

Curriculum vitae

Name: Dr. Kiran Bala
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EDUCATIONAL QUALIFICATION

Examination	OGPA/% of marks	Year of passing	Board/ University
Ph. D. (Food Technology)		January, 2019	GJUS&T, Hisar
M.Sc. (Food Technology)	72.97%	2010	GJUS&T, Hisar
B.Sc. (Medical)	68.62%	2008	K.U.K.
12 th	67.40%	2005	CBSE
10 th	77.50%	2002	BSEH

EXPERIENCE

- Presently working as Part Time teacher in University teaching department (Food Science and Technology), C.D.L.U, Sirsa from 16 December, 2020 to till now.
- Worked as Part Time Assistant Professor in University College, C.D.L.U. Sirsa from 1 April to 30 April, 2020 and 3 September to 15 December, 2020.
- Worked as an assistant in Q/C department at Chimique (India)- A Division of Jai Bharat Gum & Chemicals Ltd. (Siwani Mandi) from June 10 to November 10, (2010).
- Done teaching assistantship during Ph.D. as a part of TEQIP-II fellowship in the Department of Food Technology, G.J.U.S & T, Hisar from 2013-2016.

AWARDS

- Awarded Technical Education Quality Improvement Programme (TEQIP) Phase- II Scholarship for Ph.D, grant received from World Bank.

- Awarded cash prize for oral presentation in international conference held at JCDM, Sirsa.

RESEARCH PROJECTS

- During Ph.D.- Extraction and quantification of flavonoids from phalsa (*Grewia asiatica*).
- During M.Sc.- Preparation of chaywanprash bar from chaywanprash paste

ACADEMIC MEMBERSHIP

- Life member of Association of Food Scientists and Technologists.

PUBLICATIONS

Research Articles

1. Anil Panghal, Anjali Onakkaramadom Shaji, **Kiran Nain**, Mukesh Kumar Garg, Navnidhi Chhikara (2021) *Cnidoscopus aconitifolius*: Nutritional, phytochemical composition and health benefits – A review. *Bioactive Compounds in Health and Disease*. 4(11), 260-286.
2. Sanju Bala Dhull, Sneha Punia, Rajesh Kumar, Manoj Kumar **Kiran Bala Nain**, Kanchan Jangra Chanchal Chudamani (2020). Solid state fermentation of fenugreek (*Trigonella foenum-graecum*): Implications on bioactive compounds, mineral content and in vitro bioavailability. *Journal of Food Science and Technology (JFST)*. DOI: 10.1007/s13197-020-04704-y.
3. **Kiran Bala** and Aradhita Barmanray (2019). Functional Group Analysis of Lyophilized Pulp and Seed Powder of Phalsa (*Grewia asiatica*). *Journal of Pharmacognosy and Phytochemistry*. 8(2), 873-878.
4. **Kiran Bala** and Aradhita Barmanray (2019). A Study on Assessment of Physico-Chemical Changes during Ripening of Dwarf Phalsa (*Grewia asiatica*) cultivar. *Annals of Biology*. 35(1), 136-139.
5. **Kiran Bala** and Aradhita Barmanray (2019). Physico-chemical Characterization of Dwarf Phalsa (*Grewia asiatica*) Collected from Central Fruit Farm Hisar (Haryana). *Annals of Agri Bio Research*. 24(1), 111-114.
6. **Kiran Bala** and Aradhita Barmanray (2019). Comparative Study on Physical Characteristics of Tall and Dwarf Phalsa (*Grewia asiatica*) Fruit. *Journal of Food Research and Technology*. 07(01), 01-03.

7. **Kiran Bala** and Aradhita Barmanray (2019). Bioactive compounds, vitamins and minerals composition of freeze-dried *Grewia asiatica* L. (phalsa) pulp and seed powder. Asian Journal of Dairy and Food Research. 38(3), 237-241.
8. **Kiran Bala** and Aradhita Barmanray (2016). Influence of Drying Method on Total Flavonoid Content of Phalsa (*Grewia asiatica*) Fruit. International Journal for Research in Applied Science & Engineering Technology (IJRASET). 4(09), 323-327.
9. Aradhita Barmanray and **Kiran Bala** (2016). Effects of Storage Conditions on Sensory Attributes of Phalsa Fruit (*Grewia asiatica*) of Variety Sharbati. International Journal of Advance Research in Science and Engineering (IJARSE). 5(08), 720-725.
10. **Kiran Bala**, Manish Kumar and Aradhita Ray (2015). Studies on incorporation of various ingredients to chyawanprash paste for development of chyawanprash bar. Beverage and food world. 42(11), 36- 40 (2015).

