



Aditi Mahavidyalaya

Faculty Details



Title	Professor	First Name	Poonam	Last Name	Lakra	Photograph
Designation	Professor					
Department	Home Science (NHE)					
Address	C-153, second floor, Vikaspuri, New Delhi					
Phone number	9811168779					
Email	plakra@aditi.du.ac.in					
Web-Page						
Educational Qualifications:						
Degree	Institution				Year	
B Sc Home Science	University of Delhi				1988	
MSc Foods and Nutrition	CCSHAU Hisar				1991	
Ph D Foods and Nutrition	CCSHAU Hisar				1994	
Career Profile						
30 years of teaching experience in Aditi Mahavidyalaya						
Administrative Assignments						
<ul style="list-style-type: none">▪ Staff Council Secretary (2003-05).▪ Convenor Workload and Time table committee (2003-04).▪ Teacher Representative on governing body (2003-04, 2020).▪ Convenor Examination Committee (2013-14).▪ Convenor Library Committee (2015-16).▪ Convenor Provident fund Committee (2019-20, 2020-21, 2024-25).▪ NAAC Coordinator (2016-17).▪ Teacher In charge of Home Science department (2015-16, 2017-18(odd Semester), 2019-20).▪ Member IQAC, Vidya Vistar committee and Eco Club (2021-22, 2022-23, 2023-24).▪ Co-convenor Eco Club, Member IEC, (2024-25)▪ Convenor Provident committee (2025-26)						
Areas of Interest / Specialization						

Foods and Nutrition
Subjects Taught
Nutrition and Health Education
Research Guidance
NIL
Research Papers (Web link to the paper, if online available, or pdf of the paper)
<p>International Journals</p> <ol style="list-style-type: none"> Gahlawat, P and Sehgal S. 1992. Phytic Acid, Saponins and Polyphenols in Weaning Food Prepared from Oven Heated Green Gram & Cereals. Cereal Chemistry Vol.69(4): 463-464. ISSN 0009-0352. http://pascal-francis.inist.fr/vibad/index.php?action=getRecordDetail&idt=4635975 Gahlawat, P. and Sehgal, S 1992. Formulation and Nutritional Value of Home-Made Weaning Foods, Nutrition Research Vol.12.1171-1180. ISSN 02715317. https://doi.org/10.1016/S0271-5317(05)80774-2 Gahlawat, P. and Sehgal, S. 1993. The influence of Roasting and Malting on the Total and Extractable Mineral Contents of Human Weaning Mixtures Prepared from Indian Raw Material. Food Chemistry 46,253-256. ISSN 03088146. https://doi.org/10.1016/0308-8146(93)90115-V Gahlawat, P and Sehgal, S. 1993. Anti-Nutritional Content of Developed Weaning Foods as Affected by Domestic Processing, Food Chemistry 47,333336. ISSN 0308-8146. https://doi.org/10.1016/0308-8146(93)90173-D Gahlawat, P and Sehgal, S. 1994. Protein and Starch Digestibility and Iron Availability in Developed Weaning Foods as affected By Roasting. Journal of Human Nutrition and Dietetics. 7,121-126. ISSN 0952-3871. https://doi.org/10.1111/j.1365-277X.1994.tb00419.x Gahlawat, P and Sehgal, S. 1994. Shelf Life of Weaning Foods Developed from Locally available Foods Stuffs, Plant Foods for Human Nutrition. 45.349-355. ISSN 0921-9668. https://doi.org/10.1007/BF01088084

7. Gahlawat, P and Sehgal, S. 1994 In-Vitro Starch and Protein Digestibility and Iron Availability in Weaning Foods as affected by Processing Methods. Plant Foods for Human Nutrition. 45: 165-173. ISSN 0921-9668.

<https://doi.org/10.1007/BF01088474>

8. Gahlawat, P and Sehgal, S. 1994. Protein Quality of Weaning Foods based on Locally available Cereal and Pulse Combination. Plant Foods for Human Nutrition. 46: 245-253. ISSN 0921-9668.

<https://doi.org/10.1007/BF01088997>

9. Gahlawat, P and Sehgal, S. 1995. Improvement in HCL- Extractability of Minerals in Homemade Weaning Foods. Plant Foods for Human Nutrition, 47,173-179. ISSN 0921-9668.

