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|  | <p>SIMRAN KAUR ARORA</p> <p>Assistant Professor G. B. Pant University of Agriculture and Technology, Pantnagar-263145</p> |  |
| <p>Contact details: Department of Food Science and Technology, College of Agriculture, GBPUA&T, Pantnagar, Uttarakhand, India.</p> | | <p>Email: sim331979@gmail.com Orcid Id: https://orcid.org/0000-0001-6651-132X</p> |
| <p>Specific Area of Research Interest:</p> <ul style="list-style-type: none">• Healthy Foods/Functional Foods, Nutritional Dairy Products,• Whey Utilization, Herbs, and Vegetable utilization,• Food Fortification (Micro and Macro Nutrient; Protein, Calcium, Dietary Fiber and Antioxidants),• Food Safety, Food Quality | | |

QUALIFICATIONS:

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|------|--|--|-----------|
| 2007 | Ph.D. (Dairy Technology) from National dairy Research Institute (NDRI), Karnal, India | 71 % | First |
| 2002 | M.Sc. (Food Technology Honours) from G.B.P.U.A.&T., Pantnagar, India | 78.72 % | First |
| 2000 | B.Sc. (H. Sc. Honours) from G.B.P.U.A.T., Pantnagar | 87.96 % | First |
| 2005 | National Eligibility Test (NET) | ASRB- ICAR | Qualified |
| 2023 | Biorisk-Biosafety Induction | The University of Melbourne, Australia | Certified |
| 2024 | Master Trainer (FIC/Q5002)-v4.0 National Skill Qualification Framework Level-4 (Craft Baker) | Skill India, NSDC, FICSI | Certified |
| 2024 | Master Trainer (FIC/Q5005)-v3.0 (Baking Technician/Operative) | Skill India, NSDC, FICSI | Certified |
| 2019 | Food Safety Auditor for Food Safety Management Systems (ISO 22000:2018) with reference to Hazard Analysis and Critical Control Points (IS 15000: 2013) | KMA Global Training & Certification Services | Certified |

MEMBERSHIP OF PROFESSIONAL BODIES:

1. Member of Society of Dairy Technology, Shropshire, UK (SDT)
2. Life Member of Association of Food Scientists and Technologists (I).
3. Member Asian Agri-History Foundation, GBPUA&T, Pantnagar

WORK EXPERIENCE:

| Employer's Address | Post held | Period | |
|--|---|--------------------------|---------------------------|
| | | From | To |
| GBPUA&T, Pantnagar | Assistant Professor | Nov' 2015 | Continuing |
| The Melbourne University, Australia | Adjunct Faculty | 1 st Oct 2023 | 31 st Oct 2023 |
| MASAN Consumer Corporation Ltd., Ho Chi Minh City, Vietnam | Manager (Health Food)- R&D | Nov' 2012 | Oct' 2013 |
| NDRI, Karnal | Institute Research Fellow-ICAR NDRI | Aug' 2002 | Jan 2006 |
| G. B. Pant Univ. of Agriculture and Technology, Pantnagar | Graduate Research cum Teaching Assistant-ship | Jan' 2001 | June 2002 |

PATENT FILED No.: 202211054157. Development of functional milk candy with arjuna bark, turmeric & black pepper and process thereof. Simran Kaur Arora and Astha Balodhi, G. B. P.U.A. & T., Pantnagar

KEY AWARDS, HONORS AND RECOGNITIONS:

1. Awarded **International Research Training at University of Melbourne (Australia)** (1.10.2023 to 31.10.2023) by IDP-NAHEP funded by ICAR and World Bank.
2. **Awarded** one-week Exposure visit-cum-Training to Food Processing Institutes in **France** (6 Oct – 11 Oct 2024) under DEFIAA-2024 (Developing French Indian Exchanges in Agrofood & Agronomy) & GBPUA&T, Pantnagar
3. Received **Letter of Appreciations for Excellent Scientific Work** from **J. Rettenmaier & Sohne, Germany** and **J. Rettenmaier India Pvt. Ltd. (2023)**.
4. Awarded with **Faculty Excellence Award-2024** by College of Agriculture, GBPUA&T, Pantnagar (**Jan 2025**).
5. Awarded with **Faculty Excellence Award-2023** by College of Agriculture, GBPUA&T, Pantnagar (**Jan 2024**).
6. Received **Best Oral Paper Presentation** during Progressive Horticulture Conclave, Pantnagar & ISHRD 2023.
7. Awarded with **Vice Chancellor's Silver Medal** conferred by **Sri (Dr.) Abdul Kalam** for UG program.

