

Dr. Harjot Kaur Mann**Assistant Professor****Department of Home Science**✉ harjotkaurmann@gmail.com

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h- Index = 1**Area of Interest**

- Promoting and applying new knowledge and skills
- Policy and Procedures Development
- Interdepartmental Coordination
- Policy and Procedures Development
- Protocol Writing
- Team Building and Development
- Training Management

Education details

Degree	Year	University	Percentage	Medals/Positions
Doctorate of Philosophy (Food and Nutrition)	2011	Punjab Agricultural University, Ludhiana, Punjab	81.2	1 st Position
Master of Science (Food and Nutrition)	2008	Govt. Home Science College, Panjab University, Chandigarh	75.8	2 nd Position
Bachelors of Science (Home Science)	2005	Govt. Home Science College, Panjab University, Chandigarh	78.2	<ul style="list-style-type: none"> • 1st Position • University Gold medalist • Smt. Pritam Devi Rampal Memorial Silver Medal • Sherie Doonga Ji Silver Medal • Best All-rounder Student Award • Merit Certificate by Panjab University Alumni association

Professional Details

Designation	From	To	Organization
Assistant Professor (Permanent)	06.07.2015	Till date	MCMDAV College, Sector 36, Chandigarh

Assistant Professor (Contractual)	July 2014	April 2015	MCM DAV College, Sector 36, Chandigarh
Assistant Professor (Resource person)	March 2011	May 2014	Govt. Home Science College, Sector 36, Chandigarh
Assistant Professor (Guest Faculty)	December 2013	May 2014	Dr. Ambedkar Institute of hotel management, Catering and Nutrition, Sector-42, Chandigarh

Awards & Recognitions

Awards	Institute	Year
<ul style="list-style-type: none"> University Gold medalist Smt. Pritam Devi Rampal Memorial Silver Medal Sherie Doonga Ji Silver Medal Best All-rounder Student Award Merit Certificate by Panjab University Alumni association First prize in Oral presentation Research Paper selected for Young Scientist Award Second prize in Oral presentation Invited as Judge at Zonal Youth Festival Invited as Judge at Interzonal Youth Festival 	<ul style="list-style-type: none"> Panjab University JNU, New Delhi NIN, Hyderabad JNU, New Delhi DAV College, Jalandhar Apeejay College of Fine Arts, Jalandhar 	<ul style="list-style-type: none"> 2005 2013 2011 2016 2018 2018

Research & Publication

Title	Journal	Refereed	Date and Year of Publication	Online Link
<ul style="list-style-type: none"> Development and evaluation of Probiotic yogurts containing Lactobacillus acidophilus and Streptococcus thermophiles. 	<ul style="list-style-type: none"> International Journal of Food and Nutritional Science 	Refereed	2014	https://www.ijfans.com/Volume%203%20Issue%204/16.%20IJFANS%20A0287-14.pdf
<ul style="list-style-type: none"> Cholesterol – Lowering Effect of Oat Flour Supplementation on Lipid Profile of Mild Hyperlipidemic Male Subjects” 	<ul style="list-style-type: none"> International Journal of Food and Nutritional Science 	Refereed	2014	https://www.ijfans.com/Volume%203%20Issue%204/23.%20IJFANS%20A0288-14.pdf

<ul style="list-style-type: none"> Evaluation of the potential of Probiotic Yogurts containing Lactobacillus acidophilus and Streptococcus thermophiles in hypertensive male Patients. 	<ul style="list-style-type: none"> Indian Journal of Applied Research. 	Refereed	2014	https://pdfs.semanticscholar.org/30dc/a95dda8630dd62461bb40ea6c5a0d23e1fd.pdf
<ul style="list-style-type: none"> Cholesterol-lowering potential of Probiotic Yogurts containing Lactobacillus acidophilus and Streptococcus thermophiles on mild hypercholesterolemic male patients. 	<ul style="list-style-type: none"> Indian Journal Of Science and research 	Refereed	2014	https://pdfs.semanticscholar.org/30dc/a95dda8630dd62461bb40ea6c5a0d23e1fd.pdf
<ul style="list-style-type: none"> Demographic Study of Male Subjects At An Increased Risk of Coronary Heart Disease. 	<ul style="list-style-type: none"> International Journal of Nutrition and Agriculture Research. 	Refereed	2014	http://www.ijnar.com/article/DEMOGRAPHIC%20STUDY%20OF%20MALE%20SUBJECTS%20AT%20AN%20INCREASED%20RISK%20OF%20CORONARY%20HEART%20DISEASE.pdf
<ul style="list-style-type: none"> Dietary intake and food consumption pattern of at risk CHD males. 	<ul style="list-style-type: none"> International Journal of Multidisciplinary Research and Development 	Refereed	2015	http://www.allsubjectjournal.com/vol2/issue1/PartJ/pdf/77.1.pdf
<ul style="list-style-type: none"> Association of anthropometric indices and prevalence of hypercholesterolemia. 	<ul style="list-style-type: none"> International Journal of Home Science 	Refereed	2015	http://www.homesciencejournal.com/archives/2015/vol1issue1/PartA/16.pdf

