

CURRICULUM VITAE: Prof. Asna Urooj

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Detailed Curriculum vitae: Dr. ASNA UROOJ



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1. Academic profile

- **Doctor of Philosophy** (Food Science and Nutrition) -1993, University of Mysore, Mysore.
Thesis title: Studies on Carbohydrates with Special Reference to its Bioavailability
- **Master of Science** (Food Science and Nutrition)- 1987, University of Mysore, Mysore
- **Bachelor of Science** (Chemistry, Zoology & Human Nutrition) -1985, University of Mysore, Mysore

2. Areas of research

- Diabetes – prevalence, nutritional status, glycemic responses, dietary intervention.
- Clinical nutrition- disease specific and immune enhancing enteral formulations, functional foods, clinical trials.
- CVD- Association between fibrinogen and coronary heart disease, antioxidant status, dyslipidemia.
- Natural antioxidants - chemistry, health effects and applications
- Phytomedicine- Antidiabetic and hypolipidemic potential and mechanism of action of medicinal plants.

3. Research projects

On going

- Prevalence of Asthma and food allergy among school children in Mysore region.
Collaborative project with Northwestern University, Chicago, US

Completed

- Assessment of Vitamin A status in children from beneficiary families of Kiriya Pushpa. Christian Children's Fund, Bangalore. (1993-95)
- Formulation and clinical trials of disease specific enteral foods in critically ill patients. CSI Holds-worth Memorial Hospital, Mysore. (1999-2002)
- Antioxidant phytochemicals in edible plants and their effects on lipid oxidation in Food and biological systems. Department of Science & Technology (DST), New Delhi. (2006-07)
- Classification, measurement and intake of dietary carbohydrates in the Indian diet with special reference to diabetes. University Grants commission (UGC), New Delhi. (2006-09)
- Influence of polyphenols from *Moringa oleifera* on cholesterol metabolism. DST, New Delhi. (2009-12)
- Multifunctional food formulations and nutrient data base for the processed foods, UGC, New Delhi (2007-12)
- Hypoglycemic and hypocholesterolemic potency of selected medicinal plants from Western Ghats, MHRD, New Delhi (2010-13)
- Food-Related Health Inequalities in Indian Populations in the UK and India, BBSRC India Partnering Award project (2010-12)
- Functional foods and medicinal plants as enteric enzyme inhibitors and their role as anti-diabetic agents, University Grants commission, New Delhi. (2011-2014)
- Digestibility and pharmacokinetics of starch in Indian conventional preparation. BBSRC- India Partnering Award, UK (2013-14)
- Functional foods and medicinal plants as enteric enzyme inhibitors and their role as anti-diabetic agents, University Grants commission, New Delhi (2011-14).
- Development of Nutraceuticals from "Palm Neera enriched with selected Medicinal Herbs as immune enhancer and stamina booster" Co-investigator Kerala State Council for Science, Technology & Environment (2015-18)
- In vitro digestibility of legume proteins-based weaning foods. Medical Research Council, UK (ManGO) (2018)
- Disease specific food formulations and clinical trials in target groups. Special Assistance program (phase II), UGC, New Delhi. (2013-19)

4. Research guidance

- M.Sc : 80
- Ph.D : 18 (completed), 8 (working)

Titles of completed PhD

Sl. No.	Title of the Thesis	Name of the student	University	Year of Degree Awarded
1.	Studies on selected plant extracts with reference to their nutritional and Pharmacological characteristics	Saeedeh Arabshahi Delouee	University of Mysore	2007
2.	A critical appraisal of nutritional and health consequences in pregnant women with special reference to high risk pregnancies	Vijayalaxmi.K.G	University of Mysore	2009
3.	Nutritional and Biological Studies on Ficus racemosa with Special Reference to its Hypoglycemic effect	Faiyaz Ahmed	University of Mysore	2010
4.	Studies on Hypoglycemic activity of selected medicinal plants	Vishalakshi Devi	University of Mysore	2010
5.	Studies on the life style and cardiovascular risk profile in pre and post menopausal women in an urban population of Mysore	Charlotte Karunakaran	University of Mysore	2010
6.	Studies on the nutritional composition, functionality and utilization of pearl millet	Florence Suma	University of Mysore	2012
7.	Nutritional and biochemical studies on Zizyphus jujuba mill with reference to its lipid lowering ability	Linda Grace Roy	University of Mysore	2012
8.	Studies on nutritional need assessment, food formulations and clinical Efficacy in subjects with renal failure	Taraneh Esteki	University of Mysore	2012
9.	Studies on nutritional and biological effects of Artocarpus altilis	Sudha Sairam	University of Mysore	2014

10.	Morus Indica: Biochemical and nutritional studies with special reference to cholesterol metabolism	Vanitha Reddy	University of Mysore	2014
11.	Studies on the anti-diabetic potential of Sweitenia mahagoni leaf extract	Naveen Y.P	University of Mysore	2015
12.	Nutritional and health consequences in gestational diabetes in an urban population	Sandhya Singh	University of Mysore	2015
13.	Predictive value of cardio-inflammatory markers in type 2 diabetics	Soumya Rajashekar	University of Mysore	2017
14.	Cashew apple (<i>Anacardium occidentale L</i>): Product development and Nutrition intervention studies with reference to its Broncho Dilator effect in Asthma subjects	Bhagirathi.L	University of Mysore	2019
15.	Impact of Nutrition intervention on the Nutritional status, oxidative stress and inflammation in subjects with Chronic Obstructive Pulmonary Disease	Chandan Vinay	UoM	2020
16.	Impact of Nutrition Intervention on Nutritional status and Clinical outcome in subjects with Head and Neck Cancer	Namratha Pai.K	UoM	2020
17.	Efficacy of medicinal plants based nutritional formulation as an adjuvant in gastrointestinal cancer therapy.	Lohith M.S	UoM	2021

Currently working

Sl.No.	Name of the candidate	Thesis title
1.	Seema Siddiqi	Studies on promotion of dietary status and food behavior among children with autism
2.	Syeda Farha.S.	Maternal iodine status and its impact on neonatal thyroid function
3.	Satish Anandan	Antidiabetic effects of <i>Morus indica</i> L with special reference to advanced glycation end products.
4.	Akshatha N	Impact of early nutrition support on the clinical and metabolic outcomes in subjects with acute pancreatitis
5.	Puneetha.P	A study on cardiovascular risk assessment in patients with type-2 diabetes mellitus and their nutritional modulation
6.	Shraddha S	Impact of nutrition intervention on clinical and metabolic outcomes of women with Polycystic ovarian syndrome.
7.	Pratiksha Bhat	Impact of nutrition intervention on clinical and metabolic

		outcomes in pre-dialysis Chronic Kidney Disease.
8.	Nidhi Sharma	Role of milk protei supplementation with calliesthetic exercise on the changes in visceral adiposity in Type 2 Diabetic subjects

5. Awards

- **Special recognition Award for research in Diabetes** – 3rd International Diabetes Summit 2019, J.W Marriott, 8-10 March 2019, Pune
- **Dr Rajammal P Devadas Memorial Award-** for outstanding contributions in the filed of applied Nutritional Sciences for 2017, by Nutrition Society of India
- **Academician Award** – By Nutritionists Republic for highest publications by a Nutritionist in 2013
- **Prof G.S. Bains lifetime achievement award** –for credible achievement in the area of Nutrition for the year 2011, by Association of Food Scientist’s & Technologists, India.
- **State Award** - Dr Kalpana Chawla award for young women scientist in the field of Science & Technology for the year 2009 by Government of Karnataka
- **Young scientist award-** Indian Dietetic Association, Nutrition Society of India, RSSDI, International College of Nutrition.
- **50 best research paper awards** in various national and international conferences.

