

CENTRE FOR NUTRITION AND DIETETICS, SCHOOL OF INTERDISCIPLINARY SCIENCES (SIST)

The Centre offers a Master's programme in Nutrition and Dietetics as well as a Ph.D. in Food and Nutrition. It strives to uphold the vision of our Founder Chancellor, Janab Hakeem Abdul Hameed Sahib, by emphasizing in understanding the vital role of nutrition and promoting its significance in everyday life. The M.Sc. nutrition programme was initially launched in 2022 under the Department of Food Technology, School of Interdisciplinary Sciences. Recognizing the growing importance and expanding scope of nutrition in the current scenario, Centre for Nutrition and Dietetics was established in 2025 under the School of Interdisciplinary Sciences.

MAJOR OBJECTIVE

- To deliver comprehensive knowledge and build student competencies in therapeutic nutrition, community nutrition, and medical nutrition management through advanced studies.
- To develop highly skilled, professionally capable nutrition professionals contributing in healthcare settings, community programmes, academia, research institutions, and the nutrition industry.
- To expand institutional capacity by fostering strong collaborations with industries and community-based organizations for regular and continuing education initiatives.
- To prepare students for undertaking research in various domains of nutrition.

MAJOR PLACEMENTS: National Heart Institute, Institute of Liver and Biliary Sciences, VLCC, National foundation for India, Max hospital.

ACADEMIC PROGRAMMES

Postgraduate Programmes:

Programme Name : MASTERS OF NUTRITION AND DIETETICS:

Duration: Two years (4 Semesters)

Seat Intake: 30; inclusive of seats reserved for NRI/ sponsored candidates; additional seats are available for Foreign Nationals.

Specialisations: Nutrition and Dietetics

Eligibility: Graduation in any of the relevant discipline, such as Home Science, Nutrition or Dietetics, Food Science, Biology, Microbiology, Clinical Biochemistry, Life Sciences, BNYS (Naturopathy), BAMS (Ayurveda), BUMS (Unani) and B. Sc Nursing or other Allied Sciences with a minimum aggregate score of 50% at the level of graduation.

Selection procedure: Merit of qualifying examination.

Fees: 1ST YEAR-120000 /-

2ND YEAR-120000 /-

Students may submit the Fee semester wise which will be the 50% of Annual Fee.

2.3 Doctoral Programmes:

PhD specialisations: Food and Nutrition

Eligibility: Candidates who have passed MSc (Nutrition/ Nutrition and Dietetics/ Food Tech/ Food Science/ Food and nutrition or any relevant / professional degree such as M Pharm/ PG degree after BUMS/ BAMS/ BSMS/ BNYS etc) with a minimum of 55% marks or equivalent grade from a recognised University/ Institute. NET-JRF/ Individual Fellowship holders/Project Fellows will be preferred for admission in the Ph. D. programs.

Fees: The Annual Fee for MoU Candidates (Staff/Students) working in Non-Governmental Organization/Private Organization will be Rs 100000/-

Distinctive Features of Programmes:

- The M.Sc. Nutrition programme offers extensive hands-on training through practical sessions, internships, and case studies, ensuring students gain strong clinical and industry skills.
- Its research-driven coursework develops critical thinking and scientific inquiry, preparing graduates for evidence-based practice and advanced research roles. The interdisciplinary aspect of integrates nutrition science, public health, food technology, and clinical dietetics.
- Graduates have wide career and placement opportunities across hospitals, wellness centres, research institutes, food and nutraceutical industries, NGOs, government health programmes, and academia.
- The programme offers strong industry linkages with hospitals, food companies, nutraceutical units, and research laboratories.

- It incorporates internships in clinical dietetics, community nutrition, and food service institutions, along with industrial training in food processing, quality control, and product development.
- The curriculum emphasizes hands-on experience through case studies, nutrition assessment tools, and diet planning, while also providing exposure to research and product development, including sensory evaluation and laboratory work.
- The programme offers placement support through collaborations with healthcare and nutrition-related industries.

LEADERSHIP INFORMATION

Dean Details: School of Interdisciplinary Sciences & Technology (SIST)



Prof (Dr.) Angamathu Sevapandian

Dean, HOD & Professor, Department of Molecular Medicine, School of Interdisciplinary Sciences and Technology

• Brief profile:

Dr. Selvapandian is a distinguished researcher in parasitology, vaccinology, and molecular cell biology. With a Ph.D. from M.S. University, Baroda, he has held key scientific positions at the International Centre for Genetic Engineering and Biotechnology (ICGEB), New Delhi, and the U.S. FDA, Maryland. His research focuses on developing diagnostics and vaccine/drug candidates for microbial pathogens, especially visceral leishmaniasis. He has contributed significantly and has published extensively in leading journals. He is also a life member of major national scientific societies in immunology, parasitology, and cell biology.

