

*Dr. Hemlata Pandey*

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## **PROFESSIONAL EXPERIENCE**

### **Teaching:**

Since **January, 2023** – supervising PhD students in Deptt of Home Science University of Lucknow .

**June 2025 to till date** - Assistant Professor, Home Science in Netaji Subhash Chandra Bose Government Girls Postgraduate College Aliganj, Lucknow.

2016 , Dec - June -2025 -Assistant Professor Home Science in Govt Degree College, Haripur, Nihastha, Raibareilly Uttar Pradesh

### **2015 - June 2016**

Assistant Professor Food Science and Technology in School for Home Sciences,  
BBAU, Lucknow

**Sep 2014- Feb 2015**  
Technology

Guest Faculty Assistant Professor Food Science and  
in School for Home Sciences, BBAU, Lucknow

### **Research:**

**Sep-2012- Oct 2013**

**Senior Research Fellow in AICRP**

G. B. Pant University of Agriculture and Technology, Pantnagar, Uttrakhand

July- September, 2014  
Child

**Project Assistant** at National Institute of Public Cooperation and  
Development (**NIPCCD**) Regional Centre, Lucknow

## **AWARDS/ACHIEVEMENTS**

- At national level worked as Co-Member of V Joint Review Mission- Mid Day Meal Uttar Pradesh Held on 7th July to 17th July 2013 in tribal and backward areas to assess nutritional status of school children.

- Reviewer in Journal of Food Science and Technology and Springer journal
- Life time membership in Home Science Association of India and Nutrition Society of India
- Panel member (subject expert) in Uttar Pradesh public service commission and Madhyamik Shikshak Seva Chayan board.
- Awarded young women scientist in Food and Nutrition in international conference at ICAR, IISR LUCKNOW 19 November, 2024
- Felicitated by Shikshak Samman by UP Government at teacher's day 05 September 2021.  
Shikshak Samman

## EDUCATION

**G. B. Pant University of Agriculture and Technology, Pantnagar** **Uttarakhand, India**

*Doctor of Philosophy in Human Nutrition* Aug 2009-Aug 2012

- Recipient of ICAR-Senior Research Fellowship in Foods and Nutrition.
- OGPA-7.8/10
- Thesis Research entitled "*FENUGREEK SEED FLOUR AS A SUPPLEMENT FOR DIABETIC PATIENTS: PROCESSING AND QUALITY EVALUATION*".

**C. S. Azad University of Agriculture and Technology** **Kanpur, India**

*Master of Science in Food Science and Nutrition* July 2007-June 2009

- OGPA-8.37/10
- Recipient of ICAR-Junior Research Fellowship.
- Thesis Research entitled "*NUTRITIVE VALUE AND ORGANOLEPTIC EVALUATION OF INDIAN RECIPES FORTIFIED WITH PAPAYA POWDER*".

**N. D. University of Agriculture and Technology, Kumarganj** **Faizabad, India**

*Bachelor of Science in Home Science* July 2003-June 2007

- OGPA-8.23/10
- Awarded **Chancellor's Gold Medal** for standing first in the B.Sc. Degree Program

## Invited Lectures

1. Has delivered a lecture (online) on "Mahila Poshan Evam Swasthya Sambandhit jagrukta" on 19.10.2020 under **Govt Scheme Mission Shakti** as Subject expert in D.A.G.P.G. College Unchahar, Raibareilly.

2. Has delivered a lecture (online) on “Women Health and Nutrition Related Awareness” on 20.10.2020 under **Govt Scheme Mission Shakti** as Subject expert in Govt.Degree College Gosainkheda, Unnao.
3. Has delivered a lecture on “balanced diet and mitigation of malnutrition” on 18.01.2021 under Govt Scheme Mission Shakti as Subject expert in Govt.Degree College Haripur , Nihastha, Raibareilly etc.
4. Delivered an invited lecture on National Nutrition Week ‘Theme Based Celebrate a World of Flavours” programme organized by Department of Home Science of Dharmanand Uniyal Government Degree College, Kanda, Narendranagar, Tehri Garhwal, Uttarakhand.
5. Delivered an invited lecture on ‘Nourishing the planet, Nourishing ourselves: The dual benefits of a Sustainable Diet’ in National Conference on Sustainable Diet and Biofortification at IT College Lucknow.
6. Recorded video lecture for Mooc at BBAU ( Central University) Lucknow.
7. Delivered lecture on importance of millets at NSCBGGPG College Aliganj Lucknow on the occasion of Poshan Maah 26-09-2023.
8. Delivered a talk on National Nutrition Week ‘Theme Healthy diet going affordable for all” organized by Department of Home Science of Dharmanand Uniyal Government Degree College, Kanda, Narendranagar, Tehri Garhwal,
9. Lecture on ‘Importance of breastfeeding’ on the occasion of **World Breastfeeding Week** at Quantum University Roorkee Uttarakhand on August 2025.

