



INSTITUTE OF HOME ECONOMICS
UNIVERSITY OF DELHI



Name	Dr. Tahreem Kausar	Photograph
Designation	Assistant Professor	
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Educational Qualifications:

PhD – Food Technology (Jamia Hamard, New Delhi) ,

MSc – Home Science - Food and Nutrition (DDU Gorakhpur University, Gorakhpur) ,

B.Ed.– Mathematics & Biological Science - Purvanchal University Jaunpur.

Teaching Experience:

- 2 year work experience as Assistant Teacher, Ideal Public School, Gorakhpur UP
- Work as a dietitian – M. M. Hospital Gorakhpur U.P (1 Year)

Subjects/Papers Taught:

- Food and Nutrition,
- Meat Science,
- Meat And Fish Processing Technology,
- Nutrition Science,
- Poultry and Egg Processing Technology,
- Novel Food Technology,
- Food Chemistry,
- Food Quality Management,
- Public Nutrition and Dietetics,
- Lifespan Approach to nutrition,
- Healthy and sustainable food Choice
- Research methods.
- Principles of Food Science,
- Milk And Milk Products Technology
- Nutrition Communication and Diet counseling (M.Sc Food and Nutrition)

Awards Received: • Junior Research Fellowship—UGC JRF—Home Science ; 2015 • Best Poster Award 2015 (Home Science Association - Udaipur Raj) • Qualified UP-TET 2011
Research Interest/Specialization: • Nutraceuticals and Functional foods, • Functional Meat Formulation • Meat Science, • Fortified food, • New Product Development, • In-vitro Study
ORCID No. : 0000-0002-8710-0527

Research papers since 2010 • Asiri, A., Bokahri, B. T., Sadaf, Eisa, A. A., Aljohani, H. M., Nofal, W., Kausar, T., & Najm, M. Z. (2025). Curcumin, EGCG and apigenin in cervical cancer: mechanistic insights and therapeutic potential. <i>Frontiers in Pharmacology</i>, 16, 1592395. • Kausar, T., Bashir, K., Jan, S., Azad, Z. R. A. A., Jan, K., Kumar, Y., ... & Fatma, T. (2024). Optimizing psyllium husk and fenugreek leaves in meat patties: enhanced nutrition, reduced cholesterol and improved texture and color. <i>Journal of Food Measurement and Characterization</i>, 18(5), 3287-3299. • Shamim, M. Z., Mishra, A. K., Kausar, T., Mahanta, S., Sarma, B., Kumar, V., ... & Mohanta, Y. K. (2023). Exploring Edible Mushrooms for Diabetes: Unveiling Their Role in Prevention and Treatment. <i>Molecules</i>, 28(6), 2837. • Altaf, A., Javid, S., Kausar, T., & Sharma, H. (2024). Therapeutic and Medicinal Values of Honey: An alternative therapy. <i>Afr.J.Bio.Sc.</i> 6(15). doi: 10.48047/AFJBS.6.15.2024.9448-9477
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- Ayob, O., Hussain, P. R., Naqash, F., Riyaz, L., **Kausar, T.**, Joshi, S., & Azad, Z. R. A. A. (2022). Aflatoxins: Occurrence in red chilli and control by gamma irradiation. *International Journal of Food Science & Technology*, 57(4), 2149-2158.
- **Kausar, T.**, Kausar, M. A., Khan, S., Haque, S., & Azad, Z. A. A. (2021). Optimum additive composition to minimize fat in functional goat meat nuggets: A healthy red meat functional food. *Processes*, 9(3), Impact Factor: (2.7)
- Srivastava, N., Srivastava, M., Alhazmi, A., **Kausar, T.**, Haque, S., Singh, R., ... & Gupta, V. K. (2021). Technological advances for improving fungal cellulase production from fruit wastes for bioenergy application: A review. *Environmental Pollution*, 287, 117370.
- **Kausar, T.**, Azad, Z. R. A. A., Anwar, S., Shahid, S. M. A., & Kausar, M. A. (2021). *NeuroPharmac Journal*.
- **Kausar, T.**, Anwar, S., Hanan, E., Yaseen, M., Aboelnaga, S. M., & Azad, Z. R. (2021). Therapeutic role of ginger (*Zingiber officinale*)-A review. *Journal of Pharmaceutical Research International*, 33(29B), 9-16.
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- **Kausar, T.**, Hanan, E., Ayob, O., Praween, B., & Azad, Z. R. A. A. (2019). A review on functional ingredients in red meat products. *Bioinformation*, 15(5), 358.
- **Kausar, T.**, Kausar, M., & Azad, Z. R. A. A. (2018). Improving the Quality and Shelf Life of Goat Meat Patties with Herb And Husk Incorporation. *Biochemical & Cellular Archives*, 18(2).

Other Publications

Published News in Current Science - Improving meat patties with dietary fiber and antioxidant , 10 April 24, volume no. 126 , page 7 , DOI: 10.1007/s11694-024-02403-2

Chapters in Edited Books

- Yaseen, M., Kausar, T., Praween, B., Shah, S. J., Jan, Y., Shekhawat, S. S., ... & Azaz Ahmad Azad, Z. R. (2019). Insect pest infestation during storage of cereal grains, pulses and oilseeds. In *Health and Safety Aspects of Food Processing Technologies* (pp. 209-234). Cham: Springer International Publishing.

Association with Professional Societies

Life member of Home Science Association

Any other

- Dietetic Certificates from VLCC
- Six Month Internship- Dietetic
- Certificate – ISO 22000: 2005

- Presented 2 Oral, 4 Poster presentation and participated-10 Conferences & Seminars.
- Basic knowledge of computer Application
- Know about Response Surface Methodology, Graph pad and Minitab
- Worked as a member of : Automation committee, Placement committee, , CAS committee, Student aminities ,