6. Recognition

- **Adjunct Professor-** Dept of Dietetics and Applied Nutrition, MAHE, Manipal
- **Member** – FSSAI Scientific Panel Labeling & Claims/ Advertisements
- **Member-** FSSAI FOPL Working group
- **Member-** NAAC Peer Team
- **Member** – Registered Dietitian National Board, Indian Dietetic Association
- **Academic Council Member** – Sri Sathya Sai Institute of Higher Learning, Prashanthi Nilayam (2014-16).
- **Member Secretary** – Institutional Human Ethics Committee, University of Mysore
- **Coordinator** – Certificate course in ‘Diabetes education’ as part of the National Diabetes Education program, University of Mysore.
- **Chairperson** - University Complaints Committee. **Member** – Sensitization, prevention and Redressal of sexual harassment committee (2012 till date)

- **Chairperson-** Board of Studies in Food science & Nutrition
- **Member of** various Board of Studies (Food science & Nutrition, Food science & Technology, Women's studies, Human sciences, Human Development) – Madras, Periyar, Bangalore, Avinashilingam, Mysore universities.
- **Member-** Malpractices & Lapses in examination committee- Mysore University (2014 onwards).
- **Member-** UGC Expert committee for evaluating Major research projects
- **Resource person** - orientation programs and refresher courses - Academic Staff College, University of Mysore.
- **Reviewer** – project proposals for UGC, DBT, DST and ICMR.
- Chaired scientific sessions at various national and international conferences/seminars/symposiums.
- Delivered many plenary and invited lectures at various national and international conferences/seminars/symposiums.

7. Radio and TV experience

Radio programs

For more than 2 decades have been broadcasting on All India Radio – Bangalore & Mysore, talks in both Kannada and English on various topics /events - National Nutrition week, Breast feeding week, Nutrition during pregnancy and lactation, Women's health issues, Poshan Abhiyan, Healthy eating for youth, Fast food and Junk food, Life cycle approach for better nutrition, Food security, Diet for Diabetes and CVD, Food processing impact on nutrients, Science in Kitchen etc

TV programs

- 1- Participated in TV shows / discussions on Doordarshan, Chandana TV, CEC programs, SWAYAM-MOOC courses through EMMRC
- 2- Shot a scientific documentary for Rundfunk Berlin-Brandenburg (RBB), Berlin, Germany on the topic “LebendineFleisch, Living without meat – What are the health effects of vegetarian diet?” July 2014
- 3- Shot a documentary on ‘New Trends- Increasing the demand for Nutritionists ’ for InBody, Korea 2019 (<https://youtu.be/gx4pwNO2uy8>)
- 4- Research documentary for Discovery Channel by Lisa Sabina Harney, Director and Producer on issues such as – Nutritional and functional importance of various food groups, the impact of Nutrition transition on food habits, health, the increasing trends in the prevalence of non- communicable diseases among the Indian population, changes in dietary pattern, ethno-geographic disparities in disease prevalence and diverse dietary pattern across India. Jan 2020

Video Bytes

1. ‘Benefits of immunization, role of immune enhancing nutrients ’ on World Immunization week 24-30 April 2020, Magnessa Enterprises Pvt Ltd, Bengaluru

2. 'Health effects of Junk foods' on the occasion of World Junk Food Day, Drive on creating awareness by Kause Konnect, Social platform mentored by Dr Kamal Saxena, New Delhi, 21 July 2020.

8. Administrative experience

- **Chairperson**- Department of studies in Food science& Nutrition , 1st March 2014 -28 Feb 2021
- **Deputy Registrar** – Planning, Development & Implementation
(On deputation May 2004 - April 2006)
- Initiated and involved in the establishment /planning of the following
 - ✚ Intellectual Property Rights Cell
 - ✚ Institutional Human Ethics Committee
 - ✚ Minor research project scheme
 - ✚ Regional Science centre
- **Involved in the organization of following programs of the University**
 1. **Coordinator** - Workshop on ' Management of University Administration' 10-14 Aug, 2004, in association with Association of Indian Universities (AIU), New Delhi.
 2. **Organizing Convener**- Workshop on ' Intellectual Property Rights', 15-16 Jan, 2005, in association with National Law School of India University, Bangalore.
 3. **Organizing committee Member**- South Zone Vice chancellor's Conference, 10-12, Aug 2005 & 2011 in association with Association of Indian Universities (AIU), New Delhi.
 4. **Editorial Committee member**- South Zone Vice chancellor's Conference, 19-20 Aug 2011
 5. **Coordinator**- Seminar on ' Health and Nutrition awareness & issues related to women's health' for University teachers, 27 March 2006
 6. **Organizing secretary**- National seminar on 'Functional foods for health promotion and disease prevention'. 14-15 Feb 2008.
 7. **Convener** – 'Women's Science congress', Indian Science Congress Jan 2016
 8. **Scientific committee member**- Int'l conference on ' Gender equity: social issues & health challenges in today's context' 24-27 Nov 2015 organized by Mysore Medical College and University of Mysore
 9. **Organizing Chairperson** – Home Science sessions XL Indian Social Science congress, University of Mysore, 19- 23 Dec 2016.

8. Paper presentations

- Presented > 300 research papers in National & International conferences.

9. Invited lectures

- Delivered >145 invited lectures in scientific meetings, conferences & workshops.

10. Professional affiliation

a. Vice President: Association of Food scientist & Technologists (India)

b. President: Indian Dietetic Association- Mysore chapter (2014-18)

Life member

- Nutrition Society of India
- Indian Dietetic Association
- Association of Food Scientists & Technologists
- Research Society for Study of Diabetes in India
- Indian Society for Parenteral & Enteral Nutrition
- Association of Clinical Biochemists of India

c. Member

- Indian Society of Atherosclerosis Research
- Science Forum (University of Mysore)

d. Editorial Board

- World J Gastroenterology & Therapeutics
- Global J of Biochemistry
- J Food Science & Technology, Springer Publications (2012-14)
- Indian J Nutrition
- Current Research in Nutrition & Food Science
- Annals of Phytomedicine

Reviewer

- European J Clinical Nutrition, Food Chemistry, Food Reviews Intl, Intl J Food Science & Nutrition, Intl J Food Science & Technology, J Food Biochemistry, J Food Engineering, J Food Quality, Pharmaceutical Biology, J Food & Agricultural Science, Malaysian J of Nutrition, British J Nutrition.

