

Dr. Sonal Bhargava



Presently, working as Assistant Professor in Government Girls P.G. College Sirsaganj, Firozabad, Uttar Pradesh.

Worked as guest lecturer in food and nutrition department in institute of home science Khandari, Agra (Jan-May 2012 and Oct- Dec 2012).

Education Summary

Contact Details:

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PhD in Home science (Food and Nutrition) from Jai Narayan Vyas University, Jodhpur on topic “Development of e-content System for Lifestyle and Nutritional Counseling during Pregnancy”.

Qualified UGC (NET) in June 2012 and June 2013.

MSc. (Food Science and Nutrition) : Completed in 2008 from Rajasthan Agricultural University, Bikaner.

Internship Summary

Institution: ALL INDIA INSTITUTE OF MEDICAL SCIENCES, NEW DELHI

Designation: Trainee Dietician

Department: Gastroenterology

Duration: 28th May 2008 to 27th Aug. 2008 (3 month)

Institution: ALL INDIA INSTITUTE OF MEDICAL SCIENCES, NEW DELHI

Designation: Trainee Dietician

Department: Dietetics

Duration: 5th Feb. 2008 to 3rd May 2008 (3 Months)

Specializing in critical care, Surgery, dealing with Patients of cancer, Bariatric Surgery, E.C. Fistula, Kidney Transplant, Whipple’s procedure, Ileostomy, APR etc.

Projects and Food product development:

1. Worked as an Intern in NGO(SRKPS) and did a Project on the topic of “Analysis of services provided by health centre situated in luna village, Jhunjunu, Rajasthan”
2. Completed a Thesis titled “**Development and Quality Evaluation of KACHRI Powder – A Convenient arid Souring Agent**” in MSc.

Award / Merits and Scholarships:

- Scholarship for scoring highest marks in MSc. 1st sem. (Food and Nutrition) in 2005.

Publications:

- **Bhargava, Sonal** and Mathur, Meenakshi (2019). A Case Study on Protein Intake of Women Residing in Western Part of Uttar Pradesh and its Effect on their Haemoglobin Level. *Internat. J. Appl. Soc. Sci.*, 6 (5) : 1119-1123.
- **Bhargava, Sonal** and Mathur, Meenakshi (2019). Effect of Demographic Factors on Calorie Intake of Pregnant Women In Their 2nd Trimester. *Naveen Shodh Sansar*. April To June 2019, Volume I : 21-25.
- **Bhargava S**, Goyal M and Rathore R. “Development and Quality Evaluation of kachari (Cucumis Callosus) Powder”. *Green Farming*. Vol. 5(1):69-73 (January-February,2014).
- Articles in local bulletins and magazines.

Social Work Participation:

- Participated in various camps to give diet counseling to patients suffering from various Diseases.
- Helped in sponsored events organized by “Help Age India” for aged people.

Dr. Sonal Bhargava
Assistant Professor
GGPGC, Sirsaganj