### **TRAININGS**

- **Department of Horticulture & Food Processing, Faizabad, U.P.** **Aug-Nov, 2006**
- Participated in a training course on *Canning & Food Preservation*

**Faizabad Dugdh Utpadak Sahkari Sangh.Faizabad, U.P.** **Feb –March, 2007**

- On job training courses in functional units of Parag Dairy i.e. Engineering, Quality Control, Marketing and Production
- Participated in Rural Home Work Experience Program as a part of B.Sc. H.Sc. degree program

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### **ACHIEVEMENTS**

- Reviewer in Journal of Food Science and Technology.
- **All India Rank 1 in SRF** Exam conducted by Indian Council of Agricultural Research (ICAR).
- **All India Rank 4 in JRF** exam conducted by Indian Council of Agricultural Research (ICAR).
- Qualified UGC-NET in Dec-2008
- Qualified UGC-NET JRF in June-2009
- 1<sup>st</sup> prize in Quiz and Essay competition organized by Department of Foods and Nutrition, C.S.A.U.A. & T., Kanpur
- Organized the National Nutrition Week in September 2008 and World Food Day in C.S.A.U.A. & T., Kanpur
- Achieved 2<sup>nd</sup> prize in declamation contest on the topic “Food Facts & Faddism”

## **PUBLICATIONS**

**1. Edited Book- Millets: Sustainable Approach towards Nutritional Security** by Madhvi Daniel and **Dr Hemlata Pandey**

**2. Edited Book Empowering Women through Nutrition and Home Science** by **Dr Hemlata Pandey**, S. Chaudhary and Saloni Arora under Publication

## **ABSTRACTS**

- “Chemical Composition of Germinated Fenugreek Seed Powder and Its Impact on Type 2 Diabetics”, published in the souvenir of 7<sup>th</sup> Uttarakhand State Science and Technology Congress, held at Dehradun, Uttarakhand, November 21-23, 2012.
- “Ripe Papaya, the wonder fruit: Processing and Value Added Products”, published in the souvenir of International conference on “Food Web: A Global Connect” held at Chennai from February 17-18, 2012.
- “Quality Evaluation of Some Indian Recipes Fortified with Papaya Powder” published in the souvenir of SAFS-2012 National Seminar on “Sustainable Agriculture and Food Security: Challenges in Changing Climate” held at Hisar, Haryana, from March 27-28, 2012.
- “Nutraceuticals: Tackling Metabolic Syndrome” published in the souvenir of International Conference on “Food and Nutrition Technology for Public Health Care” held at New Delhi, May 4-5, 2012 organized by IISMAAS.
- “Role of Antioxidant Vitamins E and C in the Management of Alzheimer’s Disease” published in the souvenir of International Conference on “Food and Nutrition Technology for Public Health Care” held at New Delhi, May 4-5, 2012 organized by IISMAAS.
- “Effect of storage on quality characteristics of oat (*Avena sativa*) incorporated weaning mixes” published in the souvenir of 6<sup>th</sup> Uttarakhand State Science and Technology Congress, held at Almora, Uttarakhand, November 14-16, 2011

## **POPULAR ARTICLES**

- “Tulsi: Poshak Tatvon Ka Bhandar” published in Kisan Bharti, January, 2012, Vol.43, No-4, pp-23, ISSN-0970-5198.
- “Winter Vegetables: Treasures of Nutrients and Medicinal Properties” published in Indian Farmer’s Digest, February, 2012, Vol.45, No-2, pp-15-16, ISSN 0537-1589.
- “Swasthya Ahar Jeevan Ka Aadhar ” published in Kisan Bharti, January, 2013, Vol.44, No-4, pp-34, ISSN-0970-5198
- “Swasthyavardhak Lahsun” published in Kisan Bharti, February, 2013, Vol.44, No.-5, , pp-28, ISSN-0970-5198
- “Ten Golden Rules for Safe Food Production” published in Indian Farmer’s s Digest, April, 2013, Vol.46, No.4, pp-16, ISSN 0537-1589.
- “Dengue se Bachav’ published in Kisan Bharti, May, 2013, Vol. 44, N0.8, ISSN-0970-5198, pp-34
- “Top Diet and Nutrition Tips for Women” ” published in Indian Farmer’s Digest, May, 2013, Vol. 46, No. 5, pp-39, ISSN 0537-1589.
- “Guno Ka Khajana: Aonla” published in Kisan Bharti, , June. 2013, Vol.44, No.9, pp-25, ISSN-0970-5198

