

**Dr. Nidhi Mittal**  
**Associate Professor**  
Department of Biochemistry  
GGSDS COLLEGE Chandigarh  
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**DOB: 4<sup>th</sup> December 1971**

### **Educational Qualifications**

- 1995 - 1999 Ph.D. (Biochemistry), Panjab University, Chandigarh, India

Research Topic: "Studies on the molecular mechanisms of intestinal malabsorption in Giardia lamblia infected and ethanol fed rats"

- 1992 - 1994 Master of Science (Hons.) in Biochemistry, Panjab University, Chandigarh, India.

Research Topic: "Changes in renal brush border enzymes and glycosylation in diabetic and hormone treated rats"

- 1989 - 1992 Bachelor of Science (Hons.) in Biochemistry (Gold Medalist), Panjab University, Chandigarh, India.

### **Teaching/Research Experience**

#### **TEACHING EXPERIENCE**

- 2007 – 2024 = 17 Years
- PG Classes: 12 Years
- UG Classes: 17 Years

- 2002 - 2004 Research Associate (RA) at Deptt. of Haematology, PGIMER, Chandigarh
- 2000 - 2001 Research Associate (RA) at Deptt. of Biophysics, PGIMER, Chandigarh

### **Areas of Interest**

#### **Publications**

(Journal/Book Chapters)

Seminars/

Conferences/Symposiums

(Paper Presented)

#### **PAPERS PUBLISHED**

- **Nidhi Mittal**, Jyotdeep Kaur and Akhtar Mahmood (1996). Changes in tubular membrane glycosylation in diabetic, insulin and thyroxine treated rat kidney. Indian J. Exp. Biol 34: 782 - 785.
- **Nidhi Mittal**, Joginder Pal Nagpaul, Safrun Mahmood and Akhtar Mahmood (1999). Ethanol effects on intestinal function in Giardia lamblia infected rats. J Clin BiochemNutr, 26: 17 - 25.
- Kiranjit Kaur, **Nidhi Mittal**, Manjinder Hundal and K L Khanduja (2003). Gallic Acid, an antioxidant exhibits antiapoptotic potential in normal human lymphocytes: A Bcl-2 independent mechanism. J Nutr Sci Vitaminol, 49(4): 221 -227.
- Garewal G, Das R, Ahluwalia J, **Mittal N** and Varma S (2003). Prothrombin G20210A is not prevalent in North India. J ThrombHaemost 1(10): 2253 - 2254.
- Mahmood S, Kaur K, **Mittal N** and Mahmood A (2005).

Giardia Lamblia: Expression of alkaline phosphatase activity in infected rat intestine. *Exp. Parasitol* 110(2): 91-95.

- Khanduja K L, Avti P K Kumar S, **Mittal N** and Sohi K K (2006). Anti-apoptotic activity of caffeic acid, ellagic acid and ferulic acid in normal human peripheral blood mononuclear cells: A Bcl-2 independent mechanism. *Biochim Biophys Acta* 1760(2): 283 - 289.
- Indu Mehta, **Nidhi Mittal** & Pronoti (2011). Amylolytic yeast: A potential source for Bioethanol production. *Journal of Biofuels*, Volume 2 issue 1, Jan – June 2011.
- Toxicity of metals such as iron, nickel and cobalt on seedlings of broad beans (vicia faba L.). **Nidhi Mittal**, Kirti Sharma, Avneet Kaur (2017). *International Education and Research Journal*, 3(5). 662-664
- Interactive effect of Salinity and Ascorbic acid on Brassica Rapa.L. **Nidhi Mittal**, Sunaina Thakur, Heena Verma and Avneet Kaur (Feb,2018). *Plants.Global journal of bioscience and biotechnology* Vol7(1)27-29.ISSN 2278-9103
- Qualitative and Biochemical Analysis of fresh, dry rhizomes and packed dry powder of Turmeric From North India. **Nidhi Mittal**, Rashi Goel, Manpreet Kaur & Avneet Kaur (July,2018) *Global journal of bioscience and biotechnology* Vol7(3)27-29.ISSN 2278-9103
- Synergistic effect of pineapple peels & Green tea on antioxidant levels of pineapple peels infused kangra Green Tea. Avneet Kaur, Yashita Jain, Kashish Mittal, Armin Kaur, **Nidhi Mittal** (Oct,2018). *Global journal of bioscience and biotechnology* Vol7(3)392-395.ISSN 2278-9103
- Antioxidant levels of common herbs and spices used in Indian tea: Black Pepper, Clove, Fennel, Mint, Cinnamon and Tulsi. Avneet Kaur, Yashita Jain, Kashish Mittal, Armin Kaur, **Nidhi Mittal** (Oct,2018) *Int.Res.J.Pharm.* 2018,9(11) DOI:7897/2230-8407.0911270
- Estimation of Antioxidant Levels in Peels of Pomegranate, Banana, Orange, Lemon, Sweet Lime (2019). Avneet Kaur, Yashita Jain, Kashish Mittal, Armin Kaur and **Nidhi Mittal\***. *Studies on EthnoMedicine*, 13(3): 175-181.
- Antioxidant Levels in Indian Rose, Hibiscus, Chrysanthemum And Marigold Tea And Their Comparison With Black And Green Tea (2019). Avneet Kaur, Radhika Suri, Kajal Rana, Vandana Thakur, Preeti, Poonam Dimri, **Nidhi Mittal**. *International Research Journal of Pharmacy*. 10 (10): 52-55.
- Effective Use of Antioxidant Activities of Fruit Peels of Pomegranate, Banana And Orange In Bioremediation of Cd Toxicity In Fenugreek (Trigonella Foecum-Graecum) (2019). Avneet Kaur, Aditi Bhandral, Sakshi Narula, Sagrika Oberoi, Yashita Jain and **Nidhi Mittal**. *Asian*

