SUDRITA ROY CHOUDHURY

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I have completed a Master’s degree besides having many years of work experience in this field. I can very well handle large amounts of data and have an experience of 8 years

# Education

**Sept 2020 – Jun 2022 MSc Dietetics & Nutrition**, NSHM College of Management & Technology, Maulana Abul Kalam Azad University of Technology (formerly known as West Bengal University of Technology), Kolkata, India

**CGPA: 9.13 /10** (First Class)

**Sept 2012 – Oct 2013 Post Graduate Diploma in Dietetics & Applied Nutrition,** Jadavpur University, Kolkata, India

CGPA: 7.92/10 (First Class)

**Sept 2009 – Sept 2012 BSc (Hons.) Food Science & Nutrition Management,** Jadavpur University, Kolkata, India

**CGPA: 8.77 /10** (First Class)

# Other Courses

**Jun 2023 – Apr 2024 National Diabetes Educator Program (NDEP)**

**Jan 2023 – Apr 2023 Certificate course in Human Microbiome from Coursera (organised by University of Colorado Boulder and UC San Diego)**

**Jan 2018 - June 2018** Certificate course in Food and Nutrition from **Indira Gandhi National Open University (IGNOU), Delhi, India** (68%)

**17.02.2019 – 17.05.2019 Certificate course** in **Diabetic Nutrition** from Medvarsity

**Jan 2014 – Aug 2015 Postgraduate Program in Management** (PGPM), Unitedworld School of Business, Kolkata, India. Major Subject - Marketing; Minor Subject - Finance

CGPA: 7.11/9 (First Class)

**15.03.2010 – 15.05.2010** Certificate basic program on Personality Development from Super Soft Finishing School

# Publications

Sonali Das, Joyeta Ghosh, Sudrita Roy Choudhury, Khusboo Singh and Samarpita Koner. “A Comparative Study of Relationship Between Vegetarian and Non-Vegetarian Dietary Choices and Blood Pressure”. *Acta scientific Medical Sciences volume 7 issue 4.* Read Full Text

Sridatry Pal, Joyeta Ghosh, Sudrita Roy Choudhury, Khushboo Singh and Samarpita Koner. “Assessment of consumption patterns of soft drinks and its impact on nutritional status among young adults of Kolkata”.

*International Journal of Science and Research Archive, 2023, 08(01), 1050–1058.* Read Full Text

Sudrita Roy Choudhury*., et al.* “Media Influence on Dietary Practices Among Young Adults of Kolkata". *Acta Scientific Nutritional Health* 6.10 (2022): 09-15. Read Full Text

Poulomi Sanyal, Joyeta Ghosh, Samarpita Koner, Khusboo Singh and Sudrita Roy Choudhury. “Prevalence of Constipation and its Relationship with Dietary Habits among College Going Girls in the age group of 18-25 years of Kolkata, West Bengal”. *Acta Scientific Gastrointestinal Disorders* 6.3 (2023): 03-13. Read Full Text

Joyeta Ghosh, Khusboo Singh, Sudrita Roy Choudhury*., et al.* “Impact of Diet and Nutrition on Memory T Cell Development, Maintenance and Function in the Context of ealthy Immune System". *Acta Scientific Nutritional Health* 6.8 (2022): 142-154. Read Full Tex

Sudrita Roy Choudhury*., et al.* “Traditional Indian Food for Improving Brain Cognition". *Acta Scientific Neurology* 5.12 (2022): 43-58. Read Full Text

Khusboo Singh, Sudrita Roy Choudhury, Joyeta Ghosh, Samarpita Koner4, Rittika Pal

“Ageing and its relationship with psychoneuroimmunology “. JOURNAL OF COMPREHENSIVE HEALTH VOL 11 / ISSUE NO 02 / JUL– DEC 2023 Read Full Text

Shaonee Saha, Jasmine Sultana, Saptarshi Mukherjee, Pritha Biswas,Nabanita Rakshit and Sudrita Roy Choudhury “Effects of nutraceutical on gastrointestinal tract disorders” Journal of Current Research in Food Science 2023; 4(2): 52-56 Read Full Text

Bijoya Chatterjee, Sudeshna Maitra Nag, J Ghosh, S M Nag, K Singh, S.R Choudhury, A Bhattacharjee, A

. Roy, S Sarkar, S Dutta, S Bhowmick, D Chattopadhyay “Association of handgrip strength with blood pressure, waist hip ratio, visceral adiposity index, c-reactive protein among adult population of kolkata: a hospital based cross-sectional observational study” Clinical Nutrition ESPEN Vol 58 Read Full Text

Sudrita Roy Choudhury, Poulomi Das, Samarpita Koner, Joyeta Ghosh , Khusboo Singh “Cardiovascular Disease Risks Related to Consumption of Ready-To-Eat Food Products between Young Adults of Kolkata, West Bengal, India” JOURNAL OF COMPREHENSIVE HEALTH Volume 12 • Issue 1 • January-June 2024 Read Full Text

Sudrita Roy Choudhury, Poulomi Das, Samarpita Koner1, Joyeta Ghosh, Khusboo Singh “Cardiovascular Disease Risks Related to Consumption of Ready-To-Eat Food Products between Young Adults of Kolkata, West Bengal, India” JOURNAL OF COMPREHENSIVE HEALTH Volume 12 • Issue 1 • January-June 2024 Read Full Text