<https://doi.org/10.1007/BF01089267>

10. Gahlawat, P and Sehgal, S. 1998. Protein and Starch Digestibilities and Mineral Availability of Products Developed from Potato, Soy and Corn Flour. Plant Foods for Human Nutrition. 52(2): 151-160. ISSN 0921-9668.

<https://doi.org/10.1023/A:1008045023304>

11. Lakra, P. and Sehgal, S. 2009. "Anti-nutritional Content of Products Developed from Potato Flour." Nutrition and Food Science. Vol 39, 636642. ISSN 0034-6659.

<https://doi.org/10.1108/00346650911002968>

Indian Journals

12. Lakra.P. and Sehgal, S. 2005. "Effect of Processing on Anti-Nutritional Contents of Products Development from Potato Flour, Defatted Soy Flour and Maize Flour". Indian Journal of Nutrition and Dietetics. 42,542-549. ISSN 0022-3174.
13. Lakra, P and Sehgal, S. 2011. " Influence of processing on total and extractable mineral content of products prepared from potato flour" Journal of Food Science and Technology. Vol 48 (6): 735-739. <https://doi.org/10.1007/s13197-010-0140-z>
14. Lakra, P and Gahlawat, I. N. 2015. "Prospective phytochemicals for alleviation of different chronic ailments." Integrated Journal of Social Sciences. Vol 2(1), 36-39. ISSN 2348-0874. <http://www.pubs.iscience.in/journal/index.php/ijss/article/view/488>
15. Gahlawat I.N., Wadhwa M. nee Dabas and Lakra P., 2015. "Significance of nanotechnology advances in food processing and packaging : consequences of human health, J. Mat. NanoSci. 2015, 2(1), 8-14, ISSN 2394-0867.

<https://pubs.iscience.in/journal/index.php/jmns/article/view/1188>

16. Lakra, P and Gahlawat, I. N. 2016. "The role of nutrition in the immune system functions." Integrated Journal of Social Sciences. Vol 3(1), 30-33. ISSN 23480874. <http://www.pubs.iscience.in/journal/index.php/ijss/article/view/436>

17. Gahlawat, I. N. and Lakra, P. 2017. "Contextual implicit role of PROBIOTICS in improving human health. Journal of integrated Science and Technology. Vol 5(2), 50-53. ISSN 2321-4635. <https://pubs.iscience.in/journal/index.php/jist/article/view/671>
18. Wadhwa, M., Gahlawat, I. N. Lakra, P and Nischal, S. 2018. Children's questions in science classroom: A potential source of learning. Integrated Journal of Social Sciences. Vol 5(1), 41-46. ISSN 2348-0874. <http://www.pubs.iscience.in/journal/index.php/ijss/article/view/648>
19. Lakra, P., Sehgal, S., Gahlawat, I.N., Dabas, M.W.N. 2018. "Use of products developed from potato flour, defatted soy flour and corn flour in combating malnutrition" Integrated Journal of Social Sciences. Vol 5(1),47-50. ISSN 2348-0874. <http://www.pubs.iscience.in/journal/index.php/ijss/article/view/792>
20. Lakra, P and Gahlawat I. N. 2018, "Significance and elucidation of mechanism of action towards beneficial effects of dietary fiber: a review" Integrated Journal of Social Sciences. Vol 5(2),51-54. ISSN 2348-0874. <http://www.pubs.iscience.in/journal/index.php/ijss/article/view/1129>
21. Lakra, P and Sehgal, S. 2019. "Potato Flour Products-Protein and Starch Digestibilities and Mineral Availability" The Indian Journal of Nutrition and Dietetics. Vol 56(2), 135-144. ISSN 0022-3174. <https://doi.org/10.21048/ijnd.2019.56.2.22959>
22. Gahlawat, I. N., Lakra, P, Singh, J and Chikkara, B.S. 2020. "Developmental and histochemical studies on carposporophyte of *Solieriarobusta*(Greville) KylinSolieriaceae, Gigartinales) from Port Okha, India." Journal of integrated science and technology. 8(2), 12-20. ISSN 2321-4635. <https://pubs.iscience.in/journal/index.php/jist/article/view/1114>
23. Nashier, I. and Lakra, P." Global climate change and its effects" 2020. Integrated Journal of Social Sciences. Vol 7(1), 14-23. ISSN 2348-0874. <http://www.pubs.iscience.in/journal/index.php/ijss/article/view/1120>
24. Lakra, P., Sehgal, S. and Gahlawat, IN. 2020 "Effect of processing on total and extractable mineral content of products developed using potato flour, defatted soy flour and corn flour" Journal of integrated science and technology. Vol 8(1), 6-11. ISSN 2321-4635. <https://pubs.iscience.in/journal/index.php/jist/article/view/1050>
25. Wadhwa, M., Lakra, P and Gahlawat, I. N. 2021. "Transition from Smart Board to Online: Technology in Education" Meri Journal of Education, Vol 16 (1),64-73. ISSN 0974-2085.
26. Lakra, P., Wadhwa, M. and Gahlawat, I. N. 2021. Lifestyle during covid-19: Impact on health and psycho-social wellbeing. Sambodhi. Vol. XLIV, 141-149. ISSN: 2249-6661.
27. Lakra, P., Gahlawat, I.N. and Wadhwa, M. 2021. "Trans fatty acids: Sources, associated medical ailments and their alternatives- A recent advances review." Journal of integrated science and technology, Vol 9(2), 60-69. ISSN 2321-4635. <https://pubs.iscience.in/journal/index.php/jist/article/view/1323>
28. Lakra, P and Gahlawat, I. N. 2022. "Regular food chemicals as antioxidant towards prevention of diseases – An insight review." Journal of molecular chemistry, Vol 2(2), 441
29. Lakra, P., Gahlawat, I. N. and Hussain, A. 2024. "Millet Mania: Exploring awareness and consumption patterns among college students." Mysore journal of agricultural sciences, 58(1): 33-42.