Publications

Books	2	Citations-4423
Book Chapter	6	
Review articles	18	h-index- 32
Research articles	181	i 10- index- 79

List of Publications (impact factor in parenthesis).

11. Books

- 1 **Asna Urooj**, U V Mani and Maithri Mohan. Herbal adjuncts in the symptom management of cancer treatment. LAP Lambert Academic Publishing, Germany, 2017.
- 2 Satish Anandan, Syeda Farha S and **Asna Urooj**. Health implications of AGEs with special reference to Diabetes, LAP Lambert Academic Publishing, Germany, 2018.

12. Book Chapter

1. Faiyaz Ahmed & **Asna Urooj**. *Medicinal properties and phytopharmacology of Ficus benghalensis Linn.* In J.N. Govil. Recent Progress in Medicinal Plants, Studium Press, LLC, 2010. (Book Series)
2. **Asna Urooj**. *Physiological functions of natural fibers with special reference to Indian foods.* In Natural fibers and composites, 2014, Studium Press LLC, USA
3. **Asna Urooj** and Seema Siddiqi. *Analytical and nutritional implications of carbohydrate digestibility with special reference to Indian foods* In Food Chemistry New Delhi Publishers, India 2018
4. Seema Siddiqi and **Asna Urooj** *Diet- Related Issues With Autism Spectrum Disorder Book chapter in Understanding children with Autism spectrum disorders*, Anne Bourque Ed , in Neuroscience research progress series 2020, ISBN 978-1-53617-647-6 2020
5. **Asna Urooj**, K.Kusuma et al. *Plasma Fibrinogen levels in Acute Myocardial infarction* in Cardiovascular Health and Chronomics R.B Singh (Ed), Nova Science Publishers, Inc. USA
6. **Asna Urooj** and Chandan Vinay S. *Prosomilliet (Panicum miliacum)*; chemistry, Nutritional attributes, processing innovations, Traditional and Modern foods ; Beverages, anti-nutrition and Health Benefits, Book chapter in ‘Small Millets and Pseudo Cereals

for Nutritional and Health Security' GK Sharma, (Ed), 2021, M/s New India Publishing Agency, New Delhi.

13. Review articles

1. **Asna Urooj** & Shashikala Puttaraj. Glycemic Index of Foods-New concepts incarbohydrate bioavailability. *Arogya-J Health Sci*, 1988; 14: 7-23.
2. **Asna Urooj** & Shashikala Puttaraj. Glycemic index–A food guide for diabetes. *J MysoreUniversity (Section C)*, 1993-94; 33: 70-76.
3. Faiyaz Ahmed & **Asna Urooj**. Traditional uses, medicinal properties and phytopharmacology of *Ficus racemosa* Linn. : A review. *Pharm Biol* 2010; 48(6):672-681.(1.546).2.5x = 3.8
4. **Asna Urooj**. Food fibers as functional ingredients: research & food industry perspective. *Food Marketing & Technology*. 2012, 3 (7):38- 39.
5. Sudha Sairam, Desai Nagarathna and **Asna Urooj**. β - Glucan : A novel functional food ingredient. *Food Marketing & Technology*. 2013, 26-28.
6. Naveen. Y.P , Rupini D, Faiyaz Ahmed and Asna Urooj. Pharmacological effects and active phytoconstituents of *Swietenia mahagoni* - a Review. *J Integrative Med.* 2014,12, (2):86-93.
7. Namratha Pai. K and **Asna Urooj**. Nutritional implications in Head and Neck Cancer -A Review, *Indian Journal of Nutrition* 2014, 1(1): 103, 1-11.
8. Soumya Rajashekar and Asna Urooj. A review of endothelial inflammation in type 2 diabetes and importance of bio-markers in reducing the cardio vascular risk. *J of Diabetes and Health* 2015
9. Sandhya Singh and **Asna Urooj**. Impact of glycemic control on pregnancy outcome in Gestational diabetes .*J of Diabetes and Health* 2015, 108: 288-300
10. Lohith M.S & **Asna Urooj**. A Review on Dietary and Non-Dietary Risk Factors Associated with Gastrointestinal Cancer. *Journal of Gastrointestinal Cancer*, 2016: 1-8. doi10.1007/s12209-016-9845-1
11. Florence Suma and Asna Urooj. Impact of Processing Techniques on the Nutritional Characteristics of Pearl Millet (*Pennisetum typhoideum*): A Review. *MOJ Food Processing & Technology* 2017, 4 (1) DOI: [10.15406/mojfpt.2017.04.00082](https://doi.org/10.15406/mojfpt.2017.04.00082)

12. Chandan Vinay S and **Asna Urooj**. A Review on the Occurrence, Causative Factors and Pattern Of Malnutrition In Patients With Chronic Obstructive Pulmonary Disease. Br J Med Health Res. 2017; 4(1): 21-32.
13. Seema Puri, Sheela K, Mitali P, Neelanjana S, Shilpa J, Preeti S, Rita B and **Asna Urooj** Dietary fiber and Health. A Review. J Indian Dietetic Assoc. 2017, 40 (2):18-30
14. Seema Siddiqi and **Asna Urooj**. Dietary Risk Factors Associated With Autism - A Review, International Journal Of Current Advanced Research, 2018; 7(1), 8827-8833.DOI:<http://dx.doi.org/10.24327/ijcar.2018.8833.1437>
15. **Asna Urooj**, Kamini Rao and B Sesikeran. Maternal Malnutrition in Low-Income and Middle-Income Countries: A Closer Look at the Indian Scenario, EC Paediatrics 7.4 2018: 295-311.
16. Charlotte G Karunakaran and Asna Urooj. Millets the ‘Wonder Nutricereal’as complimentary food. EC Pediatrics 2020, 9.2:1-6
17. Syeda Farha and Asna Urooj. The role of iodine during pregnancy and its consequences on neonatal thyroid hormones-A Review” International J of Pharmacy and Biological Sciences 2020:10 (1), 103-110.
18. **Naveen Y.P, Byrappa and Asna Urooj**. A Review on Medicinal Plants Evaluated For Anti-Diabetic Potential In Clinical Trials: Present Status and Future Perspective. J of Herbal Medicine 2021, 28,100436

Research Articles

1992

1. Deepa C.R, **Asna Urooj** & Shashikala Puttaraj. Effect of addition of Soya flour on the quality characteristics of black gram papads. J Food Sci Technol, 1992, 29: 385-387 (**1.241**)
2. Bhagirathi, **Asna Urooj** & Shashikala Puttaraj. Utilization of cowpea in the preparation of papad. J Food Quality, 1992; 15: 349-355 (**0.755**)

1994

3. **Asna Urooj** & Shashikala Puttaraj. Effect of processing on starch digestibility in some legumes-an *in vitro* study. Die Nahrung, 1994; 38(1): 38-46 (**4.551**)

1995

4. Bharathi B.S, **Asna Urooj** & Shashikala Puttaraj. Formulation and preparation Cowpea papad. J Food Sci Technol, 1995; 32(2): 147-149 (**1.241**)
5. Hemalatha C.S, **Asna Urooj**& Shashikala Puttaraj. Utilization of Cowpea flour in the preparation of Sandige. J Food Sci Technol, 1995; 32(2): 144-146 (**1.241**).

