

Curriculum Vitae

Name Deeksha s
Address # 256 2nd Main 2nd Cross North – East Layout
Rajendranagar
Mysore – 570007
Phone Number 7899323016
E- Mail Id deekshasharada28@gmail.com
Date Of Birth 28/04/1999
Nationality Indian



Education Qualification

Year Of Passing	Board / University Subjects	Obtained percentage/ CGPA
2020 – 2022	University Of Mysore Manasagangotri MSc In Food Science And Nutrition Specialization In Clinical Nutrition And Dietetics	8.59 CGPA (overall aggregate)
2017 - 2020	St Philomena's College (Autonomous) Mysore BSc In CBFn (Chemistry, Botany And Food Science And Nutrition)	8.71 CGPA(overall aggregate)
2017	St Philomena's P U College Mysore Puc In PCBH (Physics , Chemistry, Biology, Home Science)	78.6 Percentage
2014 - 2015	St Anne's Girls High School Mysore SSLC	76.8 Percentage

Research experience

MSc Project

Project Title: - “Prevalence of Malnutrition in Hospitalized Patients”.

In the study - Assessment of Nutritional Status of 120 general ward patients, were considered for the study. Aim of the study was to find out the relationship between, the duration of stay in the hospital and the risk of developing malnutrition in the patient. Hand-dynamometer and PG-SGA tool was used to assess the nutritional status. The data was analyzed using SPSS software and found that, co-morbidity status is directly proportional to nutritional status of hospitalized patients compared to people with no co-morbidity.

Registered Dietician Internship – Mini Project

Project title – “Relation Between Obesity and Overweight with Emotional Eating”

In the study :- hospital staff with BMI greater than 25kg/m² was included where every week for a period of 3 months where we assessed their weight, height, and body composition along with dietary counselling. Lunch was provided as a part of the study. The results were positive with weight loss and improved health conditions along with reduction in emotional eating patterns.

Internship experience

Registered Dietician Internship Bangalore Baptist Hospital

(June 2022 - July 2022)

Worked as an intern in the Bangalore Baptist hospital for the period of six months, during this course, I got an opportunity to work on case studies (50 different cases), participated in community camps and provided nutritional education and did one minor project conducted by the department of dietetics and food service management on the topic “obesity”.

Two month internship

Narayana Multispecialty Hospital Mysore

As a part of academics I got an opportunity to work in narayana multispecialty hospital for the period of two months, where I was involved in daily nutritional assessments of the patients in different departments, conducted community education programmes with the hospital premises and worked on case studies.

Awards

- **Secured Gold Medal In The Subject- Food Science And Nutrition During My Under Graduation**
- **Cleared National Eligibility Test (UGC-NET) - Cleared National Eligibility Test (UGC-NET) Lectureship Twice** - Once In December 2022 Held In February And In June 2023 And Cleared Phd Admission Qualification Along With Lectureship In June And December 2024.
- **Secured Third Air-3 Rank In Phd-JRF Examination Conducted By Indian Council Of Agricultural Research (ICAR)**
- **Cleared Karnataka State Eligibility Test. (KSET) In 2023 Which Was Held On January 2024**
- **Cleared ILETS (International English Language Testing System) - Score 6.5**

Skills

- Technical: SPSS, Microsoft excel, NRS- NUTRI-CAL application.
- Research: data collection, statistical analysis, report writing
- Language: English (fluent), kannada (native), Hindi (basic)

Certification courses

- Participated in one day workshop on **“Scientific Writing And Ethics In Enhancing Publication (Sweep)Success”** on 8th September 2025 at IFTTC auditorium , CSIR-CFTRI Mysuru at 10:30 am organized by AFST (I) - HQ Mysuru in association with CSIR-CFTRI MYSURU .
- **Training In Catering (Level 2) And Covid – Food Safety Supervisor** certificate number – acacovid2002043691
- **Training In Manufacturing (Level 2 And Covid – Food Safety Supervisor)** by FSSAI certificate number: amacovid2032043690
- Participated in poster competition held to commemorate **“World Mental Health Day (10th October) And World Food Day (16th October)”** on 25th November 2021, jointly organized by human development & welfare association and nutrition society, dos in food science and nutrition, Manasagangotri, Mysore
- Participated in national symposium on **‘Recent Advances In Enteral And Parenteral Nutrition’** on 26th July 2022 organized by department of nutrition and dietetics, JSS AHER , Mysore
- Participated in two days’ workshop on **“Biostatistics And Its Application Using Statistical Package For Social Science (SPSS)”** organized by dos in food science and nutrition, Manasagangotri on 26th and 27th November 2021
- Participated in the third one day hands on workshop on **“ High Performance Liquid Chromatography “** organized by the department of studies in biochemistry, school of life sciences, pooja Bhargava memorial Mahajan education center, (autonomous) pg wing. ON 9TH MAY 2022
- Participated in poster competition held to commemorate **“World Mental Health Day” (10th October) and world food day (16th October)”** on 25th November 2021, jointly organized by human development & welfare association and nutrition society, dos in food science and nutrition, Manasagangotri, Mysore

- Participated in the online quiz competition on “**Safe Food Today For A Healthy Tomorrow**” on 18th June 2021 organized by association of food scientists & technologists, CSIR-CFTRI campus, Mysuru
- Completed the training programme titled “**Awareness Skill Up Gradation Program On Plastics Technology**” held at central institute of plastics engineering and technology (CIPET) from 03 February 2020 to 04 February 2020.
- Participated in one day state level workshop on “**Nutrition And Wellness**” jointly organized by department of human development and biotechnology held on 31 January 2018 at Teresina College Mysuru.

Professional Membership

Life member of Indian dietetic association, Mysore chapter

Life member of association of food scientists and technologists (India)

Reference

Prof. M. Komala, M.Sc. Ph.D.

Professor Of Human Development And Family Studies

Chairperson, Dos In Food Science And Nutrition

University Of Mysore, Manasagangotri

Mobile no. 9448734996

komalagangadhar71@gmail.com

Daphne Balan

Chief Dietitian - Bangalore Baptist Hospital

E-mail - daphne@bbh.org.in

Irene Marry

Lecturer In The Department Of Food Science And Nutrition

St Philomena's College – Mysuru

Mobile number: - 6364584035

Declaration

I hereby declare that the information provided above is true and correct to the best of my knowledge and belief.

Deeksha s

Place – Mysuru