nutritional content.

Qualification Summary:

1. Masters of Science- Food & Nutrition – Ramkrishna Vivekananda Mission(RKVM) Sarada Ma Girls' College , West Bengal State University .

2. Bachelor of Education (B.Ed) - Vivodhananda Saraswati Teachers' Training College , The West Bengal University of Teachers' Training, Education Planning and Administration.

3. Bachelor of Science - Food & Nutrition – Women's College, Calcutta , Calcutta University.

Skills :

1. Subject Expertise: Mastery in the specific field.
2. Teaching Proficiency: Effective communication and adaptability.
3. Mentoring: Guiding and advising students.
4. Curriculum Development: Designing relevant course content.
5. Communication: Excellent written and verbal skills.
6. Critical Thinking: Encouraging analytical skills.
7. Professional Development: Commitment to continuous learning.
8. Collaboration: Working effectively with colleagues.
9. Technology Integration: Using tech for enhanced learning.
10. Administrative Skills: Contribution to academic administration.
11. Networking: Building professional relationships.
12. Adaptability: Flexibility in teaching and research methods.
13. Ethical Conduct: Adherence to ethical standard

Area of expertise/Teaching subject:

Nutritional Biochemistry

Dietary Analysis and Planning

Public Health Nutrition

Clinical Nutrition

Food Science and Technology

Nutrition Education

Menu Development

Food Safety and Hygiene

Culinary Nutrition

Food Preservation

Epidemiology & Analysis of Health Information Data

UGC -NET (Home Science) Paper-I

UGC -NET (Home Science) Paper-II

Software: Microsoft(XL ,Word , Sheet)

Achievements:

Qualified **West Bengal State Eligibility Test (WBSET)** in Home Science

Qualified **National Eligibility Test (NTA-UGC-NET)** in Home Science

Qualified **WB-TET (2022)**

Diploma in **Computer Application**

Cirtified in **NDEP** (National Diabetes Educator Program)

Certified in Infant & Young Child Feeding by ICMR-NIN Poshan Abhiyan

Certified in Anemia ICMR-NIN Poshan Abhiyan

Certified in Mother Health and Nutrition by ICMR-NIN Poshan Abhiyan

Certified in basic Nutrition by ICMR-NIN Poshan Abhiyan

Certified in wash by ICMR-NIN Poshan Abhiyan

Certified in immunization by ICMR-NIN Poshan Abhiyan

Certified in Food Fortification by ICMR-NIN Poshan Abhiyan

Certified in Non-Communicable Disease by ICMR-NIN Poshan Abhiyan

Certified in Infection Prevention and Control for Covid -19 by WHO

Certified in Diabetes and Ramadan by IDF School of Diabetes

Certified in Prevention of Sexual Exploitation and Abuse by UNICEF

Certified in falling in love promoting parent child attachment by UNICEF

Certified in COSHH and Respiratory Sensitizers Awareness Course by the International Association for Chemical Safety

Certified in COSHH Occupational Dermatitis Prevention by the International Association for Chemical Safety

Publication Journals:

Journal:

1. Srijita Ghosh, Sayantani Bhowmick and **Shreyasi Das**. (2023). A Comprehensive Review of the Relationship between Junk Food, Obesity, Polycystic Ovary Syndrome (PCOS), and Menstruation. Journal of Advanced Zoology, 44(S6), 1956–1964. <https://doi.org/10.17762/jaz.v44iS6.2678>

2. Amrita Gayen, Priti Nayek, Nabaniata Ghosh, **Shreyasi Das**. (2023). Water Melon Seed Oil: A Review. Journal of Advanced Zoology, 44(S6), 2089–2092. <https://doi.org/10.17762/jaz.v44iS6.2698>
3. Eshikha Mondal, Saheli Ghosal, & **Shreyasi Das**. (2023). A Review on the effect of fruit juice on Cardiovascular Disease. Journal of Advanced Zoology, 44(S5), 2502–2506. <https://doi.org/10.53555/jaz.v44iS5.3215>
4. Eshikha Mondal and **Shreyasi Das** (2024) . HARMONISING WELL-BEING: A IN DEPTH REVIEW OF THE IMPACT OF AYURVEDIC DOSHA ON THE CHOICE OF FOOD AND NUTRITIONAL GUIDANCE . The Bioscan : An International Quarterly Journal of Life Sciences, 19(2):37-40,2024(Supplement). <https://doi.org/10.63001/tbs.2024.v19.i02.S1.pp37-40>
5. Susmita Das, Shreyasi Das. Unfolding the culinary chant: A comprehensive analysis of the impact of food advertising and marketing on dietary choices. J Curr Res Food Sci 2025;6(1):28-32. DOI: 10.22271/foodsci.2025.v6.i1a.181
6. Pritha Mandal, Shreyasi Das. Feeding techniques for early infants: Advantages of using fortified human milk compared to preterm formula. Int J Home Sci 2025;11(1):09-12. DOI: 10.22271/23957476.2025.v11.i1a.1752
7. Arpana Kumari Sulena, Shreyasi Das. Understanding worries about food: A comprehensive review of different food fears. Int J Adv Acad Stud 2025;7(1):11-15. DOI: 10.33545/27068919.2025.v7.i1a.1325
8. Susmita Das, Shreyasi Das. Health perks of litchi seed: A systematic review. Int J Horti Food Sci 2025;7(1):01-05. DOI: 10.33545/26631067.2024.v7.i1a.234
9. Eshikha Mondal, Shreyasi Das. Benefits of guava leaves: A comprehensive review. Int J Appl Res 2025;11(1):53-56.
10. Eshikha Mondal, Disha Guchait, Shreyasi Das. Plant-based diets and weight management: A comprehensive review of efficacy and mechanisms. Int J Appl Res 2025;11(1):123-127. DOI: 10.22271/allresearch.2025.v11.i1b.12268