<ul style="list-style-type: none"> Evaluation of Physical Activity Levels and Obesity among School going Adolescents. 	<ul style="list-style-type: none"> Indian Journal of Applied research 	Refereed	2017	https://www.worldwidejournals.com/indian-journal-of-applied-research-(IJAR)/articles.php?val=MTIOMjU=&b1=25&k=7
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Book Published

Title	Publisher	ISBN	Year of Publication
Art of Cooking and Science of Nutrition	New Era International Imprint	978-81-290-0149-8	2017
Probiotic Yogurt and Healthy Heart: Towards Heart and Health	LAP LAMBERT Academic Publishing	978-620-2-00876-1	2017
Book chapter - Physiochemical and Organoleptic evaluation of Probiotic Yogurts Containing Lactobacillus acidophilus and Streptococcus thermophiles	Gaurav Book Center	978-938-3-31622-3	2014

Miscellaneous

- Organized workshops with Pidilite industry every session involving students from the department.
- Invited as Resource person to deliver a lecture on “**Nutrition and Stress**” at CGC, Landran.
- Actively participated in ICPR sponsored Guest lecture series (2014) organized by Department of Philosophy, MCM DAV college for women, Sector 36, Chandigarh.
- Participated in Workshop on Extrusion Processing (2011), organized by Kanas State University, USA and Punjab Agricultural University.
- Participated in Symposium (2013) organized by Indian Dietetics Association and Yakult
- Participated in National Seminar on Empowerment of Women: Emerging Challenges (2010) Organized by The Society Of Home Scientist for Agricultural and Rural Institutions at Punjab Agricultural University.
- Participated in CME (2007): Diabetes– A Growing Challenge, at Government Medical College and Hospital Chandigarh.
- Participated in CME (2008):– The Indian Society for Parenteral and Enteral nutrition (ISPEN) at PGIMER Chandigarh
- Participated in CME (2010): Obesity – A Growing Challenge, at Government Medical College and Hospital Chandigarh.
- Participated in Seminar Diet, Lifestyle and You (2008) at department of Food and Nutrition, Government Home Science College, Chandigarh
- Participated in 13th Annual Conference For ISPEN (2007)–at AIIMS, New Delhi
- Awarded with First Team Prize for Debate Competition On Teenage Day (2006) at department of Food and Nutrition, Government Home Science College, Chandigarh
- Participated in Regional seminar (2006) on Engaging Youth in Political Decision- Making, Public relations Society of India, Chandigarh Chapter.