Journal of Microbiology, Biotechnology & Environmental Sciences. 21 (1):132-136

- Evaluation of edible flowers from northern India as a rich source of phytochemicals with antioxidant and phenolic properties. (2020). Avneet Kaur, Kajal Rana, Vandana Thakral, Poonam Dimri, Radhika Suri, **Nidhi Mittal**. International Research Journal of Pharmacy. 11. 29-32. 10.7897/2230-8407.110549.
- Phytochemical and antioxidant activity modifications in wheatgrass (*triticum aestivum* l) cultivated in organically fortified soil with fruit peels(2021). Avneet Kaur, Tanmayee Basu, Aditi Shridhar Tarannum, Karishma, Manpreet, **Nidhi Mittal**. Journal of advanced scientific research. 12(20.309-313).
- Effect of metal stress of iron, copper and zinc on amylase, acid phosphatase and alkaline Phosphatase activity in *Phaseolus vulgaris* (2021). Avneet Kaur, **Nidhi Mittal**. IJPAS. 10(12)., 10(12): 4413-4420.
- Evaluation of Indian Kangra green tea (*camellia sinensis* (l) o kuntze) infused with peels of local fruits (pomegranate, lemon, mosambi, orange and banana) as a natural source of antioxidants. Avneet Kaur, Tanmayee Basu, **Nidhi Mittal**. Journal of advanced scientific research, 2021, 12(3) suppl: 174-179.  
<https://doi.org/10.31032/IJPAS/2021/10.12.5758>
- Investigation of antioxidant status 29 edible and medicinal plants from India. Avneet Kaur, Tanmayee Basu, Aditi Shridhar Tarannum, Karishma, Manpreet, **Nidhi Mittal**. IJPAS, June, 2022, 11(6): 2579-2592.  
<https://doi.org/10.31032/IJPAS/2022/11.6.6135>
- Comparative Analysis of Carbohydrate, Protein, Ascorbic Acid, Phenolic, Flavonoid And Antioxidant Evaluation Of Red And Green Color Amaranthus Leafy Vegetable From India. Kaur A, Chrungoo S, Sharma N, Diksha and **Mittal N**\*IJPAS, 2022, 11(10): 4787-4792.  
<https://doi.org/10.31032/IJPAS/2022/11.10.6500>
- THE PHENOLIC, FLAVONOID AND ANTIOXIDANT EVALUATION OF WHEAT (*TRITICUM AESTIVUM*) AND BARLEY (*HORDEUM VULGARE*) MICROGREEN. CHRUNGOO S., **MITTAL N.**, KAUR AIJPAS, Volume 12, Year 2023, Pages 3915-3922 DOI: <https://doi.org/10.31032/IJPAS/2023/12.9.6974>
- ANTIOXIDANT STATUS OF BARLEY GRASS GROWN IN FERTILIZERS FORMULATION OF DIFFERENT TYPES OF FRUIT PEELS. **Nidhi Mittal.**, Avneet Kaur., SHRIDHAR., BASU., TARANNUM., KARISHMA., MANPREET IJPAS, Volume 12, Year 2023, Pages 3907-3914 DOI: <https://doi.org/10.31032/IJPAS/2023/12.9.6973>

#### ABSTRACTS PUBLISHED

- **Nidhi Mittal**, Safrun Mahmood and Akhtar Mahmood

(1997). Differential expression of alkaline phosphatase in Giardia lamblia infected rat intestine. FASEB Journal A1268.