Book Chapter:

1. "Food Service Management" Fundamentals of Food Science and Beyond , Contributed by Department of Food and Nutrition , Swami Vivekananda University , ISBN:978-93-6039-536-0
2. "Introduction to Therapeutic Diet" THERAPEUTIC NUTRITION A Comprehensive Guide for

healthy lifestyle , INTEGRATED PUBLICATION , NEW DELHI , ISBN : 978-93-5834-142-3.<https://doi.org/10.62906/bs.book.142>

3. CHAPTER-4 "Dragon Fruit Diversification: A Detailed Review on Variations and Nutritional Profiles"CLINICAL NUTRITION AND FOOD SCIENCE A Holistic Guide Towards Robust Health.<https://doi.org/10.62778/int.book.438>

4.Exploring the Preventative Potential of Kiwi: A Critical Review Concerning the Anti-Carcinogenic Benefits of Kiwi Fruit , Recent Trends and Innovations in Food Science, Food Technology & Nutrition.<https://doi.org/10.22271/ed.book.3025>

Patent:

Mitra D. Rupali, Ghosh R. Priya, **Das Shreyasi.**, Mondal K Kingshuk, Dubey K Kriti, Singh S., Sarangi K Ashok, Kumar S. Rumila, Basu S., Jaiswal G. Swapnil., Koley S. (2024) A Method for Preparation and Composition of Millet Starch Based Bioplastics. Indian patent Application no.: 202431048156, Date of Filing: 23/06/2024, Date of Publication: 05/07/2024.

Mitra D. Rupali, Mistry. Poulami, Sengupta Prantika, **Das Shreyasi**, Dubey K Kriti, Mondal K Kingshuk, Mukherjee Papia, Jaiswal G. Swapnil, Thote S. Kalyani, Londhe V. Muktanand, Sontakke D. Manmath, Maske V. Sachin (2025) AN EFFICIENT METHOD AND SYSTEM FOR PREPARING NUTRIENT-RICH BROCCOLI AND CASHEW NUT SPREAD. Indian patent Application no.: 202531001844 , Date of Filing: 08/01/2025, Date of Publication: 17/01/2025.

Faculty Development Programme:

Completed Faculty Skill Development Programme (30 hours duration) from 6th -15th May, 2024 on " Industry Academia Collaboration, IPR, Innovation and Entrepreneurship " Jointly organized by E-YUVA centre , Adamas University(Supported by BIRAC) and Swami Vivekananda University.

Completed Faculty Development Programme (5 Days) From 24th-30th July 2024 on INNOVATIVE TEACHING PEDAGOGY : NEW EDUCATION POLICY by Sister Nivedita University and Manav Rachna University.

Attended short term Course / Workshops:

Attended Three Days National Workshop on Scholarly Publication Process & Referencing Techniques Organised by Swami Vivekananda University. from 28.05.2024-30.05.2024.

Professional Activities:

- Organizing Committee Member in International Conference on International Conference on Scientific Advances in Life Sciences, Agriculture and Food & Nutrition- ICSA 2023 ,September 28th-30th.
- Committee Member of SVU Community Development and Outreach Hub.

Personal Profile:

Name: Shreyasi Das

Fathers name: Biswajit Das

Mothers name: Sikha Das

D.O.B : 30/05/1996

Gender : Female

Marital status: Unmarried

Religion: Hindu

Language known : English, Hindi & Bengali.

Address: 21(Old-14) Durgabari Road, Pradip Abasan Flat-2C 1 st Floor,Dum Dum Cantonment
Kolkata-700028

Reference:

1. Dr.Rupali Dhara Mitra

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