

Curriculum vitae

Dr. Insha Zahoor

Assistant Professor

Department of Food Technology

Islamic University of Science and Technology,

Awantipora, India

Mobile No.: +91-7006184992

E-mail: insha.zahor@gmail.com

EDUCATIONAL QUALIFICATION

1. ICMR Research Associate

Islamic University of Science and Technology, May, 2022-Feb, 2023.

2. PhD Post Harvest Engineering and Technology

Aligarh Muslim University, 2016-2020

3. M Tech Agricultural Process and Food Engineering (87.6 %)

Aligarh Muslim University, 2014-16

4. B Tech Food Technology (89 %)

Islamic University of Science and Technology, 2010-14

ACHIEVEMENTS

Awarded University **Gold Medal** for securing highest marks in Mtech (Agricultural Process and Food Engineering), Aligarh Muslim University, 2016

Awarded University **Gold Medal** for securing highest % of marks in all P.G. courses, Aligarh Muslim University, 2016

Awarded Obaid Bin Saif Al-Nasseri **Gold Medal** for standing first in Mtech, Aligarh Muslim University, 2016

Qualified **ICAR JRF** 2014 with **AIR 27**

Qualified Graduate Aptitude Test in Engineering (**GATE** 2018)

AWARDS

Awarded “**INSPIRE**” Fellowship, Department of Science and Technology, Ministry of Science and Technology, New Delhi, India.

Awarded “**Maulana Azad National Fellowship**” University Grants Commission, New Delhi, India.

Awarded “**University Merit Financial Award**” 2014-16, Aligarh Muslim University, India.

Awarded **Best Paper Presentation Award** – 2016 by Society for World Environment, Food and Technology (SWEFT), New Delhi

First position holder in M. Tech (APFE), Aligarh Muslim University, Aligarh, 2016

Second position holder in B. Tech (Food Technology), IUST, Kashmir, 2014

PUBLICATIONS

Zahoor, I., Dar, A. H., Dash, K. K., Pandiselvam, R., Rusu, A. V., Trif, M., ... & Jeevarathinam, G. (2023). Microwave assisted fluidized bed drying of bitter melon: Modelling and optimization of process conditions based on bioactive components. *Food Chemistry: X*, 100565.

Zahoor, I., Ganaie, T. A., Mir, T. A., Ayoub, W. S., & Farooq, S. (2023). Recent applications of microwave technology as novel drying of food—Review. *Food and Humanity*.

Ayoub, W. S., Zahoor, I., Dar, A. H., Farooq, S., Mir, T. A., Ganaie, T. A., ... & Altaf, A. (2023). Exploiting the polyphenolic potential of honey in the prevention of chronic diseases. *Food Chemistry Advances*, 3, 100373.

Zahoor, I., Ganaie, T. A., & Wani, S. A. (2023). Effect of microwave assisted convective drying on physical properties, bioactive compounds, antioxidant potential and storage stability of red bell pepper. *Food Chemistry Advances*, 3, 100440.

Rasool, F., **Zahoor, I.**, Ayoub, W. S., Ganaie, T. A., Dar, A. H., Farooq, S., & Mir, T. A. (2023). Formulation and characterization of natural almond gum as an edible coating source for enhancing the shelf life of fresh cut pineapple slices. *Food Chemistry Advances*, 3, 100366.

Gul, O., Dar, A. H., Dash, K. K., BhagyaRaj, G. V. S., Khan, S. A., Sultan, U., **Zahoor, I.** & Dwivedi, M. (2023). Essential oil extraction from lavender using negative pressure cavitation extraction and coating to extend grape shelf life. *Applied Food Research*, 3(2), 100335.

Insha Zahoor, Nadira Anjum, Tariq Ahmad Ganaie, Farhana Mehraj Allai, Abdullah Ahmed Al-Ghamdi, Arshad Mehmood Abbasi and Sajad Ahmad Wani ((2022) Effect of hybrid drying technique on non-traditional Chicory (*Cichorium intybus* L.) herb: Phytochemical, antioxidant characteristics, and optimization of process conditions, *Frontiers in Sustainable Food Systems*, 6.

Wani Suhana Ayoub, **Insha Zahoor**, Aamir Hussain Dar, Nadira Anjum, R. Pandiselvam, Salma Farooq, Alexandru Vasile Rusu, João Miguel Rocha, Monica Trif and G. Jeevarathinam (2022). Effect of incorporation of wheat bran, rice bran and banana peel powder on the mesostructure and physicochemical characteristics of biscuits, *Frontiers in Nutrition*, 9.

Insha Zahoor and Mohammad Ali Khan (2021). Microwave assisted fluidized bed drying of red bell pepper: Drying kinetics and optimization of process conditions using statistical models and response surface methodology. *Scientia Horticulturae*, 286, 110209

Insha Zahoor and Mohammad Ali Khan (2019). Microwave assisted convective drying of bitter melon: drying kinetics and effect on ascorbic acid, total phenolics and antioxidant activity. *Journal of Food measurement and Characterization* 13, 2481-2490.

Insha Zahoor and Mohammad Ali Khan (2019). Stability of the quality and antioxidant activity of the dried bitter melon during long term storage period. *Journal of Applied Sciences*, 19:262-269.

Insha Zahoor and Mohammad Ali Khan (2019). Application of Bioactive Compounds on Active Packaging and Edible Coating. *CPQ Nutrition*, 3(3), 01-05.

Mayank Chauhan, Mohammad Ali Khan, Abhaya Kumar Srivastava, **Insha Zahoor** (2017). Extraction and Optimization of Natural Colour from Ratanjot, Its Application and Acceptance in Toffees. *Journal of Nutrition & Food Sciences* 7: 645.

Insha Zahoor, Mohammad Ali Khan (2017). Effect of various pretreatments on quality attributes of dried Turnip slices after convective drying and during storage in various packaging materials. *International Journal of Technical Research & Science* (2)707-712

Insha Zahoor, Khan M A (2016). Mass transfer kinetics of osmotic dehydration of pineapple. *Journal of Food Processing and Technology* 8: 653.

BOOKS

Artificial Intelligence in the Food Sector: Enhancing Quality and Safety, CRC Press, 2023

BOOK CHAPTERS

Allai, F. M., Gul, K., Azad, Z. A. A., **Zahoor, I.**, Nazir, S., & Manzoor, A. (2024). Safety Aspects of Nanomaterials in Natural Foods. In *Plant-Based Bioactive Compounds and Food Ingredients* (pp. 319-338). Apple Academic Press.

Insha Zahoor, Nadira Anjum, Meenakshi Trilokia, Arshied Manzoor, Haroon Rashid Naik, Anjum Ayoub, Farhana Mehraj Allai. Shelf life and food safety, analysis, methods, and techniques, CRC Press, 2022

Nadira Anjum, **Insha Zahoor**, Meenakshi Trilokia, Anju Bhat. Encapsulation technologies in food industry, CRC Press, 2022.

Nadira Anjum, Insha Zahoor, Mohd Aaqib Sheikh, Arshied Manzoor, Meenakshi Trilokia, Anju Bhat. Thermal Treatment of Foods Science, Shelf Life, and Quality, CRC Press. 2022

Arshied Manzoor, Bisma Jan, **Insha Zahoor**, Nadira Anjum, Aarifa Nabi, Farhana Mehraj Allai, Qurat Ul Eain Hyder Rizvi, Rayees Ahmad Shiekh, Mohd Aaqib Sheikh, Saghir Ahmad. Thermal Treatment of Foods Science, Shelf Life, and Quality. CRC Press, 2022

Farhana Mehraj Allai, Khalid Gul, **Insha Zahoor**, Tariq Ahmad Ganaie, Gazia Nasir and Z.R. Azaz Ahmad Azad. Malnutrition: Impact of Zinc on child development, Springer, 2022.

Insha Zahoor and Farhana Mehraj Allai. Food antioxidants: Functional aspects and preservation during food processing. *Functional food products and sustainable health*, Springer, 2020. (ISBN 978-981-154715-7).

Insha Zahoor, Nadira Anjum, Ishfaq Hamid Dar, Shafaq Javid. Mushrooms. Antioxidants in vegetables and nuts- properties and health benefits, Springer, 2020 (ISBN 978-981-15-7470-2)

Insha Zahoor and Mohammad Ali Khan. Microwave drying of fruits and vegetables. Advances in Horticultural Crops, Weser Books, Germany (2019) (ISBN : 978-3-96492-079-9)

Insha Zahoor and Mohammad Ali Khan. Pigeon Pea. Handbook of Pulses: Health benefits and Their Food Applications. New Delhi Publishers, New Delhi.(2018) (ISBN 978-93-85502-92-7).

Insha Zahoor and Mohammad Ali Khan. Viscosity and Texture measurement in Engineering properties of Agricultural Produce, NIPA, New Delhi (ISBN 97893891130447).

