

Curriculum Vitae

Bilal Ahmad Ashwar, Ph. D.

Contractual Lecturer,
Department of Food Science & Technology,
University of Kashmir, Srinagar-190006, India
Email: ashwar20@gmail.com
Contact No.: 6005572877

EDUCATIONAL QUALIFICATIONS:

1. **Ph.D.:** University of Kashmir
Date of completion: 2019
Specialization: Food Technology
2. **NET:** ICAR
Year: 2014
Specialization: Food Technology
3. **M.Sc.:** University of Kashmir
Year: 2011
Specialization: Food Technology
4. **B.Sc.:** University of Kashmir
Year: 2007

TEACHING EXPERIENCE:

- Working as contractual Lecturer in the Department of Food Science and Technology, University of Kashmir since 05 May, 2022.

ACADEMIC CONTRIBUTION:

Courses taught in the Department of Food Science and Technology, University of Kashmir:

- ✓ Advanced Techniques in Food Analysis
- ✓ Novel Technologies of Food Processing
- ✓ Elementary Food Processing
- ✓ Plantation crops and Spices

RESEARCH CONTRIBUTION:

- Total Publications (Scopus indexed) = 43
- Publications from last 5 years= 26
- M.Sc. Students supervised: 03
- M.Sc. Students under Supervision: 01

Google Scholar and Scopus h-Index and Citations

- *h*-Index: 24, 23
- i10 Index: 30
- Citations: 1818, 1300

https://scholar.google.co.in/citations?user=hE_S9NsAAAAJ&hl=en

<https://www.scopus.com/authid/detail.uri?authorId=56232590600>

<https://orcid.org/0000-0001-6264-1135>

Extramural Projects:

S. No.	Title of Project	Sanction Date	Total Cost INR	Funding Agency	Duration (Years)	Role	Status
1	Encapsulation of Sea buckthorn polyphenols and their interaction with milk proteins for their stability and sustainable release in the gut	21 June, 2019	20 lakhs	ICMR	03	PI	Completed

PREVIOUS RESEARCH EXPERIENCE

1. **SRF** in the project entitled, “Extraction of resistant starch from Horse chestnut and rice, its utilization as an encapsulating agent for targeted delivery into the colon” funded by SERB/MOFPI, Govt. of India.
2. **JRF** in the project entitled, “Fortification of active ingredients from saffron and sea buckthorn for development of novel functional foods” funded by SERB, Govt. of India.

PROFESSIONAL RECOGNITION, AWARDS, FELLOWSHIPS RECEIVED

1. Award of Post Doctoral Research Associate Fellowship by ICMR, New Delhi, India
2. Alltech Young Scientist Award secured 3rd place in the Asia/Pacific Graduate Competition 2017.
3. Qualified ICAR NET in 2014
4. Best Oral Presentation Award in 3rd Jammu and Kashmir Agricultural Science Congress organized by *SKUAST-K* in 2014.

PROFESSIONAL MEMBERSHIP

- AFSTI member (Association of Food Scientists & Technologists, India).

CONFERENCES/WORKSHOPS ORGANIZED

S.No.	Name of the Conference/Workshop	Location	Role	Date
1.	Fourteen (14) days workshop on “Active nano-packaging films loaded with bioactive components for increasing the shelf life of foods” sponsored by SERB under <i>Karyashalla</i> scheme	Department of Food Science and Technology, University of Kashmir.	Organizer	28 Nov. 2022 to 11 Dec. 2022
2.	International Conference on Interface between Agriculture, Food, Chemical and Biological Sciences	Department of Food Science and Technology, University of Kashmir	Organizing Secretary	27-29 July, 2022

