

# Curriculum Vitae of Prof Meenakshi Garg

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Web of Science ResearcherID: ACU-3765-2022



Currently working as a Professor at the Department of Food Technology in Bhaskaracharya College of Applied Sciences (University of Delhi).

## Work Profile

- Professor at the Department of Food Technology in Bhaskaracharya College of Applied Sciences (University of Delhi) from July 25, 2020, to date
- Associate Professor at the Department of Food Technology in Bhaskaracharya College of Applied Sciences (University of Delhi) from 25th July 2017 to 24<sup>th</sup> July 2020
- Assistant Professor at the Department of Food Technology in Bhaskaracharya College of Applied Sciences (University of Delhi) from 25<sup>th</sup> July 2005 to 24<sup>th</sup> July 2017
- Dietitian at Super Specialty hospital, Panjabi Bagh, New Delhi, from Nov 2003 to July 2005

## Educational Qualifications:

Year	Qualifications	Institute
2000-2003	<b>Doctor of Philosophy</b>	CCS, Haryana Agriculture University, Hisar (79% Marks) Major subjects - Foods & Nutrition Minor subjects - Horticulture. Specialization: pulse processing
1997-1999	<b>Master of Science</b>	CCS, Haryana Agriculture University, Hisar (89% Marks) Major subjects - Foods & Nutrition Minor subjects - Animal Products Technology
1992-1997	<b>Bachelor of Science</b>	CCS, Haryana Agricultural University, Hisar (88.8% Marks) <b>Gold Medal for highest OGPA</b>
2008-2010	<b>Post Graduate Diploma in Packaging (2 years)</b>	Indian Institute of Packaging, Mumbai

## Academic and Research Achievements:

- Published more than 80 research/review papers/Book chapters in international and national journals, authored/edited a book
- Guided 11 PhD scholars for their doctoral research
- Delivered several invited talks at national and international symposia and conferences.

### **Area of interest:**

- Sustainable Food Packaging, Nutraceutical and Functional Food, Stability Enhancement of Edible Fats and Oils, Clinical Nutrition
- **Teaching experience**  
More than 20 years of teaching undergraduates and experience in a wide array of subjects, spanning the domains of Food Science and Technology. These subjects include Food Processing, Food Chemistry, Food Engineering, Food Packaging, Nutraceuticals and Functional Foods, Food and Nutrition, and Technology of Plant Foods

### **Administrative Responsibilities**

- Women Development Cell Convener ( 2023-2025)
- Deputy Superintendent of Examination
- Research and ethical committee convener (2025 onwards)

### **Research Work**

#### **Ph.D research work:**

Title –“**Nutritional quality of value-added food products from amylase-rich flour of chickpea and field pea.**” A study was conducted to develop amylase-rich chickpea and fieldpea flours and to assess their utilization in the development of various value-added food products, and to analyze them for organoleptic acceptability, nutritional quality, and keeping quality.

#### **Completed Research Projects:**

- Innovative project sponsored by the University of Delhi from 15<sup>th</sup> May 2012 to 14<sup>th</sup> May 2013 on “**Development of Cost-Effective Nutritious Multi-Cereal Bar and its Sustainable Packaging Using Nano-Biopolymer**” (BCAS 103) (sanctioned 100000 INR)

Nutri bar was prepared using local multi-grains, jaggery, and other ingredients. It was packed in degradable, in-house developed packaging film. Shelf life analysis was done.

- Innovative Project sponsored by the University of Delhi from 15<sup>th</sup> November 2013 to 14 November 2015 on “**To Prepare Edible Packaged, Low Cost Healthy Snack from Fruit and Vegetable Waste And Study Its Effect In Healthy Respondents**” (BCAS 205). (sanctioned 500000INR)

A low-cost, nutritious food product was developed using the peels of pumpkin, pea, gourd, and potato. A coating of gelatin and beeswax was applied to the product's surface to improve its barrier properties.

- Principal Investigator of UGC Major Project( 2012-15) entitled “**Effect of religious fasting on weight loss of overweight and obese Indian adults**”. The project's final report was submitted in 2015.

The present study investigated the effect of one day /week of religious fasting on the weight loss of 200 Indian overweight and obese respondents. Food consumption pattern, body composition and nutritional status of respondents were studied before and after fasting for a period of six months. (sanctioned > 900000 INR)

- Innovative project sponsored by the University of Delhi from 1<sup>st</sup> Oct,2015 on “**Development of an intelligent, eco-friendly multilayer package and nutritious snack from Fruits and vegetable seeds and peels.**” (BCAS 302) ((sanctioned 450000INR)  
Snacks were prepared using seeds and the peels of fruit and vegetables. In-house packaging material was developed from fruit and vegetable peels.
- Principal Investigator of **the Ministry of Ayush-sponsored project “Establishment of herbal garden and utilization of herbal plants for value-added food products”** dated 3/7/2019. Project no. HG/DL-01/2020-NMPBVIII (sanctioned 45000INR)