PUBLICATIONS (64): Opinion: 1, Research Papers: 10, Guest post:1, Book Chapters: 7, Review/Popular & Other Articles: 45, (Listed in Appendix -I)

Opinion:

1. Arora, Simran Kaur. 2023. Should plant-based extracts be called milk? An opinion. Letter to Editor. *International Journal of Dairy Technology*. 76(3) 720-720. <https://doi.org/10.1111/1471-0307.12965>. NAAS 1364-727X

Key Research Articles, Book Chapters & Other Articles:

1. Arora SK (2025). The Unregulated Plant-based 'Milk' Industry: A Threat to Nutrition, Health and Safety? *International Journal of Dairy Technology*. 78: e13117. <https://doi.org/10.1111/1471-0307.13117>

2. **Arora, S. K. 2024.** Properties of Sweetened Milk Fortified with Dietary Fibers. *International Journal of Advanced Biochemistry Research*. 8(7):86-91.
3. **Chaturvedi, S., Kumar, N. and Arora, S. K. 2024.** Utilization of Cheddar Cheese into Mozzarella Cheese Towards a Better Pizza Experience as Evident from Textural, Sensory and Consumer Research Parameters. *International Journal of Advanced Biochemistry Research*. 8(7): 132-142.
4. **Arora, S. K. 2024.** Effect of Processing Parameters on the Gelation and Sensorial Characteristics of Psyllium Husk. *International Journal of Agricultural Sciences*. 20(1) 273-281. DOI:10.15740/HAS/IJAS/20.1/273-281.
5. **Arora, S. K. (2023).** Does Mix of Plant-based Dietary Fibres Affect Milk Protein True Digestibility? : An *in-vivo* Study. *International Journal of Dairy Technology*. 76(4) 844-850. Published Online 7th Aug. Journal Id: I211
6. Arora, S. K., Chaturvedi, S. and Kumar, N. 2024. Technology of Low-fat Mozzarella Cheese. *International Journal of Agricultural Sciences*. 21(2) 618-623.
7. Nidhi Joshi and Simran Kaur Arora. 2024. Functions, sources and food processing practices to enhance mineral bioavailability. *Agri-India TODAY*. 4(8) 95-99. ISSN : 2583-0910
8. Arora, S. K. and Mali, Y. 2024. लौकी की संरचना, औषधीय लाभ, व पकाने के तरीके Kisan Bharati. 55(10) 7-9.
9. Iftikhar Alam, Deepa Saini and Simran Kaur Arora. 2024. Evaporative Cooling Technique for Fruits and Vegetables. *Agri-India TODAY* (e-Magazine Article ID : 04/VI/14/0624) 4(6) 57 – 62.
10. Arora, S. K. 2024. Milk: Importance and composition. *Agri-India* 4(4) 69-72.
11. Arora, S. K. 2024. Microbial spoilage of canned foods. *Agri-India TODAY*. 4(4) 126-131.
12. Dhyani, S. and Arora, S. K. 2024. Health Benefits of Millet-the Magical Cereal. *Agri-India TODAY* 4(1) 95-99.
13. Balodhi, A. and Arora, S.K. 2024. Recent Technologies to Enhance Heat Stability of Milk Concentrates. *International Journal of Agricultural Sciences*. 20 (1) 300-305.
14. Joshi, Ayushi; Acharya, Ranjana; Arora, Simran Kaur Arora. 2023. Plant-based Diet and Occurrence of Cardio Vascular Diseases. *International Journal of Enhanced Research in Science, Technology & Engineering*. ISSN: 2319-7463, 12(6) 58-63. Impact Factor: 7.957
15. Arora, S. K. 2023. An overview of importance and nutritional evaluation of food protein quality. *Acta Scientific Nutritional Health* 7(7): 96-101
16. **Arora, S. K. (2022).** Process Optimization for Whey-Based Tomato Soup. *Acta Scientific Nutritional Health*. 6 (2) 133-139. Impact Factor: 1.3. ISSN: 2582-1423.
17. Arora, S K and Balodhi, A. 2022. टर्मिनलिया अर्जुन के औषधीय गुण Kisan Bharati. 53 (12) 22-23.
18. **Arora, S. K.** and Patel, A. A. (2019). In vivo Effect of Two Different Dietary Fiber Blends on the Milk Calcium Bioavailability. *Journal of Food Science and Technology*. 56(4):2126-2133.
19. Kumar, N., Nath, N. and **Arora S. K.** (2019). Process Optimization and Characterization of 'Sev' (a Traditional Indian Extruded Snack) with the Incorporation of Mushroom Powder. *Journal of Food Science and Technology*. 56(4): 1723-1731. Journal Id j248
20. **Arora, S K** and Patel, A.A. (2017). Effect of Fiber Blends, Total Solids, Heat Treatment, Whey Protein Concentrate and Stage of Sugar Incorporation on Dietary Fiber-Fortified Kheer. *Journal of Food Science and Technology*. 54(11):3512–3520.
21. **Arora, Simran Kaur,** Patel, A.A. Kumar, N and Chauhan, OP (2016). Sensory Viscosity Rating and Flow Behaviour of Soluble Fibers. *Journal of Food Science and Technology*. 53(4): 2067-2076.
22. **Arora, S. K.** and Patel, A.A. (2015). Development of Yoghurt “Rich-in” Dietary Fiber and its Physico-chemical Characterization. *International Journal of Basic and Applied Agri. Research* 13 (2): 148-155.
23. Arora, S. K. 2025. Enhancing Digital Skills in Youth for the Growing Dairy Industry. Eds. N. Joshi, P. Tiwari and R. Singh. Redrafting the National Youth Policy in Light of India 2047. Vivekanand Swadhyay Mandal, GBPUA&T, Pantnagar. Army Printing Press, Lucknow, India. Vol. I. 196-204.

