

Curriculum Vitae



Dr. Shruti Kabra

Assistant Professor (c)

UCW, Koti , Hyderabad.

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Name: Dr. Shruti Kabra

Father's Name: Late. S. N. Kabra

Mother's Name: Dr. Vasanti Kabra

Mailing Address: shrutikabra03@gmail.com

Academic Qualification: M.Sc ; Ph.D

Designation : Assistant Professor (c)

Academic Record:

	CLASS OBTAINED	YEAR	School/ College	%
SSC	I	2000	Rosary Convent High School	80.8
Intermediate	I	2002	Amrat Kapadia Nav Jivan college	79.6
B.Sc	I	2005	University College for Women , Koti	78.8
M.Sc	I	2008	University College for Women , Koti	77.5
Ph.D		2019	Osmania University	

Specialisation: Nutrition and Dietetics

Teaching Experience: 10 years

Designation and place of work: Assistant Professor (c), Department of Food and Nutrition, University College for Women, koti, Hyderabad.

Ph.D Topic: Impact of Mid Day Meals on School Going Children

Courses Attended: 3

S.No	Name	Duration & Dates	Place
1.	Workshop- Teachers Training	01, 22 <sup>nd</sup> August 2017	University college for women, koti
2.	Faculty Development Programme for Nutrition Faculty	3 days , 26 <sup>th</sup> , 27 <sup>th</sup> & 28 <sup>th</sup> October 2016	St. Anns College for women, Mehdipatnam
3.	CBCS Workshop		University college for women, koti

Awards for Excellence in Research / Teaching:

Sl. No	Name of the Award	Year
1.	Ph.D	3 <sup>rd</sup> July 2019
2.	UGC- NET	13 <sup>th</sup> June , 2011
3.	Registered Dietician	23 <sup>rd</sup> March, 2011
4.	Zubaida Azeem Rolling Trophy for securing highest marks in Nutrition	March , 2005

Administrative Assignments:

Sl. No	Title	Period	Year
1.	Student Advisor	8 years	2011-till date
2.	I/C Head	2 years	2015-2017
3.	IQAC Member	1 year	2012-13

Membership in Professional bodies:Life Member of Indian Dietetic Association (IDA)

Life member of Indian Woman Scientists Association (IWSA)

Academic Bodies:

- BoS Member (Alumni Member), Department of Zoology, UCW, Koti 2018 and 2019
- BoS Member , RBVRR Women’s College, 2017-18
- Chairperson, Board Of Studies (U.G), UCW, Koti 2016-2018
- Participated as Joint Secretary, Catering And Food Management In 28<sup>th</sup> Inter Zonal Youth Festival, “Yuva Tarang” Organized By Osmania University From 16-11-2012 To 20-11-2012.

Extension/ Outreach Activities:

Camp/ exhibition and place	Dates	Event
An Awareness Camp on Anaemia and Genetic Disorders at Department of Food and Nutrition, Science Block , University College for Women , Koti.	11 <sup>th</sup> August 2016	National Nutrition Week Celebrations
Free Nutrition and Health Campat Department of Food and Nutrition, Science Block , University College for Women , Koti.	30 <sup>th</sup> January 2016	Food and Nutrition Fest 2016
An Intercollegiate innovative and Nutritious recipe contest, at Department of Food and Nutrition, Science Block , University College for Women , Koti.	25 <sup>th</sup> January 2016	Food and Nutrition Fest 2016
Millet Fest, at Necklace Road, Hyderabad	31 <sup>st</sup> January to 2 <sup>nd</sup> February 2015	Millet Fest 2015
Free Nutrition, Diet and Health Counseling Camp at Department of Food and Nutrition, Science Block , University College for Women , Koti.	17, 18 and 19 th September 2014	90 years celebrations of the College (Navathi)
Nutrition Education Camp at Thattyanaram village, Ranga Reddy District near Nagole, Hyderabad	3 <sup>rd</sup> May 2013	Food and Nutrition Fest 2013
A Health talk on General Health Awareness on Health benefits of Exercise and Fitness lead by Swasthya team from Kamineni Hospitals Organised by the Dept of Food and Nutrition, Osmania University College for Women	18 February 2012	Food and Nutrition Fest 2012
Free Nutrition, Diet and Health Counseling Camp Organized Dept of Food and Nutrition, Osmania University College for Women	19 <sup>th</sup> March 2012	

EXTENSION LECTURES DELIVERED

S.No	Title	Date	Place
1.	Nutrition for Adolescent	24 <sup>th</sup> September 2019	Bharat Degree College
2.	Nutritional Management of Picky Eaters	25 <sup>th</sup> July 2012	University College for Women

