


**Dr. RESHMA BOOLCHANDANI**

<b>Designation</b>	<b>Professor</b>	
<b>Address</b>	Official: Department of Home Science, University of Rajasthan, Jaipur	
	Residence: House No 3, Vidhyut Abhiyanta Colony, Malviya Nagar, Jaipur-302017	
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**Educational Qualifications**

<b>Degree</b>	<b>Institution</b>	<b>Year</b>
Ph.D.	University of Rajasthan	2011
M.Sc. Foods and Nutrition	University of Rajasthan	1993
B.Sc. Home Science	University of Ajmer	1991
Other qualification	UGC NET	1993

**Career Positions Held**

1. Assistant Professor – 07.12.1996 (w.e.f. 1.3.1996) to 28.2.2009
2. Associate Professor- 1.3.2010 to 28.2.2013
3. Professor- 01.03.2013 onwards

**Areas of Interest / Specialization****Specialization – Nutrition****Areas of Interest**

- Nutrition during the menopausal years
- Nutrition in Non-Communicable Diseases - Diabetes, PCOS
- Indigenous foods
- Geriatric Nutrition

**Subjects Taught**

- Human Physiology
- Nutritional Biochemistry
- Institutional Food Administration
- Family and Community Nutrition
- Introduction to Foods
- Food Science

**Research Guidance on:**

Non Insulin Dependent Diabetes Mellitus  
Polycystic Ovary Syndrome  
Ageing Adults  
Dietary Profile of Fisherfolk  
Microplastics in Packaged Foods  
Nutritional benefits of certain plants/food products

1. **Dr. Archana Singh (UGC-JRF Scholar).** A Study on the Effect of Cinnamomum supplementation on Blood Glucose, HbA1C and Lipid Profile of middle aged Male adults with Non Insulin Dependent Diabetes Mellitus. **Awarded on 24.01.2018**
2. **Dr. Kamlesh Walia (UGC-BSR Scholar).** Impact on supplementation with Emblica officinalis (Amla) Products on the blood glucose level and lipid profile of patients with Type 2 Diabetes Mellitus. **Awarded on 24.10.2018**
3. **Dr. Mamta Pareek (UGC-BSR Scholar).** Comparative effects of Omega 3 fatty acid supplementation and dietary counseling on Anthropometry, Lipid Profile & Testosterone levels in women with Polycystic Ovary Syndrome. **Awarded on 18.10.2021**
4. **Ms. Anamika Verma.** Association between Nutritional Profile, Morbidity Profile and Depression among Ageing Adults. Submitted in June, 2022; **Awarded on 06 April, 2023.**
5. **Ms. Archana Indoria (UGC-JRF Scholar).** Antidiabetic effects of Capparis decidua and Coccinia indica on adult men and women with Type II diabetes mellitus. **Submitted.**
6. **Ms. Nidhi Shekhawat.** Nutritional Status and Dietary Profile of Fisherfolk of Port Blair. **Ongoing.**
7. **Ms. Megha Sharma.** Estimation of Microplastics in Packaged Foods using optical techniques. **Registration awaited**
8. **Ms. Neha Sangwan.** Nutritional Profiling and Nanoparticle preparation of Kumatiya seeds (Acacia senegal) and Khejri (Prosopis cineraria) pods. **Registration awaited**
9. **Ms. Tripti Barwer.** Social Media Participation and Eating Behaviour among Young Adults (18-25 years). **Registration awaited**
10. **Ms. Latesh Sharma.** Nutritional and Phytoestrogenic profiling of Soyabean, selected soy products and development of Value Added Products. **Registration awaited**

## Publication Profile

### Papers published in International/ National Journals

#### International Journals:

**2023**

Research Article

1. Indoria Archana and Boolchandani Reshama. Glycemic and Lipidemic Profile of type 2 Diabetic adults: An Intervention study with Capparis decidua. Acta Scientific NUTRITIONAL HEALTH (ISSN:2582-1423) Volume 7 Issue 9 September 2023, pp 72-78. DOI: 10.31080/ASNH.2023.07.1300
2. Anamika Verma and Reshma Boolchandani. A Community Based Study on Nutritional Status and BMI Among Aging Adults in Pilani, Rajasthan. International Journal of Innovations & Research Analysis (IJIRA) 1 ISSN :2583-0295, Impact Factor: 5.449, Volume 03, No. 04(II), October- December, 2023, pp 01-06.

3. Anamika Verma and Reshma Boolchandani. Women's empowerment, depression and stress management. *International Journal of Innovations & Research Analysis (IJIRA)*. ISSN :2583-0295, Impact Factor: 5.449, Volume 03, No. 01(II), January- March, 2023, pp 135-140.

## **2021**

4. Anamika Verma, **Reshma Boolchandani**, Shubha Dube (2021). Nutritional status and Depression levels among Ageing Adults of Pilani, Rajasthan. *International Journal of Innovative Research In Technology (IJIRT 152821)* Volume 8 Issue 4 | ISSN: 2349-6002 559-564.
5. Anamika Verma and **Reshma Boolchandani** (2021). Nutrient Deficiency and Depression: A Major Concern. *International Journal of All Research Education and Scientific Methods (IJARESM)*, ISSN: 2455-6211, Volume 9, Issue 12, December, 2021. Impact Factor: 7.429, Available online at: [www.ijaresm.com](http://www.ijaresm.com). Pg. 1083-1089.

