

Farjana Fardaus

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Career Objective

To build a career in academia where I can contribute to teaching, research, and curriculum development in Nutrition and Food Science while fostering a dynamic and research-oriented learning environment

Research Interests

- Public Health Nutrition
- Nutritional Epidemiology
- Functional Foods and Nutraceuticals
- Food Product Development
- Phytochemical and Antioxidant Analysis

Academic Qualifications

**Master of Science (MS) in
Nutrition and Food Technology**
Jashore University of Science &
Technology
CGPA: 3.92 out of 4.00 | 2023

Thesis Title:

Bitterness Reduction of Mango Waste Materials (Peel and Seed Kernel Powder) and Its Utilization to Develop Bakery Products (NST Fellow, Ministry of Science and Technology, Bangladesh)

**Bachelor of Science (BSc) in
Nutrition and Food Technology**
Jashore University of Science &
Technology
CGPA: 3.84 out of 4.00 | 2021

Thesis Title:

Prevalence of Anemia and its Associated Risk Factors among Female Students of Jashore University of Science and Technology, Bangladesh. (*This work was later published in Discover Public Health, 2025.*)

Publications

1. Fardaus, F., et al. (2025). Prevalence of anemia and its associated factors among female university students in Jashore, Bangladesh. *Discover Public Health*, 22(1), 1–18.
2. Mazumdar, S., et al. (2025). The use of functional foods and its association with chronic and multimorbid conditions: A cross-sectional study among Bangladeshi people. *Scientific Reports*, 15, Article 07435.
3. Mazumdar, S., et al. (2025). Associations of functional foods consumption with gastrointestinal and musculoskeletal conditions: A cross-sectional study among Bangladeshi adults. *BMJ Open*, 15(12), e103593.

4. Islam, S., et al. (2024). Quality evaluation of antioxidant and calcium-rich sucrose-free biscuit based on spirulina and unutilized eggshell. *Journal of Food Chemistry and Nanotechnology*, 10(3), 94–101.

Research Experience

Research Assistant

Department of Nutrition & Food Technology
Jashore University of Science & Technology
July 2022 – January 2023

Ongoing Research:

Comparison of Phytochemicals and Antioxidant Content of Different Types of Orange Peel and Development of Orange Peel Tea (Manuscript submitted to *Food Research International*)

Professional Experience

IYCF Counsellor

Concern Worldwide, Ukhiya, Cox's Bazar
July 2025 – December 2025

- Delivered Infant and Young Child Feeding (IYCF) counseling
- Conducted nutrition awareness sessions
- Monitored maternal and child nutritional status

Training & Professional Development

- Comprehensive Nutrition Package and Cross-Cutting Issues Training, Concern Worldwide (2025)

Technical and Languages Skills

- Statistical Analysis: SPSS
- Software: MS Word, MS Excel, MS PowerPoint
- Nutrition Tools: WHO Anthro
- Laboratory Skills: Phytochemical analysis, Antioxidant assays, Food product formulation
- Bengali – Native
- English – Fluent (Reading, Writing, Speaking)

References

Dr. Shireen Nigar

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Fatema-Tuj-Zohra

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Relation: Master's Thesis Supervisor