RESEARCH PUBLICATIONS

S.No.	Title	Year	IF
1.	Adil Gani*, Gazalla Akther, Bilal Ahmad Ashwar* , Faiza Jhan, Asima Shah. Resistant starch as a novel carrier for delivery of probiotics exploring effectiveness of two different strategies of encapsulation. Starch-Starke , 2100285.	2023	2.74
2.	Asima Shah, F. A. Masoodi, Adil Gani, Zanoor ul Ashraf, Bilal Ahmad Ashwar . Effect of different pretreatments on antioxidant activity of oats grown in the Himalayan region. <i>Journal of Food Science and Technology</i> , https://doi.org/10.1007/s13197-021-05336-6	2022	2.70
3.	Faiza Jhan, Adil Gani, Nairah Noor, Bashir Ahmad Malla, Bilal Ahmad Ashwar . Nano reduction coupled with encapsulation as a novel technique for utilising millet proteins as future foods. Ultrasonics Sonochemistry 86, 106006	2022	7.491
4.	Bilal Ahmad Ashwar , Adil Gani. Noncovalent Interactions of Sea Buckthorn Polyphenols with Casein and Whey Proteins: Effect on the Stability, Antioxidant Potential, and Bioaccessibility of Polyphenols. ACS Food Science & Technology . https://doi.org/10.1021/acsfoodscitech.1c00103	2021	-

5.	Bilal Ahmad Ashwar , Asir Gani, Zanoor ul Ashraf, Faiza Jhan, Asima Shah, Adil Gani, Touseef Ahmed Wani. Prebiotic potential and characterization of resistant starch developed from four Himalayan rice cultivars using β -amylase and transglucosidase enzymes. LWT-Food Science and Technology , 143, 111085	2021	4.95
6.	Bilal Ahmad Ashwar , Asir Gani, Adil Gani, Mudasir Ahmed, Asima Shah. Encapsulating probiotics in novel resistant starch wall material for production of rice flour extrudates. LWT-Food Science and Technology , 140, 110839	2021	4.95
7.	Asir Gani, Romee Jan, Bilal Ahmad Ashwar* , Zanoor ul Ashraf, Asima Shah, Adil Gani. Encapsulation of saffron and sea buckthorn bioactives: Its utilization for development of low glycemic baked product for growing diabetic population of the world. LWT-Food Science and Technology , 142, 111035	2021	4.95
8.	Faiza Jhan, Adil Gani, Asima Shah, Bilal Ahmad Ashwar , Naseer Ahmad Bhat, T.A. Ganaie. Gluten-free minor cereals of Himalayan origin: Characterization, nutraceutical potential and utilization as possible anti-diabetic food for growing diabetic population of the world. Food Hydrocolloids , 113, 106402	2021	9.14
9.	Adil Gani, Bilal Ahmad Ashwar , Gazalla Akhter, Asir Gani, Asima Shah, Farooq Ahmad Masoodi, Idrees Ahmed Wani. Resistant starch from five Himalayan rice cultivars and Horse chestnut: Extraction method optimization and characterization. Scientific Reports-Nature , 1, 1-9.	2020	4.37
10.	Asima Shah, F.A. Masoodi, Adil Gani, Bilal Ahmad Ashwar . Water extractable pentosans-Quantification of ferulic acid using RP-HPLC, technorheological and antioxidant properties. International Journal of Biological Macromolecules , 133, 365-371	2019	6.95
11.	Bilal Ahmad Ashwar , A Gani, Adil Gani, A Shah, F.A. Masoodi. Production of RS4 from rice starch and its utilization as an encapsulating agent for targeted delivery of probiotics. Food chemistry , 239, 287-294	2018	7.51
12.	Asima Shah, F.A. Masoodi, Adil Gani, Bilal Ahmad Ashwar . Dual enzyme modified oat starch: Structural characterisation, rheological properties, and digestibility in simulated GI tract. International Journal of Biological Macromolecules , 106, 140-147	2018	6.95
13.	Adil Gani, A Shah, M Ahmad, Bilal Ahmad Ashwar , F.A. Masoodi. β -d-glucan as an enteric delivery vehicle for probiotics. International Journal of Biological Macromolecules , 106, 864-869	2018	6.95
14.	Bilal Ahmad Ashwar , Adil Gani, A Shah, FA Masoodi. Physicochemical properties, in-vitro digestibility and structural elucidation of RS4 from rice starch. International Journal of Biological Macromolecules 105, 471-477	2017	6.95
15.	Bilal Ahmad Ashwar , Adil Gani, A Shah, F.A. Masoodi. Production of RS4 from rice by acetylation: Physico-chemical, thermal, and structural characterization. Starch-Starke , 69 (1-2)	2017	2.74
16.	Adil Gani, Bilal Ahmad Ashwar , G Akhter, A Shah, IA Wani, FA Masoodi. Physico-chemical, structural, pasting and thermal properties of starches of fourteen Himalayan rice cultivars. International Journal of Biological Macromolecules , 95, 1101-1107	2017	6.95
17.	I.A. Wani, H. Hamid, A.M. Hamdani, A. Gani, Bilal Ahmad Ashwar . Physico-chemical, rheological and antioxidant properties of sweet chestnut (<i>Castanea sativa Mill.</i>) as affected by pan and microwave roasting. Journal of advanced research 8 (4), 399-405	2017	10.47