### **Industry-Sponsored Project**

- Consultant/Principal Investigator of Natturz Bio Kontrol Private Limited sponsored project- Research and Development of Soya Products from August 2023
- Consultant/Principal Investigator of Pravin Masala Wala sponsored project- Traditional Recipes of India from May 2024 to June 2025

### **Research and Review Papers in National and International Journals**

1. Prajapati, P., Singh, N., Singh, M., Dohare, R., Mittal, A., Sadhu, S. D., ... & Garg, M. (2026). Molecular and Functional Characterization of an Iron Fortified Plant Based Meat (IFPBM) for Enhanced Nutritional Efficacy and Cellular Iron Uptake. *Applied Food Research*, 101827.
2. Singh, N., Garg, M., Anand, P., & Chopra, R. (2026). Optimization and Characterization of Composite Flour Developed from Adaptogenic Medicinal Plants Enriched with Bioactive Compounds. *Applied Food Research*, 101749. **IF 6.2, Scopus indexed**
3. Agarwal, A., Chauhan, S., Kumari, C., Mathur, N., Balodi, V., Gupta, M. K., ... & Tripathi, A. D. (2025). Valorization of agro-waste of pea: challenges, current developments, and circular bioeconomy. *Food Chemistry: X*, 103212. **IF 8.3, Scopus indexed**
4. Singh, N., Mittal, A., Garg, M., Trivedi, R., Kumar, P. P., Sadhu, S. D., & Chopra, R. (2025). Evaluate the efficacy of guava-derived CuO, and ZnO nanocomposite coating on shelf life of grapes. *Vegetos*, 1-13. Scopus indexed
5. Prajapati, P., Porwal, C., Garg, M., Singh, N., Sadhu, S. D., Chopra, R., ... & Tripathi, A. D. (2025). Transforming lemon Peel into a sustainable reservoir of bioactives: A green osmotic dehydration strategy. *Food Chemistry: X*, 102172. **IF 8.3, Scopus indexed**
6. Malpotra, M., Garg, M., Singh, N., Sadhu, S. D., Chopra, R., & Sharma, B. (2025). An Overview of Bioactive Components and Phytopharmaceutical Potentials of *Hygrophila auriculata*-A Herbaceous Medicinal Plant. *Phytomedicine Plus*, 100737. Scopus indexed
7. Prajapati, P., Garg, M., Akhtar, S., & Ansari, T. H.....Alam (2025) Development and Optimization of Sustainable Packaging System for Indian Cottage Cheese (Paneer). Scopus indexed
8. Prajapati, P., **Garg, M., Singh, N. et al.** Transforming plant proteins into plant-based meat alternatives: challenges and future scope. *Food Sci Biotechnol* (2024). **<https://doi.org/10.1007/s10068-024-01683-0>. Scopus indexed IF 3.21.**

