

## CURRICULUM VITAE

**Name** **Ms. SHRADDHA S.**  
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**Date of Birth** 13.02.1995  
**Nationality** Indian



### 1. Academic Qualification (Annexure- 1)

Degree/ Subject	Year	University	Percentage & Class
Ph.D. in Food Science and Nutrition	UGC-JRF 01.07.2019 to 30.06.2021 UGC-SRF 01.07.2021 to 30.06.2024 Research Scholar present	University of Mysore DOS in Food Science and Nutrition	Pursuing
M.Sc. in Food Science and Nutrition (Specialization in Clinical Nutrition and Dietetics)	2018	University of Mysore DOS in Food Science and Nutrition	CGPA 8.901 Equi. % 89.01 Distinction
Diploma in Plant tissue culture technology	2015	University of Mysore UGC sponsored career-oriented course (Add-on course)	97%
B.Sc. (Chemistry, Food Science & Nutrition, Biotechnology)	2016	University of Mysore Maharani's Science College for Women, Mysuru	88.78% Distinction Food Science and Nutrition- 92.5%
P.U.C. (PCMB)	2013	Dept. of Pre-University Education, GoK Vijaya Vittala Pre-University College, Mysuru	88.83% Distinction
SSLC	2011	KSEEB, GoK Sree Cauvery Educational Institution, Mysuru	94.4% Distinction

## 2. Additional Qualification and Training/ Internship (Annexure- 2)

Sl. No.	Qualification/ Training
1.	Qualified the <b>UGC-NET for JRF and Assistant Professor</b> held in <b>December-2018</b> in the subject <b>Home Science</b> .
2.	Successfully completed training in <b>Food Safety Supervisor- Manufacturing (Level 2)</b> held at <b>Q&amp;FSC Karnataka Bangalore South</b> .
3.	<b>Faculty Development Programme-</b> e-contents and ICT tools for Innovative & Effective Teaching- One week- Online mode- 15 <sup>th</sup> July – 21 <sup>st</sup> July, 2020 organised by KS Jain Institute of Engineering and Technology, Modinagar, Ghaziabad (Approved by AICTE and Affiliated to AKTU, Lucknow)
4.	Completed <b>hospital internship</b> in Columbia Asia- a corporate, multi-specialty hospital in Mysuru, as part of academic curriculum of M.Sc., for a period of <b>4 months</b> during January –April, 2018
5.	Successful completion of one-day <b>Certification Program</b> for “ <b>Body Composition Analysis in Medical Science &amp; Clinical Nutrition</b> ” organised by InBody academia, held on 17 <sup>th</sup> of June 2023 at Fortune Park JP Celestial, Bengaluru

## 3. Professional and Teaching Experience (Annexure- 3)

Sl. No.	Institution	Post-held	Year
1.	Seshadripuram Degree College, Mysuru	Visiting-faculty (Open-elective)	07.08.2024 – present
2.	IGNOU, Vidyavardhaka First Grade College Study Center, Mysuru	Academic Counsellor	Oct'2018 – present
3.	Department of Home Science, Maharani's Science College for Women, Mysuru	Guest-faculty	02.08.2018 – 10.04.2019

### Visiting Faculty at Sheshadripuram Degree College:

Roles and responsibilities: Conducting theory classes for undergraduate students who have opted for food science and nutrition paper as open elective, conducting and evaluation of assessments.

### Academic Counsellor at IGNOU Study Center, Mysuru:

Roles and responsibilities: Conducting contact classes if requested by the students and evaluation of assignments for the certificate programme in Food and Nutrition (CFN-01,02 & 03) and Diploma in Nutrition and Health Education (DNHE).

### **Guest-faculty at Maharani's Science College for Women, Mysuru:**

Roles and responsibilities: Conducting theory and practical classes for undergraduate students of food science and nutrition for the papers- Human Physiology, Food Science, Family Nutrition, Food Commodities and Principles of Nutrition.

