

# CURRICULAM VITAE

**DR. POOJA VERMA**

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Assistant Professor (Guest)  
Department of Food Science and Technology  
Maharaja Suheldev University, Azamgarh  
Teaching Experience-3 years

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## **OBJECTIVE**

To scale new heights of success in the higher education with hard work and dedication and to leave a mark of excellence on every step for personal and Institutional growth.

## **EDUCATIONAL QUALIFICATION**

- Ph.D. (Nutrition), 2016, Babasaheb Bhimrao Ambedkar Central University, Lucknow, U.P.
- B.Ed., 2012, 66.92%, Rama Degree College (Lucknow University).
- UGC Junior Research Fellowship (**JRF**)/**National Eligibility Test (NET)** Qualified, (Home Science), 2011.
- M.Sc. - Nutrition, 2010, 67.41% ,Ist Division, I.T. P.G. College (Lucknow University)
- B.Sc. ( Home Science), 2008, 66.11 % , Ist Division , I.T. P.G. College (Lucknow University)

## **TEACHING EXPERIENCE**

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- 02 Years of Teaching Experience in both Undergraduate & Postgraduate Level courses at Era University, Lucknow
- 01 Year of Teaching Experience in both Undergraduate & Postgraduate Level courses at IT PG College, Lucknow.

## **RESEARCH EXPERIENCE**

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- 04 Years: Full-Time Researcher, Babasaheb Bhimrao Ambedkar Central University, Lucknow, U.P., 2012–2016

## **AWARDS**

1. **AWARDS:** Bestowed with **NEBA Award for Women Researcher** for Endless Contribution in the Field of Education
2. **Best Research Award** by International Society For Medical Food And Nutrition (WCCN-WCMN-2021)

## **MEMBERSHIP**

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- Life member of Nutrition Society of India

| WORKSHOPS<br>ATTENDED | SYMPOSIA<br>ATTENDED/<br>PRESENTED<br>PAPERS: | ATTENDED/PAPER PRESENTED<br>IN SEMINARS/WEBINARS | ATTENDED/<br>PRESENTED PAPER/<br>POSTER IN<br>CONFERENCE | OTHERS |
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## CURRICULAM VITAE

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### PUBLICATIONS IN JOURNALS: 09

- Verma Pooja, Indigenous Edible Plants: A Sustainable Solution for Future Nutritional Security, *Journal of Applied Bioanalysis*, 11 (S8), 438-452, 2025
- Verma Pooja, Impact of Mindful Eating Practices on Gut and Brain Health, *South Eastern European Journal of Public Health*, XXVI, 2025
- Verma Pooja & Singh Shikha, Dietary Approaches for managing CVD, *African Journal of Biomedical Research*, 27 (3s), 01-06, 2024
- Verma Pooja & Mishra Sunita Efficacy Of Flaxseed In The Reduction Of Blood Cholesterol In Hypercholesterolemia Rats, *International Journal of Development Research*, 6 (8) , 9271-9274, 2016.
- Verma Pooja & Mishra Sunita Potential of Flaxseed in the Reduction of LDL in Hypercholesterolemic Rats, *International Journal of Current Research* , 8 (1), 0975-833X , 2016.
- Verma Pooja & Mishra Sunita, Flaxseed: Functional Food Components and Therapeutic Role, *Journal of Medical Science and Clinical Research*, 2 (9), 2347-176x, 2014.
- Verma Pooja & Mishra Sunita, Antioxidants and Disease Prevention, *International Journal of Advanced Scientific and Technical Research*, 4 (2), 2249-9954, 2014.
- Singh Shruti, Verma Pooja and Mishra Sunita, Potential of Herbs in Prevention of Obesity-A Review, *International Journal of Health Sciences and Research*, 12 (3), 2249-9571, 2013
- Mishra Sunita & Verma Pooja, Flaxseed- Bioactive compounds and health significance, *IOSR Journal Of Humanities And Social Science (IOSR-JHSS)*, 17 ( 3), 2279-0837, 2013.

### PUBLICATION IN NEWSPAPER

| S. No. | Title of article  | Name and Edition          | Date           |
|--------|-------------------|---------------------------|----------------|
| 1.     | Haldi ek gud anek | Rashtriya Sahara (Kanpur) | 24 April, 2014 |

### TRAINING PROGRAMMES

- Certificate in Fruit and Food Preservation from Udyan Evam Khadya Prasanskaran Nideshalaya, Uttar Pradesh.

### Others

E- Learning Programmes- 5

Training/ Faculty Development Programmes- 03

### TECHNICAL QUALIFICATIONS

- Certificate in CCC "Course On Computer Concepts"
- "O" -Level Diploma in Computer Applications, Business Accounting and Multilingual DTP.