

RESEARCH PAPERS PUBLICATION

1. 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.
2. 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.
3. 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
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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
10. 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.

11. 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.
12. 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.
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. Parvez, R., Vyakhaya, & Tewari, S. (2020). Nutritional and Antioxidant Capacities of Selected Plant Parts for Food Use. *Our Heritage*, 68(1), 13647-13665.
19. 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
20. 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.
21. 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.
22. Tewari, S, Samanta, C. and Agarwal, R. (2022). Coronavirus: Role of zinc as an immune booster, *The Pharma Innovation*, 11 (01): 905-908.

23. 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.
24. 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.
25. 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.
26. 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.
27. 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.
28. 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.
29. 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.
30. 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.
31. 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.
32. 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.
33. 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.
34. 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.
35. 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.

36. 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.
37. 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
38. 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.
39. 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.
40. 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.
41. Tewari, S., & Khalua, R. K. (2020). A Review on Anaerobic Chambers. *Our Heritage*, (UGC care listed) 68(1), 6102-6115.
42. 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.
43. 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.
44. 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.
45. 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.
46. Tewari, S., Nakhale, S. and Khan, F. (2020). Probiotic Microorganisms and Lactose Intolerance (LI): A review, *Ajanta Publication*, IX (IV): 66-72.
47. 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.

48. 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.
49. Tewari, S. (2019). Anaemia and its management. *International journal of Food science and Nutrition*. 4 (2):130-135.
50. 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.
51. 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.
52. 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.
53. 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.
54. 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.
55. 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.
56. 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.
57. 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.
58. 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.
59. 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.

60. 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.

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.

BOOKS PUBLICATION

1. Tewari, S. (2019). Therapeutic diet to control diseases) as an Author. Paper ISBN No. 978-93-5335-481-7 & E-Book ISBN: 978-93-5335-482-4. Delhi Akinik Publications, Delhi.

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.
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.
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.
 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.
 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.

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