



MANAV RACHNA INTERNATIONAL INSTITUTE OF RESEARCH AND STUDIES

Sector 43, Aravalli Hills, Manav Rachna Campus Rd, Faridabad,

Dr Madhvi Awasthi

Designation: Assistant Professor

Qualifications: Ph.D (Food Science and Nutrition); UGC-NET

Email: madhvi.fas@mriu.edu.in

Experience: 05 years



Research Interest: New food product development, quality evaluation and shelf life studies, functional foods

Journal Publication Details:

International publications

1. Ranjana Verma, **Madhvi Awasthi**, Rajni Modgil and YS Dhaliwal. 2010. Physio-chemical characteristics of dehydrated *Kachnar (Bauhinia variegata)*. International Journal of Processing and Post Harvesting Technology. 1(2): 93-98.
2. **Madhvi Awasthi**, SR Malhotra and Rajni Modgil. 2011. Eating habits of selected Kidney Stone patients of Kangra District (H.P.). Journal of Human Ecology. 34(3):163-169.
3. Ranjana Verma and **Madhvi Awasthi**. 2013. Effect of salt treatment on phenolic compounds of *Bauhinia variegata (Kachnar)* and *Cordia dichotoma*. Advances in Food Sciences. 35(1): 37-39.
4. **Madhvi Awasthi** and SR Malhotra. 2013. Assessment of mineral intake of kidney stone patients of Kangra district, Himachal Pradesh with respect to their gender, age and income. IJPE-D-11-00985. Indian Journal of Pediatrics. 80(12):996-1001.
5. S Kaur, G Kaur, N Kaur and **Madhvi Awasthi**. 2013. Product development and sensory evaluation of food remnants based low cost fiber rich foods. Annals of Food Science and Technology. 14(1): 59-63.

6. Raveena Saharan, Renuka Pathak and **Madhvi Awasthi**. 2019. Effect of leucine supplementation in muscle growth in gym goers. *International Journal of Physiology, Nutrition and Physical Education*. 2019; 4(1): 1603-1606.
7. **M Awasthi**, R Verma. 2019. Exploration of *Bauhinia variegata* (Kachnar) and *Cordia dichotoma* (Lesora) for their Mineral Content. *Asian Journal of Dairy and Food Research* 38 (3), 265-266.
8. R. Saharan and **M. Awasthi** . 2020. A Review: Role of Leucine as a Sports Supplement. *J Hum Ecol*, 69(1-3): 25-30. Scopus, WOS.
9. Awasthi, R Verma. Medicinal and nutritional potential of *Bauhinia* species *Medicinal Plants-International Journal of Phytomedicines and Related Industries*, 12(3): 472-476. Scopus.

National publications

1. **Madhvi Awasthi** and R Verma. Sensory acceptability of rehydrated *Kachnar* bud based recipes. 2011. *Krishi Anusandhan Patrika*. (1&2): 34-38.
2. **Madhvi Awasthi**, SR Malhotra, Radhna Gupta.and Satya Bhama. 2011. Effect of gender, age and income on nutrient intake of selected kidney stone patients of Kangra District (H.P.). *Himachal Journal of Agricultural Research*. 37(1): 59-64.
3. **Madhvi Awasthi** and Ranjana Verma cooking quality of dried *Lesora*. 2011. *Krishi Anusandhan Patrika*. (1&2): 45-47.
4. **Madhvi Awasthi**, R Verma, R. Modgil and YS Dhaliwal. 2011 Physico-chemical characteristics of *Lesora (Cordia dichotoma)*. *Journal of Research, SKUAST-J, Directorate of Research, Sher-e-Kashmir Jammu*. 10 (2):85-90.
5. R Verma, **Madhvi Awasthi**, R Modgil and Y S Dhaliwal. 2012. Effect of maturity on the physico-chemical and nutritional characteristics of *Kachnar (Bauhinia variegata Linn.)* green buds and flowers. *Indian Journal of Natural Products and Resources*. 3(2): 242-245.
6. **Madhvi Awasthi** and R Verma. 2012. Development and quality evaluation of *Kachnar (Bauhinia variegata) Chutney*. *Beverage and Food World*. 32(12): 20-22.
7. **Madhvi Awasthi** and Ranjana Verma. 2012. Drying of *Lesora (Cordia dichotoma)* for food and nutritional security. *Crop improvement*. Nov. 1111-1112.
8. **Madhvi Awasthi** and Ranjana Verma. 2013. Development of *Lesora (Cordia dichotoma)* candy by using slow and fast cook method. *Journal of Ecofriendly Agriculture*. 8(2): 196-198.
9. **M Awasthi** and SR Malhotra. 2016. Renal calculi- prevalence, risk factors and dietary management: A review. *The Indian Journal of Nutrition and Dietetics*. 53(2). 2228-240.

