

PRATHIKSHA R BHAT

✉ prathiksha.bhat27@gmail.com

☎ 8951638616

📍 # 1344, M10/E, “Jyothi”, Mandi Mohalla, Sarkaji Lane, Mysuru - 21



PERSONAL INFORMATION

Date of Birth
27/05/1995

Nationality: Indian

Languages: English,
Kannada, Hindi, Tulu.

SKILLS

Advanced skills in
Microsoft Word, Excel,
and PowerPoint

Well-versed in Statistical
Analysis – Excel and
SPSS

Various Biochemical
Analysis – Human
samples

Food/nutrient analyses

Research methodology

Nutrient surveys/cross-
sectional studies

Handling analytical
instruments for
biochemical techniques
& food analyses

Nutritional Assessment

EDUCATION

Ph.D. (pursuing) 2019-present (FOOD SCIENCE & NUTRITION)
Department of Studies in Food Science and Nutrition, Manasagangotri, Mysuru

M.Sc. 2016-2018 (FOOD SCIENCE – specialization in CLINICAL NUTRITION) *Department of Studies in Food Science and Nutrition, Manasagangotri, Mysuru*

B.Sc. 2013-2016 (CHEMISTRY, FOOD SCIENCE & NUTRITION, BIOTECHNOLOGY) *Maharani's Science College for Women, Mysuru*

ACADEMIC QUALIFICATIONS

UGC-JRF fellowship | January 2019

State eligibility test for assistant professor | March 2019

WORK EXPERIENCE

NUTRITIONIST | *St. John's Research Institute, Bengaluru* | March – June 2019

Project title: TATA Pro-growth | Preventing growth faltering through milk or legume-protein-based nutritional supplementation in infants & through improvements in the government supplementary nutrition program and growth monitoring.

Roles and responsibilities: Planning and implementing dietary intervention, data collection, analysis and compilation, Report writing, and handling meetings with concerned officials.

ADDITIONAL QUALIFICATIONS / CERTIFICATIONS

Roles and Responsibilities as a UGC-JRF research fellow (2019-24)

- 1) Involved in teaching both theoretical and practical courses of Food Science and Nutrition, University of Mysore from 2019 to 2024 for 4 hours per week, for the following papers;

Theoretical courses: Principles of Diet Therapy /Principles of Clinical Nutrition, Diet in Diseases, Nutrition and Physical Fitness, Clinical Nutrition and Dietetics I & II, Critical Care & Food Service Management.

Practical aspects of the courses: Nutritional Biochemistry, Human Physiology, and Principles of Diet Therapy / Clinical Therapy.

Research Guidance

Assisted in supervising dissertations and projects of M.Sc students

2. Nutrient, Antinutrient, Antioxidant Profile, and Protein Digestibility of Millet-Based Baked Products.
3. Effect of Soaking and Germination Methods on Selected Minor Millets with respect to Antinutrients and Antioxidant Activity.
4. Evaluation of Anti-Nutrients, Protein and Starch Digestibility in Commercially Available Millet-Based Infant Foods
5. Internship research rotation projects, and case studies.

Supplementary admin duties

6. Actively involved in the preparation and documentation of NAAC and AQAR reports.
7. Played a key role in organizing various academic events such as conferences, seminars, and workshops. To name a few; Clinical Research Methods – 2022 sponsored by SERB-DST, workshop on “From Nutrigenetics to Personalized Nutrition”, and the National Conference “Sustainable Strategies for Food Safety and Nourishment 2020” etc.

8. Served as a volunteer during the “96th Annual Meet and National Seminar of Vice chancellors 2022”.

OTHERS

9. Successfully passed the UGC-sponsored career-oriented add-on diploma certificate course in “Plant tissue culture technology” in 2014-15.
 10. Short course in clinical research organized by Institute of Management Sciences and Research, Nagpur held from 20th – 24th September 2023.
 11. Completed the LLL online course on Nutrition Support in Renal Disease by ESPEN.
 12. Completed the webinar courses titled “Perioperative Nutrition Therapy”, “Nutrition Therapy in Critically Ill Patients”, “Consequences of Diabetes Mellitus on Nutritional Status”, “Nutrition Therapy in Critically Ill Patients”, “Nutritional Support in Renal Diseases”, “Nutritional Support in Cancer” of the Fresenius Kabi Academy for Continuous Education programme on Clinical Nutrition from July – December 2020.
-

PAPER PUBLICATIONS

International

1. Bhat, P. R., Urooj, A., & Nalloor, S. (2024). Exploring the association of dietary inflammatory index, disease progression and cellular integrity in chronic kidney disease: A cross-sectional study. *Nutrition and health*, 2601060241299572. *Advance online publication*. <https://doi.org/10.1177/02601060241299572>
2. Bhat, P. R., Urooj, A., & Nalloor, S. (2022). Changes in body composition in relation to estimated glomerular filtration rate and physical activity in predialysis chronic kidney disease. *Chronic diseases and translational medicine*, 8(4), 305–313. <https://doi.org/10.1002/cdt3.45>

