




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
Std 12 (AISSE)	2003	Queen Mary's School, Delhi
Std 10 (CBSE)	2001	Queen Mary's School, Delhi

Teaching Experience:

- Over 7 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:

BSc (Home science)

- Therapeutic Nutrition
- Public Nutrition and Dietetics
- Entrepreneurship for small catering units

- Nutrition and Fitness
- Nutrition Health Communication
- Nutrition : A life cycle approach
- Food and Nutrition & Food Science

MSc (Food and Nutrition) and PG DDPHN

- Advance Clinical nutrition
- Institutional Food Management
- Sports Nutrition
- Therapeutic Nutrition
- Food Service Management

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

- Clinical Nutrition
- Sports Nutrition
- Non communicable diseases
- Personalized Food and Nutritional Metabolic Profiling to Improve Health
- Medicinal and nutritional perspective of cinnamon

ORCID No. <https://orcid.org/0000-0003-3298-8669>

Research Projects -NA

Title	Funding agency/organization	Duration of Project

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.
- Srivastava T, Jain G Sonal, Sabarwal V (2022). Quality of life and self care activitites among Type 2 Diabetes Mellitus Patients on Insulin. *Asian Pacific Journal of Health Science*, 9(4), 12-17
<http://doi.org/10.21276/apjhs.2022.9.4S1.03>

Books published/edited

Book chapters published/edited

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
- Assistant Coordinator (2017 to present) in Indira Gandhi National Open University for coordinating theoretical, practical sessions and assignments for master’s degree in nutrition, diploma courses and certificate courses in foods and nutrition
- Member of IQAC committee from (2018-2020)
- PG DDPHN Admission committee (2017-2020)
- 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”.