30. Lakra, P., Wadhwa, M. 2024." A comprehensive survey of lifestyle patterns among college going young adults". Health and population: Perspectives and issues, 47(2): 153-159. ISSN 0253-6803
31. Lakra, P and Wadhwa, M. 2025. "Micronutrient Awareness Among Adolescent Girls: A Study on Knowledge, Attitudes and Practices". Mysore journal of agricultural sciences, 59 (4): 272-279.

Books Published

As Author:

- Lakra, P (2006). "365 days of Health", Brijbasi Art Press. ISBN No 81-8385-2084.
- Lakra P (2025). Nutraceuticals and Functional Foods- a pathway to promotive nutrition (Kindle Edition).

As Co-Author:

- Poonam Lakra and Mansi Dass (2008) "Text book of Nutrition and Health", Academic Excellence. ISBN No 978-81-8990156-1.
- Jain, P et al (2007) "Poshan va Swasthya KeMool Sidhant", Academic Pratibha. ISBN No 81-904240-7-6.
- Punita Sethi and Poonam Lakra (2014) "Aahar Vigyan, Suraksha avam Poshan" Elite Publication. ISBN No 978-81-88901-60-9.

Conference Organization/ Presentations

- Presented a paper on "Water Pollution –A Public Health Challenge" during U.G.C. Funded, National Conference on "Water Scarcity and Sustainability: A Jal Shakti Abhiyan Perspective" held on March 9, 2021 (through online platform), organized by Aditi Mahavidyalaya, University of Delhi.
- Presented a paper on "Healthy Women-Stable Pillars of the society" during U.G.C Funded National Conference on "Unfolding the Potentials of Women including Girls and Children: Enhancing the Benefits Exponentially for One and All-Sabka Saath-Sabka Vikas" held on 27th March,2021 (through online platform), organized by Aditi Mahavidyalaya, University of Delhi.
- Contributed as member organizing committee in one-week interdisciplinary (online) Faculty Development Programme on "National Education Policy 2020: Implementation and Challenges" organized by Aditi Mahavidyalaya, University of Delhi in collaboration with Mahatma Hansraj Faculty Development Centre, Hansraj College, University of Delhi, from 6 September to 11 September 2021.
- Presented a paper, "Millets —The nutrient power house and sustainable super food", in the technical session of National Workshop on "Health Benefits of Millets in Routine Diet" on 19th

February 2024, sponsored by Indian Council of Social Science Research (ICSSR) at Dr. Bhim Rao Ambedkar College, University of Delhi.

Research Projects (Major Grants/Research Collaboration)

NIL

Awards and Distinctions

NIL

Association With Professional Bodies

- Life membership of Indian Dietetic Association.
- Life membership of Nutrition Society of India.
- Life membership of Epidemiology Foundation of India