- Garewal G, Das R, Ahluwalia J, **Mittal N** and Varma S (2005). Prevalence of risk factors for Venous Thromboembolism: A study from North India. J ThrombHaemost (1)p 1270.

### **BOOK CHAPTERS**

1. Chapter on “Local Environmental Issues” (Pages 179-186)

Book Name: Environment, Road Safety Education and Violence Against Women and Children”

Year- 2017, ISBN: 978-93-82068-29-7

2. Chapter on “Local Environmental Issues” (Pages 179-189)

Book Name: Environment, Road Safety Education and Violence Against Women and Children”

Year- 2018, ISBN: 978-93-82068-29-7

3. Chapter on “Green Technology: Sustainable Development”

Book Name: Sustainable Materials and Technologies

Year- 2024, ISBN: 978-81-975116-2-2

4. Chapter on “Microbial Fuel Cells: Sustainable Green Energy”

Book Name: Sustainable Materials and Technologies

Year- 2024, ISBN: 978-81-975116-2-2

### **Refresher Courses/Workshops/ Training Programmes**

#### **Refresher Courses**

- Teaching Learning Centre, Ramanujan College University of Delhi under the aegis of MINISTRY OF EDUCATION PANDIT MADAN MOHAN MALAVIYA NATIONAL MISSION ON TEACHERS AND TEACHING
  - “ADVANCED RESEARCH METHODOLOGY” from 22 July – 05 August, 2022, Grade A+.
- Attended UGC-HRDC sponsored Refresher Course organized by Academic Staff College, Punjab University Chandigarh, 20<sup>th</sup> May, 2015 – 9<sup>th</sup> June, 2015 and obtained “A” grade.
- NEP Orientation & Sensitization Online Training Program, 1-02-24 to 14-02-2024, Grade A.

#### **Faculty Development Program**

1. "ACADEMIC RESEARCH WRITING", 16 – 22 July, 2022, Grade A+.
2. Meaningful Research & Intellectual Property Rights, 04-10 July, 2022, Grade A+.
3. Subject specific benchmarking of Learning Outcomes: Outcome Based Education", 26 October to 01 November 2023, Grade A.
4. Successfully completed MoE, HRDC and AICTE, IIC Brand ambassador training foundation level, year, 2021-2022

### **WORKSHOPS / SEMINARS / SYMPOSIUMS / FDPs Organized**

- Organized National Symposium 'Biotechnology: Research & Development organized by Department of Biotechnology GGSDS College, Chandigarh sponsored by DBT & UGC New Delhi (4<sup>th</sup> February, 2012).
- Faculty cum Student Skill Development Program on "Biological Data Analysis and Data Science" under RUSA, 27<sup>th</sup> Feb 2020 – 4<sup>th</sup> March 2020.
- International Seminar on "Lab-to-field: Need for Translational Research organized by GGSDS College and Indian Science Congress Association, Chandigarh Chapter on 9<sup>th</sup> January 2024.
- On-site workshop on Flow Cytometry organized by GGSDS College in association with Flowcytometry Solutions Pvt. Ltd., India and TETC, India from 10<sup>th</sup> – 12<sup>th</sup> January 2024.

### **Projects**

2. Major Research Project as Co-Investigator:
  - a. "To Explore the Potential of *endomycolopsis capsularis* for Industrial Applications"
  - b. "Molecular Action of Zinc on Glucose Transporters in Liver of Diabetic Rats"

### **MOOCS/Online Content M. Phil Dissertation Supervised**

### **PhD Thesis**

### **Administrative Experience**

- Member- Board of studies, Panjab University, Chandigarh
- Admission in charge B.Sc. (Medical)- 1<sup>st</sup> semester and 3<sup>rd</sup> semester
- Deputy Superintendent and Centre Superintendent in

**Membership of Economic  
Associations**

various internal and external exam duties

- Life membership of Indian Association of Biology Teachers (colleges) (I.A.B.T.)

**Dr. Nidhi Mittal**