National

1. Prathiksha R Bhat, Joanna Kane-Potaka, Venkateswarlu Ronda, Raj Kumar Bhandari. Research and development strategy for millets for the next 10 years in India and the globe. NFI bulletin (Accepted)

2. Bhat, P.R., Karunakaran, C.G., & Urooj, A. (2018). Hospital based study on the risk factors and clinical profile of patients with pancreatitis in Mysuru city. *J. Indian Dietetic Association*, 41(2), 10-19.
-

PAPER PRESENTATIONS

1. **E-poster presentation;** Prathiksha R Bhat, Asna Urooj, Srinivas Nalloor. Dietary Diversity in Chronic Kidney Disease: Relationship with Nutrient Adequacy and Disease Progression at the International Conference on Food for Gut Health – The Cognizance of the Second Brain organized by the Avinashilingam Institute for Home Science and Higher Education for women on 2nd and 3rd February 2024.
2. **Oral presentation;** Prathiksha R Bhat, Asna Urooj, Srinivas Nalloor. The impact of dietary inflammatory index on biochemical and body composition parameters in pre-dialysis chronic kidney disease”, at the Young Scientist – Senior Award in Community Nutrition category, 55th Annual Conference of Nutrition Society of India, ICMR NIN, Hyderabad from 25-26th November, 2023
3. **Poster presentation;** Chandana HV, Shraddha S, Prathiksha R Bhat, Asna Urooj. Effect of soaking and germination on antinutrients and antioxidant profile of selected minor millets” at the 55th Annual Conference of Nutrition Society of India, ICMR NIN, Hyderabad from 25-26th November, 2023.
4. **Poster presentation;** BM Srushti, Prathiksha R Bhat, Shraddha S, Asna Urooj. Anti-nutrient profile, protein digestibility in commercially available millet-based infant foods at the 55th Annual Conference of Nutrition Society of India, ICMR NIN, Hyderabad from 25-26th November 2023.
5. **Poster presentation;** Adarsh CA, Prathiksha R Bhat, Shraddha S, Asna Urooj. Nutrient, Anti-nutrient profile, and Digestibility of commercial millet-based baked products at the 55th Annual Conference of Nutrition Society of India, ICMR NIN, Hyderabad from 25-26th November 2023.
6. **Oral presentation;** Prathiksha R Bhat, Asna Urooj, Srinivas Nalloor. Association of dietary inflammatory index with disease-specific biochemical and body composition parameters in pre-dialysis chronic kidney disease at the 54th annual conference of

Nutrition Society of India organized by NSI in association with ICMR-NIN, Hyderabad on 22nd – 23rd December 2022.

7. **Oral presentation;** Prathiksha R Bhat, Asna Urooj, Srinivas Nalloor. Inflammatory, oxidative stress and total antioxidant capacity markers as mediators of cardiovascular risk in pre-dialysis chronic kidney disease – An exploratory study at the national conference, My Nutricon – 2022 organized by JSS Medical College, Mysuru on 8th and 9th December 2022.
8. **E-poster presentation;** Prathiksha R Bhat, Asna Urooj, Srinivas Nalloor. BIA-derived phase angle as an indicator of nutritional and volume status in pre-dialysis CKD at the North Zone - ISNCON 2022 organized by the Varanasi Nephrology Society on 5th – 6th March 2022.
9. **E-poster presentation;** Prathiksha R Bhat, Asna Urooj, Srinivas Nalloor. Predictive relationship between estimated glomerular filtration rate and body composition in pre-dialysis chronic kidney disease at the 51st Annual Conference of Indian Society of Nephrology from 9th to 12th December 2021.
10. **Oral presentation;** Prathiksha R Bhat, Asna Urooj. A cross-sectional study on the incidence and management of pancreatitis in the Mysore region at the Symposium on the theme “Clinical Nutrition and Dietetics – Current Practices and Future Trends” held on 6th September 2018.
11. **Poster presentation;** Prathiksha R Bhat, Shazia Parveen, Charlotte G Karunakaran, Asna Urooj. Use of complementary foods for infants among different income groups attending selected clinics in Mysuru at the UPE-sponsored silver jubilee National seminar on Risks and Resilience across the life span on March 15th & 16th 2018.

