



Shaheed Rajguru College of Applied Sciences for Women
University of Delhi
Faculty Profile

Name		Dr Para Dholakia
Designation		Associate Professor
Email		para.dholakia@rajguru.du.ac.in
Degree	Institution	Year
PhD (Home Science)	University of Delhi	2022
M.Sc (Foods and Nutrition)	M.S. University of Baroda	2002
B.Sc (Hons) Food Technology	University of Delhi	2000
Areas of Interest / Specialization		
Food Science and Nutrition, millets, nutraceuticals and functional foods		
Publications Profile		
Papers: - Dholakia P., Sakshi, Sabharwal P. (2024). Phenol, flavonoid content and antioxidant activity of aqueous extract of Kachnar (<i>Bauhinia variegata</i>) leaves. International Journal of Innovation and Multidisciplinary Research (IJIAMR), Volume 4 Issue 3, 42-45. - Abhilasha Sharma, Akanksha Ghosh, Vandana Arya, Prabhjot Kaur Sabharwal and Para Dholakia (2022). A study to collate the physical parameters and Gluten content of three different wheat cultivars, International Journal of Innovation and Multidisciplinary Research, Volume 1 Issue 1, 82-88 - Dholakia, P., Yadav, J., Singh, S., Yadav, S., Pal, S., & Sabharwal, P. (2020). Phytochemical and radical scavenging activity of <i>Bauhinia variegata</i> (Kachnar) stem, International Journal of Science, Technology and Management, Volume 6(1) 1-19 - Dholakia,P., Siddhu, A., & Singh,R. (2019). Total Phenolic and Flavonoid		

Content and Antioxidant Activity of Amaranth Based Gluten Free Cookies. *Journal of Emerging Technology and Innovative Research*, 6(5), 194–203.

- Dholakia, P., Yadav, A., & Bajaj, D. (2016). Development of an Android based Mobile Application to Track Nutritional Intake of Young College Students. *Journal of Basic and Applied Engineering Research*, 3(1), 75–78.
- Deepali Bajaj, Asha Yadav, Para Dholakia, Bhawna Jain, Deeksha Sharma, Diksha Tewari, Dinika Saxena, Disha Sahni, Preetanjali Ray 2017. Android based nutritional intake tracking application for hand-held systems, Conference Proceedings of 8th International Conference on computing, Communication And Networking Technology (ICCCNT) IEEE conference held in IIT Delhi, India on 3-5th July 2017, Page 589-591, IEEE Catalog Number:CFP1752J-ART , ISBN: 978-1-5090-3038-5

Books/Book chapters:

- Currently ongoing- Topic Editor, Women's Health Innovations: Integrating Traditional Wisdom, Technology, Nutrition and Sustainability Across the Life Cycle, Frontiers in Sustainable Food Systems.
- Dholakia, P., Garg, M., Yadav, V., Heirangkhongjam M. (2025). Nutraceuticals and Functional Foods. Indu Book Services Pvt. Ltd. New Delhi. ISBN 9789367291160
- Garg, M., Dholakia, P., Gupta V. (2025). Experiments in Food Science and Nutrition: Concepts and Applications. Indu Book Services Pvt. Ltd. New Delhi. ISBN 9789367298565
- Ballakur, V., Lal, P.R., Srivastava, S., Dholakia, P., Chaturvedi, S. (2024). "Bharat ki Kshetriya Khaadya Paramparayein" in Lal, P.R. (ed.) *Ayurveda aur Poshan Pustika*, Progress Publishers, New Delhi. ISBN 9788197884375
- Rao, E.S., Dholakia, P., Yadav, V., Khurana, S., Malik, P.D. (2024). Handbook of Bakery Science and Technology. Indu Book Services Pvt. Ltd. New Delhi. ISBN 9788119907090
- Dholakia, P., Sabharwal, K.P., Vandana (2022). Seed gums: Sources, application and recent trends in edible films. In, Amrita Poonia and Tejpal Dhewa (Ed.), *Edible food packaging- Applications, Innovation and Sustainability* (263). Springer
- Vandana, Dholakia, P., Sabharwal, K.P. (2022). Novel Microbial Sources of Packaging edibles. In, Amrita Poonia and Tejpal Dhewa (Ed.), *Edible food packaging- Applications, Innovation and Sustainability* (103). Springer

- Sabharwal, K.P., Vandana, Dholakia, P. (2022). Seaweeds: New source of packaging edibles. In, Amrita Poonia and Tejpal Dhewa (Ed.), Edible food packaging- Applications, Innovation and Sustainability (233). Springer
- Agarwal, A., Sharma, S., Dholakia, P., Sabharwal, P.K. and Arya, V. (2022). Effect on Nutritional Psychiatry during COVID-19 Pandemic. In, Rashmi Gupta and Renu Rani (Ed.). Psychological Impact of pandemic in different eras- An analytical study in the backdrop of COVID-19. Delhi: Adhyan Publisher
- Chapter 'Other Foods' for study material for IGNOU course Food Fundamentals and Chemistry. (2006)

