

Dr. Bushra Shaida, Ph.D.

Skilled Teaching Professional

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PROFILE SUMMARY

- Highly motivated, skilled, competent, and level-headed teaching professional backed by strong educational background in Foods & Nutrition, showcasing 10+ years of experience in delivering education to diverse student groups and aptitude to remain flexible with proven record in all facets of research & development, methods/techniques/strategies development, training and mentoring, and strategic planning. Possesses expertise in providing nutrition lectures, advancing learner engagement, and cognitive development
- Friendly and compassionate with excellent interpersonal, and communication skills; experienced in all aspects of overseeing nutritional planning, supervision of meal preparation, development, design, implementation, and management of food service activities, meal planning, and compliance with nutritional, health & safety guidelines; has proven record in delivering evidence based nutrition education
- Holds skills in grading student work, integral enhancement of student's academic experience, and conducting professional development sessions. Able to develop lectures, cases, workshops, and course material while providing lectures virtually, in-person, and/or in classroom. Established record in conducting various workshops/seminars and facilitating students' discussions and presentations
- Result-oriented professor holds expertise in motivating/directing students to maximize their performance by encouraging positive environment while instructing students, and implementing rigorous lessons to aid students with diverse learning abilities

CORE COMPETENCIES

Lesson Planning | Education Management | Foods & Nutrition Sciences | Performance Evaluation | Curriculum Modification | Virtual & Online Lectures | Critical Decisions-Making | Classroom & Behavior Management | Research & Analysis | Training & Mentoring | Course Material Development | Internal Communication | Student Assessments | Cross-Functional Team Management | Problem-Solving Skills | Multi-Tasking Ability | Learning Strategies & Skill-Building | Verbal Reading & Writing Skills | Critical-Thinking | Report Writing Skills

TOOLS & TECHNOLOGIES

Microsoft Word, Excel & PowerPoint | Zoom

PROFESSIONAL EXPERIENCE

School of Allied Health Sciences, Sharda University, Greater Noida

Working as "**Assistant Professor**"

November 2011 – Present

Duties, Responsibilities, and Accomplishments:

- Actively planning subject area by using wide-variety of teaching aids, motivational and implementation strategies to engage students in active learning to foster sense of curiosity and participate in process improvements. Proficiently developing methodical plans for lectures & debates to educate students as well as assigning work to students and organizing & checking class test/exams
- Skillfully examining student performance through anecdotal records, student-teacher conferencing, peer evaluations, checklists and student portfolios. Developing and executing corrective programs to assist students while identifying needs of each student. Participating in staff meetings, enlightening conferences and teacher training workshops as well as supporting in course selection

PRIOR EXPERIENCE

- MAX Healthcare (Hospital), Saket, New Delhi** (Month Year – Month Year)
Clinical Dietician
- Guardian Life Care Pharmacy, New Delhi, India** (Month Year – Month Year)
Nutritionist

ADDITIONAL RESPONSIBILITIES

- Rendering responsibilities as **Stream Coordinator** of Department of Nutrition & Dietetics at SAHS
- Working as **Placement Coordinator** of the School in Sharda University
- Serving as **Coordinator** of various activities related to research, library, examination & laboratory for SAHS
- Supporting as **Member** of Board of Studies & Departmental Research Committee and Student Research Committee
- Delivered lectures on nutrition to nursing students
- Prepared syllabus of B.Sc. and M.Sc. (Nutrition & Dietetics) in School of Allied Health Sciences, Sharda University

PROFESSIONAL EDUCATION

- Amity Institute of Food Technology, Amity University, Noida** (2022)
Ph.D. – Foods & Nutrition
- IT College, Lucknow University** (2007)
M.Sc. – Nutrition
- Aligarh Muslim University** (2005)
B.Sc. (Honors) – Home Science

RESEARCH WORK

- *Ph.D. (Thesis Title):* Study on Prevention of Psychosomatic Symptoms Using Seed Extracts on Experimental Models
- *M.Sc. (Thesis Title):* Study on development nutritional quality evaluation, storage stability of weaning food prepared from multipurpose flour, papaya powder and milk powder
- Guided 10 Dissertation thesis on various topics related to Nutrition & Dietetics
- Guided 40 projects of B.Sc. (Nutrition & Dietetics) on various topics on Public health and Nutrition and Clinical Nutrition

