

Rukshana Irani

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List of Publications

Published in Journals:

1. **Rukshana Irani**, *Hypocholesterolemic Agents: Potent Weapon to Fight Cardiovascular diseases*, Education, research and analysis, Vol-5, Issue-2, pp. 7-13, July 2018. (UGC Journal no. 64674).
2. **Rukshana Irani**, Kazi Layla Khaled, Chayanika Dutta, *Analysis of the Pattern of Complex Carbohydrates of Bamboo Shoot and Plantain Stem with Special Emphasis on its Impact on Metabolic Disorders*, International Journal of Engineering, Science and Mathematics, Volume 7, Issue 4 (1), pp 61-66. April 2018 (Special Issue FBISA) Impact Factor: 6.765. Scopus ID: 3D9ED96C3EFA9FBD, UGC Journal number: 4454.
3. **Rukshana Irani**, *Miraculous Mango Seed*, International Journal of Pharmaceutical Research and Bioscience, Volume 4(3), pp.197-210, June 2015.
4. **Rukshana Irani**, Kazi Layla Khaled, *A Review on Polyherbal Formulation of Triphala- The Ayurvedic Wonder*, Journal of International Academic Research for Multidisciplinary, Volume 3, Issue 4, pp.407-418, May 2015.
5. **Rukshana Irani**, Kazi Layla Khaled, *Acacia nilotica Gum: An Underutilized Food Commodity*, International Journal of Current Research, International Journal of Current Research Vol. 7, Issue, 04, pp.14280-14288, April 2015 (Impact factor:5.349).

Book Publication:

1. Published a Book: Proceedings of UGC Sponsored National Seminar, “*Nutritional Deprivation in the Midst of Plenty-An Attempt to Create Awareness*” on Dec 2015, Chief Editor: **Rukshana Irani** (ISBN no. ISBN: 978-93-83010-27-1).

Publication in Seminar Proceedings organized by Raidighi College:

1. *Prevalence of Thyroid Hypofunction among Women & its Relationship with Metabolic Syndrome* by Ananya Chatterjee, **Rukshana Irani**, Auroma Ghosh; Proceedings of UGC Sponsored National Seminar "Nutritional Deprivation in the Midst of Plenty"- An Attempt to Create Awareness; Page 79-82; ISBN: 978-93- 83010-27-1.

Published Articles in a Blog:

1. Potent weapon to fight Cardiovascular Diseases
Weblink: <https://easyfitnessidea.com/potent-weapon-to-fight-cardiovascular-diseases/>
2. Benefits of Blended Oil
Weblink: <https://easyfitnessidea.com/benefits-of-blended-oils/>

3. Natural food source for health – HERBS

Weblink: <https://easyfitnessidea.com/natural-food-source-for-health-herbs/>

4. Antiaging Techniques for a Healthier and Happier life.

Weblink: <https://easyfitnessidea.com/anti-aging-techniques-for-a-healthier-and-happier-life/>

Academic Awards and Achievements:

1. Ranked First Class First in order of merit at the B.Sc. Part-III (3 Years Honours) Examination, 2009, University of Calcutta and received Uma Mukherjee Scholarship/Award in the year 2009.
2. Ranked First Class fourth in order of merit at the M.Sc. Examination, 2011, University of Calcutta.
3. Awarded Junior Research Fellowship (UGC NET-DEC-2011).

Research Area:

Therapeutic Potential of Unconventional and Under-utilized Food Commodities (Registered PhD Scholar, University of Calcutta).