9. Priyanka Kumari Singh, Rajni Chopra, **Meenakshi Garg**, Komal Chauhan, Neha Singh, Snigdha Homro et al. (2024) Shelf Life Enhancement of Structured Lipids Rich in Omega-3 Fatty Acids Using Rosemary Extract: A Sustainable Approach. *Omega ACS*, <https://doi.org/10.1021/acsomega.3c09584>. Scopus indexed. **IF 4.1**
10. Singh, N., Tyagi, N., Singh, M., Kushwaha, H. R., Sharma, R. K., Shree, P., ... & **Garg, M.** (2024). Characterization, phytochemical profiling, antioxidant, and cytotoxicity of underutilized medicinal plants and composite flour. *Food Chemistry*, 139985. Scopus indexed **IF 9.8**
11. **Garg, M.** et al. (2024). Quality assessment of value-added Indian recipe papad prepared from dehydrated carrot pomace powder. *Journal of Applied and Natural Science*, 16(1), 445 -456. <https://doi.org/10.31018/jans.v16i1.5401> Scopus indexed. **IF 0.5**
12. Singh P. K., Chopra, R. **Garg, M.** Chauhan, K, Agarwal, A.(2024) Stability of perilla seed oil based PUFA-rich structured lipids using enzymatic interesterification: A thermo-oxidative kinetic Study, *Industrial Crops and Products*, Volume 209., ISSN 0926-6690, [doi.org/10.1016/j.indcrop.2024.118029](https://doi.org/10.1016/j.indcrop.2024.118029) Scopus indexed. **IF 5.9**
13. Dhyani A, Chopra R, Singh PK, **Garg M.** 2023. Palm olein and perilla seed oil blends for the improvement of nutritional and thermal stability. *Grasas Aceites* **74** (2), e511. <https://doi.org/10.3989/gya.0220221> Scopus indexed. **IF 1.4**
14. Singh, P. K., Chopra, R., & **Garg, M.** (2023). Comparative study on the use of rosemary bioactive for enhancing the oxidative stability of blended perilla seed oil: A multivariant kinetic approach. *Food Chemistry Advances*, 100447. Scopus indexed
15. Deepika; Kumari, Anita; Prajapati, Priyanka; Sarita, Kumar, Sandeep; Aluko, Rotimi E.; Singh, Surender; **Garg, Meenakshi** (2023) Pharmacological and Therapeutic Potential of Cucumis callosus: a Novel Nutritional Powerhouse for the Management of Non-communicable Diseases, *Plant Foods for Human Nutrition* <https://doi.org/10.1007/s11130-023-01098-y> Scopus indexed. **IF 4.0**
16. **Garg, M.**, Ali, M., Batra, V. *et al.* Quality evaluation of nutri-premix prepared by using millets and seeds of fruits and vegetables. *J Food Sci Technol* (2023). <https://doi.org/10.1007/s13197-023-05796-y> Scopus indexed. **IF 3.117**
17. Sharma, B., Nigam, S., Verma, A. **Garg, M.** *et al.* A Biogenic Approach to Develop Guava Derived Edible Copper and Zinc Oxide Nanocoating to Extend Shelf Life and Efficiency for Food Preservation. *J Polym Environ* (2023). <https://doi.org/10.1007/s10924-023-02972-1>
  - a. Scopus indexed. **IF 5.3**
18. **Garg, M.** et al. (2023). Quality assessment of value-added Indian recipe pedakiya prepared from composite flour and sesame seeds.. *Journal of Applied and Natural Science*, 15(2), 767 - 776. <https://doi.org/10.31018/jans.v15i2.4538> Scopus indexed. **IF 0.5**
19. Singh, P. K., Chopra, R., Dhiman, A., Chauhan, K., & **Garg, M.** (2023). Development of omega-3-rich structured lipids using perilla seed oil and palm olein: optimization and characterization. *Biomass Conversion and Biorefinery*, 1-15. Scopus indexed. **IF 4**
20. **Garg, M.**, Yadav, R.L., Chopra, R. *et al.* "Optimization and evaluation of quality characteristics of traditional Indian snack (baked balls) made by using pumpkin peel powder". *J Food Sci Technol* (2023). <https://doi.org/10.1007/s13197-023-05749-5> Scopus indexed. **IF 3.117**

21. Singh, N., **Garg, M.**, Prajapati, P., Singh, P. K., Chopra, R., Kumari, A., & Mittal, A. (2023). Adaptogenic property of *Asparagus racemosus*: Future trends and prospects. *Heliyon*. Scopus indexed. **IF 4.45**
22. Prajapati, P., **Garg, M.**, Singh, N., Chopra, R. and Mittal, A. (2023). Extension of Shelf Life of Paneer- an Indian Variety of Soft Cheese: A Review. *Asian Journal of Dairy and Food Research*. doi: 10.18805/ajdfr.DR-1990. Scopus indexed. **IF 0.5**
23. Singh N, **Garg M** and Chopra An overview of herbal formulations: from processing to Pharmacovigilance. *Int J Pharm Sci & Res* **2023**; 14(2): 1000-17. doi: 10.13040/IJPSR.0975-8232.14(2).1000-17
24. Singh PK, Chopra R, **Garg M**, Dhiman A, Dhyani A. Enzymatic Interesterification of Vegetable Oil: A Review on Physicochemical and Functional Properties, and Its Health Effects. *Journal of Oleo Science*. 2022 Nov. DOI: 10.5650/jos.ess22118. PMID: 36336342.
  - a. Scopus indexed. **IF 1.5**
25. Dhyani A, Singh PK, Chopra R, **Garg M**. Enhancement of Oxidative Stability of Perilla Seed Oil by Blending It with Other Vegetable Oils. *J Oleo Sci*. **2022** Jul 6. doi: 10.5650/jos.ess22013. Epub ahead of print. PMID: 35793971. Scopus indexed. **IF 0.5**
26. Singh, P., **Garg, M.**, Chopra, R., Prajapati, P., & Dhyani, A. (2021). Physicochemical characteristics and thermal stability of perilla seed oil of Indian origin. *Journal of Pharmaceutical Research International*, 501-511. ISSN: 2456-9119 DOI: [10.9734/JPRI/2021/v33i60A34511](https://doi.org/10.9734/JPRI/2021/v33i60A34511) Scopus indexed. **IF 0.1**
27. **Garg, M.**, Wason, S., Meena, P. L., Chopra, R., Sadhu, S. D., & Dhyani, A. (2021). Effect of frying on physicochemical properties of sesame and soybean oil blend. *Journal of Applied and Natural Science*, 13(3), 820-829. Scopus indexed. **IF 0.5**
28. **Garg, M.**, Balodi, A., Trivedi, R., Rao, E.S., Sadhu, S.D., Singh, P., and Chopra, R. An overview of recent innovations in food packaging and their role in food safety and quality, *Science, Technology and Development Journal* Volume X Issue Vi June 2021
29. Bhasha Sharma, Avinash Sandilya, Sachin Sharma, **Meenakshi Garg** and Susmita Dey Sadhu.. Thermo-mechanical investigation of PEG–PVA biohybrid active film grafted with copper nanoparticles for packaging applications. *Bull Mater Sci* **44**, 80 (2021). <https://doi.org/10.1007/s12034-021-02363-z>, ISSN 0973-7669 Scopus indexed. **IF 1.8**
30. Ghazala Riaz, Satya Narayan Naik, **Meenakshi Garg** and Rajni Chopra(2021), Phytochemical composition of an underutilized plant Sorrel/ Roselle (*Hibiscus Sabdariffa* L.) cultivated in India, *Letters in Applied Nanobiosciences*, vol.10,issue 2,2138-2147 Scopus indexed.
31. S. Dey Sadhu, **Meenakshi Garg** and P. L. Meena, Cellulose Acetate/gelatin/Polyethylene Glycol Blend: Its Preparation, Characterization and Biodegradation, *International Journal of Research and Analytical Reviews*, Vol 7, Issue 3, June 2020
32. Akriti Dhyani, Rajni Chopra, and **Meenakshi Garg** (2019) A review on nutritional value, functional properties and pharmacological application of Perilla (*Perilla frutescens* L.) *Biomedical and Pharmacological journal*, 12 (2) ,649-660. Scopus indexed. **IF 1.5**
33. Akriti Dhyani, Rajni Chopra, and **Meenakshi Garg** A Review on Blending of Oils and Their Functional and Nutritional Benefits, *Chem Sci Rev Lett* 2018, 7(27), 840-847 UGC approved