6. Sunitha S.V, **Asna Urooj**& Shashikala Puttaraj. Iron bioavailability “*in vitro*” in selected cereal based preparations. *Die Nahrung* 1995; 39(5/6): 505-513 (**4.551**).
7. Veena, **Asna Urooj**& Shashikala Puttaraj. Effect of processing on the composition of dietary fiber and starch in some legumes. *Die Nahrung*, 1995; 2: 132-138 (**4.551**).

1998

8. **Asna Urooj**, Vinutha, Shashikala Puttaraj, Haridas Rao & Leelavathi. Effect of barley incorporation in bread on its quality and glycemic response in diabetics. *Intl J Food Sci Nutr*, 1998; 49: 265-270 (**1.451**)
9. Roopa M.R, **Asna Urooj**& Shashikala Puttaraj. Rate of *in-vitro* starch hydrolysis & digestibility index of ragi-based preparations. *J Food Sci Technol*, 1998; 35 (2): 138-142 (**1.241**)

1999

10. **Asna Urooj** & Shashikala Puttaraj. Dietary intake and somatic status of selected diabetics as compared to normal subjects. *Intl J Hum Ecology*, 1999; 10(2): 121-125.
11. **Asna Urooj** & Shashikala Puttaraj. Digestibility index and factors affecting rate of starch digestion *in vitro* in conventional food preparations. *Die Nahrung*, 1999; 43(1): 42-47. (**4.551**)

2000

12. **Asna Urooj** & Shashikala Puttaraj. Glycaemic responses to cereal-based Indian food preparations in NIDDM and normal subjects. *British J Nutr*, 2000; 83(5): 483-488 (**3.311**).

2001

13. Sharavathy K, **Asna Urooj**& Shashikala Puttaraj. Nutritionally important starch fractions in conventional Indian foods. *Food Chem*, 2001; 75: 241-247 (**4.052**).

2002

14. Kusuma K & **Asna Urooj**. Nutritional status and plasma lipid profile in selected Ischemic heart disease patients. *Intl J Hum Ecology*, 2002; 11(6): 61-65.
15. Namratha J, **Asna Urooj**& Prasad N.N. Effect of storage on resistant starch content of processed ready-to-eat foods. *Food Chem*, 2002; 79: 395-400 (**4.052**).

2003

16. **Asna Urooj** & Shashikala Puttaraj. Digestibility index and factors affecting rate of starch digestion *in vitro* in conventional food preparations. Reprinted in *Starke/Starch*, 2003; 55: 94-99 (**1.523**). $5x = 7.615$
17. Aarathi A, **Asna Urooj**& Shashikala Puttaraj. Nutritionally important starch fractions in cereals and their mixtures. *Starke/Starch*, 2003; 55: 94-99 (**1.523**). $2.5x = 3.80$
18. Rashmi S & **Asna Urooj**. Effect of processing on nutritionally important starch fractions in rice varieties. *Intl J Food Sci Nutr*, 2003; 54: 27-36 (**1.451**).

19. Swaroop Muthappa, Shashikala Puttaraj, N. Prasad & **Asna Urooj**. Nutritionally important carbohydrates in ready-to-eat foods. *J Food Sci Technol*, 2003; 40 (5): 486-489 (**1.241**).

2004

20. **Asna Urooj** & Suchitra P. Metabolic and Clinical outcome in organophosphorus compound patients. Monograph in Proceedings of Intl Conference on "Nutrition and Immunology in 21st century" 2004; 225-230.

2005

21. **Asna Urooj** & Shashikala Puttaraj. Carbohydrate bioavailability in Indian food preparations-An overview. *Trends Carbohydrate Chem*, 2005; 9: 91-97.
22. Ramesh K.L & **Asna Urooj**. Quality characteristics of bread containing raisin concentrate. *Food Beverage World*, 2005; 40-42.
23. Vanitha Reddy, **Asna Urooj** & Anila Kumar. Evaluation of antioxidant activity of some plant extracts and their application in biscuits. *Food Chem*, 2005; 90: 317-321 (**4.052**).

2006

24. **Asna Urooj**, Roopashri K & Shashikala Puttaraj. Glycaemic responses to finger millet based Indian preparations in non-insulin dependent diabetic & healthy subjects. *J Food Sci Technol*, 2006; 43(6): 620-625. (**1.241**).
25. Roopa S, Prasad N N, **Asna Urooj**, Swamy MSL & Preethi Chandran. Development of low cost enteral feeds with reference to their nutritional quality. *Res Reach-J Home Sci*, 2006; 5(1): 36-44.
26. Shivani Bajaj, **Asna Urooj** & P. Prabhashankar. Effect of incorporation of mint on texture, colour and sensory parameters of biscuits. *Intl J Food Properties*, 2006; 9(4):691-700 (**1.586**).
27. Vishalakshi Devi & **Asna Urooj**. Influence of processing & storage on stability of Antioxidant vitamins in some plant foods. *Res Reach-J Home Sci*, 2006; 5(2): 14-22.

2007

28. Arabshahi-Delouee S & **Asna Urooj**. Antioxidant properties of various solvent extracts of mulberry (*Morusindica L*). *Food Chem*, 2007; 102: 1233-1240 (**4.052**).
29. Arabshahi-Delouee S & **Asna Urooj**. Application of phenolic extracts of selected plants in fruit juice. *Intl J Food Properties*, 2007; 10(3): 479-488. (**1.586**).
30. Mohana Kumari, **Asna Urooj** & Prasad N.N. Effect of storage on resistant starch & Amylose content of cereal based ready to eat foods. *Food Chem*, 2007; 102(4): 1425-1430 (**4.052**).
31. Arabshahi. S, Devi D & **Asna Urooj**. Evaluation of Antioxidant activity of some plant extracts & their heat, pH and storage stability. *Food Chem*, 2007; 100: 1100-1105 (**4.052**).

