

FACULTY PROFILE

DR. SONI TILARA



- **Name :** Dr. SONI TILARA
- **Department:** B.Sc. Home Science
- **Designation:** Assistant Professor (BSc. Home Science)

Qualification	University/Institute	Year	Specialization	Remarks
Ph.D.	G.B.Pant Uni. Of Ag. &Tech. Pantnagar	2013	Major: Human Nutrition Minor: Food Technology	First ranker and University fellowship holder
MSc.	Punjab Agricultural University, Ludhiana	2009	Major: Food and Nutrition Minor: Biochemistry	Recipient of ICAR (JRF) and merit certificate holder
B.Sc. Home Science(4YR)	G.B.Pant Uni. Of Ag. &Tech., Pantnagar	2006	HDFS	With Distinction

FACULTY PROFILE: Dr. Soni Tilara

➤ **Teaching and research experience:**

- Teaching Experience: 9 years
- Research experience: 9 years

➤ **Awards and Scholarships:**

- Recipient of Young Scientist award in 14th Uttarakhand Science and Technology Congress in 2020.
- Recipient of university fellowship during PhD.
- Recipient of 2nd prize in oral presentation in National Seminar.
- Recipient of ICAR (JRF) during M.Sc. and merit certificate holder.

➤ **Memberships:**

- BOS member of Sri Dev Suman Uttarakhand Vishvavidyalay for BSc. Home Science subject since 2020.
- Life member of Nutrition Society of India
- Association of Food Scientists and Technologists (India)

➤ **Publications:**

- Research papers published: 13
- Book chapters: 2
- Popular articles:3
- Patents applied:02

- ### ➤ **Research Interest:** Exploration of potential of Underutilized foods, Food analysis, Therapeutic foods for prevention/management of NCDs.

Research Publication

Research papers in National and International Journals

1. Urvashi, Dutta, A., Raghuvanshi, R.S., Singh, Y.V., Nivedita, **Tilara, S.**, Joshi, D. (2023). Utilization of the Whole Cowpea Pod and Barley Husk in The Production of Nutritionally Enriched Composite Flour. Asian Journal of Dairy and Food Research. doi:10.18805/ajdfr.DR-1986.
2. Tiwari D, Dutta A, Singh YV, Raghuvanshi RS, Shukla P, Khan R, **Tilara S.** Physicochemical and Organoleptic Characteristics of Different Parts of Vegetable Cowpea [*Vigna unguiculata* (L.) Walp]. Indian Journal of Agricultural Research. 2019 Dec 1;53(6).
3. Dutta A, Shukla P, **Tilara S**, Prasad N, Khan R, Suri S, Bharadwaj SB. Comparative evaluation of antioxidant potential in thermally processed, underutilized food grains of the Himalayan region. European Journal of Nutrition & Food Safety. 2019 Jul 8;9(3):277-86.
4. Sachan S, Dutta A, Suri S, **Tilara S.** Leaf Protein Concentrates (LPC) for Food Fortification from Unconventional Plants of the Himalayas, India. Journal of Scientific Research and Reports. 2018 Sep 21;20(2):1-1.
5. Dutta A, **Tilara S**, Jantwal C, Khan R. Quality evaluation of differently processed wheat flours. Asian Journal of Dairy & Food Research. 2018 Mar 1;37(1).

Research papers in National and International Journals

6. Anuradha D, Pushpa S, **Soni T**, Shweta S. Antioxidant properties of traditional spices of Uttarakhand. International Journal of Basic and Applied Agricultural Research. 2018;16(2):180-4.
7. Tilara S and Guhathakurta M. (2017). Effect of traditional and modern drying methods on nutrients, total polyphenol and anthocyanin content of Garcinia indica rinds. Food Science Research Journal. 8. 260-265. 10.15740/HAS/FSRJ/8.2/260-265.
8. **Bisht S** and Srivastava S. Evaluation of physicochemical properties of cleome viscosa seed oil and in vitro iron bioavailability of defatted seed cake. Research Reach-Journal of Home Science. 2017. Volume 16, No: 2.:25-29
9. Dutta A, Shukla P, **Tilara S**, Khan R, Tiwari N, Singhal P, Budhlakoti N. IEC (Information Education Communication) Module as an Effective Tool for Mitigation of Iron Deficiency Anaemia among Rural Adolescent Girls of Tarai Region of Uttarakhand, India. European Journal of Nutrition & Food Safety. 2017 Jan 10;7(3):161-70.
10. Iyer CS, **Tilara S**. Microencapsulation of anthocyanin extracts from musa acuminata bracts and its application as a potent biocolour. International Journal of Food and Nutritional Sciences. 2016 Jul 1;5(3):37.
11. **Bisht S** and Srivastava S. Comparative evaluation of milling by-products: finger millet seed coat, chick pea husk and wheat bran for their nutritional, nutraceutical potential and storage quality. International Journal of Basic and Applied Agricultural Research. 2014:12(1):104-110.
12. **Soni B**, Paramjit C, Shalini K. Frequency of food consumption and physical activity of non insulin dependent diabetes mellitus males of ludhiana city. Asian Journal of Dairy & Food Research. 2014 Sep 1;33(3).
13. **Bisht S.**, Chawla P., Sachdeva R. Effect of sprouted fenugreek seeds on non insulin dependent diabetics. Journal of Research, Punjab Agricultural University 2009; 46(1/2):-90-93.

Popular Articles

1. **Soni Tilara**, Anuradha Dutta and Nivedita Prasad. Empower Yourself: Prepare for Healthy Sunset Years. 2022 April Indian Farmers' Digest 55(04):31.
2. Sunita Rani, **Soni Bisht** and Sarita Srivastava. Madua sarvottam anaj (in Hindi) Kisan Bharti. Jan 2011p:36-38.
3. Anuradha Dutta , **Soni Tilara**, Enhancing farmers' income through village level food processing units linked to Government Developmental Programmes Souvenir Strategy for enhancing farmers' income in Uttarakhand, on occasion of 31st convocation held on 16th Nov 2017 pp. 183-184.

Patents applied

S.No.	Name of the innovation	Authors	Application no./date of filing	Publication date	Granted /filed
1.	Pant Antioxidant Rich Gola Pear Cider	Soni Tilara , Anuradha Dutta and Nivedita	201811012414/ 02/04/2018	04/10/2019	Filed
2.	Wild Apricot (Chulu) Cider	Mrs. Nivedita, Dr. Anuradha Dutta & Dr. Soni Tilara	201811035420 A/ 20/09/2018	14/08/2020	Filed