

# TATA INSTITUTE OF FUNDAMENTAL RESEARCH

Homi Bhabha Road, Mumbai-400 005

February 6, 2021

## ASET Colloquium (Online)

**Speaker** : Prof. Shalini Arya (*Institute of Chemical Technology, Mumbai*)

**Title** : My journey of growing up with science

**Date & Time** : Friday 12 February 2021 at 16:00 hrs.

**Venue** : Lecture Theater (<https://zoom.us/j/91427966752>)

### Abstract :

Despite some progress in the last few years, the number of women climbing the career ladder in science is "disappointingly low. Therefore, bringing gender parity in scientific research remains a big challenge for all including policymakers. Women are underrepresented in STEM. My tryst with science began when I was less than 10 years, cooking lunch for my family a daily responsibility followed by scrambling up a ladder to the tin roof of our house, clutching a book about the evolution of animals. We did not have any lights or fan in our house, so I needed sunlight and some air to read. That study routine was my ticket to a career as a scientist. Initially, I thought Food Science is just cooking. After a daily childhood preparing meals, there was nothing I hated more than cooking. I lived during childhood with three SDGs and today I work for them!

### About the Speaker:

Dr Shalini Arya, is currently Assistant professor of Food Technology at Institute of Chemical Technology, Mumbai, Member of Executive committee of Global Young Academy, Indian National Young Academy, recipient of various international awards (CNPQ-TWAS Fellow, Malaspina International scholar, Best presenter awardee, best innovative idea presenter awardee), National awards (AFST Young Scientist award, best thesis award) on her credit. She has published more than 70 research papers published in journals of high repute and standards. Dr Shalini Arya works in the area of Indian traditional foods, in particular chapatti, phulka, thepla, khakhara, thalipeeth, naan and kulcha. Her work is focused on nutritional improvement and characterisation for these products, all of which would have far-reaching significance in improving public health in India and that too based on the resources that are locally available and food staples that are regularly consumed by the locals. Her work on chapatti was recognised during international and national conferences and was awarded the first prize under cereal category.

India, unfortunately, becoming capital country for diabetes and the cardiovascular affected population and thus developing cost-effective product technologies is very necessary. Dr Shalini and her research group have developed Indian traditional food products having low glycaemic index using low cost and locally available ingredients. In addition to this Dr. Shalini has been helping multinational food industries for developing traditional food product technologies for e.g. chapatti, paratha, bhaji, instant food mixes. She has helped industries for developing low glycaemic index formulation, high soluble fibre paratha premixes, high protein atta premix and other healthy low-cost nutritious premixes.



Dr. Satyanarayana Bheesette  
(Coordinator, ASET Forum)