



PROFILE

Hardworking, ambitious, and dedicated individual with a great passion and strong zeal to bring forth a deep understanding of nutrition, dietetics and food microbiology. Focused on promoting healthy lifestyle and food habits for better living while seeking opportunities to contribute to impactful research and academic endeavors. Presently working as an Assistant Professor (Food and Nutrition) at Bhagini Nivedita College, University of Delhi.

CONTACT

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MANISHA

EDUCATION

- **Post-graduate diploma in Food Safety and Quality Management, IGNOU, Delhi**
08 -2022- 08-2025
- **M.Sc. Nutrition and Dietetics- School of Allied Health Sciences, Shree Guru Gobind Singh Tricentenary University, Haryana- 122505**
07-2020- 08-2022
CGPA- 9.11 (**Gold Medalist**)
- **B.Sc. (Hons.) Microbiology- Gargi College, University of Delhi**
07-2017- 07 2020
CGPA- 8.4, Division: First
- **Higher Secondary Education**
2015-2016
Grand percentage- 92%
- **Secondary Education**
2013-2014
CGPA-10

ACHIEVMENTS AND CONTRIBUTIONS

- Common Eligibility Test, Haryana Staff Selection Commission (HSSC) Qualified in July 2025.
- UGC-NET (Ph.D. Environmental Science Entrance Exam) Qualified in June 2025.
- UGC-NET Home Science (Assistant Professor) Qualified in June 2023.
- Winner of Ayurveda Day Quiz Competition-2020 organized by NCERT.
- **President** at Gargi Establishment Representing Microbial Sciences, Department of Microbiology, Gargi College, University of Delhi. 2019-2020.

SKILLS

- Excellent communication skills
 - Academic Writing and Editing
 - Good Leadership Experience
 - Teaching and Mentoring
 - Public Speaking
 - Presentation Delivery
 - Healthy Diet Promotion
 - Literary Analysis
 - Research Methodology
 - Project Management
 - Multi-tasking and time management
- **1st position** in Article writing competition organized by Chemical Society of Gargi College, University of Delhi in 2019.
 - **Joint General Secretary** at Gargi Establishment Representing Microbial Sciences, Department of Microbiology, Gargi College, University of Delhi. 2017-2018.
 - **2nd position** in science fiction plot writing competition in inter-college science festival, University of Delhi held on March 20, 2018.
 - Member of Anti-drug Society, Gargi College, University of Delhi. 2017-2018.
 - National Eligibility cum Entrance Test-NEET (UG) Qualified- 2017.

TRAININGS, INTERNSHIPS AND WORKSHOPS

- Masterclass on "The Gut Microbiome and Nutrition: From Mechanism to Practice" held on 19th June 2026 by Institute of Health Management Research, Bangalore.
- National Workshop on "Water Resources Planning and Management: A Regional Approach" on 16th February, 2026 at Bhagini Nivedita College, University of Delhi.
- Masterclass on Nutritional Management of Inflammatory Bowel Disease using a FODMAP based Dietary Approach held on 22nd January 2026 by Institute of Health Management Research, Bangalore.
- Diabetes Nutrition Certificate Course by BeMedic in association with Skill India Digital in June 2025.
- 45 days online internship training under registered dietitian Bhavya on "Therapeutic and Clinical Nutrition from 8th July to 21st August, 2024.
- 45 days intersip program at V.R. industries Pvt. Ltd. 155, Sector-8, IMT Manesar, Gurugram, Haryana 122050 from 11th October to 24th November, 2021.
- Training on drying techniques for food encapsulation conducted by Ministry of Food Processing Industries, Government of India held on 26th February 2021.
- Workshop on understanding Nutrition Innovation in Cancer organised by Sarvodya Hospital and Research Centre and Indian Dietetic Association on 18th December 2021.
- Training in Manufacturing (level-1) and Covid-Food Safety Supervisor conducted by FSSAI and Central University of Haryana in April 2021.

PUBLICATIONS

1. Book Chapter:

Manisha, Bhatt G.B., and Kunal. (2023) Innovations in Making Low-Fat Vegan Mayonnaise: A Review. New Paradigms in Allied Health Sciences (110-121). Selective and Scientific Books.

2. Patent Publications:

1st inventor:

- a) Manisha (2025). Low-fat vegan mayonnaise composition and preparation method thereof. Indian Patent Journal: 202511053833 A, issued June 20, 2025, filed June 03, 2025.

Co-inventor:

- b) Manisha (2025). Plant-based peanut spread and method for preparation thereof. Indian Patent Journal: 202511109693, issued Dec 26, 2025, filed Nov 11, 2025.
- c) Manisha (2025). Functional beverage formulated with Ash gourd and pineapple. Indian Patent Journal: 202611002349, issued Feb 13, 2026, filed Jan 08, 2026.