

CURRICULUM VITAE

JULIA THAKUR

House no 103, Chabbra colony, Phase 1, New Sarabha Nagar Extension, Phullanwal Chowk, Pakhowal Road, Ludhiana.

Email: juliathakur20@gmail.com

Mobile No.: +91-95018-51730

CAREER OBJECTIVE

Intend to build a career with leading institutions with committed and dedicated people, which will help me to explore myself fully and realize my potential; willing to work as a key player in a challenging & creative environment.

ACADEMIC QUALIFICATIONS

Degree	Year	University/College	Marks
Ph.D. (Food Science and Technology)	2019- Present	Lovely Professional University, Phagwara, Punjab	-
M.Sc. (Hon's) Microbial and Food Technology	2017	Punjabi University, Patiala	76.7%
B.Sc. (Hon's) Biotechnology	2015	JC DAV College, Dasuya (PU, Chandigarh)	75.8%
12 th (Medical)	2011	JC DAV Collegiate School, Dasuya (PSEdB)	72.1%
10 th	2009	VB International School, Datarpur (PSEdB)	81.5%

Currently pursuing a Ph.D. on “**Extraction and Encapsulation of Rutin from Mulberry Pomace and its Utilization in gluten-free high fiber value-added product**” under the supervision of Dr. Perna Gupta, Professor, School of Agriculture, Department of Food Science and Nutrition, Lovely Professional University, Phagwara, Punjab.

OTHERS

- Worked as an Assistant Professor on a Lecture basis at Maharaja Ranjit Singh Punjab Technical University, Bathinda, Punjab, from August-December 2023.
- Qualified National Eligibility Test (NET) conducted by ASRB on behalf of ICAR in the discipline of Food Technology (2021).
- NPTEL online course conducted by IIT, Kharagpur, on Dairy and Food Process and Products Technology with a consolidated score of 77 % (2021).

PERSONAL DETAILS

Father's Name: Mr. Sukhdev Singh Dadwal

Mother's Name: Mrs. Kiran Dadwal

Husband's Name: Mr. Bhupinder Chauhan

Date of Birth: 01-03-1994

Gender: Female

Languages known: English, Hindi, and Punjabi

Marital status: Married

INTERNATIONAL CONFERENCES

- **12th - 13th March 2026:** Oral presentation on “Valorization and Optimization of Rutin from Black Mulberry Pomace and Its Stabilization through Ionotropic Gelation” at International Conference on Sustainable Innovations in Life Sciences, Food, Environmental & Biotechnology (IC-SELFEB 2026).
- **19th June - 21st June 2023:** Bagged 3rd position in Oral presentation on “Development of Microcapsules by Using Rutin Extracted from Black Mulberry Pomace” at 6th International Conference on Advances in Agriculture Technology and Allied Sciences (ICAATAS 2023).
- **31st May - 2nd June 2023:** Poster and oral presentation on “Rutin from Black Mulberry Pomace: Extraction and Purification” at Global Indian Young Scientists Research and Innovation Conference, 2023.

INTERNSHIPS

- **June - Dec 2022:** 6 months training at ICAR CIPHET, Ludhiana on the topic “Microencapsulation of flavonoids from mulberry extract” under the supervision and guidance of Dr. K. Narsaiah, ADG, Process Engineering, ICAR, New Delhi & Former Head AS & EC, ICAR-CIPHET, Ludhiana.

- **June 2016:** 45 days industrial practical summer training in Quality Department on the topic “Project on Juice Plant” from Patanjali Ayurved Limited, Unit – III, Patanjali Food and Herbal Park, Vill- Padartha, Laksar Road, Haridwar, Uttarakhand.
- **June 2014:** Summer training in the Quality control section and complete manufacturing procedure of formulations and in-process control of Tablets, Capsules, Syrups and Dry Injections from Medirose Drugs and Pharmaceuticals, 51, Industrial Area, Phase III, Sansarpur Terrace, Himachal Pradesh.
- **November 2012:** One-day workshop on Molecular techniques at Shree Nanda Biotech Private Limited, SCO 360-361, 3rd floor, Sector 34-A, Chandigarh.

PUBLICATIONS

Food Measurement and Characterization, published by Springer, Impact factor: 3.6	Julia, T., Prerna, G. & Anjan, B. Optimization of flavonoid extraction and antioxidant activity from black mulberry pomace using response surface methodology: purification and HPLC quantification of rutin. <i>Food Measure</i> (2026).
Current Microbiology, published by Springer, Impact factor: 2.6	Gupta, P., Thakur, J., & Garg, A. (2026). Application of Microorganisms as Seed-Coating Material for Enhancing Crop Yield: A Review. <i>Current Microbiology</i> , 83(6), 296.
Book Chapter	Borah, A., & Thakur, J. Non-thermal processing of fruits and vegetables. <i>Advances in Horticultural Crop Management and Value Addition</i> , 275.
The Pharma Innovation	Thakur, J., & Borah, A. (2021). Microcapsules of bioactive compounds from fruits and vegetables waste and their utilization: A review. <i>Pharma Innovation</i> , 10(5), 151-157.

KEY SKILLS AND COMPETENCIES

- Working knowledge of instruments like UV-Vis spectrophotometer, HPLC, Hunter lab colorimeter, and FTIR
- Extraction and Purification of bioactive compounds.
- Encapsulation of bioactive compounds.
- Food product development.

- Food processing and chemical testing.
- Good Manufacturing Practice of food processing plant.

EXTRA-CURRICULAR ACTIVITIES

- **Content creation:** Educational content related to food technology courses is uploaded on the YouTube channel “**FoodTech World**” with 2600+ subscribers and on Instagram with 6900+ followers to date.
- Good English language typing skills, with a speed of 90-100 words per minute.
- Artwork, such as portrait sketching and painting.

Declaration - I hereby declare that all statements made are true to the best of my knowledge and belief.

Place: Ludhiana

JULIA THAKUR