- Participated in NSS Camp organized by Punjab University in connection with Youth for Swasta Campaign Launched by Ministry of Youth Affairs and Sports, Government of India at Khuda Ali Sher, (2005)
- Participated and Presented Paper in the Three day workshop on “Social Transformation through Conflict Resolution: Gandhian Way” (2004), at Commonwealth Youth Programme, Asian Center, Chandigarh.
- Participated in Nutrela Health Workshop organized by Ruchi Soya industries Ltd. And American Soybean Society (2004) at department of Food and Nutrition, Government Home Science College, Chandigarh
- Participated in National Seminar on Contemporary Issues in Education on July 10,2016 at Golden Jubilee Hall, Panjab University, Chandigarh organised by Panchnad Research Institute, Chandigarh in association with Rashtriya Shiksha Vikas Manch, Punjab.
- Member of the organising team of the Two Day International Conference on Soul in Symphony: Sprititual and Pragmatic Aspects of Happiness held at MCM DAV College for Women, Chandigarh on January 29th and 30th, 2018.
- Participated in the Refresher Course in Disaster Managements (Interdisciplinary) Equivalent to Refresher Course in Home science from 28.12.2018 to 17.01.19 under the auspices of UGC Human Resource Development Center, Panjab University Chandigarh with grade A.
- Attended Faculty Development Programme titled Calculating API Scores on May 28, 2018 at MCM DAV College, under IQAC and DAV CMC.
- Actively participated as a Delegate in the workshop on “Nutrition in Celiac Disease” organised by Nutrition Society of India on 18th March 2017, Chandigarh Chapter held at PGIMER, Chandigarh.
- Member of organising Committee of a seven Day National Level Faculty Development programme on “Expanding Paradigms of Pedagogy” held at MCM DAV College Chandigarh from 13th to 19th April 2017.
- Attended one-day National Workshop on Faculty Development sponsored by DCDC Panjab University at MCM DAV College Chandigarh on 19th March 2016.
- Attended National Conference 6th HOSTOCON under the auspices of UIHMT Panjab University on 27th -28th February 2016 and presented a research paper.
- Received second prize for oral presentation in the 7th International Conference on Growing Trends in Food Technology and Nutrition for Public Healthcare held on May 26th-27th 2016 at JNU Organised by IFANS New Delhi.
- Organised a CNE on Depression-Let’s Talk Nutrition on 8th April 2017 along with IDA Chandigarh Chapter at MCM DAV College for Women, Sector 36, Chandigarh.
- Attended one week training on Fruit and Vegetable Preservation and Nutrition conducted by the Community Food and Nutrition Extension Unit, GOI, MHRD, FNB Chandigarh from 30.01.17 to 03.02.17.
- Organised and Attended two days Workshop on Bakery products from 04.02.2019 to 05.02.19 under the Foundation Group, NIESBUD Faculty.
- Organised Rangrez, an exhibition showcasing skills of Home Scientist displaying dry arrangements using waste material, tie and dye articles and *dupattas* and Home made chocolates, muffins and cakes at MCM DAV College, Sector 36, Chd.
- Participated in Swachhta Abhiyaan held at MCM DAV College for Women, Sector 36, Chd.
- Attended Workshop on “New World Cuisine” under aegis of RUSA at UHIMT, PU on 16.03.17.
- Participated in Symposium “Nutrition and IBD” during the 5th National IBD meet on 12th September 2015, at Chandigarh.
- Attended a 7 day FDP on ‘Capacity Building a Skill Enhancement in Higher Education’ (26.02.16-03.03.16) under aegis of RUSA at MCM DAV College for Women, Sector 36, Chandigarh.
- Participated as Resource Person in the CNE 2016, on Diabetes and its Complications organised by Department of Dietetics, PGIMER, Chandigarh and IDA Chandigarh Chapter on 04.09.2016.
- Attended International Conference on Medical, Health and Wellness Tourism in India: Status, Trends and Future Prospects under the auspices of UIHMT held at MCM DAV Chandigarh on 15th-16th February 2019.
- Organized a workshop on First Aid techniques in collaboration with Red Cross Society, 34 students participated on 05-04-2019.

- Exhibited a stall of Heritage items for cultural exchange event “ Beyond Boundaries” on 14th November, 2018
- Organized *Hastkala* a one week training program in Fabric Ornamentation jointly with IQAC.
- Have been preparing students for various competitions like, Rose festival, Youth Festival, Teej Utsav, Intercollege cookery and flower arrangement competition held from time to time in which students have brought laurels to the college.
- Invited to Judge Home Science items on 01.11.18 during the Zonal Youth Festival (‘A’ Zone) held at DAV College, Jalandhar, Punjab.
- Invited to Judge Home Science items on 14.11.18 during the Inter-Zonal Youth Festival held at Apeejay College of Fine Arts, Jalandhar, Punjab.
- **Invited as Resource Person:**
 - Delivered Lecture for 25/09/17 and 28/ 09/17 to grass root workers like AWWs, from ICDS project Chandigarh & ICDS project Kharar Distt. Mohali Punjab to the field workers on Importance of Complementary Feeding from 6 months of age along with breast feeding , Introducing Complementary foods while protecting breast feeding and Traditional complementary foods. Two OTCs of two days duration, Chandigarh Unit of Food & Nutrition Board, Govt. of India ,M/O W&CD, Community Centre, Sector 23, Chandigarh.
 - Delivered Lecture for 19/02/18 and 21/02/18 to grass root workers like AWWs, from ICDS project Chandigarh & ICDS project Kharar Distt. Mohali Punjab to the field workers on Causes & Consequences of Malnutrition ,Importance of Infant & Young Child Nutrition , Prevalence of Malnutrition in Children Under 3 years at different stages & importance of complementary Feeding. Two OTCs of two days duration, Chandigarh Unit of Food & Nutrition Board, Govt. of India ,M/O W&CD, Community Centre, Sector 23, Chandigarh.
- **Member of Scientific Societies:**
 - Nutrition Society of India (Life Member)
 - Indian Dietetics Association (Life Member)
 - Punjab Agricultural University Science club (Active Member- 2009-10)
- **Editorial Board Member of International Journals:**
 - International Journal of Nutrition and Agriculture Research.
 - International Journal of Multidisciplinary Research and Development (**Associate Editor**).
 - International Journal of Home Science (**Associate Editor**).