34. Prabhjot K. Sabharwal, **Meenakshi Garg**, Aditi and Susmita Dey Sadhu, Advancement in conventional packaging –edible packaging; World Journal of Pharmaceutical and Life Sciences; 2016, Vol. 2, Issue 3, Pg:160-170. (ISSN 2454-2229).
35. Susmita Dey Sadhu, Anshuman Soni and **Meenakshi Garg** Thermal Studies of the Starch and Polyvinyl Alcohol based Film and its Nano Composites; Journal of Nanomedicine and Nanotechnology 2015.(JN.24754, E ISSN 2157-7439)
36. S. Dey Sadhu and **Meenakshi Garg** Preparation and Thermal and Morphological Characterization of Nanocomposite Based on Phenol Formaldehyde – Nylon Thermoset IPN, International Journal of Advanced Research, 2015, Volume 3, Issue 10, 505 - 510.(JN 47231, ISSN 2320-5407)
37. **Meenakshi Garg**. Nutritional evaluation and utilization of pea pod powder for preparation of jaggery biscuits. Journal of Food Processing and Technology (2015) 6(12).
38. **Meenakshi Garg**, Dahiya S.and Sabhwal K. P. Nutritional quality of value added ladoos from amylase rich flour of chickpea and fieldpea. International Journal of Pharmacy and Integrated Life Sciences. 2015.Jan,3(2):37-51
39. **Meenakshi Garg**, P. K. Sabharwal P, S. Sharma, S. G. Varmani and S. D. Sadhu; Evaluation of Mathematical models to describe thin layer drying and to determine drying rate of potato peels using tray drying; International Journal of Scientific Engineering and Applied Science (IJSEAS); 2015. 1, 7, 1-15.(ISSN 2395-3470)
40. **Meenakshi Garg** and Kaur P. Physico-Chemical Properties of papad from Field Pea Cultivar International Journal of Science and Research (IJSR) Volume 4 Issue 1, January 2015
41. **Meenakshi Garg** and Varmani S. Nutritional health status of North Indian adults. International Journal of Food and Nutrition Sciences. 2014 Apr-Jun. Vol 3 (3): p 118-121.
42. **Meenakshi Garg**, Sharma S, Varmani S, Sadhu S. Drying kinetics of thin layer pea pods using tray drying. International Journal of Food and Nutrition Sciences. 2014 Apr-Jun. Vol 3 (3): p 61-66.
43. **Meenakshi Garg** Sabharwal P, Dahiya S. Effect of processing on Amylase rich field pea porridge. International Journal of Food and Nutrition Sciences. 2014 Jan- Mar. Vol 3 (1): p 38-42.
44. Sadhu S, Chakraborty S, **Meenakshi Garg**, Varmani S. Polymers in Energy harvesting. International Journal of Engineering Science Invention. 2014 Apr. Vol 3 (4): p1-5.
45. Sadhu S, Soni A, Varmani S, **Meenakshi Garg**. Preparation of starch polyvinyl alcohol (PVA) blend using potato and study of its mechanical properties. International Journal of Pharmaceutical Science Invention. 2014 Mar. Vol 3 (3): p 33-37.
46. Varmani S and **Meenakshi Garg**. Health benefits of Moringa Oleifera: A miracle tree. International Journal of Food and Nutrition Sciences. 2014 Apr-Jun. Vol 3 (3): p 111-117)