Publications in proceedings:

- Raveena Saharan, Renuka Pathak and Madhvi Awasthi. 2019. Role of leucine supplementation in muscle growth Proceedings of UGC sponsored National Conference on Fitness, Health and Sports Sciences. 16-17March 2019. PP. 4-5
- Sood Simran, Renuka Pathak and Madhvi Awasthi. 2019. Effect of creatine monohydrate supplementation on weightlifters. Proceedings of UGC sponsored National Conference on Fitness, Health and Sports Sciences. 16-17March 2019.. PP. 45-46

Conference details:

Research paper presentation:

1. Madhvi Awasthi and SR Malhotra. Assessment of mineral intake of kidney stone patients of Kangra district, Himachal Pradesh with respect to their gender, age and income. In 44th Annual National Conference of Indian Dietetic Association 3-5 November 2011, All India Institute of Medical Sciences New Delhi.
2. S Kaur, G Kaur, N Kaur and Madhvi Awasthi. Product development and sensory evaluation of food remnant based low cost fiber rich foods. National Conference on '3 rd Bhartiya Vigyan Sammelan and Expo' 2012 held at Lovely Professional University 11-14 Oct.
3. Madhvi Awasthi and R Verma, Drying of Lesora (*Cordia ichotoma*) for food and nutritional security. In International Conference on Sustainable Agriculture for Food and Livelihood Security, Nov 27-29, 2012.
4. Madhvi Awasthi and R Verma. Food and Nutrition Potential of *Bauhinia*, International Conference on Advances and Innovations in Agriculture & allied Sciences. JNU, New Delhi 31/01/20

Posters presented:

1. Madhvi Awasthi and SR Malhotra SR. Cauliflower green- A neglected green leafy vegetable to combat malnutrition. National conference on '3rd Bhartiya Vigyan Sammelan and Expo' 2012 held at Lovely Professional University 11-14 Oct.

Research Supervised (PhD): 04 (Ongoing)

Book/Chapter Publications:

Books: 01 (*Nutrition At A Glance*, ISBN 978-93-5124894-1)

Administrative Responsibilities:

1. Departmental Coordinator for Curriculum Structuring and Syllabus finalization.
2. Departmental Coordinator for website and media release.
3. Departmental Coordinator for IQAC of the institution.
4. Departmental Coordinator for admission counseling.

Professional Affiliation:

1. Life member of Nutrition Society of India. Regd no. 125/1966
2. Life member of Indian Association of Parenteral and Enteral Nutrition. Life Membership Identification Number: 4325-6532-9856-2682.
3. Life member of The Indian Science Congress Association. No. L39537.
4. Former 'Regional Officer (Phagwara)' of The Indian Association for Parenteral and Enteral Nutrition.
5. Member of the Malnutrition, India, A Core Group of The Indian Association for Parenteral and Enteral Nutrition (IAPEN)
6. Member of editorial board of journal 'Indian Journal of Nutrition.
7. Reviewer of scientific publications of many reputed journals.

Expert Talk Delivered:

1. Resource person in the Faculty Development program at Lovely Professional University in 2012.

Event Organized (Conference/Seminar/FDP/Workshops)

1. Member of organizing team for 5-day Faculty Development Programme organized by the department

Awards

1. University gold medal by CSK HPKV Palampur, HP.
2. ICAR-JRF for master's degree programme.