Head: Centre for Nutrition and Dietetics



• Prof (Dr.) Sayeed Ahmad

Professor (Pharmacognosy and Phytochemistry); **Head**, Centre for Nutrition and Dietetics; **Director**, Centre of Excellence for Unani Medicine.

- Department/Centre: **Centre for Nutrition and Dietetics**

• Brief profile:

Prof. Sayeed Ahmad, M.Pharm., Ph.D., is a renowned researcher and academic leader, currently serving as the Director of the Centre of Excellence in Unani Medicine (Pharmacognosy & Pharmacology) at Jamia Hamdard. He also holds the positions of Head Centre for Nutrition and Dietetics, SIST and Professor of Pharmacognosy and Phytochemistry. He has made notable contributions to natural products research, phytochemistry, and Unani medicine, focusing on the development of evidence-based therapeutic applications. With a commitment to advancing education and research, he has mentored numerous students and scholars, fostering innovation in both traditional medicine and modern pharmacological sciences. His work continues to strengthen the integration of traditional Unani knowledge with contemporary scientific approaches. He has developed advanced research facilities and a strong academic program at Jamia Hamdard.

FACULTY DETAILS

Total Number of Faculty Members: The Centre is led by a Dean and Head, supported by two full-time teaching faculty members and one adjunct professor. In addition, the Centre has four doctoral research scholars.

Faculty Strength Summary:

- **Professors: Dean:** Prof. A. Selvapandian;

Head: Prof (Dr.) Sayeed Ahmad

- **Assistant Professors:** Dr. Bushra Shaida, Ph.D.
Dr. Sadia Chishty, Ph.D.
 - Prof. Dr Dilip Ghosh, Adjunct Professor

INFRASTRUCTURE AND FACILITIES

- **Laboratories, Testing or Research facilities:** The SIST is well equipped with processing and analytical equipments. List of some major equipment available with the department and University are as follows: HPLC, Texture analyzer, Rheometer, Hunter Lab Color Spectrophotometer, UV-Vis Spectrophotometer, Motic Inverted Microscope, Deep Freezer, Moisture analyzer, BOD Incubator, Rotary Vacuum Evaporator, Biohazard Safety Cabinet, Lab. Scale Spray Drier, Tray Drier, Fluidized Bed Drier, Oven, Meat Processing Unit, Bakery lab, Food Juice Processing Equipments, Packaging Equipments, Hammer Mill, Ball mill, Laboratory Pasteurizer, Shrink Packaging Machine, Vacuum Packaging Machine, RT-PCR, Confocal Microscopy, ELISA, Fluorescence RT-PCR, Viscometer, Infra-red moisture meter, Fruit Crasher, etc.

RESEARCH AND INNOVATION

Publications and Patents:

- **Number of publications in the last 3 years:**

- Rastogi, M., Nandkeoliar, M., Sangal, A., **Shaida, B.**, & Siddiqui, S. (2024). Low Serum Vitamin B12 is Significantly Associated with Depression: A Cross Sectional Observational Study: 10.55131/jphd/2024/220221. *Journal of Public Health and Development*, 22(2), 260–272.
- Tripathi, S., Akansha, A., & **Shaida, B.** (2025). Comparative Study Between Native and Modified Starches Isolated from Tamarind Seed. In *BIO Web of Conferences* (Vol. 178, p. 02004). EDP Sciences.
- Rastogi, M., **Shaida, B.**, Singh, V., Islam, Z., & Siddiqui, S. (2025). Potential of Lactiplantibacillus Plantarum 20174 for Vitamin B12 Production in Pineapple: An Enhanced Nutritional Quality and Storage Stability of Processed Jelly. *Journal of Nutrition and Food Security*.
- **Shaida, B.**, Singh, V., Alavudeen, S. S., Ahmad, M. F., & Akhtar, M. S. (2024). Microbial vitamins in nutrition and healthcare. In *Microbial Vitamins and Carotenoids in Food Biotechnology* (pp. 223-260). Academic Press.
- **Shaida, B.**, Rastogi, M., & Rikhari, A. (2024). Nutritional Care for Cancer with Sustainable Diets: A Practical Guide. In *Sustainable Food Systems (Volume I)* (pp. 147-165). Springer, Cham.
- Singh, V., Akansha, Islam, Z., & **Shaida, B.** (2023). Medicinal Plants: Sustainable Scope to Nutraceuticals. In *Sustainable Food Systems (Volume II) SFS: Novel Sustainable Green Technologies, Circular Strategies, Food Safety & Diversity* (pp. 205-236). Cham: Springer Nature Switzerland.