2008

32. Vishalakshi Devi & **Asna Urooj**. Hypoglycaemic potential of *Morus indica* L and *Costus igneus*. Nak-A preliminary study. Indian J Expt Biol, 2008; 46: 614-616. **(1.165)**
33. Faiyaz Ahmed & **Asna Urooj**. Antihyperglycemic activity of *Ficus glomerata* stem bark in streptozotocin-induced diabetic rats. Global J Pharmacol, 2008; 2: 41-45.
34. Faiyaz Ahmed & **Asna Urooj**. *In vitro* starch digestibility and nutritionally important starch fractions in processed roots and tubers. Starke/Starch, 2008; 60: 493-499 **(1.523)**.
35. Faiyaz Ahmed & **Asna Urooj**. *In vitro* starch digestibility characteristics of *Dioscorea alata* tuber. World J Dairy Food Sci, 2008; 3(2): 29-33.
36. Siddaraju N.S, Faiyaz Ahmed & **Asna Urooj**. Effect of incorporation of *Dioscorea alata* flour on the quality and sensory attributes of Indian dehydrated products. World J Dairy Fd Sci, 2008; 3(2): 34-38.

2009

37. Vijayalaxmi K.G & **Asna Urooj**. Biochemical profile and outcome of pregnancy among normal and high risk subjects in Bangalore urban. Indian J Clin Biochem, 2009; 24(3): 269-274.
38. Arabshahi-Delouee S, **Asna Urooj** & T.P. Krishnakantha. *Moringa oleifera* leaves as Inhibitor of Human Platelet Aggregation. Pharm Biol, 2009, 47(8): 734-773. **(1.546)**
39. Faiyaz Ahmed & **Asna Urooj**. Antioxidant activity of various extracts of *Ficus racemosa* stem bark. Nat J Life Sci, 2009; 6 (1): 69-74.
40. Faiyaz Ahmed & **Asna Urooj**. Glucose lowering, hepatoprotective and hypolipidemic activity of stem bark of *Ficus racemosa* in streptozotocin-induced diabetic rats. J Young Pharm, 2009, 1(2): 160-164.
41. Faiyaz Ahmed & **Asna Urooj**. *In vitro* studies on the hypoglycemic potential of *Ficus racemosa* stem bark. J Sci Food Agric 2009; 90: 397-401.
42. Faiyaz Ahmed & **Asna Urooj**. Total phenolic content and antioxidant activity of aqueous and methanol extracts of *Dioscorea alata* tuber. J Pharm Res, 2009; 2(10): 1663-1665.
43. Faiyaz Ahmed, Narendra Sharath Chandra JN, **Asna Urooj** & Rangappa K.S. *In vitro* antioxidant and anticholinesterase activity of *Acorus calamus* and *Nardostachys jatamansi* rhizomes. J Pharm Res, 2009; 2(5): 830-833.
44. Faiyaz Ahmed, Siddaraju N.S & **Asna Urooj**. α -amylase inhibitory activity of some Ayurvedic formulations and medicinal plants with hypoglycemic activity. Life Sci Bull, 2009; 6(2): 171-172.
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167. Satish A, Murali. M, Chandra and **Asna Urooj**. *Ex vivo* and in silico Molecular Docking Studies of Aldose Reductase Inhibitory Activity of Apigenin from *Morus indica* L. *J Young Pharmacists* 2019, 11 (1).
168. Fayaz Ahmed ad Asna Urooj Spontaneous Lipid Peroxidation Inhibitory Activity of Standardized Extract of *Ficus racemosa* Stem Bark-An *In Vivo* Study. *EC Nutrition*. 2019, 14.12: 01-05.
169. Chandan Vinay, Namratha Pai and **Asna Urooj**. *In vitro* starch and protein digestibility of disease specific nutrition formulations. *Current Research in Nutrition and Food Science* 2019; 7(1)
170. Chandan Vinay, Nandish S, **Asna Urooj** and U V Mani. Impact of intervention using ‘COPPS’ formulation on the nutritional and health status of subjects with pulmonary tuberculosis: a pilot study. *Asian J Phytomedicine and Clinical Research* 2019, 7(1): 1-12.
171. Satish Anandan, Seema Siddiqi, Syeda Farha S and **Asna Urooj** “Protective effects of Apigenin from *Morus indica* L. against methyl glyoxal induced oxidative DNA damage. *International Journal of Pharmacy and Biological Sciences* 2019, 9 (2):173-178
172. Lohith M S and **Asna Urooj**. Apoptotic effects of *Annona reticulata* leaves on HT-29 cell lines. *Asian J Biological Sciences* 2019 DOI: 10.3923/ajbs.2019.
173. Syeda Farha S, Satish A, Lohith M S and **Asna Urooj**. Trends in consumption of cruciferous vegetables among the college students – an exploratory study. *Journal of Emerging Technologies and Innovative Research* 2019, 6(4): 541-7.

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174. 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.
175. Asna Urooj, Namratha Pai K , Lohith M S , Satish A , Akshatha N Thantry and Syeda Farha Siraj. Effect of Ramadan Fasting on Body Composition, Biochemical Profile, and Antioxidant Status in a Sample of Healthy Individuals *Int J Endocrinol Metab*. 2020; 18(4):e107641. (SJR- IF: 0.55)
176. Akshatha N Thantry and Asna Urooj. An Exploratory Hospital-Based Study on Somatic Status and Dietary Habits of patients with Pancreatitis. *Brit J Med Health Res* 2020, 7 (12): 21-28.
177. Indu Bhargavi K, Syeda Farha S and Asna Urooj. Impact of popping on the nutritional value and Anti-nutrients in millets. *International Journal of Food Science and Nutrition* 2020;
178. Syeda Farha S, Anish Behl, Vijayalakshmi Davalangi and Asna Urooj. “Comparison of Median Urinary Iodine Concentration as an Indicator of Iodine Status among pregnant and altered thyroid function women- A Pilot Study”. *Indian Journal of Public Health Research and Development*, 2020, 11(9), 142-149.

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179. Puneetha P, Sudha Sairam, Asna Urooj and U.V.Mani. “Socio-Demographic Characteristics, Nutrition Profile and Health Related Practices of Soliga Tribes in Karnataka, India”. *Indian Journal of Public Health Research & Development* .2021, 12 (2): 244 - 251.
180. Sathish. A and Asna Urooj. Hypoglycemic Effects of Apigenin from *Morus Indica* in Streptozotocin Induced Diabetic Rats. *Int’l J Current Research & Review* 2021 13(2):100-105
181. Namratha Pai, Lohith M. Sand Asna Urooj. Anti cancer potential of *Morus indica* hybrid varieties in HT-29 cancer cell line: an exploratory study. *Int J Phar Sci Res* 2021, 12 (1): 587-96.
182. Murali. M , Satish A , Ansari M.A , Mohammad A. A , Mohammad N. A , Sarah MM, Ahmad A , M. C. Thriveni , Singh S.B , Gowtham H.G , Aiyaz M , Srinivasa C, Asna Urooj and Amruthesh KN. Genotoxic and Cytotoxic Properties of Zinc Oxide Nanoparticles Phyto-Fabricated from the Obscure Morning Glory Plant *Ipomoea obscura* (L.) Ker Gawl. *Molecules* 2021, 86: 891(IF-3.267)
183. Naveen Y.P and Asna Urooj. A Review on Medicinal Plants Evaluated For Anti-Diabetic Potential In Clinical Trials: Present Status and Future Perspective. *J Herbal Medicine* 2021, <https://doi.org/10.1016/j.hermed.2021.100436>. (IF: 2.221)
184. Alka Kumari, Farhath Khanum and Asna Urooj. Development of fruit candies from wood apple (*Limonia acidissima*) and passion fruit (*Passiflora edulis*), nutritional and acceptability study during storage. *J of Food & Dietetics Research* 2021,1(1):14-18

