

Dr. RITA

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EDUCATIONAL QUALIFICATION

Degree	Year	OGPA/ Percentage
Ph.D. (Dairy Chemistry) National Dairy Research Institute, Karnal, Haryana	2013-2019	CGPA – 8.0
M.Sc (Dairy Chemistry) National Dairy Research Institute, Karnal, Haryana	2009-2012	7.2/10
B.Sc (Food Science and Quality Control) Kurukshetra University, Kurukshetra	2004-2007	69.03
Class XII (CBSE Board) Swami Vivekanand Public School Huda, Jagadhri, Haryana	2003-2004	65.2%
Class X(Haryana Board) Swami Vivekanand Sr. Sec. School, Yamuna Nagar,	2001-2001	78.5%

ACADEMIC ACHIEVEMENTS

Institutional fellowship during Masters and Doctoral programme	2009-2011 and 2013-2019
Qualified ICAR-National Eligibility Test (NET) in Dairy Chemistry	2013

INDUSTRIAL EXPOSURE

- **Ebro India, Karnal, Haryana (April 2023 to July 2023)** worked as Senior Scientist in pasta lab and looked after the quality issues relevant to customer expectations.
- **Goodrich Cereals Pvt. ltd., (2nd January to 30th March, 2023)** worked as quality control manager.

- **Modern Dairies Ltd., Karnal, Haryana (7th August 2012 to 31st July 2013)** worked as Management trainee in quality assurance lab and also involved in various customer based R & D activities.
- **Model Dairy Plant (ISO: 9001 & HACCP (IS: 15000) Certified) Karnal, Haryana (June 2007–June 2009)** worked on chemical and microbiological analysis of milk and milk products”

RESEARCH EXPERIENCE

- MoFPI Funded Project (Jan. 2020 to September, 2021) **“Development of calcium enriched high milk protein powder for convenience formulation of traditional dairy products”**
- NICRA project (Nov. 2017 to September, 2019) entitled **“Effect of different seasons on the milk quality of different breeds of indigenous and crossbred cows”**.
- **Ph.D dissertation (2013 to 2019)** “Characterization of bioactive peptides generated in low sodium cheddar cheese during ripening”
- **M.Sc. dissertation (2009-2012)** on “Evaluation of functional properties strawberry polyphenols fortified dahi”.

RESEARCH PAPER & PUBLICATIONS

Research Paper publication	<ol style="list-style-type: none"> 1. Sandhu, R., Mann, B., Sharma, R. and Bajaj, R.K., 2024. Identification and Molecular Docking of ACE Inhibitory Peptides Derived from Sodium Substituted Cheddar Cheese. <i>International Journal of Peptide Research and Therapeutics</i>, 30(6), pp.1-14.(NAAS 8.5). 2. Amila, S., Arora, S., Gawande, H., Mehla, R., Meena, G.S. and Singh, A.K., 2022. Process optimization for preparation of milk protein co-precipitate using calcium lactate as coagulant. <i>Journal of Food Processing and Preservation</i>, 46(12), p.e17250. (NAAS 8.5). 3. Devi, P., Singh, M., Mehla R. and HM, A., 2021. Effect of Chlorophytum borivilianum supplementation on milk production, composition and fatty acid profile in crossbred cows during hot-humid season. <i>Tropical Animal Health and Production</i>, 53(2), p.300.(NAAS 7.70). 4. Sutwal, R., Dhankhar, J., Kindu, P. and Mehla, R., 2019. Development of low calorie jam by replacement of sugar with natural sweetener stevia. <i>Int J Cur Res Rev/ Vol, 11(04)</i>, p.10. 5. Sunny, J.D., Kundu, P. and Mehla, R., 2019. Preparation and Physicochemical Evaluation of Dairy Free Alternative Based on Coconut and Millet Milk. <i>Int. J. Pharm. Biol. Sci</i>, 9, pp.565-572. 6. Rita, R.K.B., Dhankar, J. and Nalla, D.B., 2018. Assessment of strawberry polyphenols aqueous extract for major compositional and biofunctional attributes. <i>Int. J. Curr. Res. Rev</i>, 10, pp.1-6.
Technical writing	<ol style="list-style-type: none"> 1. Sandhu, R., Singh, N., Dhankhar, J., Kama, G. and Sharma, R., 2018. Dynamic light scattering (DLS) technique, principle, theoretical considerations and

