




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



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<b>Designation</b>	Professor	
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<b>Educational Qualifications:</b> B.Sc (Hons) Home Science, MSc (Food & Nutrition), B.Ed., Phd (Food and Nutrition)		
<b>Teaching experience:</b> 33Years		
<b>Subjects/Papers Taught</b>  <ol style="list-style-type: none"><li>1. Food Science and Nutrition (Theory and practicals) – UG (BSc Hons Home Science)</li><li>2. Fundamentals of Nutrition and Food Science (Theory and practicals)- UG (BSc Pass Home Science)</li><li>3. Institutional Food Management (Theory and practicals)- PG (MSC FN Sem 3)</li></ol>		
<b>Research Interest/Specialization</b> <ol style="list-style-type: none"><li>1. Mid-Day Meal Programme (MDMP) &amp; Supplementary Nutrition Programme (SNP) of ICDS</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 (Since 2016):</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)
Consumer Acceptability and sensory	Nutrition Impact Solutions	Nov 2017- May 2018 (Nov

Analysis Multiple Nutrient Fortified Salts		2017- May 2018 )
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### Research papers since 2010

1. Mehlawat U, Puri S, Rekhi TK., Jhadav M, Jhadav M and others (2022). Sensory Trial of Quintuple Fortified Salt—Salt Fortified With Iodine, Iron, Folic Acid, Vitamin B 12 , and Zinc—Among Consumers in New Delhi, India. *Food and Nutrition Bulletin* 43(12):037957212210783
2. 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>
3. 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.
4. 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.
5. Lalita and Rekhi T. (2016). Monitoring and Evaluation of Mid-Day Meal in Delhi Schools. *Imperial Journal of Interdisciplinary Research*, 2(11):282-291.
6. 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.
7. 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.
8. 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
9. 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).
10. 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.

### Books published/edited

1. “Institutional Food Service Management- A practical Manual for PG students”, Tejmeet Rekhi and Archana Bhagat, Printed for PG students MSc(FN) and DDPHN, **2016**
2. Fundamentals of Food and Nutrition. Tejmeet Rekhi and Heena Yadav. Elite Publishing House Limited, 2013; Printed in **2017**. ISBN: 978-81-88901-52-0.
3. 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))
4. 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.**

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### 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. “Food Hygiene and Food Safety practices implemented in two 4 star hotels located in NCR”, October, 2013, UGC sponsored National Seminar on Food Safety- Concerns and Issues, St. Teresas College, KERALA, Touchstone Publishing House, Ernakulam, KERALA.

***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*