



Faculty Details proforma for DU Web-site

(PLEASE FILL THIS IN AND Email it to websiteDU@du.ac.in and
cc: director@ducc.du.ac.in)

Title		First Name	POONAM	Last Name	LAKRA	Photograph
Designation	Associate Professor					
Address	C-153, Second Floor, Vikas Puri New Delhi					
Phone No	Office					
	Residence	011- 41584050				
	Mobile	9811168779				
Email	Poonam03lakra@yahoo.com					
Web-Page						
Educational Qualifications						
Degree	Institution				Year	
PhD Foods and Nutrition	HA.U. HISAR				1994	
M Sc Foods and Nutrition	HAU, HISAR				1991	
BSc Home Science	Lady Irwin College DU				1988	
Pre Medical	Govt college, Faridabad				1985	
Matric	Apeejay School, Faridabad				1983	
Career Profile						
20 years of teaching experience in Aditi Mahavidyalaya. Working as Associate Professor in department of Home Science in Aditi Mahavidyalaya.						
Administrative Assignments						
Staff Council Secretary Time table Convenor Workload convenor Library Committee Convenor Provident Committee Convenor Examination Committee Convenor Teachers representative in Governing Body						
Areas of Interest / Specialization						
Food Science Community Nutrition						
Subjects Taught						
Nutrition and Health Education						
Research Guidance						
NIL						

- I) Gahlawat, P and Sehgal S. 1992. Phytic Acid, Saponins and Polyphenols in Weaning Food Prepared from Oven Heated Green Gram & Cereals. Cereal Chemistry Vol.69(4): 463-464. ISSN 0009-0352
- II) Gahlawat, P. and Sehgal, S 1992. Formulation and Nutritional Value of Home Made Weaning Foods, Nutrition Research Vol.12.1171-1180. ISSN 0271-5317
- III) Gahlawat, P. and Sehgal, S. 1993. Influence of Roasting and Malting on the Total and Extractable Mineral Contents of Human Weaning Mixtures Prepared from Indian Raw Material. Food Chemistry 46,253-256. ISSN 0308-8146
- IV) Gahlawat, P and Sehgal, S. 1993. Anti-Nutritional Content of Developed Weaning Foods as Affected by Domestic Processing, Food Chemistry 47,333-336. ISSN 0308-8146
- V) Gahlawat, P and Sehgal, S. 1994. Protein and Starch Digestibility and Iron Availability in Developed Weaning Foods as affected By Roasting. Journal of Human Nutrition and Dietetics. 7,121-126. ISSN 0952-3871
- VI) Gahlawat, P and Sehgal, S. 1994. Shelf Life of Weaning Foods Developed from Locally available Foods Stuffs, Plant Foods for Human Nutrition. 45.349-355. ISSN 0921-9668
- VII) Gahlawat, P and Sehgal, S. 1994 In-Vitro Starch and Protein Digestibility and Iron Availability in Weaning Foods as affected by Processing Methods. Plant Foods for Human Nutrition. 45: 165-173. ISSN 0921-9668
- VIII) Gahlawat, P and Sehgal, S. 1994. Protein Quality of Weaning Foods based on Locally available Cereal and Pulse Combination. Plant Foods for Human Nutrition. 46: 245-253. ISSN 0921-9668
- IX) Gahlawat, P and Sehgal, S. 1995. Improvement in HCL- Extractability of Minerals in Homemade Weaning Foods. Plant Foods for Human Nutrition, 47,173-179. ISSN 0921-9668

X) Gahlawat, P and Sehgal, S. 1998. Protein and Starch Digestibilities and Mineral Availability of Products Developed from Potato, Soy and Corn Flour. *Plant Foods for Human Nutrition*. 52(2): 151-160. ISSN 0921-9668

XI) Lakra,P. and Sehgal, S. 2005. “Effect of Processing on Anti-Nutritional Contents of Products Development from Potato Flour, Defatted Soy Flour and Maize Flour”. *Indian Journal of Nutrition and Dietetics*. 42,542-549. ISSN 0022-3174

XII) Lakra,P. and Sehgal, S. 2009. “Anti-nutritional Content of Products Developed from Potato Flour.” *Nutrition and Food Science*. Vol 39, 636-642.ISSN 0034-6659.

XIII) Lakra,P. and Sehgal, S. 2011. Influence of Processing on Total and Extractable Mineral Content of Products Prepared from Potato Flour. *Journal of Food Science and Technology*. Vol 48,735-739.ISSN 0022-1155 (Print Version) ISSN:0975-8402 (Electronic Version)

XIV) Lakra, P. "Nutrition for the elderly". 2015. Issues and concerns of elderly people in India. Book Age Publications. pp371-6. ISBN: 978-93-83281-51-0

List of Books Published:

As Author:-

Lakra, P(2006). “365 days of Health”, Brijbasi Art Press.ISBN No 81-8385-2084

As Co-author:-

1. Poonam Lakra and Mansi Dass (2008) “Text book of Nutrition and Health”, Academic Excellence. ISBN No 978-81-8990156-1
2. Jain, P etal (2007) “Poshan va Swasthya Ke Mool Sidhant”, Academic Pratibha. ISBN No 81-904240-7-6
3. Punita Sethi and Poonam Lakra (2014) “Aahar Vigyan, Suraksha avam Poshan” Elite Publication.ISBN No 978-81-88901-60-9.

Conference Organization/ Presentations (in the last three years)

<i>NIL</i>
Research Projects (Major Grants/Research Collaboration)
<i>NIL</i>
Awards and Distinctions
NIL
Association With Professional Bodies
Life membership of Indian Dietetic Association
Other Activities
As a member on editorial board of "International Journal of Food , Agriculture and Veterinary Sciences"

Signature of Faculty Member

- You are also requested to also give your complete resume as a DOC or PDF file to be attached as a link on your faculty page.