Book Chapters

- Aradhita Barmanray and **Kiran Bala** (2019). Bioactive compounds and health benefits of phalsa: an underutilized fruit. Food Bioactives Functionality and Applications in Human Health. Apple Academic Press Inc. USA. Hard ISBN: 9781771887991, E-Book ISBN: 9780429242793.
- **Kiran Bala Nain**, Sanju Bala Dhull, Sneh Punia and Aradhita Barmanray (2020). Nanoemulsions: As Natural Antimicrobial Agents. Nanotechnological Approaches in Food Microbiology. CRC Press, Taylor and Francis. ISBN: 9780367359447. Under print.
- Manju Nehra, **Kiran Bala Nain**, Anju Malik, Mohd. Mohsin, Amanjyoti Gill (2020). Enrichment of Essential Fatty Acids in Foods. Essential Oil Essential Fatty Acids: Sources, Processing Effects, and Health Benefits. CRC Press, Taylor and Francis. ISBN: 9780367335403. Under print.

ABSTRACTS PUBLISHED IN CONFERENCES AND SEMINARS

- Influence of Storage on Total Flavonoid Content of Phalsa Jam in International Conference on Bio and Nano Technologies for Sustainable Agriculture, Food, Health, Energy and Industry (ICBN-2018), Deptt. of Bio and Nano Technology, G.J.U. S & T Hisar, 21-23 February, 2018.

- Nutritive, Therapeutic and Processing Aspects of Phalsa (*Grewia asiatica*): An Underutilized Fruit in National Seminar on Food Processing India (2017), Deptt. of Food Technology, G. J. U. S & T Hisar, 3-4 March, 2017.
- Nutritional and processing aspects of phalsa fruit in National Seminar on Reorientation of Agricultural Research to Ensure National Food Security (RARFS-2014) CCSHAU, Hisar, 6-7 January, 2014.
- Miracle fruit phalsa in International Conference on Food Technology: Impact on Nutrition and Health (ICFIN- 2013) JNU, New Delhi, 23-24 December, 2013.

ORAL/POSTER PRESENTED IN NATIONAL AND INTERNATIONAL CONFERENCES/SEMINARS

- Oral presentation on Influence of Storage on Total Flavonoid Content of Phalsa Jam in International Conference on Bio and Nano Technologies for Sustainable Agriculture, Food, Health, Energy and Industry (ICBN-2018) organized by Deptt. of Bio and Nano Technology, G.J.U. S & T Hisar, 21-23 February, 2018.
- Poster presentation on Nutritive, Therapeutic and Processing Aspects of Phalsa (*Grewia asiatica*): An Underutilized Fruit in National Seminar on Food Processing India (2017) held in G. J. U. S & T Hisar, 3- 4 March, 2017.
- Oral presentation on Effects of storage conditions on sensory attributes of phalsa fruit (*Grewia asiatica*) of variety Sharbati in International Conference on Recent Innovations in Sciences, Management, Education and Technology (ICRISMET-2016) held at JCDM, Sirsa, 27 August, 2016.
- Poster presentation on Nutritional and processing aspects of phalsa fruit in National Seminar on Reorientation of Agricultural Research to Ensure National Food Security (RARFS- 2014) organized by CCSHAU, Hisar, 6-7 January, 2014.
- Poster presentation on Miracle fruit phalsa in International Conference on Food Technology: Impact on Nutrition and Health (ICFIN- 2013) held at JNU, New Delhi, 23-24 December, 2013.

SEMINARS/WORKSHOPS ATTENDED

- National seminar on Entrepreneurship Development in Food Processing Sector held in MDU, Rohtak, March 25, 2015.
- National workshop on Packaging of Fresh and Processed Food held at Hisar, February 3, 2015.
- Workshop on Research Databases Awareness held at G. J. U S &T, Hisar May 7, 2013.

- National workshop on Recent Trends in Engineering and Technology organized at G. J. U. S &T, Hisar, March 15, 2012.

TRAINING COMPLETED

- Short Term Training Programme on Packaging of Fresh and Processed Foods organized at NIFTEM, Kundli, September 25-27, 2013.
- In plant training from June 2009 to July 2009 in chilled dairy section at Nestle India Limited, Smalkha.

(Kiran Bala)