### **Research Scholar at DOS in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysuru:**

As per the regulation of **UGC-JRF**, **4 hours per week** during my tenure as UGC-JRF and UGC-SRF during the preceding 5 years, have been dedicated to teaching post-graduate students for the course M.Sc. Food Science and Nutrition.

**Practical Sessions-** Food Science and Food Processing-I, Nutritional Biochemistry, Human Physiology, and Clinical Nutrition and Dietetics-I.

**Lecture Sessions-** for courses such as Principles of Clinical Nutrition, Diet in Diseases, Sports Nutrition, Principles of Diet Therapy, Clinical Nutrition and Dietetics- I and II, Food Service Management and Nutrition in Critical Care.

Mentoring post-graduate students, helping them navigate their academic and dissertation and internship work and short-term research projects.

In addition to academic and teaching roles, actively involved in the administrative work of the department such as compiling annual reports, AQAR, and NAAC reports, assisting with the admissions process and framing the PG course curriculum, verifying stock, and organizing seminars, workshops, conferences, departmental activities and outreach programs.

## **4. Research Experience**

**Areas of Interest:** Clinical nutrition, community nutrition, nutrition intervention, women's health

<b>Sl. No.</b>	<b>Research at PG/Ph.D.</b>	<b>Research Title and Areas</b>
<b>1.</b>	Title of Ph.D. Thesis	"Impact of Nutrition Intervention on Metabolic and Clinical Outcome of Women with Polycystic Ovary Syndrome"
	Fellowship Awarded	UGC-JRF; UGC Ref. no. 1594/(NET-DEC 2018) dated 7 <sup>th</sup> May 2019 Tenure: 01.07.2019 to 30.06.2024 (5 years)
<b>2.</b>	Short-term projects as part of M.Sc. programme	i. Assessment of Nutritional Status of Pregnant Women in Mysuru ii. Usage of nutrition supplements by pregnant and lactating women (among low income group, in and around Mysuru) iii. A hospital based study on the "Assessment of perception of myths and awareness about

		diabetes of type-2 diabetes subjects in Mysuru city”
3.	Short-term projects as part of B.Sc. programme	“Assessment of Nutritional Status of Preschoolers in Devaraja Anganwadi, Mysuru”
4.	Assisted M.Sc. dissertation	i. Nutrient, Antinutrient, Antioxidant Profile and Protein Digestibility of Millet-Based Baked Products (Adarsh C.A., May-2023) ii. Effect of Soaking and Germination Methods on Selected Minor Millets with respect to Antinutrients and Antioxidant Activity (Chandana H.V., May-2023) iii. Evaluation of Anti-Nutrients, Protein and Starch Digestibility in Commercially Available Millet Based Infant Foods (Srushti B.M., May-2023) iv. Trends in Consumption of Ultra-processed Foods among Female Hostel Students of University of Mysore (Anupama M., September-2024)

#### 5. Research Paper Publications (Annexure- 4)

Publications	International	National	Total
Research Publications in Journals	01	01	02

##### International

- Shraddha S, Charlotte G Karunakaran and Asna Urooj. Assessment of Perception of Myths and Awareness about Diabetes among Type-2 Diabetes Subjects in Selected Hospitals in Mysuru City. Acta Scientific Nutritional Health. 2020, 4 (4):21-27

##### National

- Shivakumar, S., & Urooj, A. (2022). Assessment of body composition parameters and its association with serum uric acid in women with polycystic ovary syndrome- a case-control based exploratory study. Indian Obstetrics & Gynaecology, 12(4), 33–40. (UGC-CARE indexed)

#### 6. Research Papers Presented in Conferences/ Seminars (Annexure- 5)

Presentations	International	National	Total
Oral paper presented	-	03	03
Poster paper presented	01	07	08