## **Books Published**

1. **Meenakshi Garg**, Saumya Chaturvedi, Sushmita D Sadhu, Manjeet Barwa, BalaRam Pani. led “Practical Handbook of Food Engineering” publisher ARYUSH EDUCATION, ISBN NO. 978-81-930437-5-2.; 2020
2. **Meenakshi Garg**, Premlata Meena, Sushmita D Sadhu, Tanveer Alam. “Food Packaging: A Practical Guide” The Computype Media (Publishing Division), ISBN No.614027934-9; 2020.
3. Saha, N.C., Ghosh, A.K., **Garg, M.**, Sadhu, S.D. Food Packaging: Materials, Techniques and Environmental Issues , publisher Springer ISBN 978-981-16-4233-3 , 2022
4. Rao, E.R; **Garg, Meenakshi**; Barwa, Manjeet. “ Practical Handbook on Food Adulteration” publisher Variety Book Publisher’s Distributors ISBN No. 978-93-81156-84-1, 2022
5. Rao, E.R; **Garg, Meenakshi**; Barwa, Manjeet. “ Handbook on Processing and Preservation of Fruits and Vegetables” publisher Variety Book Publisher’s Distributors, 2022, ISBN No 978-93-81156-30-85
6. Rao, E.R; **Garg, Meenakshi** “ Handbook on Fruits and Vegetables: Preservation and Packaging Technologies ” publisher Variety Book Publisher’s Distributors, 2023, ISBN No – 978-93-81156-82-7
7. Meenakshi Garg, S. Chaturvedi, V.Sablania, Bindu and Eram S. Rao “Practical Manual of Food Engineering -1” publisher Indu Book Services Pvt. Ltd. 2024, ISBN No. 978-81-19907-61-8
8. Meenakshi Garg, S. Chaturvedi, V.Sablania , Bindu ( 2024) “Principles of Food Science- A Practical Handbook” publisher Indu Book Services Pvt. Ltd. 2024, ISBN No. 978-93-6729-063-7
9. Meenakshi Garg, S. Chaturvedi, Agarwal, A; Yadav, V “Practical Manual of Food Engineering - II” publisher Indu Book Services Pvt. Ltd. 2024, ISBN No. 978-81-19907-61-8
10. Garg, M., Gupta, A.K., & Singh, N. (Eds.). (2025). Phytoadaptogenic Properties of Medicinal Plants (1st ed.). CRC Press. <https://doi.org/10.1201/9781003527329>
11. Garg, M; Dholakia P; Gupta V (2025) Experiments in Food Science and Nutrition -Concepts and Applications publisher Indu Book Services Pvt. Ltd , ISBN :
12. Dholakia P; Garg, M; Yadav V; Memthoi HD( 2025) Nutraceutical and Functional Foods- Fundamental Concepts and Practicals , Indu Book Services Pvt. Ltd, ISBN :

## **Chapters in Books**

1. Singh, N., **Garg, M.**, Prajapati, P., Chopra, R. (2024). Chemistry of Citrus Fruits. In: Gupta, A.K., Kour, J., Mishra, P. (eds) Citrus Fruits and Juice. Springer, Singapore. [https://doi.org/10.1007/978-981-99-8699-6\\_3](https://doi.org/10.1007/978-981-99-8699-6_3)

