

## RESUME

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### EDUCATIONAL QUALIFICATION

Degree/ Course	Subjects	Board/University	Year of passing	Percentage/ Division
Phd	Food and Nutrition	Era University	Pursuing (2019 Batch)	Pursuing
Diploma	Fashion designing & Garment Making	Usha Sewing & Fashion Designing Institute , Lucknow	2019	I Div
UGC NET	Home-Science (Nutrition)	Lucknow University	2007	Ref no. 2873/(NET JUNE 2007)
M.Sc	Food and Nutrition	Lucknow University	2006	56.3%/ II
B.Sc	Home Science	Lucknow University	2004	59%/II
Intermediate	Bio, Phy , Chem, Eng, Hindi	CBSE	1999	58%/II
High School	Eng, Hindi , S.Studies, Math, Science	CBSE	1997	58%/II

### CERTIFICATE COURSES

1.	One week <b>Professional Development Program</b> on Data Analysis using SPSS in Health and social sciences.	1 <sup>st</sup> -7 <sup>th</sup> December 2023
2.	Certificate in “Diabetes educator” under the National Diabetes Educator Program (NDEP) run by Dr. Mohan’s Diabetes Education Academy (DMDEA), Indian College of Physicians (ICP) & Indian Academy of Diabetes (IAD).	2021-2022.
3.	P.G. Certificate in Diabetes Education, from Apollo Hospital, New Delhi	2010

### INTERNSHIPS

1.	Certificate of Internship in Clinical Nutrition from King George Medical University, Lucknow.	June 2006 - Dec 2006
2.	Certificate of Internship in Clinical Nutrition from Max Super Specialty Hospital, Saket, New Delhi.	November 2009 – February 20 10

3.	Certificate of Internship in Clinical Nutrition from Batra Hospital and Research Centre, New Delhi.	March 2010 – June 2010.
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### TEACHING EXPERIENCE

S.no	Faculty Position	Department/ Organization	Duration
1.	<b>Lecturer</b>	Department of Nutrition and Dietetics, Integral University, Lucknow	Since 28/07/2025
2.	<b>External Lecturer ( Nutrition)</b>	Army College of Nursing, Command hospital, Lucknow	1 <sup>st</sup> Jan- May 2024
3.	<b>Tutor</b>	Department of Food and Nutrition, Era University, Sarfarazganj, Lucknow.	26 <sup>th</sup> Aug 2022 - 25 <sup>th</sup> Feb 2023.
4.	<b>Assistant Professor (Guest Faculty)</b>	Department Of Home Science, “Khwaja Moinuddin Chishti Language University (formerly known as Khwaja Moinuddin Chishti Urdu, Arabi Farsi Unversity) Lucknow	April 2021 - June'22
5.	<b>Assistant Professor (Guest Faculty)</b>	Department Of Home Science, “Khwaja Moinuddin Chishti Language University (formerly known as Khwaja Moinuddin Chishti Urdu, Arabi Farsi Unversity) Lucknow	Nov 2016 - May 2018.
6.	<b>Visiting Faculty</b>	Department of Hotel Management, <b>AMITY University</b> " Uttar Pradesh, Lucknow Campus	Feb - May 2007 Jan - April 2008

### PROJECTS

S.no	Position	Supeviosr	Department/ Organization	Project Title	Duration
1.	Secretarial Assistant	Dr. Samir Mohindra Additional Prof., Dept of Gastroenterolog y, SGPGI, Lucknow.	Department of Gastroenterology ,SGPGI, Lucknow	Randomized Observation Study of Entecavir to assess long term outcomes associated with Nucleoside/Nucleotide Monotherapy for patients with chronic HBV infection The REALM Study	July 2016 – January 2017
2.	Nutritionist	Kellogg's Agency	Kellogg's – Lucknow and Kanpur areas	educational programs for the children of class IV-VI in a project	July-August 2010.

3.	Nutritionist	Ms. Vidya Kamath (RA)	Nirmala college of Home Science, Mumbai in a project run by Kellogg's , New Delhi	Study on Breakfast habits , a PAN India study	Dec'2009
4.	Project Investigator	Dr. S.R.Sharma Assistant Director, NIPCCD, Lucknow	National Institute of Public Co-operation and Child Development (NIPCCD) Lucknow	Role of PRI in I.C.D.S	Sep- Nov 2008
5.	Project Assistant	Dr.Mukesh Maurya, Assistant Director, NIPCCD, Lucknow	National Institute of Public Co-operation and Child Development (NIPCCD) Lucknow	Resource Directory for CHILDLINE Lucknow	Dec 2007- June 2008