### Oral Presentations:

1. **Shraddha S**, Charlotte G Karunakaran and Asna Urooj. “Assessment of perception of Myths and Awareness about diabetes among type-2 diabetes subjects in selected hospitals in Mysuru city” in oral session in the field of Nutrition education communication & policy research during 51<sup>st</sup> National Conference of the Nutrition Society of India held at the Rajiv Gandhi Center for Biotechnology, Thiruvananthapuram, Kerala on 8<sup>th</sup> & 9<sup>th</sup> of November 2019. (National level)
2. **Shraddha S.** and Asna Urooj. “Oxidative Stress and Atherogenicity Indicators in Women with and without Polycystic Ovary Syndrome” in National conference “MyNutricon-2022” Theme: Public health aspects of nutrition towards sustainable development goals, organized by Dept of Community Medicine, JSS Medical College, Mysuru, in collaboration with Dept of Nutrition & Dietetics, JSS-AHER and DOS in Food Science and Nutrition, University of Mysore, Mysuru, held on 8<sup>th</sup> & 9<sup>th</sup> December 2022 at JSS Medical College, Mysuru.
3. **Shraddha S and Asna Urooj.** “Impact of Physical Activity and Body Composition on Oxidative Stress in Women with and without Polycystic Ovary Syndrome”. Young Scientist Award- Senior Session of 55<sup>th</sup> Annual Conference of Nutrition Society of India Nutrition Society of India at ICMR-NIN, Hyderabad. 25<sup>th</sup> & 26<sup>th</sup> November 2023 at ICMR-NIN, Hyderabad. (National level)

### Poster Presentations:

4. **Shraddha S**, Sthuthi Yethadka, Charlotte G Karunakaran and Asna Urooj. “A study on knowledge, attitude and practice of dietary supplements among pregnant and lactating women at government hospital in Mysuru” at UPE sponsored Silver Jubilee National Seminar on – “Risks and resilience across the life span” held at Vijnana Bhavan, Manasagangothri, Mysuru
5. **Shraddha S.** and Asna Urooj. “Comparison of Body Composition Characteristics and Fat Distribution in Women with and without Polycystic Ovary Syndrome” at BICPAC’22 organised by Bishop Heber College, Thiruchirapalli, Tamil Nadu, sponsored by DBT & CSIR- Ministry of Science and Technology, GoI, on 24<sup>th</sup> & 25<sup>th</sup> February 2022. (International e-Poster)
6. **Shraddha S.** and Asna Urooj. “Metabolic Syndrome among Women with and without Polycystic Ovary Syndrome presenting to a Tertiary Care Hospital” in 54<sup>th</sup> Annual conference of Nutrition Society of India; Theme: “Sustainable Healthy Diets- Health for All” held on 22<sup>nd</sup> & 23<sup>rd</sup> December 2022 at ICMR- National Institute of Nutrition, Hyderabad, Telangana, India. (National level)
7. **Shraddha S** and Asna Urooj. “Comparison of Body Composition and Oxidative Stress Profiles Between Lean and Obese Women with Polycystic Ovary Syndrome” at International Conference on Food for Gut Health - The Cognizance of the Second Brain Dept of Food Service Management and Dietetics & IQAC & Dept of CND, Fernandez Hospital, Hyderabad & IDA-Coimbatore Chapter on 2<sup>nd</sup> and 3<sup>rd</sup> February 2024 at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu.