Somaiya Shakil, Joyeta Ghosh, Khusboo Singh, Sudrita Roy Chaudhury “Comparative analysis of nutritional status among institutionalized and community‑dwelling elderly women and its association with mental health status and cognitive function” Journal of Family Medicine and Primary Care Read Full Text

# Juhi Shaw, Samarpita Koner, Sudrita Roy Choudhury, Khusboo Singh, Joyeta Ghosh” Prevalence of Serum Vitamin D Deficiency and Insufficiency in Cancer” JOURNAL OF COMPREHENSIVE HEALTH Read Full Text

# Joyeta Ghosh , Sudrita Roy Choudhury , Khusboo Singh, Samarpita Koner “Development and Performance Analysis of Machine Learning Methods for Predicting Metabolic Syndrome Among Postmenopausal Women of India” International Journal of Advancement in Life Sciences Research Read Full Text

# Book Chapter: Joyeta Ghosh, Sudrita Roy Choudhury, and Samarpita Koner. “Nutraceuticals and Bone health”. AAP Advances in Nutraceuticals series. Academic Press hard. ISBN: 97817949134502.published in April 2024 (

# Book Chapter: Joyeta Ghosh, Sudrita Roy Choudhury, and Khusboo singh. “Biobased Nanomaterials in Nutraceuticals”. Biobased Nanomaterials series.Springer. ISBN: 978-981-97-0542-9. published in May 2024

# Book Chapter: Poulomi Das, Raksha Banka, Joyeta Ghosh, Khusboo Singh, Sudrita Roy Choudhury, and Samarpita koner. “Synergism of Diet, Genetics, and Microbiome on Health”. Nutrition Controversies and Advances in Autoimmune Disease [10.4018/979-8-3693-5528-2.ch006](http://dx.doi.org/10.4018/979-8-3693-5528-2.ch006) .published in May 2024

# Blogs

2021: “Foods with Antimicrobial properties”, Published on GOQii mobile application 2021: “Recovery diet for Viral infection”, Published on GOQii mobile application

# Professional Experience

**December 2024- working presently Faculty FSTN Exploration Foundation**

Teaching Nutrition to students, taking assignments and overall mentoring

**July2024- December 2024: Diabetes Educator at BeatO**

Among the tasks is assessing a client's health, exercise habits, sleep patterns, eating habits, etc. to ascertain their nutritional needs. Giving consumers clear information, explaining how foods impact overall health, and even tracking and evaluating their fitness and lifestyle

**Dec 2016 - July 2024: Nutrition Consultant** at GOQii Technologies Private Limited, India

Duties include determining a client's nutritional requirements by evaluating their health, exercise routines, sleep patterns, eating behaviors, etc. Clarifying information for clients and describing how nutrients affect general health even monitor & analyse the client’s lifestyle & fitness data obtained via the GOQii Band. Using the GOQii app to regularly communicate with patients through text, video, and voice, giving health & fitness related counselling & guiding them with proper Dietary advices.

**Jun 2022 – December 2022: Research Scholar** (part-time), NSHM College of Management & Technology (Knowledge Campus), Kolkata India

Supervisor- Dr Joyeta Ghosh, Assistant Professor

Minimum Time Commitment: 3 days/ week including weekends (11- AM - 5 PM)

I was working on the project titled “Antimicrobial properties of lemon available in West Bengal” which isin continuation of my work done for Master’s thesis. This research aims to identify the antibacterial effects of lemon juice on *Klebsiella aerogenes*, *Escherichia coli, Staphylococcus aureus,* and *Bacillus subtills*. The main reason for using lemon juice-extract is that lemons are relatively inexpensive, universally accepted, palatable and well tolerated by most people. Lemon juice-extract is, therefore, regarded as safe.

**May 2019 – Aug 2019: Trainee Dietitian** at KPC hospital, Kolkata India

Helped patients to make dietary adjustments to improve their health and way of life. Collaborated as a team in hospitals and clinics and addressed the health issues of patients of diverse ages.

**8 July 2013 – 7 Sept 2013: Trainee Dietitian** at Fortis Hospital, Kolkata India Responsibilities at the above 2 internships

* Evaluated the dietary requirements of patients, created a menu according to their dietary restrictions,

advised patients on nutrition and the best dietary options based on a patient’s state of health.

* Nutritional status evaluation of patients and Identifying patients' dietary needs
* Establishing a healthy and therapeutic diet

* Involvement in interdisciplinary team rounds and meetings to talk about patient situations and identify dietary risks and Meeting patients during ward rounds
* Nutrition intervention development, implementation, and evaluation
* Based on the patient's condition, diet counselling throughout hospitalisation and after discharge
* Individuals and their families who are outpatients can receive nutrition counselling, dietary recommendations, food selection advice, and nutrition guidelines.
* Food counselling in specialized facilities such those for endocrinology, gastroenterology, nephrology,pediatrics, oncology, and other conditions evaluating the food the cook has made and providing comments

**7 May 2012 – 16 Jun 2012: Intern** at Thacker’s Dairy, Andul, India

Was a member of the group that handled the food packaging, processing, and biochemical testing. Responsibilities included

* Ensuring that all analyses that have an impact on food hygiene and safety, as well as material balance,are conducted using the techniques outlined by the Group Quality Management department.
* Control best practices in the entire factory where analyses are done.
* Packing food with assistance

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