### PUBLICATIONS /PRESENTATIONS

1.	<b>Poster Presentation</b> In 55 <sup>th</sup> Annual Conference Of NSI-Nutrition Society Of India, Hyderabad. Title Of The Poster “Organoleptic and nutritive evaluation of food products utilizing Biofortified and Non biofortified cereals.”	25 <sup>th</sup> -26 <sup>th</sup> December 2023
2.	<b>Poster presentation</b> in 54 <sup>th</sup> Annual Conference of NSI-Nutrition Society of India, Hyderabad, themed Sustainable Healthy Diets: Heath for all” on. Title of the poster “Zinc and Iron content in Biofortified varieties of an underutilized cereal Pearl Millet ( <i>Pennisetum glaucum</i> )”.	22 <sup>nd</sup> -23 <sup>rd</sup> December 2022
3.	<b>Paper Publication:</b> <i>Kalpana Singh, A.K, Srivastava (2022). Therapeutic uses of butea monosperma. Eras 's journal of medical research, Vol-9, No-2. Pg: 218-223.</i>	2022
4.	<b>Abstract Publication:</b> “Iron and Zinc biofortification of Pearl millet ( <i>Pennisetum glaucum</i> ) to alleviate micronutrient deficiencies” in National seminar “Recent approaches for production & value addition of Millets (shree anna) in changing climates scenario”.	29 <sup>th</sup> September 2023

### CHAPTER CONTRIBUTION

S. no	Name of Author	Title of the chapter	Details of Book	Name of the Publisher
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1.	Radhika Awasthi and Kalpana Singh	Focusing on protein as a Nutrition	Health and Protein	ABS Book , New Delhi
2.	Radhika awasthi, Kalpana Singh and Dr. Kahkashan Parvin	Application of protein from millet seeds	Millets, The future Era	ABS Book , New Delhi
3.	Kalpana Singh	Biofortified Pearl millet- The new way to combat hidden hunger	Millets: A Novel Approach	ABS Book , New Delhi

### CONFERENCES /SEMINARS/WORKSHOPS ATTENDED

S. No	Events	Roles	Title	Organization	Duration
1.	National Congress	Participation	National Congress on Nutrition & Public Health ( NCICON), 2025	Nutrition Council of India and Dr. Giri Lal Gupta Institute of Public Health and Public Affairs, University of Lucknow.	7-8 <sup>th</sup> Feb 2025
2.	International conference	Organizing committee/ Moderator	2 <sup>nd</sup> Internal conference of Nutricon 2024	Poshan Dhara Association, Lucknow.	21-22nd December 2024
3.	Symposium	Participant	Cognitive deficits- Understanding the mechanism for better therapeutic management	Amity University , Lucknow.	25 <sup>th</sup> September 2024
4.	Training on Food Safety Supervisor	Participation	Basic Catering & COVID	Regional food research and analysis center, Department of horticulture Lucknow.	17 <sup>th</sup> November 2024
5.	Workshop	Participation	Food safety and Hygiene workshop	Regional food research and analysis center, Department of	16 <sup>th</sup> November 2024

				horticulture Lucknow.	
6.	International Symposium	Organizing committee	Professional attributes of clinical practices and aspiring dietitians.	Era University, Lucknow.	29 <sup>th</sup> June 2024
7.	Symposium	Participation	Trends in Basic and clinical neurosciences research”	Indian Academy of Neurosciences & Era University Era University, Lucknow.	19 <sup>th</sup> June 2024
8.	Annual Conference	Organizing committee/ Moderator	Global Association of physicians of Indian origin (GAPIO)	Apollomedics super specialty hospitals , Lucknow.	16-17 <sup>th</sup> March 2024
9.	International symposium	Participation	International Symposium on ‘Genomics in Cardiovascular Health”	Era University, Lucknow.	28 <sup>th</sup> February 2024
10.	SRNM Annual meet	Participation	Nutritional Interventions in kidney disease-safe armament for healthy life	Society of renal Nutrition & Metabolism	23 <sup>rd</sup> - 24 <sup>th</sup> December 2023
11.	National conference	Volunteer/ Participation	1 <sup>st</sup> National Conference “Together for Health” AHAHPERCON 2023	AHAHPER & Era University, Lucknow.	8 <sup>th</sup> -9 <sup>th</sup> December 2023
12.	National conference	Participation	Pre-Conference Workshop-PCW 7 DART: Eat right India, 1 <sup>st</sup> National Conference “Together for Health” AHAHPERCON 2023	AHAHPER & Era University, Lucknow.	7 <sup>th</sup> December 2023
13.	International conference	Organizing committee/ Moderator	1 <sup>st</sup> International conference of Poshan Dhara Association NUTRICON 2023	Poshan Dhara Association, Lucknow.	2 <sup>nd</sup> -3 <sup>rd</sup> December 2023
14.	55 <sup>th</sup> Annual Conference of NSI	Participation	55 <sup>th</sup> Annual Conference of NSI-Nutrition Society of India, Hyderabad.	National Institute of Nutrition , Hyderabad	25 <sup>th</sup> -26 <sup>th</sup> December 2022
15.	Workshop	Participation	One day hands on workshop on LCMS/MS in clinical proteomics	Era university, Lucknow	25 <sup>th</sup> October 2023
16.	National Seminar	Participation	Recent approaches for production & value	Integral University,	29 <sup>th</sup> September

