

CURRICULUM VITAE

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Date of Birth : 15th July 1988

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Education:

Qualification	Year of award	Subject	University	Grade and awards
Ph.D. (Food and Nutrition)	2023	Food and Nutrition	Maharana Pratap University of Agriculture and Technology, Udaipur, Rajasthan, India	9.16/10
M.Sc. (Food and Nutrition)	2012	Food and Nutrition	Punjab Agriculture University, Ludhiana, Punjab, India	8.6/10
B.Sc. (Home Science)	2010	Home Science	Swami Keshwanand Rajasthan Agricultural University, Bikaner, Rajasthan, India	8.18/10

Research experience

M. Sc. Thesis: *Effect of cooking methods on nutritional composition, antinutritional factors and acceptability of products developed by using drumstick (Moringa oleifera) leaves and pods.*

Ph.D. Thesis: *Development of Jungle Jalebi (Pithecellobium dulce) fruit powder (JJFP) and effect of its intervention on blood glucose level of NIDDM patients*

Teaching Experience:

- Assistant Professor (22 January 2014--to till date), Department of Home Science, University of Rajasthan, Jaipur, India

List of Publications:

Research, Review and Proceedings Articles

1. Chawla P. & **Kachhawa Kavita** (2012) Vitamin and mineral content of value-added products developed by using drumstick (*Moringa oleifera*) pods. *Crop Improvement* **39** (Special Issue):1255-56.
2. **Kachhawa K.**, Chawla P. & Sadana B. (2013) Effect of cooking methods on retention of nutrients of drumstick leaves (*Moringa oleifera* L.). *J Res Punjab Agriculture University* **50** (1 & 2): 58-62.
3. **Kachhawa K.** & Chawla P. (2017) Improvement in nutritional quality of commonly consumed products with supplementation of drumstick leaves (*Moringa Oleifera* L.). *International Journal of Home Science* **3**(2): 478-485.
4. Dalal A. & **Kachhawa K.** (2019) Difference between knowledge and adopted practices of lactating mothers (6-8 months) for key IYCF recommendations. *Indian Journal of Family and Community Studies* **3** (1): 31-45.
5. **Kachhawa K.** & Lakhawat S. (2021) *Jungle Jalebi (Pithecellobium Dulce)*: an underutilized nutritive wild fruit. *International Journal of Sciences and Applied Research IJSAR*, **8** (6), 2021; 34-39.
6. **Kachhawa K.** & Singh V. (2022) Development of low-cost nutritious bars by using watermelon seeds. *Journal of Food, Agriculture and Environment* **20** (1):24-27.
7. **Kachhawa K.** & Kumar A.M. (2022) Homocysteine as an independent and dependent causative factor of Cardio Vascular Diseases. *International Journal of Food and Nutritional Science. IJFANS* **11** (7) 859:869.
8. **Kachhawa K.** & Chawla P. (2023) Effect of different cooking methods on vitamins, minerals and antinutritional factors of immature drumstick pods. *Sustainability, Agri, Food and Environmental Research*, (ISSN: 0719-3726), 11(X), 2023: <http://dx.doi.org/10.7770/safer-V12N1-art2579>.

9. **Kachhawa K.**, Lakhawat S. & Ojha K. (2023) Physico-Functional Properties of *Jungle Jalebi* (*Pithecellobium dulce*) Fruit Powder. *Biological Forum*: **15**(5): 897-905.
10. **Kachhawa K.**, Lakhawat S. & Manju (2023) Use of Sensory Evaluation as a Tool for Determining Supplementation Dose of *Jungle Jalebi* (*Pithecellobium dulce*) Fruit Powder (JJFP) to Type-2 Diabetic Patients. *GAU Research Journal* **48** (1): 64-70.
11. **Kachhawa K.** and Mogra R. (2023) Large-scale Fortification of Rice in India and Its Distribution in Public Distribution System. *Indian Journal of Public Administration*. IJPA. 69 (4) 779-787. <https://doi.org/10.1177/00195561231196214>
12. Manju, **Kachhawa K.**, Jain S., Kumar A. M. and Gupta M. (2023) Effect of Nutritional Training on Adolescent Girls Understanding of Balanced Diet. *GAU Research Journal* **48** (4): 351-356.
13. Ojha K., Mogra R., & **Kachhawa K.** (2025) Nutritional Comparison of Boiled Black and White Rice: Proximate Composition, Mineral Content, and Sensory Evaluation of the Product. *Ecology Environment and Conservation* 31(Suppl):S358-S360. DOI: [10.53550/EEC.2025.v31i01s.062](https://doi.org/10.53550/EEC.2025.v31i01s.062)
14. Tina, Choudhary M., Kachhawa K. (2025) Improving Menstrual Health Literacy: Effectiveness of an Educational Intervention among Rural Adolescent Girls. *Journal of Scientific Research and Reports*. 31(5):919-927. DOI: [10.9734/jsrr/2025/v31i53087](https://doi.org/10.9734/jsrr/2025/v31i53087)