#### **RESEARCH/REVIEW PAPERS**

1. Rai, Divya and **Pandey, Hemlata** (2025) Gazipur Zile ki gramin mahilaon ke udyami vyahar ka adhyan. Shabdarnav: 11(2):204-209
2. Dubey, Smita and **Pandey, Hemlata** (2025) Recent trends in Higher education: An Analytical perspective accepted in IJARMS journal.
3. Chaudhary, Seema and **Pandey, Hemlata** (2025) Paryvaran sanrakshna ke liye jalvayu sambedansheel fasal millets ka Adyayan accepted in peer reviewed journal.
4. Rai, Divya and **Pandey, Hemlata** (2025) Gazipur zile ki gramin parivesh me mahilaon ki udyamshelta , kaushal vikas aur chunautioan par aadharit adhyan in Vedanjali.
5. **Jyoti Gangwar and Hemlata Pandey** (2025) Understanding the role of sustainable diet in public health and environment behaviour. International Journal of Home Science (2025): 11(2): 83-87
6. **Yamini Bhatt and Hemlata Pandey** (2021) Oats: Its Biologically Active Compounds as Functional Food Source Asian Food Science Journal 20(10): 47-54, 2021; Article no.AFSJ.73367 ISSN: 2581-7752
7. **Pandey H and Daniel M** (2019) Broken. Wheat: A Byproduct of the Milling Industry towards Nutrition Security, Current advances in agricultural sciences (2018), vol.10: Issue 1, pp.61-64
8. **Pandey, H. and Awasthi, P.** (2015). “Effect of processing techniques on nutritional composition and antioxidant activity of fenugreek (*Trigonella foenum-graecum*) seed flour” published in *Journal of Food Science and Technology*. **52(2):1054–1060**, NAAS – 8.02, I.F.-2.203
9. **Pandey, H. and Awasthi, P.** (2015) “Dose Dependent Impact of Germinated Fenugreek Seed Flour Supplementation on Type 2 Diabetics” published in *International Journal of Wellness*.1: 69-75

10. **Pandey, H. and Awasthi, P. (2015)** Organoleptic evaluation of germinated fenugreek seed flour incorporated recipes: *chapatti* and *idli* published in *Asian Journal of Home Science*. 10 (1):41-44.
11. **Pandey, H. and Awasthi, P. (2015)** Evaluation of Therapeutic Effect of Germinated Fenugreek Seed Flour (GFSF) on Diabetic Subjects published in *International Journal of Research*. 2(3): 110-114 ISSN- 2394-2169
12. **Pandey, H. and Awasthi, P. (2015)** Effect of Fenugreek Seed Flour Supplementation on Blood Glucose and Lipids in Type 2 Diabetic Subjects".
13. **Pandey, H., Singh, V. and Mohan, M. (2014)** "Quality attributes of oven dried and freeze dried ripe papaya powder and its acceptability in some Indian recipes" published in *International Journal of Basic and Applied Agricultural Research*. 12 (1): 117-123 NAAS-3.26.
14. **Pandey, H. and Awasthi, P (2014)** "Changes in Quality Attributes of Germinated Fenugreek Seed Flour on Storage" published in *Asian Journal of Home Science*. 9 (1): 316-318. NAAS-3.1.
15. **Pandey, H. and Singh,V.(2014)** "Comparative Nutritional Analysis of Oven Dried and Freeze Dried Ripe Papaya Powder" published in *Beverage and Food World* . 41(5): 24-25 ISSN-0970-6194
16. **Pandey, H. and Awasthi, P. (2013)** "Fenugreek Gum: Processing/ Manufacturing, Chemical Properties and Applications -A Review" published in *Beverage and Food World*. 40 (6) : 41-43, ISSN-0970-6194
17. **Pandey, H. and Awasthi, P. (2013)**. "Chemical, Microbiological and Sensory Quality Evaluation of Oat Incorporated Weaning Mixes during Storage" published in *Pantnagar Journal of Research*. 11 (1): 134-138. NAAS -3.0

### Chapters in books -

Dr Hemlata Pandey and Madhvi Daniel	Medicinal and Pharmacological Properties of <i>Trigonella foenum graecum</i>	The Intellectual Gems	Value Publications	978-81-944581-9-7
Dr Hemlata Pandey and Dr Sadhna Singh	Nashpaati	Phalon evam Sabjion ka Mulya Samvardhan		
Dr Hemlata Pandey and Soni Tilara	Buckwheat (Kuttu)	Millets Forgotten Grains Regaining Proinence	P.K. Publishers	978-81-19428-75-5
Chetna and Dr Hemlata Pandey	Hisalu -Golden Himalayan Raspberry: A Wild Edible Fruit with Nutritional and Therapeutic Potential	<i>Underexplored Grains and Greens of India: Potential Crops for Sustainable Nutrition and Health</i>	Springer	Accepted