15. Awards for Research Papers (with co-authors)

In International conference

1. Dr. H. Modi Award for Best poster Presentation- Young Investigators Award- 4th World Congress on Clinical Nutrition, October 1993 Cochin, India.
2. Best research paper- Prevalence of metabolic syndrome in pre and post menopausal working women. International Conference on Cardiovascular Diseases Secondary to the Metabolic Disorder: Mechanisms and Therapy, 22nd Annual Conference of Indian Society of Atherosclerosis Research, 17th – 19th Dec, 2009 Mysore.
3. Best oral presentation award – Namratha Pai.K, Lohith.M.S, **Asna Urooj**, U.V.Mani, Anil Thomas , Satya M, Mukesh S and Vishveshwara.M.S. ‘Effect of nutrition impact symptoms on quality of life in subjects with head and neck cancer’. Global Cancer Summit -18th – 20th November 2015, Indian Institute of Science, Bangalore.
4. Best student presentation - **Namratha Pai.K** and Asna Urooj “*In vitro* starch and protein digestibility profile of processed food supplement developed for therapeutic use”. International Conference on Agriculture, Food Security and Safety “ Global Food security; Reality and Challenges “, 7-8 Nov 2019, Colombo, Sri Lanka
5. Best poster award- **Shrutika Umralkar** Lohith M.S, Indrani. D and Asna Urooj. “Studies on sensory attributes, phytochemical parameters and microstructure of *Stevia rebaudiana* based selected Indian sweets”. 3rd International Conference on Food, Nutrition, Health and Lifestyle 2019 Emerging trends in Nutrition and Food science, 7-8 Nov 2019 Bangkok, Thailand.
6. Best paper award- Chandan Vinay and Asna Urooj. . Determinants of Malnutrition and Associated Parameters in Subjects with Stable Chronic Obstructive Pulmonary Disease- A cross Sectional Study. LSME online International Conference 2020 organized by London School of Management Education, UK 19-20 Aug 2020

In National conference

7. Sagarmal Goenka Memorial Award for the Best Research paper at the Annual meeting of Indian Dietetic Association- October 1989- National Institute of Nutrition, Hyderabad .

8. Best Research poster presentation-Association of Food scientists & Technologists. Certificate for Best Research poster presentation 8th convention, AFST(I) May 1990- CFTRI, Mysore, India.
9. Certificate of merit for research paper- Young scientists award session – Experimental Nutrition Silver Jubilee celebrations of NSI, December 1990 National Institute of Nutrition, Hyderabad.
10. Certificate of merit for research paper – Young scientists award session – Community Nutrition, 26th Nutrition Society Annual Conference. November 1993, Hyderabad
11. Sagarmal Goenka Memorial award for Best Research paper. 28th Annual National Conference Indian Dietetic Association – December 1995, Bombay .
12. Certificate of Merit for research paper - Young scientist award session – Experimental Nutrition, 32nd Nutrition Society Annual Conference. November 1998, Hyderabad .
13. Certificate of Merit for research paper - Young scientist award session –Experimental Nutrition, 33rd Nutrition Society Annual Conference. December 2000, Hyderabad
14. Best research paper -Research Society for Studies on Diabetes in India, Mysore July 2004.
15. Young Scientist Award – Experimental Nutrition - Studies on the Antioxidative property of Finger millet (*Eleusine coracona*) polyphenols. XXXV Nutrition society of India Conference, Hyderabad, 18-19, Nov 2005
16. Best Research paper – (III Prize) Effect of foxtail millet incorporation on starch digestibility & sensory qualities in selected food products. 17th Indian convention of Food scientists & Technologists, Bangalore, 9-10 Dec 2005
17. Best research paper- *Morus Indica* : Nutrient composition and its scope for utilization in Food system, XXXV Nutrition society of India Conference, Hyderabad, 18-19, Nov 2005
18. Best research paper- Physico-chemical characteristics of defatted rice bran and its utilization in a bakery product. 39th National Conference Nutrition Society of India, 15th-17th Nov, 2007, Hyderabad.

19. Best research paper- Effect of various Ayurvedic formulations and medicinal plants on rat intestinal α -Glucosidase and Sucrase. National Seminar on “Functional Foods for Health Promotion and Disease Prevention”, 14th-15th Feb, 2008, Mysore
20. Best research paper- Glucose lowering, hepatoprotective and hypolipidemic activity of stem bark of *Ficus racemosa* in STZ – induced diabetic rats. National Symposium on Bioactive Molecules: From Discovery to Industry, 6th -7th April, 2009 Mysore
21. Best poster award- Prevalence of metabolic syndrome in pre and post menopausal working women. 22nd Annual Conference of Indian Society of Atherosclerosis Research, 17th – 19th Dec, 2009 Mysore
22. Best research paper- Experimental Nutrition- Evaluation of anti-diabetic effect of *Artocarpus altillis* using *in vitro* and *ex vivo* techniques. 42nd National Conference Nutrition Society of India, 19-20th Nov 2010, Mumbai
23. Best poster award- Community Nutrition – Comparative study on the lifestyle practices and somatic status in pre and post menopausal working women. 42nd National Conference Nutrition Society of India, 19-20th Nov 2010, Mumbai
24. Best poster award (II prize) in the area of Food properties- Phytochemical profile and antioxidant potential of different tissues of *Zizyphus jujube Mill*: International symposium on recent trends in processing & safety of speciality and operational foods, 23-25 Nov 2011, DFRL, Mysore
25. Best poster award in ‘Poster-walkway of discovery’ – Hypoglycemic potential of *Swietenia mahagoni* leaves by *in vitro* assays. 7th Nutra India Summit, March 15-17, 2012, Bangalore.
26. Best poster – Physiotherapy & Pharmacology - Antioxidant activity and stability of selected medicinal plants. 33rd Annual Conference of Indian association of Biomedical Scientists and International Symposium, 1-3 November 2012, Mangalore.
27. Best poster – Pharmacology - *Swietenia mahagoni* : Phytochemical composition and antioxidant capacity. 33rd Annual Conference of Indian association of Biomedical Scientists and International Symposium, 1-3 November 2012, Mangalore.
28. Best poster –Experimental Nutrition - Bile acid capacity (*in vitro*) of Cereal brans. 44th National Conference of Nutrition Society of India, 16-17 November 2012, Tirupathi.

