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81, Bhargu Nagar, Ajmer Road
Jaipur-302021, Rajasthan, India
Contact: +917737099220

Email: contact@researchthrive.com

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EDITORS

Editor-in-chief	Prof. (Dr.) Vineeta Bansal Ph.D., R.D. Professor & Head - Clinical Nutrition and Dietetics Mahatma Gandhi Medical College & Hospital, RIICO Institutional Area, Sitapura, Jaipur-302022, Rajasthan, India. R.D. No.: 562018 e-mail ID: drvineetabansal@mgumst.org https://www.mgumst.org/college-faculty/vineeta-bansal/417/417/8/462
Patron	Prof. (Dr.) Ranjana Nagar (Patron) Professor (Retd.) - Nutritional Biochemistry Foods and Human Nutrition Department of Home Science University of Rajasthan, Jaipur, India e-mail ID: ranjananagar@yahoo.com
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	Associate Professor, Western University Pathology and Laboratory Medicine, London Health Sciences Centre & St. Joseph's Health Care, London, Ontario, Canada e-mail ID: vipin.bhayana@lhsc.on.ca / vbhayana@uwo.ca https://www.schulich.uwo.ca/biochem/people/faculty/Bhayana.html
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Editor	Dr. Amarjeet Kaur Scientist (Food & Nutrition), College of Community Science, Punjab Agricultural University, Ludhiana-141004. Punjab, India e-mail: sekhonamarjeet@pau.edu https://www.pau.edu/cohs/index.php?act=manageDepartments&DO=viewFaculty&intDepTitleID=5&intLinkID=1&strDepTitle=Faculty
Editor	Dr. Vandana Sabharwal Assistant Professor,

	Department of Food and Nutrition Institute of Home Economics, University of Delhi, F- 4 Hauz khas, New Delhi -110016 e-mail: vandana.sabharwal@ihe.du.ac.in http://ihe.du.ac.in/wp-content/uploads/2022/03/Dr.-Vandana-Sabharwal-converted.pdf
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Editor	Ms. Megha Panchal Yoga Instructor / Yoga Therapist Union Yoga Ayurveda, Beauty World, Mandarin Park Shop Houses, 51 Chun Tin Road, 599625, Singapore e-mail: megha283@gmail.com https://www.yogasingapore.net/instructor-profile/
Editor	Ms. Sandra Thiemann-Muller Ayurveda Therapist Union Yoga Ayurveda, Beauty World, Mandarin Park Shop Houses, 51 Chun Tin Road, 599625, Singapore e-mail: sandra.thiemann@gmx.ch
Editor	Ms. Anjana Singhal Pharmacist, Director - Subsist Pharma 622 B, 12th A Road, Sardarpura, Jodhpur-342001, India e-mail ID: singhalanjana547@gmail.com

ABOUT THE JOURNAL

International Journal of Nutrition and Lifestyle is an open-access, peer-reviewed online journal that publishes high-quality research papers. It's a scientific research journal devoted to original articles based on Experimental / Community / Clinical Nutrition & Lifestyle-related research or practices that contribute to holistic Health & Wellness of human beings.

Language of Journal: English

Starting Year: 2021

Format of Publication: Online Only

Frequency of Publication: Quarterly (March, June, September, December)

Aim of the journal

- The prime objective of the International Journal of Nutrition and Lifestyle is to provide a platform to highlight quality research by eminent researchers in the field of Nutrition and Lifestyle contributing to Holistic Health and Wellness. We aim to facilitate students & researchers from academic & clinical fields; to share and publish their knowledge & scientifically proven practices with fellow researchers as well as policy-makers.

Scope of the journal

- The scope covers all research related to holistic wellness that includes physical, mental, social, emotional, and spiritual wellness of a human being leading to a higher Happiness Quotient
- The Journal covers all types of research work in the field of Dietary practices/guidelines, Diet and Disease, Dietary Surveys, Clinical Nutritional Interventions, Public Health Nutrition, Nutrigenomics, Molecular Nutrition, Food Processing and Technology, New Product Development, Value Added Food Products, Nutritional Epidemiology, Weight Management, Organic & Agri-based Food Researches, Food Biotechnology & all relevant health-based studies
- Lifestyle based researches including Yoga, Exercise, and Herbal medicinal researches are also included

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