**Papers Published in Journals**

S.No	Name of the Journal	Title of the Article	Vol. No. & Date of Issue	Impact Factor
1.	Journal of Emerging Technologies and Innovative Research	To conduct the nutrient and objective analysis of Burfi enriched with oats. Urooja Birjis and Shruti Kabra	Vol 6 issue 5 May 2019	5.87
2.	International Journal of Scientific Development and Research	Value addition of dhokla for diabetics with oats and jowar Asma Nafeesa & Shruti Kabra	28-04-2019	5.47
3.	International Journal of Science and Research	Assessment of nutritional status, junk food consumption among intellectually disabled adolescents (14-19 years) Tanveer Hussain & Shruti Kabra	30-04-2019	7.426
4.	Innovare Journal of Health Sciences	Assessment of Nutritional status and eating habits of intellectually disabled adults (20-35 years) Syeda Nazneen Sultana & Shruti Kabra	Vol 3, Issue 9 2019	
5.	International Journal of Advanced and Innovative Research	A study on types of breakfast items consumed by adolescents in hostels Golluri Babiya Rani & Shruti Kabra	28-05-2019	3.117
6.	International Journal of Nutrition and Dietetics	Impact of cold pressed oil and refined oil on BMI & lipid profile Sanjana Kadya & Shruti Kabra	Process ongoing	4.21
7.	Beverage and Food World	Sensory evaluation & Vitamin C analysis of sapota juice with the		NA

	Shruti Kabra	incorporation of papaya extract B. Anusha & Shruti Kabra		
8.	IJDR	Impact Of Mid Day Meal On Nutritional Status Of 7-9 Year Old Children In Hyderabad Shruti Kabra & Zubaida Azeem	Jan 2018 Vol:08 iss:01	6.68
9.	IJSART	Incorporation of Chia in Biscuit and Smoothies Shaguftha Pathan & Shruti Kabra	Dec 2017 Vol:03 iss:12	4.284
10.	IJFANS	An Awareness Study on Galactogenic Foods and Development of its Product Zoya & Shruti Kabra	Oct 2017 Vol:06, iss:04	6.2
11.	IJSART	Dietary Intake And Assessment Of Nutritional Status Of 10-12 Years School Going Children Taking Mid Day Meals Shruti Kabra & Zubaida Azeem	Vol 3 Issue 1 Jan 2017	4.3
12.	IJSR	Effects of Incorporating Different Amounts Of Chia to develop a Nutritious Kulfi Syeda Shaista and Shruti Kabra	Vol 6 issue 1 jan 2017	6.39
13.	Journal of Advanced Research in Food science and Nutrition	Enrichment of Sorghum Biscuits with Oats and Nutrient, objective Analysis of developed biscuits Monika S and Shruti Kabra	Vol 2 Issue 1 & 2 Nov 2016	
14.	Indian Journal of Beverage And Food World	Development, Nutritional and Storage Analysis of Oats And Soy Based Beverage. D. Anusha, R. Narmada, Shruti Kabra and P. Ashlesha	Vol 41, Issue 1, Jan 2014, 38-39	
15.	Indian journal of beverage and food world	Consumption of Processed and Packed Foods Among A Selected Population – A Case Study Pratima Rao, P. Ashlesha And Shruti Kabra	Vol 40 Issue 9, Dec, 2013 37-39	
16.	Indian journal of beverage and food world	Development of vitamin C enriched fruit drink . G. Simritha P. Ashlesha And Shruti Kabra	Vol 40 Issue 4, April, 2013	

Papers Presented in National Seminar / Conferences

S.No	Conference/ Seminar/ Workshop	Title	Paper Presented	Venue	Year
1.	National Seminar	Pulses-2016: Innovative Approaches For Sustainability In Production And Promotion Of Utilization	Presented a Poster On Development and Sensory Evaluation of Beverages Enriched With Soy Products  Development of Soy, Millet , Dehydrated Fruit And Vegetable Based Weaning Mixes	University College For Women , Koti, Hyderabad	21 <sup>st</sup> & 22 <sup>nd</sup> October 2016
2.	National Conference	Womens Health and Nutrition:Emerging Trends and Challenges	presented a poster on "Enrichment and Development of Biscuits using Millets and Oats	UNIVERSITY COLLEGE FOR WOMEN , KOTI, HYDERABAD	10-11 <sup>th</sup> April 2014.
3.	National Conference	45 <sup>th</sup> National Conference Of Nutrition Society Of India	A study on Objective, Nutritive Analysis and storage studies of Nutritious Breakfast Soy Chapathi and consumer awareness on soy	National Institute of Nutrition, Hyderabad	21-22 <sup>nd</sup> November 2013
4.	National Conference	XXI Indian Convention Of Food Scientists And Technologists	Effect Of Fermented Milk On Hypertensive Subjects	Pune, Maharastra	20-21 January 2012
5.	National Conference	43 <sup>rd</sup> National Conference Of Nutrition Society Of India	Development Of Vitamin C Enriched Fruit Drink	National Institute Of Nutrition (ICMR),	11-12 <sup>th</sup> November 2011