8. Adarsh C.A, Prathiksha R. Bhat, **Shraddha S**, Asna Urooj. “Nutrient, antinutrient profile and digestibility of commercial millet-based baked product”. 55th Annual Conference of Nutrition Society of India Nutrition Society of India at ICMR-NIN, Hyderabad on 25<sup>th</sup> & 26<sup>th</sup> November 2023 at ICMR-NIN, Hyderabad. (National level)
9. Chandana H.V, **Shraddha S**, Prathiksha R Bhat, Asna Urooj. “Effect of soaking and germination on antinutrients and antioxidant profile of selected minor millets”. 55th Annual Conference of Nutrition Society of India. Nutrition Society of India at ICMR-NIN, Hyderabad on 25th & 26th November 2023 at ICMR-NIN, Hyderabad. (National level)
10. Srushti B.M, Prathiksha R Bhat, **Shraddha S**, Asna Urooj. “Nutrient, antinutrient profile, protein digestibility in commercially available millet based infant foods”. 55th Annual Conference of Nutrition Society of India. Nutrition Society of India at ICMR-NIN, Hyderabad on 25th & 26th November 2023 at ICMR-NIN, Hyderabad. (National level)
11. Rashmipriya C., Pavan Kumar S.K., **Shraddha S.**, Komala M. “Anthropometric Status and Nutrient Adequacy in the Elderly Jenu-kuruba Tribe.” 55th Annual Conference of Nutrition Society of India. Nutrition Society of India at ICMR-NIN, Hyderabad on 25th & 26th November 2023 at ICMR-NIN, Hyderabad. (National level)

**7. Participation in Seminars/Conferences at International/ National level (Annexure –6 and 7) and workshops (Annexure- 8):**

<b>Participation type</b>	<b>International</b>	<b>National/ State</b>	<b>Total</b>
<b>Merely Participated</b>	13	43	56
<b>Paper presented</b>	01	10	11
<b>Workshops attended</b>	-	24	24

**8. Invited Talk/ Special Lecture (Annexure –9):**

- i Delivered a video lecture as a guest-speaker on “Fatigue, overtraining, role of warm up and cool down exercises” for the Sports Nutrition online certificate program conducted by Department of Post-Graduate Studies and Research in Food Science, St. Aloysius College (Autonomous), Mangaluru on 9<sup>th</sup> May, 2020.
- ii Delivered an invited talk on “Menstrual Health & Hygiene” on the occasion of International Women’s Day celebration on 8th March 2022 at rProcess Outsourcing Services Pvt. Ltd., Nadanahalli, Mysuru.

## **9. Awards (Annexure- 10):**

### **Awards received for securing highest marks during B.Sc. programme:**

1. “Prof. B. Syed Ali Gold Medal” for securing highest marks in B.Sc. (Chemistry) in by the University of Mysore.
2. “Mysore Viswavidyanilaya Hindi Reader Sachidanandan Gold Medal” for securing highest marks in B.Sc. (Hindi) language by the Mysore University.
3. Cash Prize for securing highest marks in Food Science and Nutrition and Biotechnology in B.Sc. awarded by Maharani’s Science College for Women, Mysuru.

### **Awards received for securing highest marks during M.Sc. programme:**

4. “Dr. Padma Umapathy Gold Medal” for securing First Rank in M.Sc. by the University of Mysore.
5. “Bharatha Rathna B. R. Ambedkar Vichara Vedike Gold Medal” for securing First rank in M.Sc. by the University of Mysore.
6. “Smt. Padma Narayanswamy Endowment Cash Prize” for securing highest marks in M.Sc. degree examination, by the University of Mysore.
7. “President Nutrition Society, DoS in Food Science and Nutrition Silver Jubilee endowment Cash Prize” for securing highest marks in M.Sc. examination by the University of Mysore.
8. “Prof. Shashikala Puttaraju Cash Prize” for securing highest marks in Clinical and Dietetics theory subject in first attempt in M.Sc. in Food Science and Nutrition examination in, by the University of Mysore.
9. “Prof. G Saraswathi Felicitation Cash Prize” for securing First Rank in M.Sc. degree, by the University of Mysore.
10. “PFND AI Prof. Jamuna Prakash Felicitation Cash Prize” for securing Highest Marks/Grade in First attempt in the course Food Science & Food Processing which is offered as Hard Core in I & II Semester of M.Sc. Food Science & Nutrition Examination, by the University of Mysore.