RESEARCH EXPERIENCE

PhD research topic – Impact of Nutrition Intervention on Clinical and Metabolic outcomes in Pre-dialysis Chronic Kidney Disease (*UGC-NET JRF fellowship*)

1. A cross-sectional study on the incidence and management of pancreatitis in the Mysore region.
2. Academic minor project on Usage of nutrition supplements by pediatric population (among low and middle-class income groups in & around Mysuru)

3. Academic minor project on Assessment of nutritional status of pregnant women in Mysuru.
 4. Academic minor project on the Assessment of nutritional status of preschoolers in Devaraja Anganwadi, Mysuru.
-

AWARDS & RECOGNITION

1. Awarded as a 'qualified InBody scholar' on being graded as Outstanding in the certification program "Body composition analysis in Medical Science & Clinical Nutrition", organized by Inbody academia in association with IAPEN-Bangalore chapter at Fortune JP celestial, Course road, Bengaluru
 2. Participated in e-poster competition organized by Indian Dietetic Association, Mysore Chapter to commemorate "International Yoga Day". The e-poster titled: "Pre-Menstrual Syndrome – Synergistic effects of Yoga and Nutrition" secured a consolation prize.
-

Participation in National / International conferences/ seminars/ workshops

1. Completed the short course in clinical research organized by Institute of Management Sciences and Research, Nagpur held from 20th – 24th September 2023.
2. Attended the three-day workshop on "Basic and Advanced reanalysis using SPSS" jointly organized by DOS in Food Science and Nutrition, UoM and Statsparks, statistical consulting company, Bengaluru, held on 15th – 17th February 2023.
3. Attended the 13th India Probiotic Symposium organized by Gut Microbiota and Probiotic Science Foundation on 25th and 26th March, 2023.
4. Attended the National symposium on "Revisiting millets for Food and Nutrition Society" – Siridhanya Sukadhanya, organized by Dept. Nutrition and Dietetics, JSS-

AHER on 19th & 20th May 2023 at Sri Rajendra Centenary Auditorium, JSS hospital, MG road, Mysuru.

5. Attended a one-day certification programme for body composition analysis on 17th June 2023 organized by Inbody academia in association with IAPEN-Bangalore chapter at Fortune JP celestial, Course road, Bengaluru
6. Attended the national symposium “Recent advances in enteral & parenteral nutrition”, organized by JSS-AHER, Mysuru on 26th July 2022.
7. Attended and part of organization team of “Workshop on Clinical Research methods” by Institutional Human Ethics Committee, University of Mysore on 28th – 30th September, 2022.
8. Attended the 5th virtual International conference on “Food and Nutrition” organized by Universal society of food and nutrition.
9. Attended the two days virtual programme on “Statistical Methods in Food Processing” organized by AFSTI on 10th – 11th October, 2022.
10. Attended a one day workshop on “Drafting research reports: application of tools and techniques” organized by Mysore university library on 14th October, 2022
11. Attended International virtual conference on “Biological Innovations & Computational Exploration for Pandemic Challenges (BICPAC’22) held on 24th & 25th February 2022, organized by Department of Biotechnology & Bioinformatics, Bishop Heber College (Autonomous), Tiruchirapalli, Tamil Nadu.
12. Attended the webinar on “Nutrical” organized by IDA-Bangalore on March 2nd, 2022.
13. Attended the 12th India Probiotic Symposium on “Good microbiome, probiotics and good health” organized by The Gut Microbiota and Probiotic Science Foundation on 5th & 6th March 2022.
14. Attended the annual conference – North Zone - ISNCON 2022 organized by the Varanasi Nephrology Society on 5th – 6th March, 2022.
15. Attended the hybrid conference on “Reconnecting nutrition in 2022 – ICNC 2022” organized by IAPEN India clinical nutrition congress on 10th- 12th March, 2022.
16. Attended the three day online National workshop on R-stats organized by the Department of Clinical Nutrition and Dietetics, Sri Devaraj Urs Academy of Higher Education and Research, Kolar from 19th – 21st April, 2022.
17. Attended the webinar on “Oral protein-based supplements versus placebo or no treatment for people with chronic kidney disease requiring dialysis” organized by the International Society of Nephrology on May 6th, 2022.