				Hyderabad	
6.	National Conference	41st annual national conference of Indian Dietetic Association	Development of Millet and Oat Based Biscuits	National Institute Of Nutrition (ICMR), Hyderabad	5–6 <sup>th</sup> December 2008

**(A) BOOKLETS PUBLISHED**

S.N O.	TITLE	AUTHORS	YEAR	PUBLISHER
1.	Millet For Healthy Living Epicurean Delicacy: 100 Recipes	P. Ashlesha, <b>Shruti Kabra</b> And Rumana Farooqui	2013	Department Of Food And Nutrition, Osmania University College For Women, Koti, Hyderabad, Printed At Manikanta Offset And Screen Printers, Hyderabad
2.	Oat Delights For Healthy Life	P. Ashlesha, Rumana Farooqui, <b>Shruti Kabra</b> , M.Santoshi Lakshmi, P.Suma	2011	Department Of Food And Nutrition, Osmania University College For Women, Koti, Hyderabad. Printed At Aakruti Printers (P) Ltd

**Organization of Seminars/ Courses/ Workshops / Conferences**

Sl. No	Conference/ Seminar/ Workshop/ courses	Session	Position	Title	Year
1.	National Conference	Session IV : Medical Tourism : prospects and Challenges.	Co-Convenor	Tourism: prospects and Challenges.	2018
2.	National Symposium	Food safety challenges in Nutrition	Coordinator	26 <sup>th</sup> August	2017
3.	National Conference	<b>Carbohydrate Properties and Glycemia</b>	Panelist	Dietetics and Diabetes	2016
4.	Workshop	Portion Size	Coordinator	Eat Right and	2015

				Stay Healthy	
5.	Conference		Rappoteur		2012

### Conferences / seminars/workshops attended

S.No.	Title	Seminar/Conferences attended	Date/Year	Place
1.	Fats in maternal and child health nutrition – Indian context	International symposium	18 <sup>th</sup> September , 2018.	NIN, Tarnaka
2.	“Promoting Food Safety”	Workshop	14 <sup>th</sup> February 2018.	St. Ann’s College for Women, Mehdipatnam,
3.	“Food and Nutrition Challenges: Role of Food Science and Technology”.	26 <sup>th</sup> ICFOST National Conference	7 <sup>th</sup> - 9 <sup>th</sup> December 2017	IICT- Tarnaka
4.	Tackling Obesity – theory to Practice (AIAAROCON)	12 <sup>th</sup> National Conference	16 <sup>th</sup> -17 <sup>th</sup> September, 2017	Hotel Abode
5.	Inspiring Women Achievers: Multifacets of Women	National Seminar	24 <sup>th</sup> April 2017	UCW, Koti
6.	Pulses-2016: Innovative Approaches For Sustainability In Production And Promotion Of Utilization	National Seminar	21 <sup>st</sup> & 22 <sup>nd</sup> OCTOBER 2016	UCW, Koti
7.	Womens Health and Nutrition: Emerging trends and challenges	National conference	10-11 <sup>th</sup> April 2014.	UCW, Koti
8.	5 <sup>th</sup> Apollo International Clinical update	Conference	5 <sup>th</sup> -6 <sup>th</sup> October 2013	Hotel Avasa, Hyderabad
9.	Ease Eves Trouble	National Symposium	25 <sup>th</sup> -26 <sup>th</sup> September, 2012	Madina Degree college, Himayathnagar
10.	Thyromenace 2012	Community Awareness Program	19 <sup>th</sup> December 2012	Nehru Auditorium, Nampally , Hyderabad

**Other activities:**

- Dr. Shruti Kabra was the session Co-ordinator and Mentor in the student Induction Program organised by University College for Women, Koti, Hyderabad from 4<sup>th</sup> – 10<sup>th</sup> July 2019.
- University College of Engineering Organised 11<sup>Th</sup> Regional Science Fair on 13th october 2018. Four students participated in the life science project competition at college level under the guidance of MS. SHRUTI KABRA.

1. Ayesha Banu and Nida Istaeen had done a research work on the topic : Standardisation of Soya Milk and sensory evaluation of its products.

2. Siddapuram Nikhila and Kadavath Pooja had done a research work on - ; Amount of caesin present in different samples of milk.

Ayesha Banu and Nida Istaeen won the FIRST PRIZE at college level under Life Science category with a cash prize of Rs. 2000/- and a memento.