




INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI



Name	Dr. Sonal Gupta Jain	Photograph 
Designation	Assistant Professor	
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Educational Qualifications:

Phd	2010	Foods and Nutrition, Delhi University
Senior Research Fellowship	2012	University Grant Commission, India
Junior Research Fellowship	2009	University Grant Commission, India
M.Sc (Foods and Nutrition)	2008	Institute of Home Economics, Delhi University, Delhi
B.Sc (Home Sc)	2006	Lady Irwin College, Delhi University, Delhi

Teaching Experience:

- 6 years of full time teaching experience for postgraduate and undergraduate subjects as assistant professor on adhoc basis at Institute of Home Economics.
- 4 months 15 days of part time experience as Guest Lecturer at Institute of Home Economics.
- 14 years of part time teaching experience as counsellor with Indira Gandhi National Open University for theoretical & practical sessions of catering management, institutional food management, therapeutic nutrition, Public nutrition, advance nutrition.

Subjects/Papers Taught:

- Theoretical & practical sessions of Institutional Food Management, Advanced Clinical Nutrition, Therapeutic nutrition, Sports Nutrition for M.Sc. and Diploma in Dietetics and Public Health Nutrition
- Theoretical and practical sessions of Entrepreneurship for Small Catering Units, Therapeutic Nutrition, Nutrition for Adults and Elderly, Nutritional : A Life Cycle Approach, Public Nutrition, Sports Nutrition and Dietetics, Nutrition Health communication for graduation students.

Awards Received

- Senior Research Fellowship by University Grant Commission
- Junior Research Fellowship by University Grant Commission
- Best poster presentation titled “Impact of Phytosterol and Omega 3 fatty acids on hypercholesterolemic patients” at UGC sponsored National conference on Sustainable Development – A Collective Vision.
- Best Dissertation Award for year 2007-2008 on “Impact of Phytosterol and Omega 3 fatty acids on hypercholesterolemic patients”.
- Special Merit Certificate for remarkable performance in academics at Post Graduation.

Research Interest/Specialization

- Therapeutic Nutrition
- Sports Nutrition

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Research Projects- NA**Research papers since 2010 (APA format)**

- Jain G Sonal et al. (2017). Effect of Intervention with Oral Cinnamon on Metabolic Profile and Body Composition of Asian Indians with Metabolic Syndrome: A Double Randomized Control Trial. *Lipids in Health and Disease*,16(1),113.
- Fazil Tazeen, Jain G Sonal. (2019). Consumption of ultra-processed foods among working and non-working adults : a comparative study. *Paripex- Indian Journal of Research*, 8(7), 65-67.
- Yadav Ai, Jain G Sonal. (2020). Knowledge, Attitude and Practices of Fitness Trainers about Nutrition and related aspects. *Indian Journal of Applied Research*, 10(10),42-45.
- Misra A, Aravind SR, Banshi Saboo, Arora Bhavya, Agarwala A, Bajaj M, Deshpande N, Gulati S, Joshi S, Jain G Sonal, Garg N, Gulyani P et al. (2020). Balanced nutrition is needed in times of COVID19 epidemic in India: A call for action for all nutritionists and physicians. *Diabetes & Metabolic Syndrome: Clinical Research & Reviews*, 14,1747-1750.

Association with Professional Societies

Lifetime membership of

- Nutrition Society of India
- Indian Dietetics Association
- National Diabetes, Obesity and Cholesterol Foundation
- Indian Society of Clinical Nutrition
- Epidemiology foundation of India
- Association of Sports, Nutrition and Fitness Sciences

Any other

- Associated with Healthathon Tech Pvt Ltd as Knowledge Expert
- 4 year of full time experience as an assistant co- coordinator in Indira Gandhi National Open University for coordinating theoretical, practical sessions and assignments for master’s degree innutrition, diploma courses

and certificate courses in foods and nutrition

- 8 years of part time experience as Freelancer (Therapeutic nutritionist) doing dietary consultation of patients with health issues like obesity, diabetes mellitus, hypertension, metabolic syndrome etc.
- 2 years of part time experience as Clinical Nutritionist in Health Camps organized by Fortis-C-DOC Centre of Excellence for Diabetes, Metabolic Diseases and Endocrinology at various locations across Delhi NCR.
- 1 year and 5 months of full time experience in Research projects at Institute of Home Economics and Micro Nutrient Initiative of India.
- Supervised dissertations of six Masters (Food and Nutrition) students
- Got media coverage in various newspapers (Hindi and English) and interviews in news channels for the first research trial done in India on “Intervention with Oral Cinnamon on Metabolic Profile and Body Composition of Asian Indians with Metabolic Syndrome: A Double Randomized Control Trial”.