29. I Prize – Clinical Nutrition (Oral) – Modulation of glycemic responses by “Nutricare-DM”- a functional food formulation in type 2 diabetic subjects. 46th National conference of IDA, 12-14 December 2013, Pune.
30. Prize – Experimental Nutrition (Oral) – 46th National conference of IDA, 12-14 December 2013, Pune. Antihypercholesterolemic and antioxidant effect of *Morus indica* in animals”, under Swarn Pathak award
31. I Prize in Poster presentation -Namratha. Pai. K, Vanitha Reddy P and **Asna Urooj**. “Antioxidant activity of medicinal plants in lipid dense biological substrates”. National conference on Phytochemicals and functional foods: current situation and future prospects, JSS college of Arts, commerce and science, Mysore, 20-21 Feb 2015.
32. Best Oral Presentation- Amrita Ray, Sudha Sairam and **Asna Urooj**. “Predicting relative concentrations of bio-accessible protein in “Chapathi” incorporated with novel protein sources using *in-vitro* digestion models” ,19th World Congress on Clinical Nutrition , Theme:Eco-Friendly Agricultural, Food and Nutritional Approach For Sustainable Global Health ,Institute of Medical Sciences,Benaras Hindu University, Varanasi ,13-15 March 2015.
33. **Frederick Banting Research Award-2015 in Diabetes** for a publication in J of Diabetes and Health 2015
34. Best poster award - Sudha Sairam, **Asna Urooj**. “Digestibility characteristics of protein and starch in chapathi prepared from functional food formulations using *in-vitro* digestion models”, Indian Dietetic Association Annual conference IDACON 2015 – 20-21st November 2015, Bengaluru.
35. Chandan Vinay S, **Asna Urooj**, Mahesh PS, Chaya SK and Jayaraj BS ‘Assessment of nutritional status and body composition in patients with chronic obstructive pulmonary disease’, 48th Indian Dietetic Association Annual conference IDACON 2015, 20-21 November 2015, Bengaluru.
36. II prize in Research Poster Competition **Lohith M.S**, Namratha Pai K, **Asna Urooj**, UV Mani, Anil Thomas, Sathya M and Mukesh S, “EORTC OLO-C30 3.0 and OLO-OG25 As Assessment Tools to study the Quality of Life in subjects with Gastrointestinal Cancer”, National Nutrition week organized by Azzurra

Pharmaconutrition Pvt. Ltd., 49th Indian Dietetic Association Annual conference IDACON 2016, Mumbai.

48th Nutrition Society Conference, St John's Research Institute, Bengaluru, 4- 5 Nov 2016

37. NSI Prize for Best poster- Experimental Nutrition Shambavi, **Lohith M.S**, Namratha Pai K, Satish and **Asna Urooj**. Anti-cancer potential of *Morus indica* extracts in HT-29 cell line.
38. NSI prize Best Oral presentation- Food Science & Nutrition. **Vibha Nagaraj**, Divya Rupini, Vanitha Reddy and **Asna Urooj**. Bio-accessibility of polyphenols in selected green leafy vegetables

International Conference on Recent Trends in Agriculture, Biotechnology and Food Processing, College Of Agriculture, Hassan, 5-7th July 2017.

39. **Namratha Pai Kotebagilu**, Satish Anandan, Lohith Mysuru Shivanna and **Asna Urooj**. "Suitability of Metallized Polyethylene film for its application in the packaging of food formulation" (Third prize – Best poster presentation award).
40. **Satish Anandan**, Namratha Pai Kotebagilu, Lohith Mysuru Shivanna and **Asna Urooj** "Inhibitory potency of *Morus* sp. on advanced glycation end products" (First – Best poster presentation award).

National Conference on Innovations in Biotechnology (Ncib-2017), Madurai Kamaraj University, Madurai, 14th – 15th December 2017.

38. **Satish Anandan** and Asna Urooj (Guide). "Apigenin from *Morus indica* as inhibitors of advanced glycation end products". Medical Biotechnology & Pharmaceutical Biotechnology category (Best Oral Presentation).
39. **Lohith Mysuru Shivanna**, Sekhar Shailasree and Asna Urooj (Guide). "Apoptosis Induction Potential of the Methanolic Leaf Extract of *Annona reticulata* on HT-29 Cell Lines". (Best Poster Presentation) - Medical Biotechnology & Pharmaceutical Biotechnology category.

50th Annual National Conference of Indian Dietetic Association, Science City, Kolkata, 18th – 20th December 2017.

40. **Sandhya Singh S** and Asna Urooj (Guide). "Influence of Pre-Pregnancy Weight, Food Habits and Lifestyle on Gestational Diabetes". (II Prize in IDA Poster competition).

**51st Annual National conference of the Indian Dietetic Association IDACON 2018
30th Sept- 2nd Oct 2018, Indore.**

41. **Sandhya Singh S** and Asna Urooj. “Maternal determinants of birth weight in GDM’s in an urban population”.(Best poster award under “Clinical Nutrition & Dietetics” category)

50th Annual National Conference of the Nutrition Society of India, ICMR-National Institute of Nutrition, Hyderabad, 15-17 Nov 2018.

42. **Shrutika U**, Lohith M.S, Namratha P.K Asna Urooj. Sensory Analysis, Granule Morphology and Estimated Glycemic Index of selected Stevia based Indian Desserts. (Best poster award under “Food Science & Nutrition” category)

International Conference on Agriculture, Food Security and Safety “ Global Food security; Reality and Challenges “, 7-8 Nov 2019, Colombo, Sri Lanka

43. **Namratha Pai.K** and Asna Urooj “*In vitro* starch and protein digestibility profile of processed food supplement developed for therapeutic use”.Best Student presentation

**3rd International Conference on Food, Nutrition, Health and Lifestyle 2019
Emerging trends in Nutrition and Food science, 7-8 Nov 2019 Bangkok, Thailand.**

44. **Shrutika Umralkar** Lohith M.S, Indrani. D and Asna Urooj. “Studies on sensory attributes, phytochemical parameters and microstructure of *Stevia rebaudiana* based selected Indian sweets”. Best poster

3rd International conference on Emerging Trends in Millet Technology for Health promotion, Periyar University, Salem, India, 9-10 January 2020.

45. **Seema Siddiqi** and Asna Urooj. “Starch, protein digestibility profile and predicted glycemic index of selected millet based products” Best poster award

46. Syeda Farha, Indu Bhargavi and Asna Urooj “Effect of Processing on Functional properties, Nutritional Composition of Millets and Development of Value Added Product” 1st prize oral presentation

47. Chandan Vinay and Asna Urooj. Indo-Swedish conference on Clinical, epidemiological and experimental approaches to assess air pollution related health effects (CEEARCH) held from 6 - 7 January, 2020 by the JSS academy of Higher education and research at Mysuru. Best poster award

48. Seema Siddiqi and Asna Urooj. “Comparison of nutritional status of children with autism spectrum disorder- a case control study” (Best Poster award- Community Nutrition). Global Pandemic and Sustainable Food System: Challenges and Response

to Research and Practice” organized by Post Graduate Studies in Food science, St Aloysius College, Mangalore, Karnataka, India. 1-2 July 2020

49. Chandan Vinay and Asna Urooj. . Determinants of Malnutrition and Associated Parameters in Subjects with Stable Chronic Obstructive Pulmonary Disease- A cross Sectional Study Best paper award. LSME online International Conference 2020 organized by London School of Management Education, UK 19-20 Aug 2020

50. Seema Siddiqi and Asna Urooj. Nutrient intake profile, growth patterns and hemoglobin levels in children with autism spectrum disorders” (Best Poster award Community Nutrition). National e-conference on “Sustainable strategies for Food safety and nourishment” organized by DoS in Food science and Nutrition, University of Mysore, Mysore, 22-23 Oct 2020.