18.	A Shah, F.A. Masoodi, Adil Gani, Bilal Ahmad Ashwar . Physicochemical, rheological and structural characterization of acetylated oat starches. LWT-Food Science and Technology 80, 19-26	2017	4.95
19.	A. Shah, Adil Gani, F.A. Masoodi, S.M. Wani, Bilal Ahmad Ashwar . Structural, rheological and nutraceutical potential of β -glucan from barley and oat. Bioactive Carbohydrates and Dietary Fibre 10, 10-16	2017	-
20.	R. Mukhtar, Asima Shah, N. Noor, Adil Gani, I.A. Wani, Bilal Ahmad Ashwar , FA Masoodi. γ - Irradiation of oat grain–Effect on physico-chemical, structural, thermal, and antioxidant properties of extracted starch. International Journal of Biological Macromolecules , 104, 1313-1320	2017	6.95
21.	Bilal Ahmad Ashwar , Adil Gani, IA Wani, A Shah, FA Masoodi, DC Saxena. Production of resistant starch from rice by dual autoclaving-retrogradation treatment: Invitro digestibility, thermal and structural characterization. Food Hydrocolloids , 56, 108-117	2016	9.14
22.	Bilal Ahmad Ashwar , Adil Gani, A Shah, IA Wani, FA Masoodi. Preparation, health benefits and applications of resistant starch-A review. Starch-Starke , 68 (3-4), 287-301	2016	2.74
23.	U Shah, Adil Gani, Bilal Ahmad Ashwar , A Shah, IA Wani, FA Masoodi. Effect of infrared and microwave radiations on properties of Indian Horse Chestnut starch. International Journal of biological macromolecules , 84, 166-173	2016	6.95
24.	Asima Shah, FA Masoodi, Adil Gani, Bilal Ahmad Ashwar . Newly released oat varieties of himalayan region-Techno-functional, rheological, and nutraceutical properties of flour. LWT-Food Science and Technology , 70, 111-118	2016	4.95
25.	Asima Shah, Adil Gani, M Ahmad, Bilal Ahmad Ashwar , FA Masoodi. β -Glucan as an encapsulating agent: Effect on probiotic survival in simulated gastrointestinal tract. International journal of biological macromolecules 82, 217-222	2016	6.95
26.	A. Shah, FA Masoodi, A Gani, Bilal Ahmad Ashwar In-vitro digestibility, rheology, structure, and functionality of RS3 from oat starch. Food chemistry , 212, 749-758	2016	7.51
27.	Asima Shah, FA Masoodi, Adil Gani, Bilal Ahmad Ashwar . Geometrical, functional, thermal, and structural properties of oat varieties from temperate region of India. Journal of Food Science and Technology 53 (4), 1856-1866	2016	2.70
28.	Adil Gani, A Jan, A Shah, FA Masoodi, M Ahmad, Bilal Ahmad Ashwar , R Akhter. Physico- chemical, functional and structural properties of RS3/RS4 from kidney bean (<i>Phaseolus vulgaris</i>) cultivars. International Journal of Biological Macromolecules , 87, 514-521	2016	6.95
29.	Bilal Ahmad Ashwar , Asima Shah, Adil Gani, U Shah, A Gani, IA Wani, SM Wani, Farooq Ahmad Masoodi. Rice starch active packaging films loaded with antioxidants- development and characterization. Starch-Starke , 67 (3-4), 294-302	2015	2.74
30.	I u Nisa, Bilal Ahmad Ashwar , A Shah, Adil Gani, A Gani, FA Masoodi. Development of potato starch based active packaging films loaded with antioxidants and its effect on shelf life of beef. Journal of Food Science and Technology , 52 (11), 7245-7253	2015	2.70