24. Jatav, H. and Arora, S. K. 2025. Optimizing Entrepreneurial ecosystems within academic institutions, prioritizing dairy-flavour industry innovation. Eds. N. Joshi, P. Tiwari and R. Singh. Redrafting the national youth policy in light of India 2047. Vivekanand Swadhyay Mandal, GBPUA&T, Pantnagar. Army Printing Press, Lucknow, India. Vol. II. 147-153. ISBN: 978-81-958697-8-7.
25. Sanganamoni Shivashankar, S. and Arora, S. K. 2024. Promoting Self-Employment among Indian Youths by Adopting Recent Innovations in Dairy and Food Industry. Eds. B. Tewari, M. Singh and P. Tiwari. Strategizing the Role of Indian Youth to fulfill the Targets of the Amrit Kaal. National Youth Conference 2024, Jan 12-13 2024. Vivekanand Swadhyay Mandal, GBPUA&T, Pantnagar. Army Printing Press, Lucknow, India. p378-385. ISBN No. 978-81-958697-9-4.
26. Dhyani, S. and Arora, S. K. 2024. Nutritional Aspects of Millets: The Magical Cereals for Sustainable Agriculture. Eds. B. Tewari, M. Singh and P. Tiwari. Strategizing the Role of Indian Youth to fulfill the Targets of the Amrit Kaal. National Youth Conference 2024, Jan 12-13 2024. Vivekanand Swadhyay Mandal, GBPUA&T, Pantnagar. Army Printing Press, Lucknow, India. p231-238. ISBN No. 978-81-958697-9-4.
27. Arora, S K. 2022. Cereals for prevention of disease conditions for better health. In: Cereals and Cereal-based Foods. Eds. M. R. Goyal, K. Kaur and J. Kaur., Apple Academic Press, Inc. Canada. 273-291p.
28. Arora, S K and Chauhan, O.P. (2018). High-pressure processing: Principles and engineering aspects. In: Non-thermal processing of foods. Ed. O.P. Chauhan, Francis and Taylor. 1-9.

Guest Post:

Arora, S. K. Jan 2025. <https://arccjournals.com/blog/developing-milk-fortified-with-plant-based-dietary-fibers>

SEMINARS/SYMPOSIA/CONFERENCE/TRAININGS PARTICIPATED/ORGANIZED: 41

INTERNATIONAL EXPOSURE:

| Country Visited | Undertook | Duration | Sponsored by |
|------------------|---|---|---|
| France | Exposure visit-cum-Training on Food Processing, discover vocational DEFIAA Institutes , & French language and culture visited food processing companies/farms. | 6 th Oct to 11 th Oct 2024 | Partially funded by DEFIAA-2024 (Developing French Indian Exchanges in Agrofood and Agronomy) |
| Malaysia | Conference in Selangor International Expo (Food and Beverage) of Selangor International Business Summit 2024 | 16 th Oct to 19 th Oct 2024 | Self-funded |
| Australia | International Research Training as Visiting Faculty at University of Melbourne | 1 st to 31 st Oct 2023 | IDP-NAHEP funded by ICAR and World Bank |
| Nigeria | 5 th International Trade Show ‘ Agrofood & Plastprintpack 2019’ | 26-28 Mar’ 2019 | Self-funded |
| Vietnam | Worked as Manager (Health Food, Research & Development) on Fortification, New Product | Nov 2012-Oct’ 2013 | Masan Consumer Corporation Ltd., Ho Chi Minh City, Vietnam |

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| | Development, Analysis and Labelling. | | |
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