## **2020**

6. Mamta Pareek and **Reshma Boolchandani** (2020). Effect of Omega-3 Supplementation on Hormone Profile in Women with Poly Cystic Ovarian Syndrome. *International Journal of Advanced Scientific Research and Management*, available at [www.ijasrm.com](http://www.ijasrm.com) ISSN 2455-6378 Volume 5 Issue 9, Sept 2020: pp 21-26.

## **2018**

7. Mamta Pareek and **Reshma Boolchandani** (2018). Effect of flaxseed supplementation on hormone profile in women with PCOS. *International Journal of Food, Agriculture and Veterinary Sciences: An Open Access*, Online International Journal Available at <http://www.cibtech.org/jfav.htm>. Vol.8 (1) January-April, pp.19-25.
8. Indoria Archana and **Boolchandani Reshma** (2018). Antidiabetic role of Kundru (*Coccinia indica*): A Review. *International Journal of Food, Agriculture and Veterinary Sciences* ISSN: 2277-209X (Online). An Open Access, Online International Journal Available at <http://www.cibtech.org/jfav.htm> Vol.8 (1) January-April, pp.13-18

## **2017**

9. Kamlesh Walia and **Reshma Boolchandani** (2017). Exposure to chemical related environmental pollution and diabetes mellitus. *KAHV International Journal of Science Engineering & Technology*; Vol. 04, Issue 02.

## **2016**

10. Dr Nimali Singh, **Dr Reshma Boolchandani**, Sadia Chishty, Monika and Dr Anil Agrawal. Developmental milestones of Infants admitted to Facility Based Newborn Care Unit: A Case Control Study. *International Journal of Advanced Research*. 2016; 4(5):1566-1572.

## **2015**

11. Walia K, **Boolchandani R**, Dhand S and Antony B (2015). Improving Glycemic and Lipidemic Profile with Amla Powder (*Embllica Officinalis*) Supplementation in adults with Type 2 Diabetes Mellitus. *International Journal of Basic and Applied Medical Sciences*: Vol. 5 (2) May-August, pp 251-258.
12. Walia K. and **Boolchandani R** (2015). Role of Amla in Type 2 Diabetes Mellitus - A Review. *Research Journal of Recent Sciences* (International Science Congress Association); Vol. 4, 31-35.

## **2014**

13. Archana Singh and **Reshma Boolchandani**. Potential role of cinnamon in management of type 2 diabetes Mellitus –a review. *International journal of food and nutritional sciences*; Vol.3, Iss.6, pp 249-258 Oct-Dec 2014. Received on: 7th October, 2014 Accepted on: 6th December, 2014. ISSN: 2320-7876, Impact factor: 1.021

## **2013**

14. **Reshma Boolchandani** & Archana Singh (2013). Improvement in Blood Glucose Profile after supplementation with cinnamon powder in men with Type 2 Diabetes mellitus. *CIBTech Journal of Zoology*; Vol 2 (3) Sept-Dec. pp 17-21.

## **2012**

15. Richa Chaturvedi, Nimali Singh, **Reshma Boolchandani**, Hina khan and Ram Chandra (2012) "Knowledge, Attitudes and Practices on CHD in Businessmen and Patients" *Nutrition & Food Science*; Vol. 42, Issue 3, pp.148 – 155.

## **National Journals:**

16. Walia Kamlesh and **Boolchandani Reshma** (2018). Altering hyperglycemia with amla supplementation in type 2 Diabetes mellitus. *Indian Journal of Family and Community Studies*. Volume 1 (Issue 2) Peer reviewed Bi-annual Journal; Department of Home Science, University of Rajasthan, Jaipur-24.
17. **Reshma Boolchandani**, Dipika Yadav, Kanika Varma, Nimali Singh and Nupur Hooja (2008). Reduction in Menopausal Symptoms by Phytoestrogen and Micronutrient Supplementation; An Intervention Study. *Current Medical Trends*, 2008; 12(1-2):2264-2268.
18. Nimali Singh, **Reshma Boolchandani**, Kanika Varma, Divya Banga, Beena Mathur and Shubha Dube (2008). Efficacy of Iron Rich Leaf Concentrate on the Haemoglobin Level of Adolescent Girls (13 to 18

years) in an Orphanage of Jaipur city, *Shodh, Samiksha aur Mulyankan*, **3** (indexed journal- ISSN-0974-2832), 2008 May-July; Vol. 1 Issue 3, page 184-186.

19. Kanika Varma, Nimali Singh, **Reshma Boolchandani**, Beena Mathur, Aditi Lodha, Hemant Malhotra (2008). Effect of Lucerne Concentrate on Nutritional Status of Chronic Myeloid Leukemia Patients, *Shodh, Samiksha aur Mulyankan*, 3 (indexed journal- ISSN-0974-2832), 2008 May-July; Vol. 1 Issue 3, page 211-212.