2. Prajapati, P., **Garg, M.**, Chopra, R., Singh, N. (2024). Novel Strategies to Obtain Valuable and Sustainable Molecules from Citrus By-products. In: Gupta, A.K., Kour, J., Mishra, P. (eds) Citrus Fruits and Juice. Springer, Singapore. [https://doi.org/10.1007/978-981-99-8699-6\\_17](https://doi.org/10.1007/978-981-99-8699-6_17)
3. Kesharwani, T., Garg, M., & Sadhu, S. D. (2023). Extraction, structural properties, and applications of okra gum. In *Natural Gums* (pp. 277-303). Elsevier. <https://doi.org/10.1016/B978-0-323-99468-2.00009-7>
4. Bhasha Sharma, Rajni Chopra, Susmita Dey Sadhu and **Meenakshi Garg** (2022) Edible packaging of liquid foods in *Edible Food Packaging :Applications, Innovations and Sustainability* published by Springer (eds) Poonia, Amrita, Dhewa, Tejpal , **ISBN: 978-981-16-2382-0**
5. Neha Singh ,Rajni Chopra, and **Meenakshi Garg** (2022) **Nutraceuticals Alternative to Pharmaceuticals** in *Nutraceuticals: Food Applications and Health Benefits* published by Nova Science Publishers Inc. (Edited by A. Kumari and G.Singh), **ISBN: 978-1-68507-488-3**
6. Priyanka Prajapati, Rajni Chopra, and **Meenakshi Garg** (2022) **Role of Nutraceuticals in Packaging** in *Nutraceuticals: Food Applications and Health Benefits*, published by Nova Science Publishers Inc. (Edited by A. Kumari and G.Singh), **ISBN: 978-1-68507-488-3**
7. Priyanka Kumari Singh ,Rajni Chopra, **Meenakshi Garg** and Aakriti Dhyani (2022) **Omega 3 Fatty Acids as a Novel Nutraceutical and its role in Human Health** in the book *Nutraceuticals: Food Applications and Health Benefits*, published by Nova Science Publishers Inc. (Edited by A. Kumari and G.Singh), **ISBN: 978-1-68507-488-3**
8. Bhasha Sharma, Rajni Chopra, Susmita Dey Sadhu and **Meenakshi Garg** (2021) **Role of Packaging in Food Processing** in “Food Chemistry: The Role of Additives, Preservatives and Adulteration’ published by Scrivener Publishing (Edited by Mousmi Sen), **ISBN: 9781119791614**, 2021
9. Preeti Khanna, Rajni Chopra and **Meenakshi Garg** (2021) **Law Impacting Chemicals added to Food** in *Food Chemistry: The Role of Additives, Preservatives and Adulteration’* published by Scrivener Publishing (Edited by Mousmi Sen), **ISBN: 9781119791614**
10. **Meenakshi Garg**, Sadhana Sharma, Rajni Chopra, and Susmita Dey Sadhu (2021) **Sanitation and Hygiene Process in Storage** in *Packaging and Storage of Fruits and Vegetables Emerging Trends*, published by CRC Press Taylor and Francis Group (Edited by Tanweer Alam); **ISBN: 9781771889872**
11. **Meenakshi Garg**, Prabhjot Kaur, and Susmita Dey Sadhu (2021) **Edible Coating for Improvement of Horticulture Crops** in *Packaging and Storage of Fruits and Vegetables Emerging Trends* , published by CRC Press Taylor and Francis Group (Edited by Tanweer Alam);, **ISBN: 9781771889872**
12. Aakriti Dhayani, Rajni Chopra, Susmita D Sadhu and **Meenakshi Garg** (2021) **Fermented Functional Foods** in ‘Functional Foods Processing and Packaging’ published by New India Publishing Agency (Edited by Tanweer Alam and Saket Kushwaha , **ISBN :978-93-89571-769**
13. Contributed a chapter entitled “**Advances in Food Packaging**” In the Book “Food Frontier” by New Delhi Publisher, ISBN No. 978-93-86453-84-6.; **Meenakshi Garg**, Sadhu, S.D, Premlata, M. and Chopra R. (2019).

14. Sadhu, S. D., Premlata, M., & **Garg M.** (2018). **Nano-Separation Techniques For Water Resources.** In Mishra, A. K., & Chaudhery, M. H. (Eds.). *Nanotechnology for Sustainable Water Resources.* (pp. 523-558), Scrivener Publishing, India. *ISBN:9781119323655*
15. Sadhu, S.D., Kumar, A., & **Garg, M.** (2018). **Major Environmental Issues & New Materials.** In Mishra, A., & Chaudhery M. H. (Eds.). *New Polymer Nanocomposites for Environmental Remediation,* (pp. 77-98), Elsevier, UK. ISBN: 9780128110331.

### **Patent Awarded**

- INDIA – Patent no. 419168, Application No. 471/DEL/2013, Dated – February 19, 2013 entitled “Nutritional compositions and methods for manufacturing the same”. Granted on 24.01.2023.
- INDIA – Patent no. 397240, Application No. 473/DEL/2013, Dated – February 19, 2013 entitled “Coating compositions and methods for preparation thereof” . Granted on 20.05.2022
- The Controller of Patents, Government of India, has granted Patent No. 564448 on 28th March 2025 for the invention titled 'A Health-Promoting Instant Food Mix,' filed under Application No. 202411016889 on 8th March 2024 (E-106/2878/2024/DEL)

### **Research Papers published in Conference Proceedings**

1. Development of a Paper From Fruits and Vegetable Peels and Biodegradable Polymer for Food Packaging; Susmita Dey Sadhu, Rishi Raj, **Meenakshi Garg** and Vandana Batra; National Conference on "Clean & Green Energy: The Chemical and Environmental Aspects", Feb 16-17, 2017, Bhaskaracharya College of Applied Sciences, DU, Dwarka, Full Paper in Proceedings of NCGE2017, ISBN : 978-1-63535-362-4.
2. Study of pH Values, Mechanical and Thermal Properties of Packaging Material Developed From Food Waste, Vandana Batra, Akash, Tanay, Rajnandan, Diksha, Akansha, Susmita Dey Sadhu and **Meenakshi Garg**; National Conference on "Clean & Green Energy: The Chemical and Environmental Aspects", Feb 16-17, 2017, Bhaskaracharya College of Applied Sciences, DU, Dwarka, Full Paper in Proceedings of NCGE 2017, ISBN : 978-1-63535-362-4.
3. Soy-Oat Yogurt: Preparation and its quality evaluation, **Meenakshi Garg**, Surabhi Wason, Manjoor, Ankansha, Susmita Dey Sadhu; Proceedings of the first national conference advances in food science and technology (NCAFST2016) 2016, March 16-17, pg 35-39, ISBN 978-93-81156-43-8. (Full Paper in Conference Proceeding)
4. Sadhu S.D, A Soni, **Meenakshi Garg**, S.G. Varmani. Study of mechanical properties of starch-poly vinyl alcohol blend based nanocomposites for food packaging. Proceedings of APA International Conference 2014.
5. Sadhu S.D, Raj R, **Meenakshi Garg**, Varmani S. G, Biopolymers: A solution to Environmental Hazard. Proceedings of ICPAM International Conference 2014.
6. Sadhu S. D, Mallick K, **Meenakshi Garg**, Varmani S G. Atomic force microscopy for characterisation of polymers. Proceedings of ICPAM International Conference 2014.

