

Name: Ms. Nilita Das

Designation: Assistant Professor (W.B.E.S)

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Contact No: -----

Qualification: B.Sc. Hons. in Food & Nutrition, Viharilal College of Home & Social Sciences, Dept. of Home Science, Calcutta University

M.Sc. in Applied Nutrition, National Institute of Nutrition, ICMR, Govt. of India, Hyderabad

Former UGC Junior Research Fellow

Pursuing PhD

Others Qualification: **Research Assistant** at Nutrition Division, **Regional Medical Research centre (RMRC), ICMR**, Govt. of India, Bhubaneswar under the project: "**Prevalence of Vitamin-A deficiency disorders among children aged 1-5 years in selected districts of India-Odisha**" from May-August, 2018 under UGC-JRF regulation of Special Research Assignment.

Area of specialization: Applied Nutrition, Maternal and Child Health, Growth & Development, Childhood obesity, Nutrition & Brain development especially intelligence, Probiotics and Prebiotics, Immunity & Nutrition, Gut Health & Microbiota.

Research Interest: Child growth & development, Child Psychological development with connection to nutrients, Childhood obesity, Parental Nutrition Education and Behavior, Nutrition knowledge & practice, Community nutrition.

Publications:

- Full Original Research article published in **Indian Journal of Community Medicine (IF-1.07)** (peer-reviewed), titled "**Psychometric Validation of a Nutrition Knowledge Questionnaire among Parents of 3–6-Year-Old Asian Indian Children in East**

Bardhaman District, West Bengal, India”, Apr-Jun, vol -45, Issue 2: 130-134, 2020.

- Full Original Research article in the proceeding for IDACON, 2019, titled **“Effect Of Parent Nutritional Knowledge And Healthy- Eating Attitudes on Preschooler's Characteristics In Peri-Urban Area of Kolkata, West Bengal: A Cross-Sectional Study”**, organized by IDA Gujarat Chapter, 19th- 21st December, 2019, at Ahmedabad.
- Full Review article in **World Journal of Pharmaceutical & Medical Research (IF- 4.63)** titled **“Intelligence Quotient Development in Relation to Physical Growth and Development and Different Nutrition State in early childhood: A Systematic Review”**, vol – 3, July, 6, 2017.
- Full Original Research article published in **Journal of Cardiovascular Pharmacology and Therapeutics (IF- 2.570)**, SAGE Journals, titled **“Effect of Probiotic Lactobacillus salivarius UBL S22 and Prebiotic Fructo-oligosaccharide on Serum Lipids, Inflammatory Markers, Insulin Sensitivity, and Gut Bacteria in Healthy Young Volunteers: A Randomized Controlled Single-Blind Pilot Study”**, vol- 20, Issue 3: 289-298, October, 2014.

Seminars:

- Participated as a delegate and Oral Presenter for IDA Award for Community Nutrition at IDACON, Ahmedabad, Gujarat, titled **“Effect Of Parent Nutritional Knowledge And Healthy- Eating Attitudes on Preschooler's Characteristics In Peri-Urban Area of Kolkata, West Bengal: A Cross-Sectional Study”**, 19th- 21st December, 2019.
- Participated as a delegate and Oral Presenter, titled **Emerging Concepts of Vitamin D Deficiency in Childhood Overweight and Obesity: A Review**, 20th – 21st February, 2018, National Seminar of Anthropology, Delhi University, New Delhi.
- Participated as a delegate in **Pre-conference workshop** on 18th December, 2017 on Food composition data at IDACON, Bengal Chapter at Kolkata.

- Participated as a **delegate** in 50th Annual National Conference of Indian Dietetic Association (IDACON), organized by Indian Dietetic Association, Bengal Chapter, 19th - 20th December, 2010 at Kolkata.
- Participated in National Nutrition week 2016 for **Continuing Nutrition Education** on 4th September 2016, Kolkata.
- Participated as a **delegate** in Annual Conference of Society for Nutrition and Dietetics, 30th – 31st January, 2016, Kolkata.
- Attended Workshop on **Management of Gestational Diabetes and Immunity**, organized by Indian Dietetic Association (AP Chapter), on 11th February, 2012 at Hyderabad.
- Attended **Consequences of Malnutrition & the Role of Dietician**, Academic meet of IDA –AP chapter, **10th** April, 2012, **NIN (ICMR)**, Hyderabad.
- Joined **Pre-Conference workshop** on 2nd Dec, 2010 Theory to practice organized by Indian Dietetic Association, AP Chapter at **NIN (ICMR)**, Hyderabad.
- Participated as a **delegate** in 43rd Annual National Conference of Indian Dietetic Association (IDACON), organized by Indian Dietetic Association, 3rd – 4th December, 2010 at **NIN (ICMR)**, Hyderabad.

Teaching Experience: -----