20. Singh, N; **Boolchandani, R**; Vanjani, Saroj; Chaturvedi, R; Khan, H. (2002). Body Mass Index and Waist Hip Ratio as a Risk factor in Male Coronary Artery Disease Patients and Businessmen in Jaipur City, *in Current Medical Trends*, 2002; 6:1238-44.

#### **Published Chapter in Book:**

Anamika Verma and Reshma Boolchandani. Chapter 5: Financial Well Being and Health Status among elderly. Recent Trends in Commerce, Management and Social Sciences (Edition II-2022). Edited by: Dr. Bharati S. Math and Dr. Ravi Kant Modi. ISBN: 978-93-91932-27-5. Published by INSPIRA, Jaipur, Delhi (India) Page Nos. 39-44.

#### **Published a Manual:**

**Published a Manual on 'First Aid' for students at Bodh Shiksha Samiti, Kukas.** Authors: Prof. Shubha Dube, Prof. Kanika Varma & Prof. Reshma Boolchandani. 2023.

**FDP/Skill Training Programmes/Orientation/Refresher Courses: 08**

**Paper Presentations at International and National Conferences: >50**

**Awards received for Paper Presentations at International and National Conferences: 10**

**Invited Resource person at various academic events: > 25**

#### **Administrative Assignments**

- Director, UGC MMTTC, University of Rajasthan, Jaipur (since March, 2025)
- Co-ordinator, IQAC, University of Rajasthan, Jaipur (since March, 2025)
- Additional Director, CCT, University of Rajasthan, Jaipur
- Course Coordinator, IFD, DIC, University of Rajasthan, Jaipur
- Member (Representative, University of Rajasthan), Academic Council, MDS University, Ajmer (2024-for 2 years)
- Director, Centre for Nutritional Sciences (March-July, 2024), (Dec. 2024 till date) UoR, Jaipur
- Member, Adhoc CoC, CCT, University of Rajasthan, Jaipur (2024-25)
- Member, Board of Studies, Sophia Girls' College, Ajmer
- Member, Board of Studies, JNRM, Sri Vijay Puram, Andaman & Nicobar Islands to be known as Netaji Subhash Chandra Bose Institute of Higher Learning (NSCBIHL), Sri Vijay Puram, Andaman & Nicobar Islands

- Member of various committees at University and Departmental level
  - Member, Core Committee, IQAC for NAAC, 2024, University of Rajasthan
  - Coordinator, Criterion 5, IQAC Committee for NAAC re-accreditation (2024-25)
  - Convenor, EPMC, University of Rajasthan, Jaipur (2024-2025)
  - Member, Anti Ragging Committee (2024-2025), University of Rajasthan, Jaipur
  - Member, Research Board, University of Rajasthan (08.01.2025 onwards for 3 years)
  - Member, Study Leave Committee, University of Rajasthan
  - Member, Advisory Committee for University Guest House, University of Rajasthan, Jaipur (16.12.2024 onwards for 3 years)
  - Convenor, Degree Distribution, 33<sup>rd</sup> Convocation ceremony, University of Rajasthan, Jaipur
  - VC Nominee for MMTTC Guest House Committee, University of Rajasthan (2024)
  - Member, Departmental Ethics Committee, 2023
  - Proctor, Department of Home Science, University of Rajasthan. 2018-19
  - Proctor, Department of Home Science, University of Rajasthan. 2017-18
  - Proctor, Department of Home Science, University of Rajasthan. 2014-15
  - Rector – Maharani's College from July 2012 –2013
  - Co-Convenor, URAAMA Newsletter/ Booklet (2024)
  - Subject Coordinator – Foods & Human Nutrition (3+ years)
- Founder Member of Fitness Cell, Maharani's College, University of Rajasthan, Jaipur (2004-2007)

#### Details of Projects undertaken:

1. **Title:** Monitoring & Supporting IMNCI (Integrated Management of Neonatal & Childhood Illnesses) & Child Survival Programme at Bundi District of Rajasthan. **Funded by** UNICEF.  
**Duration:** 1 year (Year of sanction: 2009, Year of completion: 2010).  
**Funds received:** Rs. 21,82,400 lakhs.  
**Co-ordinator:** Dr Nimali Singh.  
**Co coordinators:** **Dr. Reshma Boolchandani** and Dr. Shubha Dube.
2. **Title:** Tracking of Mothers & Newborns in Sawai Madhopur District.  
**Funded by** UNICEF.  
**Duration:** 6 months (February 2012- July, 2012).  
**Funds received:** Rs. 10,00,000 lakhs.  
**Co-ordinators:** Dr Nimali Singh and **Dr. Reshma Boolchandani**

**3. Title:** Sustainable Strategies for Improving the Nutritional and Health Status of Vulnerable Groups in Tonk District.

**Former Co PI and currently Principal Investigator**

**Funded by:** RUSA 2.0

**Duration:** March, 2021 ongoing.

**Sanctioned Amount:** Rs. 83,30,000/-