### **PAPER PRESENTATIONS /INVITED TALKS IN CONFERENCES / WORKSHOPS**

1. Resource person at the technical session of a two-week residential training programme on Packaging Technology for Bhutanese participants under the ITEC scheme of the Ministry of External Affairs, Govt of India, on 20/03/2024 at IIP Delhi
2. Resource person at the technical session of a two-week residential training programme on Packaging Technology for Bhutanese participants under the ITEC scheme of the Ministry of External Affairs, Govt of India on 27/02/2024 at IIP Delhi
3. Resource person at DST-SERB sponsored 7-day National workshop “Hands on training to increase the shelf life of fruits and vegetables by using innovative food preservation and packaging technologies “ organized from July 3-11, 2023, at BCAS
4. Delivered a talk on “Potentials of Millets (Nutritional Value, as Nutraceutical and Functional Food) as well as the awareness through Social Media” as a part of the celebration under the International Year of Millets 2023 organized by Shaheed Rajguru College of Applied Sciences for Women, University of Delhi on August 31, 2022.
5. Resource person at DST-SERB sponsored 7 7-day National workshop “Hands on training on Processing of fruits and vegetables by using preservation technologies to increase shelf life” organized from July 4-12, 2022, at the BCAS.
6. Delivered a one hour talk on “Nutrition Disparities and Burden of Malnutrition in Women” at two day National Workshop Conference on Women Health Problems and Physiotherapy sponsored by Higher Education Haryana organized by Kanya Mahavidyalya, Kharkhoda, Sonipat, Haryana on 9<sup>th</sup> June 2022.
7. Delivered a talk on „Edible Food Packaging – The Future of Food Industry“ as part of Social Scientific Responsibility in DST-SERB project entitled „Edible bio-based Food Packaging with „Smart“ approach towards „Econutrition“-A Commitment to beat Single Use Plastics“ organized by Department of Food Science and Nutrition, DST-SERB. Nutrition Society of India, Coimbatore chapter on May 27, 2022.
8. Delivered an online lecture on 12th September 2021 on the topic of Food Packaging and Labelling in the Industry-oriented Add-on Course on 'Food Science & Technology: Farm-to-Fork' (14th August 2021 to 9th November 2021) offered by the Department of Chemistry, Sri Venkateswara College, University of Delhi, India.
9. Delivered an invited talk on the inaugural day of the Industry-oriented Add-on Course on Food Science and Technology: Farm to Fork on 14th August 2021, offered in the Department of Chemistry, Sri Venkateswara College, University of Delhi.
10. Delivered a 15-minute talk on “Recent Developments in Food Packaging for Enhancing Food Quality and Safety” at the International Virtual Conference on Advances in Agricultural and Food Sciences to Face the Challenges to Environment and Biosecurity, 16-20 January 2021, organized by the School of Agricultural Science, Sharda University, Greater Noida, UP, India
11. Presented a paper - Development And Nutritional Analysis Of Multigrain Mixture To Improve Nutritional Status Of Obese Individuals, at Obesity, Healthcare Nutrition and Fitness Expo, March 18-19, 2019, **New York, USA.**
12. Presented a paper- Assessment of nutritional status of obese young adults at international conference on obesity and weight management **at Atlanta, USA ,7-9** , December 2015.
13. Presented a paper -Nutritional Facts and Analysis of Cucumber Powder for the Preparation of Cucumber Flakes at The 5<sup>th</sup> Asian Oceano Conference on Green and Sustainable Chemistry at Indian Habitate Centre, New Delhi, 15-17 Jan. 2015.