TRAININGS/WORKSHOPS/SEMINARS/CONFERENCES

Organized/Attended

- Received certificate of presentation on International conference on Nutrition & Dietary Lifestyle
- Organizing 3 day events on the occasion on nutrition week from last four years
- Completed collaborative activities with Indian Dietetics Association (IDA)
- Workshops/Seminar/Conferences attended-10 (list enclosed)
- Training/ FDP attended-3

CERTIFICATION

- **Swayam Arpit Online Course Certification for Career Advancement Scheme (CAS) promotion – Pedagogical Innovations And Research Methodology**, Guru Jambheshwar University of Science & Technology Hisar, Haryana March 2021

PUBLICATIONS

- Official Journal of the Patent Office
- Research Papers, Reviews, Chapters in Books -7
- Paper presented and published - 8
- Book chapters Published -4
- FDP's Attended- 10
- Editorial member for two books with ISBN

MEMBERSHIPS & AFFILIATIONS

Life Membership of National Institute of Nutrition, Hyderabad | Annual Membership of Indian Academy of Biomedical Sciences (IABS)

LIST OF PUBLICATIONS

- M. Sharma, R. Saxena*, B. Shaida , A. Nanda , D. Sharma , A. Milton Lall (2016). "Relation of senescence with systemic inflammation and serum paraoxanase activity: A clinical approach". Scholars Journal of Applied Medical Sciences DOI: 10.21276/sjams.2016.4.7.53
- Shaida, B., Singh, K., Dubey, A. K., & Sharma, P. (2019). Anti-Depressant and Anti-Anxiety Like Effects of Cydonia Oblonga in Mice Exposed to Mild Stress. Indian Journal of Public Health Research & Development, 10(10).
- Shaida, B., Singh, N. B., & Singh, K. (2020). In-vitro evaluation of anti-inflammatory and anti-microbial properties of ethanolic extract of Cydonia oblonga seeds.
- Shaida B, et al.,(2020) Health Care Delivery Science: An Advancement in Undergraduate Medical Education to Meet the Needs of Society, Journal of Critical Review [10.31838/jcr.07.07.220](https://www.ikprress.org/index.php/PCBMB/article/view/10.31838/jcr.07.07.220)
- Shaida B, et al.,(2020) In-vitro evaluation of anti-inflammatory/anti-microbial properties of Ethanolic extract of Flax seeds ,GIS Journal
- Rastogi, M., Islam, Z., & Shaida, B. (2021). Brief Study on Herbal Plant Hypericum Perforatum (ST. John's Wort): An Antidepressant and Antioxidant Approach for Better Life. Plant Cell Biotechnology and Molecular Biology, 22(39-40), 9-16. Retrieved from <https://www.ikprress.org/index.php/PCBMB/article/view/6568>
- Islam, Z., Rastogi, M. and Shaida, B. (2021) "Seaweeds as Potential Functional Food And Health Supplement", Plant Cell Biotechnology and Molecular Biology, 22(39-40), pp. 43-52. Available at: <https://www.ikprress.org/index.php/PCBMB/article/view/6580>
- Rastogi, M., & Shaida, B. Medical Nutrition Therapy during COVID-19. COVID 19: A Deteriorative Conundrum of Human Health, 120

LIST OF PAPER PRESENTED IN SEMINARS/WORKSHOPS

Paper Presented in Conference

- Shaida B et al.,(2018), Anti-microbial Activity of Ethanolic Extract of Flax seeds (Linum usitatissimum) , 2nd Amifost, pp. 48
- Shaida B et al.,(2018) Evaluation of functional properties of Cydonia Oblonga Seed Extract, 50th Annual International Conference of Nutrition Society of India, pp. 46
- Shaida B et al.,(2017) Nutritional Value * Functional Properties of Quince (Cydonia Oblonga Mill.) fruit , 1st Amifost pp.100
- Shaida B et al.,(2021) "Nano Encapsulation: Overview, Techniques and Use in Food Industry UGC Sponsored International Web Conference under National Skill Development Corporation on "Emerging Trends in Food, Nutrition and Health" organized by the Department of Nutrition and Dietetics & B.Voc. Food Processing held on 24th April 2021
- Shaida B et al., (2021) "Evaluation of anti-microbial properties of Flax Seed Extract (Linum usitatissimum, L.)" 4th International Conference on Food and Nutrition organized by USFN on 23rd -24th Sep 2021