




**INSTITUTE OF HOME ECONOMICS**  
**UNIVERSITY OF DELHI**



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| <b>Name</b>   | Dr. Tejmeet Rekhi  | <b>Photograph</b>   |
| <b>Designation</b>  | Professor  |  |
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| <b>Educational Qualifications:</b><br>B.Sc (Hons) Home Science, B.Ed., Phd (Food and Nutrition)   |  |   |
| <b>Teaching experience:</b> 31 Years  |  |   |
| <b>Subjects/Papers Taught</b><br><br><ol style="list-style-type: none"><li>1. Food and Nutrition (Theory and practicals) - UG</li><li>2. Fundamentals of Nutrition and Food Science (Theory and practicals)- UG</li><li>3. Institutional Food Management (Theory and practicals)- PG</li><li>4. Entrepreneurship Development (Practicals)- UG</li></ol>   |  |   |
| <b>Awards received</b><br>Nil   |  |   |
| <b>Research Interest/Specialization</b><br><ol style="list-style-type: none"><li>1. Mid-Day Meal Programme (MDMP) and Supplementary Nutrition Programme (SNP) of ICDS Programme</li><li>2. Fortified Tea and its uses, impact</li><li>3. Double Fortified Salt and its uses</li><li>4. Food Hygiene and Food Safety practices in Food Service Institutions and homes</li><li>5. Red Palm Oil and its incorporation in diets</li></ol> |  |   |
| <b>ORCID No.:</b> NA  |  |   |
| <b>Research Projects:</b>   |  |   |
| <b>Title</b>  | <b>Funding agency/organization</b>   | <b>Duration of Project</b>  |
| Consumer Acceptability of Double Fortified Tea  | University of Toronto and Nutrition Impact Solutions   | 3 months (2016)   |
| Consumer Acceptability of Double Fortified Salt   | The India Nutrition Initiative, TATA Trust   | 8months (2016- 2017)  |
| Sensory analysis using Multiple Nutrient Fortified Salt   | Nutrition Impact Solutions   | 4 months (Sept 2018- Dec 2018)  |

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| Consumer Acceptability and sensory Analysis Multiple Nutrient Fortified Salts | Nutrition Impact Solutions | Nov 2017- May 2018 (Nov 2017- May 2018 ) |

### Research papers since 2010 (APA format)

1. Mehlawat U, Puri S, Rekhi TK. (2020). Breastfeeding Practices among Mothers at Birth and at 6 Months in Urban Areas of Delhi-Ncr, India. *JurnalGizi Dan Pangan*, 15(2), 101-108. <https://doi.org/10.25182/jgp.2020.15.2.101-108>
2. Mehlawat U, Puri S, Rekhi TK, Yadav BS, Tiwari SK. (2018). A study on Infant and Young Child Feeding Practices of mothers visiting District Civil Hospital. *New Indian Journal of Pediatrics*, 7(3): 178-188.
3. Mehlawat U, Rekhi TK, Puri Seema, Yadav BS. (2018). Status of complementary feeding practices of infants and young children (0-23 months) in India. *New Indian Journal of Pediatrics*, 7(1): 40-48.
4. Lalita and Rekhi T. (2016). Monitoring and Evaluation of Mid-Day Meal in Delhi Schools. *Imperial Journal of Interdisciplinary Research*, 2(11):282-291.
5. Lalita and Rekhi T. (2016) Nutritional Contribution of Mid-Day Meal (MDM) as per Quantity norms at Upper Primary Classes in Delhi. *International Journal of Scientific and Research Publications*, 6(10); 60-76.
6. Yadav H., Mahna R. and Rekhi T.K. (2018). Food Hygiene and Safety Knowledge of Managers in Catering Sector. *International Journal of Scientific Research and Reviews*, Vol. 7 (3), 358-363.
7. Yadav H., Mahna R. and Rekhi T.K. (2018). Food Safety Knowledge of Food Handlers working in Catering Sector across Delhi. *Tourism Innovations*, Vol. 8 (2), 48-53; ISSN No. 2278-8379
8. Yadav H, Mahna R and Rekhi T. (2015). Review paper titled “HACCP Systems and Difficulties in its Implementation in Food Sector” in Paripax- *Indian Journal of Research*, July , 4(7), ISSN- 2250-1991(E).
9. Yadav H and Rekhi T. (2015). A Review on Food Safety in India with Focus on Food Catering Organisations in India. *International Journal of Innovative Research in Science & Technology*, 1(10), ISSN 2349-6010.
10. Passi SJ, Rekhi T, Suri S and Pal S. (2020). Popularisation of Red Palm Oil in Food Uses. *International Journal of Oil Palm*, 1 (1&2): 45-50, December 2000.
11. Mehlawat U, Rekhi TK, Puri S. A review on determinants of complementary feeding practices among infants and young children: An Indian Perspective. UGC Sponsored National Conference

### Books published/edited

1. Red Palm Oil – A nutrient rich cooking medium – A recipe Book’, Santosh Jain Passi, Tejmeet Rekhi and Rashmi Pal, Phoenix Publishing House Pvt. Ltd, **1999**. ISBN no.81-7484-023-0-
2. A Handbook for Food Service Providers Engaged in Supplementary Feeding Programmes, **2008**. This was published as a part of my PhD work.
3. “Institutional Food Service Management- A practical Manual for PG students”, Tejmeet Rekhi and Archana Bhagat, Printed for PG students MSc(FN) and DDPHN, **2016**
4. Fundamentals of Food and Nutrition. Tejmeet Rekhi and Heena Yadav. Elite Publishing House Limited, 2013; Printed in **2017**. ISBN: 978-81-88901-52-0.

5. PINK BOOK: Guide to safe and nutritious food at home, Food Safety and Standards Authority of India (FSSAI), March, **2017** ([www.snfportal.in](http://www.snfportal.in))
6. The Art & Science of cooking – A students Manual , Kumud Khanna, Rama Seth, Sharda Gupta, Ranjana Mahna and Tejmeet Rekhi. First Edition, 1991. Reprinted in 1993, 1995. Reprinted in 1993, 1995. Third edition, 1998. Fourth edition 2001. Re-printed in 2002, 2004, 2005, 2007, 2009, 2010, 2013, 2015. Fifth edition **2018**.  
ISBN : 978-81-935996-0-0

#### **Book chapters published/edited**

1. A review on determinants of complementary feeding practices among infants and young children: An Indian Perspective. Vidya Kutir Publications., NOIDA, India, **2020** (978-87-942875-0-6).
2. Income Generation through Mushroom Cultivation for Landless Women”, International Federation for Women in Agriculture (IFWA), Pg 183-187.

#### **Association with Professional Societies**

- Life member of Home Science Association of India
- Life Member of Nutrition Society of India
- Life Member of Indian Dietetic Association

#### **Any other**

Nil