14. Presented a paper -Nutritional Evaluation and Utilization of Peapod Powder for Preparation of Jaggery Biscuits” at the xxiii Indian Convention of Food Scientists and Technologists: Fostering Innovative Research and Entrepreneurship for Indian Foods at NIFTEM Campus, Kundli, Haryana, 13-14 Dec. 2014.
15. Presented a paper -Assessment of nutrient intake and food consumption pattern of north Indian adults at 4<sup>th</sup> international conference on updating food technology: A challenge towards public health nutrition on 7-8 May. 2014 Received **Best Poster Presentation Award**
16. Presented a paper -Nutritional Quality of value added sev from amylase rich flour of chickpea and fieldpea. presented at International workshop on Green Initiatives in Energy, Environment and Health held in Delhi. India on 2-3<sup>rd</sup> December 2013.
17. Presented a paper -Drying Characteristics of Pea Pods” presented at International workshop on Dehydration of Food and Agricultural Products: Principles, Practices and Prospects held at NIFTEM, Haryana, India on 25-26<sup>th</sup> March 2013.
18. Presented a paper -Nutritional quality of value added ladoo from amylase rich flour” presented in ICBPN 2012 (International conference held in Kerala on 21-23<sup>rd</sup> September 2012).
19. Presented a paper -Preparation of starch-PVA blend using potato and its mechanical characterisation presented at International conference on Nano-Technology and Expo 2012 at **Philadelphia, USA** on 3-5 Dec. 2012

### Popular Articles

1. **Meenakshi Garg**, Kriti Sharma, Susmita Sadhu and TanweerAlam, ‘Food Packaging and Safety’ Processed Food Industry, December 2017. ISSN 09721649
2. **Meenakshi Garg**, Gupta, P., Sadhu, S. D., & Alam, T. Review of Current Issues on Plastic Banning-An Approach Towards the Solution for Consumer Plastic Food Packaging and Waste Management Model. Processed Food Industry,2018 vol.9, pp 29-43. ISSN 09721649
3. **Meenakshi Garg**, Aishwarya, Sadhu, S. D., & Alam, T.RFID Tags in food packaging, Processed Food Industry,2019 vol.22, no.5 pg22-29 ISSN 09721649
4. **Meenakshi Garg**, Ayushi Jindal & Alam, T.Trends in Food Packaging for Reducing Waste and Environmental Impact , Processed Food Industry,2024 vol.27, no.5 pg18-21, ISSN 09721649

### Coordinated short term /Add on courses / seminar/workshop

- Coordinator of a national workshop sponsored by SERB under the Accelerate Vigyan scheme of DST “Hands on training to increase the shelf life of fruits and vegetables by using innovative food preservation and packaging technologies “ from July 3- 11, 2023
- Coordinator of five-day Basic Short-Term Training Course on “Bakery Science and echnology for Self-help Group” in collaboration with Internal Quality Assurance Cell and Women Development Cell from December 19, 2022

- Co convener of a national workshop sponsored by SERB under the Accelerate Vigyan scheme of DST “Hands on training for the processing of fruits and vegetables by using preservation technologies to increase shelf life” from July 4- 12, 2022
- 5-Day National Workshop on Food Adulterants from February 21-25, 2022, in hybrid mode, funded by the Indian Council of Social Science Research, Ministry of Education, Govt. of India
- Short-term 40-hour online certificate course on Innovative packaging and Sustainability in association with FIPS and NASI in July-Aug 2021
- National Seminar on “Advancements in Packaging, Food and Social Impact” to be held at Bhaskaracharya College of Applied Sciences, (DU), New Delhi on 3<sup>rd</sup> November 2014, sponsored by DST
- Coordinator of 50 hrs. short-term course in Packaging Technology organized in 2009-10
- Coordinator of 50 hrs. short term course Medical Nutrition Therapy organised in the years 2006-07 and 2007-08
- Worked as a Mentor in the Industry-oriented Add-on Course on Food Science and Technology: Farm to Fork (14th August 2021 to 9th November 2021) offered in the Department of Chemistry, Sri Venkateswara College, University of Delhi.
- **Member of the BOS of the** University School of Basic and Applied Sciences for M.Sc. Packaging Technology, Guru Gobind Singh Indraprastha University, Delhi, since 7.11.23
- Academic Counsellor for MSCDFSM Program IGNOU(IG/RCD-I/AC-Emp/2019/3261-64 dated 28.02.2019

### **Reviewer- Journal**

1. Reviewer of Journal of Packaging Technology and Research, Springer.
2. Reviewer of the Phytochemistry journal, Springer
3. Reviewer of the International Journal of Food Science, Hindawi

### **Scholarships/Awards**

- C.K.Lamba Gold Medal for highest OGPA IN B.SC
- Qualified ICAR Junior Fellowship in M.Sc
- A number of prizes for scoring the highest marks in B.Sc., M.Sc., and Ph.D.
- Qualified UGC NET with JRF for Ph.D
- Qualified ASRB-NET conducted by ICAR
- Received UGC Travel Grant for paper publication at the International Conference in New York, USA in 2019.

### **Membership of professional/academic bodies, societies**

- Life Member, AFST(I) membership no. 4/1026/12/DEL
- Life Member, GCNC-Advancing Green Chemistry 0275/11/98
- Life Member, Indian Dietetic Association, National IDA no. 03023
- Life member, Asian Polymer Association, membership no. L467
- Life member, Indian Plastic Institute, membership no. DEL-24-004-LIFE