			addition of Millets (shree anna) in changing climates scenario	Lucknow	2023
17.	Workshop	Participation	National Intellectual property awareness mission	Intellectual property office, India and Era University, Lucknow.	17 <sup>th</sup> August 2023
18.	Workshop	Organizing committee member and Moderator	Awareness on deficiency of Vitamin D among women	Department of Food and Nutrition, Era University, Lucknow.	18 <sup>th</sup> July 2023.
19.	International conference	Session Moderator	3 <sup>rd</sup> International conference on Personalized Medicine: Redefining the future of medicine”	Department of Personalized and Molecular Medicine, Era University, Lucknow.	25 <sup>th</sup> & 26 <sup>th</sup> February 2023.
20.	International round table conference	Participation	One day Indo-Uzbekistan on improving education & research -2023 themed “Application of Advanced Analytical Techniques in Agriculture, Food and pharmaceuticals”	online	2 <sup>nd</sup> February 2023.
21.	15 day workshop	Participation	Fruits and vegetable preservation	Udhyan Awam Khadya Prasansaran Vibhag ,Uttar Pradesh” , Lucknow.	16 <sup>th</sup> -30 <sup>th</sup> January 2023.
22.	54 <sup>th</sup> Annual Conference of NSI	Participation	54 <sup>th</sup> Annual Conference of NSI-Nutrition Society of India, Hyderabad, themed Sustainable Healthy Diets: Heath for all	National Institute of Nutrition , Hyderabad	22 <sup>nd</sup> -23 <sup>rd</sup> December 2022
23.	25 <sup>th</sup> world congress on clinical nutrition (WCCN)	Organizing committee	Advances in Nutritional research: Current Challenges & Future Prospects Era University,	Era University, Lucknow	26 <sup>th</sup> & 27 <sup>th</sup> November 2022
24.	Workshop	Participation	Menstrual Health & Hygiene,	Department of Food &	1 <sup>st</sup> April 2022

				Nutrition, Era University	
25.	Seminar	Participation	Bringing dietary guidelines in Nutricare: challenges faced by Dieticians	Dr . Ram Manohar Lohia Institute of Medical Sciences (Dietetics Department) , Lucknow.	24th January 2020.
26.	Training program	Participation	Two day training program on Text analysis	Department of Statistics, Lucknow University.	12 <sup>th</sup> -13 <sup>th</sup> October 2019
27.	International Conference	Participation	International Conference on Personalized Medicine: concept & role players	Era University, Lucknow.	19 <sup>th</sup> -20 <sup>th</sup> February 2020.
28.	Inter University Youth festival	Co-convener	Youth festival	Khwaja Moinuddin Chishti Urdu, Arabi Farsi University, Lucknow	27-28 <sup>th</sup> March 2018
29.	<b>COSAC</b> -celebration of Sports, Arts and Culture.	Co-convener	<b>COSAC</b> - celebration of Sports , Arts and Culture	Department of Home Science, Khwaja Moinuddin Chishti Urdu, Arabi Farsi University, Lucknow	3 <sup>rd</sup> October 2017.

## LIFE MEMBERSHIPS

Indian Dietetics Association (IDA)
IAPEN, Lucknow Chapter
Poshan Dhara Association (PDA)
IAPEN ( Indian Association of Parenteral and Enteral Nutrition)
Allied Health & Healthcare Professions Education and Research ( AHAHPER)
Indian Society of Personalized Medicine (ISPM)

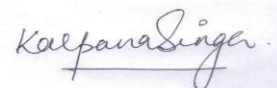
## OTHER WORK EXPERIENCE

S.no	Position	Department/ Organization	Duration
1.	Senior Nutrition Consultant	IARA Food Products Pvt Limited , Lucknow	Since January 2023
2.	Group Discussion Motivator	American Centre for Languages (ACL), Jankipuram	May 2014 - August 2015.
3.	Centre Head and Slimming In-charge	Simran Sahni's Health Zone, Aliganj	May 2011 - October 2012
4.	Dietician	Body Mantra" (Slimming Centre), Lucknow	Nov 2006 - May 2007.
5.	CCE (Customer Care Executive, inbound services).	EXL Services.com, Noida (International call center)	May 2003- May 2004

## PERSONAL DETAILS:

**DOB** 10<sup>th</sup> June 1981  
**Nationality** Indian  
**Marital Status** Married  
**Languages known** Hindi, English.  
**Hobbies** Music, Dance, Food.

**DATE :** / /  
**PLACE:** Lucknow



**(Kalpana Singh)**