18. Attended the 3rd One day Hands on Workshop on “High Performance Liquid Chromatography” organized by Pooja Bhagavat Memorial Mahajana Education Centre on May 9th, 2022.
19. Attended the 2nd PENZA Interdisciplinary Webinar on “How to estimate caloric requirement in hospitalized patients?” organized by The Parenteral and Enteral Nutrition Society of Asia on 22nd May, 2022.
20. Attended the virtual 6th annual conference of Society of Renal Nutrition and Metabolism – SRNMCON 2021 jointly organized by Society of Renal Nutrition and Metabolism and Mumbai Kidney Foundation on 2-3rd October 2021.
21. Attended the webinar on “Food Exchange List – Planning and Execution” organized by Nutrition Society of India, Mumbai Chapter on 30th October 2021.
22. Attended the 2 day international webinar on “Food and Mood: Diet in Prevention and Treatment of Mental Health Disorders organized by Nutrition Society of India, Mumbai Chapter in collaboration with Food and Mood centre, IMPACT Institute, Deakin University on 13th and 20th November, 2021.
23. Attended the annual conference of Indian Society of Nephrology – ISNCON 2021 organized by the Indian Society of Nephrology on 9th – 12th December, 2021
24. Attended the workshop on “Patent & Prosper: Building awareness on intellectual property rights” organized by Department of Food Science and Nutrition and IPR cell, University of Mysore on 19th February 2021.
25. Attended the virtual special lecture on “Creating a healthy and sustainable food environment” organized by Department of Food Science and Nutrition, University of Mysore on 16th June 2021.
26. Attended the virtual special lecture on “Case study approach in health education and research” organized by Department of Food Science and Nutrition, University of Mysore on 23rd June 2021.
27. Attended webinar on “Grains for gut microbiome health – A dietary perspective” organized by Nutrition Society of India, Mumbai Chapter in collaboration with Kellogg Nutrition on July 28th 2020.
28. Attended the webinar on “Macronutrient Analysis of Food Systems” organized by Department of Food Safety and Quality Testing, Indian Institute of Food Processing Technology (IIFPT) on 30th July 2020.
29. Attended the international webinar on “Renal Nutrition Update 2020” organized by Chennai Urology and Robotics Institute (CURI) Hospital in association with Indian

Dietetic Association, Chennai chapter and Bangladesh Academy of Dietetics and Nutrition on 7th August 2020.

- 30.** Attended the international webinar on “Nutrition for Health and Disease: Exploring new horizons for sustenance” organized by Department of Nutrition and Dietetics – Faculty of Life Sciences, JSS AHER, Mysuru from 7th – 9th October 2020.
- 31.** Attended the international webinar on “Sustainable Strategies for Food Safety and Nourishment” organized by Department of Food Science and Nutrition, University of Mysore in association with Indian Dietetic Association, Mysore Chapter 22nd & 23rd October 2020.
- 32.** Participated in the one-day webinar on “ Role of nutraceuticals and functional foods in human health” organized by G.B. Pant University of Agriculture and Technology on 30th June 2020.
- 33.** Attended seminar on “Good Nutrition – Key to Development for a Better Tomorrow” organized by Protein Foods and Nutrition Development Association of India (PFNDAI) in collaboration with Department of Studies in Food Science and Nutrition on February 7th, 2020.
- 34.** Participated in the workshop on “Complementary Therapies in Autism Spectrum Disorder: Interplay between Diet and Gut Micro-biota” organized by Department of Studies in Food Science and Nutrition on 15th February, 2020.
- 35.** Participated in the workshop on “Introduction to Ayurveda-based Holistic Nutrition” organized by Indian Dietetic Association, Mysore chapter and The University of Trans-Disciplinary Health Sciences and Technology on 10th March, 2020
- 36.** Participated in National level workshop on “Quality Research Methodology and Writing, Publishing Skills for Researchers”, organized by Department of Studies in Library and Information Science on 26th & 27th July, 2019.
- 37.** Participated in workshop on “Critical Appraisal Skills for Nutrition Research” (CNE programme- 2 credits), organized by Department of Studies in Food Science and Nutrition held on 19th and 20th of August, 2019.
- 38.** Participated in ICMR sponsored workshop on “From Nutrigenetics to Personalised Nutrition” organized by Department of Studies in Food Science and Nutrition held on 23rd and 24th of August, 2019.
- 39.** Attended National workshop on “Understanding Research Metrics using SCOPUS Database” organized by Department of Studies in Library and Information Science on 30th September, 2019.

40. Participated in the 12th National Women's Science Congress organized by SBRR Mahajana First Grade College, Mysuru on 7th to 9th November, 2019.

PROFESSIONAL AFFILIATIONS

1. Life member – Indian Dietetic Association.
 2. Life member - Association of Food Scientists and Technologists (India).
 3. Life member - Indian Association of parenteral and enteral nutrition.
 4. Life member - Home Science Association of India.
-

REFERENCES

1. **Dr. Asna Urooj**
Retd. Senior Professor,
DOS in Food Science and Nutrition
University of Mysore, Mysuru.
9448489334
asnau321@gmail.com
2. **Dr. Komala Gangadhar**
Professor and Chairperson,
DOS in Food Science and Nutrition
University of Mysore, Mysuru.
9448734996
komalagangadhar70@gmail.com
3. **Dr. Raj Bhandari**
Member, National Technical Board of Nutrition, Niti Aayog, GoI
Member, National Millets Task Force, GoI
9930680444

DECLARATION

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

Date:

Place: Mysuru

Signature: