

Ruchi Sharma

Mobile: +918284898931

E-Mail: mails4sharmaruchi@gmail.com

Address: Vill. Bhagwani, P.O Ladda, Tehsil Ghumarwin, Distt. Bilaspur, Himachal Pradesh 174026 (India)

About Me

Goal-oriented professional with a passion for Food Science aiming to develop innovations in the industry, concerning product variety, nutritional appeal, and sustainability. Fast learner, eager about pursuing a career as a researcher and making significant contributions via innovative research.

Educational Qualification

- ICAR ASRB NET (Food Technology) Qualified 2021
- Research assistant in Food Technology, Shoolini University, Solan (India)
- Masters of Science in Food Science and Technology, Guru Nanak Dev University, Amritsar (India) 2016-2018, CGPA: 7.4
- Bachelor of Science in Microbial and Food Technology, Panjab University, Chandigarh, (India) 2013-2016, Percentage: 67.2
- 12th- CBSE Board 73% (2013)
- 10th- CBSE Board CGPA: 8.2 (2011)

Industrial Training

- Industrial training in HPMC, Himachal Pradesh from 01 July to 01 August 2017
- Industrial training in EPICU AGRO PRODUCTS PVT. LTD., Haryana, India from 1st June to 1st July 2015
- Industrial training in HPMC, Himachal Pradesh from 1st June to 1st July 2014

Research Projects

- Development of steam cooked porridge cake
- Antioxidant potential of *Murraya koenigii* (Curry leaves) by different drying methods
- Optimization and Characterization of synbiotic malt-based beverage and its effect on lowering cholesterol

Publications

- Sharma, R., Jafari, S. M., & Sharma, S. (2020). Antimicrobial bio-nanocomposites and their potential applications in food packaging. *Food Control*, 112, 107086.
- Kumar, H., Bhardwaj, K., Sharma, R., Nepovimova, E., Kuča, K., Dhanjal, D. S., ... & Kumar, D. (2020). Fruit and Vegetable Peels: Utilization of High-Value Horticultural Waste in Novel Industrial Applications. *Molecules*, 25(12), 2812.

- Aayush, K., McClements, D. J., Sharma, S., Sharma, R., Singh, G. P., Sharma, K., Oberoi, K. (2022). Innovations in the development and application of edible coatings for fresh and minimally processed Apple. *Food Control*, 109188.
- Sharma, K., Babaei, A., Oberoi, K., Aayush, K., Sharma, R., Sharma, S. (2022). Essential oil nanoemulsion edible coating in food industry: A review. *Food and Bioprocess Technology*, 15(11), 2375-2395.
- Sharma, R., Rashidinejad, A., Jafari, S. M. (2022). Application of spray dried encapsulated probiotics in functional food formulations. *Food and Bioprocess Technology*, 15(10), 2135-2154.
- Taneja, A., Sharma, R., Ayush, K., Sharma, A., Mousavi Khaneghah, A., Regenstein, J. M., ... Sharma, S. (2022). Innovations and applications of 3-D printing in food sector. *International Journal of Food Science Technology*, 57(6), 3326-3332.
- Anand, A., Sharma, A., Kaur Saini, H., Sharma, S., Sharma, R., Thakur, C., ... Pasdaran, A. (2022). Profiling of Plant Derived Natural Constituents by Using Magnetic Resonance Techniques. Concepts in Magnetic Resonance Part A, Bridging Education and Research, 2022.
- Malik, T., Sharma, R., Panesar, P. S., Gehlot, R., Tokusoglu, O., Dhull, S. B., ... Singh, A. (2022). Nutmeg nutraceutical constituents: In vitro and in vivo pharmacological potential. *Journal of Food Processing and Preservation*, 46(6), e15848.
- Kumar, H., Bhardwaj, K., Cruz-Martins, N., Sharma, R., Siddiqui, S. A., Dhanjal, D. S., ... Kumar, D. (2022). Phyto-Enrichment of Yogurt to Control Hypercholesterolemia: A Functional Approach. *Molecules*, 27(11), 3479.
- Kumari, S., Attri, C., Sharma, R., Kulshreshtha, S., Benali, T., Bouyahya, A., ... Sharifi-Rad, J. (2022). GC-MS Analysis, Antioxidant and Antifungal Studies of Different Extracts of *Chaetomium globosum* Isolated from *Urginea indica*. *BioMed Research International*, 2022.
- Taneja, A., Sharma, R., Khetrapal, S., Sharma, A., Nagraik, R., Venkidasamy, B., ... Kumar, D. (2023). Value Addition Employing Waste Bio-Materials in Environmental Remedies and Food Sector. *Metabolites*, 13(5), 624.
- Kumar, H., Dhalaria, R., Guleria, S., Cimler, R., Sharma, R., Siddiqui, S. A., ... Kuča, K. (2023). Anti-oxidant potential of plants and probiotic spp. in alleviating oxidative stress induced by H₂O₂. *Biomedicine Pharmacotherapy*, 165, 115022.
- Malik, T., Sharma, R., Ameer, K., Bashir, O., Amin, T., Manzoor, S., Mohamed Ahmed, I. A. (2023). Potential of high-pressure homogenization (HPH) in the development of functional foods. *International Journal of Food Properties*, 26(1), 2509-2531.
- Kumar, H., Schütz, F., Bhardwaj, K., Sharma, R., Nepovimova, E., Dhanjal, D. S., ... Cruz-Martins, N. (2023). Recent advances in the concept of paraprobiotics: Nutraceutical/functional properties for promoting children health. *Critical Reviews in Food Science and Nutrition*, 63(19), 3943-3958.
- Kumar, H., Dhalaria, R., Guleria, S., Sharma, R., Kumar, D., Verma, R., ... Kuča, K. (2023). Non-edible fruit seeds: nutritional profile, clinical aspects, and enrichment in functional foods and feeds. *Critical Reviews in Food Science and Nutrition*, 1-20.
- Kumar, H., Dhalaria, R., Guleria, S., Sharma, R., Cimler, R., Dhanjal, D. S., ... Kuča, K. (2023). Advances in the concept of functional foods and feeds: applications of cinnamon and turmeric as functional enrichment ingredients. *Critical Reviews in Food Science and Nutrition*, 1-19.

Book Chapter

- Bhardwaj, K., Sharma, R., Abraham, J., & Sharma, P. (2020). Pyrethroids: A Natural Product for Crop Protection. In *Natural Bioactive Products in Sustainable Agriculture* (pp. 113-130). Springer, Singapore.
- Sharma, R., Malik, T., Kumari, S., & Sharma, S. (2022). Characterisation and Pharmacological Properties of Celery Oleoresin. *Handbook of Oleoresins: Extraction, Characterization, and Applications*. Taylor and Francis.
- Kumar, H., Bhardwaj, K., Dhanjal, D. S., Sharma, R., Nepovimova, E., Verma, R., ... Kuča, K. (2022). Fruit and Vegetable Peel Waste: Applications in Food and Environmental Industries. In *Fruits and Vegetable Wastes: Valorization to Bioproducts and Platform Chemicals* (pp. 259-287). Singapore: Springer Nature Singapore.
- “Meat products with low salt/sodium” in the upcoming book ”Healthier Meat Products”. Singapore: Springer Nature Singapore. Submitted.

Languages

- Hindi - Native
- English