31.	Asima Shah, FA Masoodi, AdilGani, Bilal Ahmad Ashwar . Effect of γ -irradiation on antioxidant and antiproliferative properties of oat β -glucan. Radiation Physics and Chemistry , 117, 120-127	2015	2.85
32.	Asima Shah, Adil Gani, Asir Gani, Bilal Ahmad Ashwar , Farooq Ahmad Masoodi, Idrees Ahmed Wani, Mudasir Ahmad, SajadMohdWani. Effect of γ -irradiation on structure and nutraceutical potential of β -d-glucan from barley (<i>Hordeum vulgare</i>). International Journal of Biological Macromolecules , 72, 1168-1175	2015	6.95
33.	A Gani, AA Broadway, M Ahmad, Bilal Ahmad Ashwar , AA Wani, SM Wani, F. A. Masoodi & Bupinder Singh Khatkar. Effect of whey and casein protein hydrolysates on rheological, textural and sensory properties of cookies. Journal of Food Science and Technology , 52 (9), 5718-5726	2015	2.70
34.	U Shah, Adil Gani, Bilal Ahmad Ashwar , Asima Shah, M Ahmad, A Gani, IA Wani, FA Masoodi. A review of the recent advances in starch as active and nanocomposite packaging films. Cogent Food & Agriculture , 1 (1), 1115640	2015	-
35.	Adil Gani, AA Broadway, FA Masoodi, AA Wani, S Maqsood, Bilal Ahmad Ashwar , Asima Shah, Sajad Ahmad Rather, Asir Gani. Enzymatic hydrolysis of whey and casein protein-effect on functional, rheological, textural and sensory properties of breads. Journal of Food Science and Technology , 52 (12), 7697-7709	2015	2.70
36.	Bilal Ahmad Ashwar , Asima Shah, Adil Gani, SA Rather, SM Wani, IA Wani, FA Masoodi. Effect of gamma irradiation on the physicochemical properties of alkali-extracted rice starch. Radiation Physics and Chemistry 99, 37-44	2014	2.85
37.	U Shah, WN Baba, M Ahmad, Asima Shah, AdilGani, FA Masoodi, A Gani, Bilal Ahmad Ashwar . In vitro antioxidant and anti-proliferative activities of seed extracts of <i>Nymphaea mexicana</i> in different solvents and GC-MS analysis. International Journal of Drug Development and Research 6 (4)	2014	0.5