### **Awards for research work:**

11. **Best Poster Award-** “Comparison of Body Composition Characteristics and Fat Distribution in Women with and Without Polycystic Ovary Syndrome” held at BICPAC’22 (International) organised by Bishop Heber College, Thiruchirapalli, Tamil Nadu, sponsored by DBT & CSIR- Ministry of Science and Technology, GoI, on 24th & 25th February 2022.
12. **First Prize- Student Best Oral Presentation-** “Oxidative Stress and Atherogenicity Indicators in Women with and without Polycystic Ovary Syndrome” in National conference “MyNutricon- 2022” Theme: Public health aspects of nutrition towards sustainable development goals, organized by Dept of Community

Medicine, JSS Medical College, Mysuru, in collaboration with Dept of Nutrition & Dietetics, JSS-AHER and DOS in Food Science and Nutrition, University of Mysore, Mysuru, held on 8<sup>th</sup> & 9<sup>th</sup> December 2022 at JSS Medical College, Mysuru.

13. **Certificate of Recognition** for commendable performance in Oral presentation entitled “Oxidative Stress and Atherogenicity Indicators in Women with and without Polycystic Ovary Syndrome” in the National Conference “MyNutricon-2022” held at JSS Medical College, Mysuru, Karnataka on 8<sup>th</sup> and 9<sup>th</sup> December 2022.
14. **First Prize for poster presentation-** “Comparison of Body Composition and Oxidative Stress Profiles Between Lean and Obese Women with Polycystic Ovary Syndrome” at International Conference on Food for Gut Health - The Cognizance of the Second Brain Dept of Food Service Management and Dietetics & IQAC & Dept of CND, Fernandez Hospital, Hyderabad & IDA-Coimbatore Chapter on 2nd and 3rd February 2024 at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu.

**As a co-author**

15. **Best poster presentation- Food science category-** Srushti B.M, Prathiksha R Bhat, Shraddha S, Asna Urooj. “Nutrient, antinutrient profile, protein digestibility in commercially available millet based infant foods”. 55th Annual Conference of Nutrition Society of India. Nutrition Society of India at ICMR-NIN, Hyderabad. 26<sup>th</sup> & 26 November 2023 at ICMR-NIN, Hyderabad. (National level).

**Others:**

16. **Third Prize** for a poster entitled “Yoga and Nutrition in PCOS- A Complementary Therapy” in an e-poster competition organized by Indian Dietetics Association- Mysore Chapter to commemorate “International Yoga Day” during May 2020.
17. **Consolation Prize** in the Online Quiz Competition under Ph.D. Students category organised by AFSTI, Mysuru, commemorating “World Food Safety Day-2021” on 18<sup>th</sup> June 2021.
18. **Second Prize** in the “Slogan-Contest”, organized for “The PCOS Awareness Program – Connecting with Unconnected” by The PCOS Society- India, held on Saturday, 25<sup>th</sup> September 2021.
19. **First Prize** in a quiz on “High Performance Liquid Chromatography” at “3rd One-day hands on workshop organized by the Dept. of Studies in Biochemistry, School of Life Sciences, Pooja Bhagavat Memorial Mahajana Education Centre, SBRRMFGC (Autonomous) PG wing, Mysuru on 9<sup>th</sup> May 2022.
20. **First Prize** in theme-based infographic competition as part of National webinar on “Cyber Security: Securing our Virtual World” organized by Dept. of Nutrition & Dietetics in collaboration with Division of Geoinformatics, School of Life Sciences, JSS-AHER, Mysuru, and FOSAI-Forensics held on 30<sup>th</sup> March, 2023.



#### **10. Member in Academic Committee:**

**BOS Alumnus Member for Undergraduate-** Food Science & Nutrition, Maharani's Science College for Women (Autonomous), Mysuru, for the period 2021-2023.