- Singh, V., & **Shaida, B.** (2023). Probiotics, Prebiotics, and Synbiotics: A Potential Source for a Healthy Gut. *The Gut Microbiota in Health and Disease*, 217-230.
- Islam, Z., Bashir, K., **Shaida, B.**, & Siddiqui, S. (2023). A Comprehensive Examination of the Nutritional Value and Health Advantages of Makhana (Euryale Ferox). *Journal of Scientific & Technical Research*, 13(2).
- Agarwal, A., **Shaida, B.**, Rastogi, M., & Singh, N. B. (2023). Food packaging materials with special reference to biopolymers-properties and applications. *Chemistry Africa*, 6(1), 117-144.
- Kumar, P., Tripathi, S., Islam, Z., & **Shaida, B.** (2023). Detection of Adulteration in Spices. *International Journal of Medical Toxicology & Legal Medicine*, 26(3and4), 138-142.
- **Shaida, B.**, Singh, K., & Rastogi, M. (2023). Evaluation of In-vitro Antioxidant and In-vivo Antidepressant properties of Flax seed Extract (Linum usitatissimum, L.). *Research Journal of Pharmacy and Technology*, 16(11), 5005-5009.
- Rastogi, M., **Shaida, B.**, & Siddiqui, S. (2023). An Overview on Prevalence of Vitamin B 12 Deficiency and Approaches for its Management. *Journal of Scientific & Technical Research*, 13(1).
- Khan A, Perveen A, Bansal N, **Chishty S.** (2025), "Exploring the relationship between nutritional status, body composition and health-related quality of life in non-alcoholic fatty liver disease". *Nutrition & Food Science*, Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/NFS-02-2025-0057>
- Zoha Khan, & **Sadia Chishty**. (2025). "Probiotics in the Management of Helicobacter Pylori Infection: A Comprehensive Review". *Journal of Biology and Nature* 17 (2):786–801. <https://doi.org/10.56557/joban/2025/v17i210004>
- Perveen, Z., & **Chishty, S.** (2025). A Review on Diversity and Applications of Traditional and Modern Millet and Cereal- based Probiotic Beverages. *European Journal of Nutrition & Food Safety*, 17(7), 78–100. <https://doi.org/10.9734/ejnf/2025/v17i71770>
- Ibra Danish, Neetu Bansal, Aisha Perveen & **Sadia Chishty** (2025). Comparison of Nutritional Status and Health related Quality of life Among Osteoarthritis Patients and Healthy Controls. Indian Journal of Nutrition and Dietetics. (Accepted; in press).

- **Number of patents (filed or granted):**

Patent Granted: 2

- Iron Rich Dietary Formulation and Method for preparing the same (Patent No: 541891)
- Food Apparatus with a weighing scale (Patent No: 506137)

Patent Published: 3

- Anthropometric Measurement Device (Application No. 20231103856)
- Automated Container facilitating storage and dispense of food items (Application No.202311081033)
- Educational tool used to recall dietary sources in everyday life (Application No.202311031591)

- **Student patents:**

A patent in formulation of the dietary cookies has been **registered by our student Ms. Sana Khan**, safeguarding the ingredients, processing methods, and associated health benefits from unauthorized use. She is M.Tech in Food Technology (Batch 2022–24), currently she is pursuing Ph.D. at the Centre of Excellence in Unani Medicine (Pharmacognosy & Pharmacology), Bioactive Natural Product Laboratory, School of Pharmaceutical Education & Research.



STUDENT DEVELOPMENT AND OPPORTUNITIES

- **Internships:** Max, PSRI, Lok Nayak Hospital, Batra hospital, Alshifa hospital, National heart Institute, Holy family hospital, National Foundation of India (NFI), Mother dairy, Rex etc.,
- **Practical or clinical training:** Hospital and Industry Training - Max, PSRI, Lok Nayak Hospital, Batra hospital, Holy family hospital, Alshifa hospital, National heart Institute, National Foundation of India (NFI), Mother dairy, Rex etc.,
- **Student achievements:** The students are placed at Alshifa hospital, National heart Institute, National Foundation of India (NFI), VLCC, Muditam Ayurveda etc.,
- **Workshops, seminars, conferences**



- Workshop entitled “**Nutritional Management of Maternal and Child Health**” on 7 th February 2024.
- **Hamdard NutriVoice** series, Nutrition month celebration and awareness initiative:
- **Year 2024: Three day's workshop** on “**Innovative approaches in Health and Wellness**”, **Hamdard Nutrivoice**, 18th -20th September,2024, focusing on anemia, nutrition and research offering both offline (cooking, posters) and online (PPTs, reels) competitions.
- **Year 2025: Two day's workshop** on “**Bakes and Basics; Nourishing through functional foods**”, 24th -25th September, 2025 to promote nutritious foods in baking, bariatric nutrition, food diversity, and food safety. With focus on nutrition, community engagement, food innovation, the event featured interactive and learning activities like hands on bakery workshop, exhibitions, student led food stalls with innovative recipes, free diet counseling, free health check-up, and competitions



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Labs facilities in the Centre