	<p>applications. <i>Nanotechnol. Biochem. Tech. Assess. Qual. Saf. Milk Milk Prod</i>, pp.135-137.</p> <p>2. Rita, Mann B., Sharma R., and Singh R. 2018. Peptides profiling of sodium substituted cheddar cheese. NDRI Newsletter.</p> <p>3. Kandol R., Sandhu R., 2024. Donkey milk: New kid on the block. Indo compass's Food sphere magazine. Accepted for publication.</p> <p>4. Sandhu R., 2024. Recent innovations to reduce salt content in cheese. Indo Compass's Food sphere magazine. Accepted for publication.</p> <p>5. Chauhan B., Panwar Y., Sandhu R. 2024. Milk adulteration. Indo compass's Food Sphere Magazine. Accepted for publication.</p>
Book Chapters	<p>1. Mehla, R., Kumari, A., Dhankhar, J., Bumbadiya, M. and Tyagi, A., 2020. Whey: Importance and Techno-functional Applications. <i>Dairy Processing: Advanced Research to Applications</i>, pp.161-179.</p> <p>2. Mehla R., 2019. Bioactive peptides generated during cheese ripening. <i>Research Trends in Food Technology and Nutrition</i>, ISBN: 978-93-4-5335.</p> <p>3. Mehla R., 2019. Designer Milk: Nutritional and technological appliances. <i>Research Trend in food Technology and Nutrition</i>, ISBN: 978-93-5335.</p> <p>4. Salaria, A., Arora, S., Mehla, R., Singh, T.P. and Anuj, 2024. Recent Developments for Formulation of Infant Foods. <i>Food Process Engineering and Technology: Safety, Packaging, Nanotechnologies and Human Health</i>, pp.363-395.</p> <p>5. Mehla, R., Dhankhar, J., Ranvir, S.G. and Hossain, S., 2023. Biochemical Characterization of Cheese during Ripening. In <i>The Chemistry of Milk and Milk Products</i> (pp. 185-199). Apple Academic Press.</p> <p>6. Dhankhar, J., Kundu, P. and Mehla, R., 2023. Nanoformulation: A Promising Approach Towards Food Fortification. In <i>Nanotechnology Horizons in Food Process Engineering</i> (pp. 229-253). Apple Academic Press.</p> <p>7. Dhankhar, J., Mehla, R. and Kundu, P., 2023. Assessment of Pesticide Residues In Milk and Milk Products. In <i>The Chemistry of Milk and Milk Products</i> (pp. 331-359). Apple Academic Press.</p>
Technology	<p>Arora S., S, Amila., Gawande H., Mehla R., Sahrma Vivek. Technology for preparation of sandesh from cow milk protein powder using co-precipitation methodology has been included in the list of "NDRI Technologies" for commercialization.</p>
Lecture Delivered	<p>Two days lecture during 15 days training programme for capacity building of Dairy technology, Dairy chemistry and Dairy microbiology students for different entrance examinations (NET/SEF) held through hybrid mode from 15/05/2024 to 01/06/2024.</p>
Abstracts and Posters	<p>1. Rita, Rajesh Kumar Bajaj, Dinesh Babu Nalla and Bimlesh Mann (2015). Effect of interactions of strawberry polyphenols with casein and its fractions on the antioxidant and α-glucosidase inhibitory activity. In</p>

	<p>proceedings of XII Agricultural Science Congress on “Sustainable Livelihood Security of Smallholder Farmers”, National Dairy Research Institute, Karnal, Haryana, India, February 3rd to 6th , 2015.</p> <p>2. Teena, Jyotika, Rita and Vikrant Narwal. Studies on effect of carrot pomace powder and whey protein concentrate on the quality characteristics of cookies. In proceedings of XII Agricultural Science Congress on “Sustainable Livelihood Security of Smallholder farmers”, National Dairy Research Institute, Karnal, Haryana, India, February 3rd to 6th, 2015</p> <p>3. Rita, Rajesh Bajaj, Bimlesh Mann and Dinesh B. Nalla. Evaluation of type-2 diabetes and hypertension relevant enzymes inhibition activities of strawberry polyphenol extract fortified dahi. In the proceedings of 44th Dairy Industry Conference held at NDRI, karnal, February 18-20, 2016; p-79.</p> <p>4. Dinesh B. Nalla, Rajesh Bajaj, Rita and Bimlesh Mann (2016). Variation in total phenolic content and functional properties of Green tea polyphenols on interaction with whey proteins. In the proceedings of 44th Dairy Industry Conference held at NDRI, Karnal, February 18-20, 2016; p-78.</p> <p>5. Rita, Rajesh Kumar, B. Mann, S.Rana (2012). Effect of polyphenols on the growth of lactic acid bacteria. the proceeding of XL Dairy Industry Conference held at New Delhi during 2-5 February, 2012; p-171.</p> <p>6. Dinesh Babu N., Rajesh Kumar, B. Mann, S. Rana, Arvind, Rita, Ranveer Kumar (2012). Evaluation of the interactions of Green tea polyphenols with whey proteins. in the proceeding of XL Dairy Industry Conference held at New Delhi during 2-5 February, 2012; p-171.</p> <p>7. Seema Rana, Rajesh Bajaj, V. Ramesh, Richa Singh, J. K. Kaushik, B.Mann, R.R.B.Singh & Rita (2012). Enhancement of proteolytic activity of selected Lactobacillus strains. in the proceeding of XL Dairy Industry Conference held at New Delhi during 2-5 February, 2012; p-171.</p>
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AWARDS

- **Rita Mehla**, Bimlesh Mann, Rajan Sharma, Rajseh Kumar Bajaj and Sourabh Gosewade (2019) Received 1st best oral presentation award for presentation on “Characterization of bioactive peptides in sodium substituted cheddar cheese during storage” in Slietcon-2019 at Chandigarh in “A multi-track National Conference, under TEQIO-III (Twinning Program).

DECLARATION

I certify that all the above information given by me is true in all respects.

Date:

RITA