#### **11. Membership in Academic Societies:**

- Life member of Indian Dietetic Association
- Life member of Nutrition Society of India
- Life member of Association of Food Scientists and Technologists of India (AFSTI)
- Life member of the PCOS Society of India
- Life member of Home Science Association of India
- Life member of IAPEN India Association
- Life member of Colitis & Crohn's Foundation (India)

#### **12. Organising Scientific Events (Seminar/ Conference/ Workshop) (Annexure-11):**

- Organizing committee member of National e-conference on “Sustainable Strategies for Food Safety and Nourishment” on 22<sup>nd</sup> & 23<sup>rd</sup> of October, 2020 organized by DOS in Food Science and Nutrition, University of Mysore, in association with Indian Dietetics Association- Mysore Chapter, to commemorate World Food Day-2020.
- Organizing committee member of workshop on “Clinical Research Methods” organized by Institutional Human Ethics Committee, University of Mysore in association with Indian Dietetic Association- Mysore Chapter sponsored by SERB-DST and CSIR-HRDG, Govt. of India held on 28<sup>th</sup>-30<sup>th</sup> September 2022 at IOE Auditorium, University of Mysore. (National level)
- Organizing committee member of the seminar on “Anti-Obesity Day and World Diabetes Day- Nutritional Perspective” organized by Dept. of Studies and Research Karnataka State Open University and Indian Dietetic Association- Mysore Chapter on 6<sup>th</sup> December 2022 at Kaveri Auditorium, KSOU, Mukthagangotri, Mysuru.
- Volunteer for 96<sup>th</sup> Annual Meet and National Seminar of Vice Chancellors' – March 23-25, 2022 in partnership with United Nations on “Realizing Sustainable Development Goals (SDGs) through Higher Education Institutions” hosted by University of Mysore, Mysuru, Karnataka.
- Actively involved in organizing scientific events commemorating nutrition and health related days and outreach programs of DOS in Food Science and Nutrition, University of Mysore, Mysuru.

#### **13. Technical and Other Skills and Competences:**

- **Laboratory Skills:** Colorimetric and chromatographic techniques- paper, TLC & HPLC, spray drying, lyophilizer or freeze drying, serum handling and storage, blood/serum parameters analyses, serum oxidative stress parameters, food analyses

(moisture, fat, protein, fibre, ash, minerals, vitamins, antioxidants and anti-nutrients assays, starch and protein digestibility assays)

- **Equipment/ Instrument handled:** UV-Vis double beam spectrophotometer, semi-automated bio-analyser (Robonik, India), automated moisture analyser (Mettler Toledo), semi-automated protein analyser (Kelplus, Pelican Equipments), semi-automated dietary fibre analyser (Pelican Equipments), automatic fat/ solvent extraction system (Pelican Equipments), rotary evaporator, HPLC (Waters), Body Composition Analyser-InBody770 (South Korea), viscometer (Brookfield), cooling centrifuge (Remi), basic equipment- centrifuge, pH meter, incubator, hot-air oven, autoclave, hemoglobinometer (Mission), glucometer (Accuchek), etc.
- **Software proficiency:** SPSS, MS Office, Libre Office, Mendeley, Endnote, Biorender, e-contents and ICT tools for innovative and effective teaching, Design Expert
- **Research Skills:** Data analysis, literature review, clinical trials and experimental designs
- Problem solving, Critical thinking, Flexibility, Team work, Organizational skills, Responsibility, Creativity
- Fluency in Kannada, English and Hindi

### DECLARATION

I hereby declare that all the details mentioned above are in accordance with the truth and fact as per my knowledge and I hold the responsibility for the correctness of the above-mentioned particulars.

**Ms. Shraddha S.**

### References

1. Dr Asna Urooj, Senior Professor (Retired), Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysuru. E-mail: [asnau321@gmail.com](mailto:asnau321@gmail.com); Mob: 9448489334
2. Dr Komala M., Professor & Chairperson, Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysuru. E-mail: [komalagangadhar71@gmail.com](mailto:komalagangadhar71@gmail.com); Office: 0821-2419631 Mob: 9980425919