Book Chapters

- A. Gahlot N., Verma, M. & **Kachhawa K.** (2020) Women Safety and Ergonomics in Agriculture. *Women and Diversity* (Edited) pp: 103-111.
- B. Kumar A.M. & **Kachhawa K.** (2022). Biomedical Applications of Bioelectrochemical Sensors. *Multifaceted Bio-Sensing Technology* (Edited) Volume 4 in *Bioelectrochemical Systems: The Way Forward*. Pp: 239-260. [10.1016/B978-0-323-90807-8.00014-2](https://doi.org/10.1016/B978-0-323-90807-8.00014-2)

Honors / Awards/Scholarships:

1. Qualified **ICAR –JRF (Ph.D.) (2021)** in Ph.D. (Food and Nutrition) for achieving 2nd rank in ICAR-AIEEE-Ph.D-2020 Examination
2. Selected for **INSPIRE Fellowship 2013-14** for Ph.D. (Food & Nutrition)
3. Qualified **ASRB-NET** 27th Oct. 2013 Examination for **Lectureship Eligibility**

4. Qualified **UGC-NET** Dec. 2011 Examination for **Lectureship Eligibility** with **JRF**
5. Secured **First rank** in University level Degree Examination of **M.Sc. (Food and Nutrition) 2012**, PAU, Ludhiana, Punjab.
6. Recipient of **ICAR –JRF (PGS) (2010-2012)** in M.Sc (Food and Nutrition) for achieving 3rd rank in 15th ICAR-AIEEE-PG-2010 Examination
7. Recipient of **BHAMASHAH AWARD 2011-2012** for the highest % of marks among all the Universities of Rajasthan at the Graduation examination of Home Science (for the academic year 2009-2010)
8. Recipient of **GOLD MEDAL** for **B. Sc (Home Science) Honors 2010**, in College of Home Science, SKRAU, Bikaner, Rajasthan

Orientation and refresher course:

Name of the Course/Agency Summer School	Place
Orientation Programme from 9 th May- 4 th June 2016	UGC-HRDC, University of Rajasthan, Jaipur, Rajasthan
Refresher Course: Summer School (Interdisciplinary refresher course) on 05 September-25 September 2017	UGC-HRDC, CPDHE, University of Delhi, Delhi
Refresher course: “Biomedical Content Writing” from 10-24 February 2022.	Teaching Learning Center, Ramanujam College, University of Delhi, Delhi, India
Refresher Course: Managing Online Classes & Co-creating MOOCS 36.0 from March 8, 2024- March 22, 2024.	Teaching Learning Center, Ramanujam College, University of Delhi, Delhi, India

Oral/Poster presented in Symposia/ Conferences:

Oral:

1. **Oral Presentation and second best oral presentation** on “Nutritional Composition of *Pithecellobium dulce* Fruits” National Conference on Sustainable Strategies for Improving Holistic Well-Being”. Organized by Project XI RUSA 2.0, Department of Home Science, University of Rajasthan, Jaipur from 12-13th March 2024.
2. Oral presentation on “Effect of *Jungle Jalebi (Pithecellobium dulce)* Fruit Powder Supplementation on Blood Glucose Level of NIDDM Patients”. International Conference on

“Innovative Advances in Indigenous Knowledge in Family and Community Sciences” (Home Science), organized by HSAI Gujarat chapter in association with Family and Community Sciences, The Maharaja Sayajirao University of Baroda, Vadodara, Gujarat, India on 29th November 2023.

3. Oral presentation on “Research Publication Difficulties and their solution in Indian Context.” National Conference on Research Trends in Higher Education: Challenges Solutions and Prospects *NCRTHE 2023) organized by the Department of Library and Information Science, University of Rajasthan, Jaipur on 10-11th August 2023.
4. Oral presentation on “Jungle Jalebi (*Pithecellobium dulce*) Fruits: A boon for tribals.” International Conference on Public Health and Dietary Lifestyle, organized by Universal Society of Food and Nutrition (USFN) on 10-11th May 2023.
5. **Oral presentation and best Oral presentation award** “Development and nutritional analysis of *Pithecellobium dulce* (Jungle Jalebi) pulverize.” International Conference on Impacts of Environment, Food and Nutrition on Human Health organized by the International Society of Life Sciences (ISLS) on 21-24 December 2022.
6. Oral presentation on “Domestic workers: the underestimated pillars of urban household” in National Conference on “Urban Governance: Issues and Initiatives” Department of Sociology, University of Rajasthan, on 28th - 29th February 2020.
7. Oral presentation on “Improvement in nutritional quality of commonly consumed products with supplementation of drumstick leaves (*Moringa oleifera*)” in Rajasthan conclave-4, DMRC, ICMR, Jodhpur on November 12th -14th 2016.

Posters:

1. Virtual Poster presentation on “Development of nutri-dense food products by using watermelon seeds” in International conference on “Role of Micronutrients, Immunity and Health on 18th-19th June 2021 organized at MRIIRS, Faridabad, Haryana, India.
2. Poster presentation on “Prachin bharatiya itihās evam āushidhya padap” in 3rd Rashtriya Hindi Vigyan Sammelan, Vigyan Bharti, Rajasthan on December 16th-17th 2016.
3. Poster presentation in National Conference on Herbal Medicine: current strategies and future prospects, Department of Zoology, CAS, UoR, Jaipur, Rajasthan on 22-24 December 2015.

4. Poster presentation on “Effect of different cooking methods on ascorbic acid content of drumstick (*Moringa oleifera*) leaves and immature pods” in 47th Annual National Conference, NSI, ICMR, Hyderabad on 9-10 October 2015.
5. Poster presentation on “Pressure Cooking: A Suitable Pretreatment for Immature Drumstick Pods (*Moringa Oleifera*)” in International Symposium on “Agricultural Communication and Sustainable Rural Development”, November 22-24, 2012, Pantnagar, India.
6. Poster presentation on “Antioxidant capacity of drumstick (*Moringa oleifera*) leaves and immature drumstick pods” in International Conference on “Extension Education in the Perspectives of Advances in Natural Resource Management in Agriculture (NaRMA-IV)”, December 18-20, 2012, Bikaner, India.

Participation

1. IDA sponsored Workshop on “Dieticians reaching the unreached”, 10 Jan 2019, Department of Home Science, University of Rajasthan.
2. UGC Sponsored Short term course in “Research methodology”, 18-24 December 2018, UGC-HRDC, CPDHE, University of Delhi, Delhi.
3. National workshop on “Intellectual Property Rights: Emerging issues”, 23rd and 24th January 2017, University Law college, University of Rajasthan (UoR), Jaipur, Rajasthan.
4. Workshop on “Instrumentation for Academia-industry interface” 19-20 August 2016, UIC-B, CCT, UoR, Jaipur, Rajasthan.
5. Workshop on “Social Relevance of Research” 15th February 2016, UGC-HRDC, UoR, Jaipur, Rajasthan.
6. Rajasthan Conclave-3, 13-14th December 2015, DMRC, ICMR, Jodhpur.
7. Symposium on Maternal and Child Nutrition, 4th September 2015, Department of Home Science, UoR, Jaipur.
8. Participated as delegate in “IYCN Counseling course (part I/II/III)”, 26-28th April 2015 Department of Home Science, UoR, Jaipur.
9. Participation in Round table meet on “Why Home Science Subject Losing its Sheen” 4th February 2014, Department of Home Science, UoR, Jaipur.
10. Participation in National conference on “Holistic Human Development in Multidisciplinary Research” 24th to 26th February 2014, Department of Home Science, UoR, Jaipur.

Virtual Participation

- A. Certificate course in “Data Management and Statistical Analysis using SPSS” on 21st-23rd April 2021 organised by IIHMR, Bangalore and UoR, Jaipur
- B. National Webinar on “Managing Health and Stress during COVID-19” on 3rd May 2021 organised by CCAS, MPUAT, Udaipur, Rajasthan, India.
- C. National Webinar on “Organic Animal Production: Opportunities and Strategies in India” on 01st June 2021 organised by Directorate of Research, MPUAT, Udaipur.
- D. Three-days International Training Program on “Biofortification: Key to Nutritional Security” on 12th-14th June, 2021 organised by MANAGE, Hyderabad, Telangana, India.
- E. International conference on “Role of Micronutrients, Immunity and Health on 18th-19th June 2021 organized at MRIIRS, Faridabad, Haryana, India.
- F. Global summit on Food Fortification: webinar on scaling up innovation for a fortifies future on “Fortification Quality Digitalization” on 30th June 2021 organized by GAIN, India, Micronutrient Forum, Bill and Melinda Gates Foundation and Harvest Plus.
- G. Three-day workshop on “Statistical Data Analysis using R-programming” on 1st-3rd September 2021 organized by A2ZEduLearning Hub.
- H. Three-day workshop on “Document preparation by using Latex” on 19th -21st November 2021 organized by A2ZEduLearning Hub.
- I. E quiz on “Test your knowledge of Agriculture Extension” on 3rd December 2021 organized at CCAS, MPUAT, Udaipur.

Short term courses:

- A. Short term online course on “Skill and Entrepreneur’s Development in Organic Products” from 01st October 2021 to 31st January 2022 organized by AIOI, Hyderabad, India.
- B. Six days Virtual faculty development Program on “Outlook over Research Writing and Publication Process” on 13th-18th December 2021 organized at MRIIRS, Faridabad, Haryana, India.
- C. Thirteen days “NEP Orientation and Sensitization Programme (Online)” under Malviya Mission Teacher training Programme from January 8-24, 2024.

Lectures as resource person:

- A. Lecture on “Types of Research” in a two weeks National workshop on “Research Methods” on 20th January 2024, organized by Social Sciences Research Centre, University of Rajasthan, Jaipur from 19th January to 1st February 2024.
- B. Lecture on “Experimental Research Design” at National Workshop on Designing Research in Social Sciences ON 23rd-29th September 2021 organized by Dept. of Home Science, Mahila Mahavidhyalaya, BHU, Varanasi Dept. of Agricultural Extension & Communication, College of Agriculture, University of Kota and Dept. of Home Science, Govt. college for Women, Thiruvananthapuram, Kerala.
- C. Lecture on “Food and Nutrition Security” CCSHAU, Hisar, Haryana, India
- D. Acted as a Resource person in the National Conference on Research Trends in Higher Education: Challenges and Prospects *NCRTHE 2023) organized by the Department of Library and Information Science, University of Rajasthan, Jaipur on 10-11th August 2023.
- E. Resource person in Sensitization program on IYCN practices, 9th May 2015, Department of Home Science, University of Rajasthan, Jaipur

Other:

1. Contributed to the formulation of MA (Home Science) syllabus, 16-17th March 2015, Department of Home Science, University of Rajasthan, Jaipur.
2. Contributed to the formulation of M.Sc. (Home Science) syllabus designed for New Education Policy by the Department of Home Science, University of Rajasthan, Jaipur.

Membership:

1. Lifetime member of “Nutrition Society of India” (Regd No. 125/2966)
2. Lifetime membership of Vigyan Bharti, Rajasthan Chapter (LM/2016/097, 2016)
3. Lifetime membership of Indian Dietetic Association (Jaipur chapter)
4. Lifetime Membership of “Home Science Association of India” (HSAI-2023-RJ-1561-LF)

Industrial Training:

1. One month training in Department of Dietetics in Hero DMC Heart Institute, Ludhiana, Punjab from 20th June to 19th July 2011.
2. Two-month training in various departments (Food & Beverage Service, Kitchen, and Front office) of Hotel Lallgarh Palace, Bikaner, Rajasthan from 1 December to 31 December 2009 and 15th April to 25th May 2010.

3. One month Rural Home Science Work Experience for village attachment and implant training under B.Sc (Home Science) Degree

Extra Curricular Activities:

1. Represented SKRAU, Bikaner in the Inter-University Chess Tournament, Belgaum 2008.
2. N.S.S. Volunteer for three years (2006-2009) in College of Home Science SKRAU, Bikaner
3. Participation in the Youth Leadership Training Programme under the project “Youth Empowerment and Mass Mobilization for Development of the State”

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