Talks and presentations

- Talk- "Impact of addiction on Health" under "My Health-My Pride" theme of NashaMukth Yuva campaign of NSS at Bhaskaracharya College of Applied Sciences, DU, on 25th September, 2026
- Paper- Singh Anushka and Dholakia Para (2025). "Formulation of nutrient dense gluten free bread using germinated Amaranth and Chickpea: a sustainable approach" in the 9th AMIFOST 2026 on 17th March 2026 organised by Amity Institute of Food Technology. The paper won First position in the theme.
- Poster: Bhamu A. and Dholakia P. (2026) "Development and Standardization of Amaranth-Chickpea based gluten free bread" in the 9th AMIFOST 2026 on 17th March 2026 organised by Amity Institute of Food Technology. The poster won 2nd Prize in its theme.
- Poster- Anwar Z. and Dholakia P. (2026). "Optimisation of popped Amaranth-Legume composite flour for gluten free bread production" in the 9th AMIFOST 2026 on 17th March 2026 organised by Amity Institute of Food Technology.
- Poster- Simran and Dholakia P. (2026). "Dietary guidelines awareness and compliance among young Indians: Insights from University of Delhi" in the 9th AMIFOST 2026 on 17th March 2026 organised by Amity Institute of Food Technology.
- Poster- Nancy and Dholakia P. (2026) "Awareness and Understanding of Nutritional Labelling and Fortified Foods among students and staff of University of Delhi" in the 9th AMIFOST 2026 on 17th March 2026 organised by Amity Institute of Food Technology
- Delivered a talk- 'Millets- Vocal for Local' at Neighbourhood Youth Parliament, Nehru Yuva Kendra, at Shaheed Rajguru College of Applied Sciences for Women, University of Delhi, March 13, 2024

- Poster- Dholakia P., Siddhu A., Singh R. (2022, December 6-11). Amaranth-pearl millet-chickpea composite flour based nutritious gluten-free cookies with potential antioxidant activity and bioactive compounds. Poster presented at the 22nd IUNS-ICN International Congress of Nutrition, Tokyo, Japan.
- Delivered a talk on "Creative awareness about Millets- Types, Importance, Climate Resilience and Economic Security", International year of Millets celebration, Bhaskaracharya College of Applied Sciences, University of Delhi, July 30, 2022
- Delivered a talk on "Food and Nutrition: Challenges and Current Approaches" at Bio-illumination lecture series, Department of Biological Sciences, Aliah University, Kolkata, April 9, 2022 (Online)
- Presented a paper- Dholakia, P., Yadav, J., Singh, S., Yadav, S., Pal, S., & Sabharwal, P. (2020). Phytochemical and radical scavenging activity of *Bauhinia variegata* (Kachnar) stem in International Conference and Webinar on Agriculture production and Food Safety, ITTT, Dehradun on 12 July ,2020
- Delivered a talk on ‘Amaranth- an Ancient Grain with a Promising future’ at National Nutrition Week celebration at the Department of Food and Nutrition, Lady Irwin College on 7th September, 2018.
- Poster- ‘Relationship of Particle size of flour with various flour properties and its effect on baking quality of cookies’- Para Dholakia, Ranjana Singh, Anupa Siddhu, at National Conference 2nd AMIFOST – 2018 on “Recent Innovations and Technological Developments in Food Science & Technology” held on 28th September, 2018 at Amity University Uttar Pradesh, Noida.
- Poster- ‘Development and Analysis of Gluten free cookies from Amaranth Based Composite Flour’- Para Dholakia, Ranjana Singh, Anupa Siddhu, at Youth Science Congress, India International Science Festival, Ministry of Science and Technology and Ministry of Earth Sciences, Lucknow, Uttar Pradesh, on 5th October, 2018.
- Poster-“Gluten Free Cookies From Amaranth Based Composite Flour: An Attractive use of an Under-utilized Traditional grain” at Second International Conference on “Aligning Food Systems for Healthy Diets and Improved Nutrition”- Para Dholakia, Ranjana Singh, Anupa Siddhu, NIN centenary year celebrations, Hyderabad, Telangana, 11-13 November, 2018
- Dholakia, P. and Gupta, S. (2016, October). Effect of microwave and traditional cooking on the quality of food products. 15th International conference on Food Processing and Technology, Rome, Italy (online)

Workshop:

- Attended “Adaptation Workshop for the India Indicator Framework of the Food Systems Countdown Initiative (FSCI) on 31st October 2025 at the UN House, New Delhi

Project:

- Carried out an innovation project entitled “Health buddy- Android based mobile application to track nutritional status of young college students” funded by Innovation desk, University of Delhi from 2015-2016. Selected for research display at DU convocation ceremony

Consultancy:

- Expertise provided to Mediatek India Technologies Pvt. Ltd as “Nutritionist Advisor’ for Mediatek Social Benefit Programme in India from May, 2014 to October, 2014

Awards and Distinctions

- Received Young Scientist Award of 2019 by International Institute of Technical Teachers, Dehradun (Registered under MSME, Govt of India)
 - Secretary, Association of Food Scientists and Technologists, Delhi chapter (2006-2008)
 - Member, Local Executive Committee, Association of Food Scientists and Technologists, Delhi chapter, 2026
- Life member: Association of Food Scientists and Technologists, India
Nutrition Society of India
Indian Dietetic Association