BOOKS/ BOOK CHAPTER

- Adil Gani, **Bilal Ahmad Ashwar** (2021). Food Biopolymers: Structural, Functional and Nutraceutical Properties. Springer-Nature, ISBN 978-3-030-27060-5
- Asima Shah, **Bilal Ahmad Ashwar**, Asir Gani, Adil Gani, F.A.Masoodi (2019). Starch -A Hydrocolloid- Structure, Properties, Modifications and Applications in Foods. SciMed Tech Publishing, ISBN: 978-81-928671-1-3.
- **Bilal Ahmad Ashwar**, A Gani, A Shah, M Ahmad, A Gani, F Jhan, N Noor (2021).Resistant Starch and Slowly Digestible Starch. In. Food Biopolymers: Structural, Functional and Nutraceutical Properties, Springer-Nature, ISBN 978-3-030-27060-5
- M Ahmad, S Rukhsaar, A Gani, **Bilal Ahmad Ashwar**, TA Wani, U Shah, F Jhan (2021) Recent Advances in the Application of Starch and Resistant Starch and Slowly Digestible Starch. In. Food Biopolymers: Structural, Functional and Nutraceutical Properties, Springer-Nature, ISBN 978-3-030-27060-5
- F Jhan, N Jan, A Gani, N Noor, M Ahmad, NA Bhat, **Bilal Ahmad Ashwar** (2021). Advances in the Application of Food Proteins and Enzymes. In. Food Biopolymers: Structural, Functional and Nutraceutical Properties, Springer-Nature, ISBN 978-3-030-27060-5
- N Noor, A Shah, A Gani, A Gani, F Jhan, Z ul Ashraf, **Bilal Ahmad Ashwar**, Tariq Ahmad Ganaie (2021) Pectin. In. Food biopolymers: Structural, functional and nutraceutical properties Springer, ISSN: 978- 3030270605.
- A Shah, FA Masoodi, A Gani, **Bilal Ahmad Ashwar** (2019). β -Glucan–Based delivery system. In. Food Hydrocolloids as Encapsulating Agents in Delivery Systems, CRC, Taylor & Francis, ISSN: 9781138600140.
- **CONFERENCES/SEMINARS/WORKSHOPS ATTENDED**

S. No.	Name of the Seminar/ Conference	Location	Date
1.	Scenario of Postharvest management of fresh fruits in India	Department of Food Science and Technology, University of Kashmir	27-28 May 2013
2.	9 th JK Science Congress & Regional Science Congress on “Innovations and Advances in Science and Technology.	University of Kashmir	1-3 Oct. 2013
3.	3 rd Jammu and Kashmir Agriculture Science Congress on “Organic Agriculture Prospects In Jammu and Kashmir	SKAUST- K	11-12 May 2014

4.	11 th JK Science Congress & Regional Science Congress on “Scientific, Social, and Economic Dimensions of Climate Change.	University of Kashmir	12-14 Oct. 2015
5.	Two Day National Symposium on“ Biotechnological Interventions For Upgradation of Food Products of India (BIUFPI)	Department of Food Science and Technology, University of Kashmir.	9-10 Sep.2015
6.	13 th JK Science Congress “Emerging Technologies and Human Society: Applications and Constraints”	University of Kashmir	2-4 April 2018
7.	National Conference on Recent Advances in Understanding the Role of Phytochemicals in Human Health RAURPHH 2018.	Department of Food Science and Technology, University of Kashmir.	25-26 July 2018
8.	National Conference on Advances in Biopolymers-2018	Department of Food Science and Technology, University of Kashmir.	30-31 Oct. 2018
9.	Fifth International Conference on Nanotechnology for Better Living, ICNBL-2019	NIT Srinagar Kharagpur.	7-11 April 2019
10.	International Conference on Emerging Techniques in Food Processing (ETFP)-2021	Department of Food Processing Technology, Ghani Khan Choudhury Institute of Engineering and Technology Malda	25-26 Mar.2021

REVIEWER OF THE FOLLOWING INTERNATIONAL JOURNALS

- “Carbohydrate Polymers” Elsevier Journal.
- “International Journal of Biological Macromolecules” Elsevier Journal.
- “Food Chemistry” Elsevier Journal.
- “Food Hydrocolloids” Elsevier Journal.
- “LWT-Food Science and Technology” Elsevier Journal.
- “Journal of Functional Foods” Elsevier Journal
- “Journal of the Saudi Society of Agricultural Sciences” Elsevier Journal.
- “Food Bioscience” Elsevier Journal.
- “Starch-Starke” Wiley Journal.
- “ACS Food Science and Technology” American Chemical Society Journal