PAPERS PRESENTED IN CONFERENCES

Insha Zahoor and Mohammad Ali Khan, *Mass transfer kinetics of the osmotic dehydration of pineapple*. International Congress on Post-Harvest Technologies of Agricultural Produce for Sustainable Food and Nutritional Security. Integral University, Lucknow. (10-12 November, 2016)

Insha Zahoor and Mohammad Ali Khan, *Osmotic dehydration of pineapple in hypertonic solutions of sucrose and fructose*, National Conference on Technologies in Sustainable Food Systems 2016, SLIET, Longowal.

Insha Zahoor and Mohammad Ali Khan, *Osmotic dehydration characteristics and quality evaluation of pineapple slices*. 51th Annual Convention of Indian Society of Agricultural Engineers 2017. Hisar Agricultural University, Hisar. (16 -18 Feb, 2017).

Insha Zahoor and Mohammad Ali Khan, *Studies on the effect of temperature, osmotic agent and immersion time on osmotic dehydration of pineapple (Ananas comosus) followed by tray drying*. National Conference on

Intervention of Climate Change in Sustainable Development of Agriculture, Food and Nutrition Security and its Amelioration 2017 at SVSU, Meerut. (24-25 March, 2017)

Insha Zahoor and Mohammad Ali Khan, *Studies on microwave assisted fluidized bed drying of capsicum and its effect on quality characteristics* in National Food conference on Agriculture and Technology innovation for nutritional security 2018. University of Allahabad, India (9-10 February, 2018)

Insha Zahoor and Mohammad Ali Khan, *Microwave assisted convective drying of capsicum and their effect on quality attributes* in Emerging and Sustainable Technologies in Food Processing at SLIET, Longowal, India (15-16 march, 2018)

Insha Zahoor and Mohammad Ali Khan, *Microwave assisted fluidized bed drying of capsicum: Effect on drying kinetics and antioxidant properties* in Advances in Agricultural, Biological and Applied Sciences for sustainable Future at Swami Vivekanand Subharti University, India (20-22 October, 2018)

WORKSHOPS

Participated in the TEQIP – 11 sponsored workshop “Statistical Techniques using SPSS”, Sant Longowal Institute of Engineering and Technology, Punjab, INDIA, 2016.

Participated in National Workshop on “Research Methodology” at Aligarh Muslim University, Aligarh, 2018

RESEARCH WORK

Six month training course in Fruit and Vegetable preservation in the Department of Horticulture, J & K Govt.

M. Tech project entitled “*Studies on kinetics and mathematical modelling of osmotic dehydration of pineapple*”.

Three months In Plant Training at FIL Industries limited on “*Process and control for the manufacture of apple juice concentrate and storage of fresh apples in C. A store IP*”

PROFESSIONAL AFFILIATIONS

Member (1/R074/18/ZON) “**Association of Food Scientists and Technologists (AFSTI)**, India

Member (ST-2711) **The Society of Food Hygiene and Technology (SOFHT)**, UK

Life member (STRA-M18091) **Scientific and Technical Research Association (STRA)**, Eurasia Research

Life member (TERA-M18150) **Teaching and Education Research Association (TERA)**, Eurasia Research

Editorial Board member of **CPQ nutrition** journal.

EXTRACURRICULAR ACTIVITIES

Food committee member 2015 at Begum Sultan Jahan Hall, Aligarh Muslim University, Aligarh

Member of placement committee 2015, Aligarh Muslim University, Aligarh

Member of grievance committee 2015, Aligarh Muslim University, Aligarh

Member of Eco club 2016, Aligarh Muslim University, Aligarh

LABORATORY SKILLS

UV Spectrophotometer, Texture Analyzer, Hunter Lab, Water activity meter, Microwave assisted convective dryer, Microwave assisted fluidized bed dryer, Hot air oven, pH meter, etc.

STATISTICAL ANALYSIS

One way ANOVA and two way ANOVA using SPSS software, Sigma plot, XL STAT, Design Expert (Response surface Methodology), Origin9.1.

COMPUTER LITERACY

- Operating system: window xp, window vista and window 7 ultimate, windows 8 and 10.
- All Internet applications & Ms Office

PERSONAL DETAILS:

Father Name : Zahoor Ahmad Gandroo
Mothers Name : Afroza Akhter
Nationality : Indian
Language Known : English, Urdu, Kashmiri, Hindi.
Marital Status : Married
Permanent Address : `Sheikh Mohalla Bongam Shopian Kashmir (J&K).

I hereby declare that above information is true from best of my knowledge

Date: - May 05, 2023

Place: Srinagar