16. Invited Lectures

INTERNATIONAL

1. Nutrition & Immunology in the 21st century, The Oberoi, New Delhi. TSAR Health Pvt Ltd. Qutab plaza Gurgaon. 20-22 Feb 2003
2. ‘Antihyperglycemic effects of medicinal plants: possible mechanisms of action’ 6th International Food Convention IFCON, 15-19 Dec, 2008, CFTRI, Mysore
3. Carbohydrates and Diabetes Workshop on “ Food related health inequalities in Indian populations in the UK and India” sponsored by BBSRC – UK, 25-27, Oct 2010, Mysore
4. Viable strategies for screening anti-diabetic potential of medicinal plants/ functional foods. International Conference on ‘Analytical & Bio-analytical Techniques’, 1-3 Nov 2010, Hyderabad.
5. Phytomedicines: Emerging alternative therapies for Type 2 Diabetes Mellitus. Indo-UK seminar on Innovative Medicines, 13-15 Nov 2011, Hyderabad.
6. Medicinal plants: Possible mechanisms of anti-diabetic action 5th International Conference on Drug Discovery & Therapy 18-21 Feb 2013 Dubai, UAE
7. ‘Health Benefits of Dietary fiber’ Dept of Food science & Nutrition, Al-Ain University, 23 Feb 2013, Al Ain, UAE
8. Nutrigenomics and function of bioactive components’. Int’l conference on Emerging trends in Biomarker research- prospects & challenges, 13-14 Sept 2013, JNIAS, Hyderabad.

9. “Adapting Western products for Southeast Asian/ DE market needs” Global Food Security Forum 2014 – Meeting Nutritional Needs, 7th – 8th July 2014, University of Nottingham, Malaysia.
10. “Food processing: Influence of food matrix on nutrient bio-accessibility in Indian dietaries”. 3rd BBSRC-UK, India Partnering award workshop, 10-12 Dec 2013, Pune
11. Design and development of protein rich formulations for the Indian diets’ Indo-UK seminar on ‘Protein and novel protein ingredients in the 21st Century-tackling the protein problem’, 20-22 Jan 2015, Manchester, UK
12. ‘Reverse pharmacology approach in validation of medicinal plants as alternative therapy for type 2 Diabetes Mellitus International conference on Nutritional & Environmental Medicine ’29May 2016 Cochin
13. Sweets And Joy Of Life: A Short & Sweet Story Of Asian And Indian Sweets2016 Chulalongkorn Asian Heritage Forum:16-17 Aug 2016 Bangkok, Thailand (key-note speaker)
14. ‘Prospects for cell line studies as screening tools for biological activity’ - Int’l Conference on Biotechnological Advancements in Free Radical Biology & Medicine, Integral University, Lucknow, 23-25th Jan 2017.
15. “Emergence of Metabolic syndrome among pre and post menopausal women in India”- World Congress on Cardiac Sciences-2018 International conference on Cardiology, Indian Institute of Science, Bengaluru, India 28-29 Nov 2018
16. “Maximizing nutrient uptake and bioavailability through food matrix design” 8th International Food Convention, CSIR-CFTRI, December 12-15th 2018, Mysuru.
17. “Impact of Nutrition intervention on CRP inflammatory marker in Cohort of T2 DM subjects screened for CVD risk factors’. 3rd International Diabetes Summit, Pune. 8-10 March 2019.
18. Nutrigenomics and Functional foods – Opportunities and challenges for developing countries’ Keynote Address, Global Organic Meet -2018, Mahatma Gandhi University, Kottayam, 22-24 April 2018
19. “Deliverables in Functional foods : Concept to product in the Indian context” 17th International conference on Nutrition and Fitness, 23-24 May 2019, Vienna,Austria
20. “ Creating sustainable food future and healthy diets through diverse food systems” Keynote address at International Conference on Agriculture, Food Security and Safety “ Global Food security; Reality and Challenges “, 7-8 Nov 2019, Colombo.

21. “Dietary Inflammatory Index: Application and Clinical importance” Winter Institute in Global Health BITS Pilani, Hyderabad campus 8-17 Jan 2020
22. “Glycemic Index and Glycemic Load: Methodology Issues and Implications in health and Disease” Winter Institute in Global Health BITS Pilani, Hyderabad campus 8-17 Jan 2020
23. “Public Health Nutrition Strategies and Immuno-nutrition” Int’l e-conference on Novel Nutrition Approach and Emerging Opportunities to Sustain in Pandemic Scenario, organized by Mt Carmel College, Bengaluru 15-18 June 2020
24. Concepts and Applications of Translational Research in Nutritional sciences” Keynote lecture in Intensive course in Translational Nutrigenetics and Nutrigenomics organized by University of Reading, UK, and the Institute of Nutrigenetics, India 7-8 Nov 2020
25. “ Glycemic index: Applications in Practice” Webinar session organized by School of Life sciences, Manipal Academy of Higher Education (MAHE), Dubai, 22 Dec 2020.
26. “Bio-fortified crops and Nutrition Security: Prospects and Challenges ”AGROFOOD-2021 Virtual conference on Nutrition, Agriculture and Food safety, jointly organized by DoS in FSN, UoM and i-Conferences, Colombo, Sri Lanka, 16 Jan 2021
27. “Medicinal plants as natural anti-glycation agents: possible therapeutic potential for diabetic complications” Keynote address in the 7th Global experts e-summit on the theme “Researching the Modern Innovation in the field of Glyco-science and Biochemistry” organized by Global conference Meet, UK, 23 Feb 2021
28. “ Bio-fortification: An investment for improving Nutrition” AGRIVISION -2021 International conference on Plant sciences in Post Genomics era, Institute of Life sciences, Bhubaneswar, 14-16 March 2021.

NATIONAL

1. Seminar on ‘Management of Type I & Gestational Diabetes’, Mysore organized by Diabetes Association of Mysore & Novo Nordisk 24th Jan 1999.
2. Orientation Training on Nutrition for DMO’s & Health workers. Southern Railway Hospital, Mysore. 27 Aug 1999.
3. Dietary management of type I diabetes. Seminar on management of Type I and gestational, Diabetes association of Mysore, 24 Jan 1999, Mysore.
4. Seminar on Patterns of Regional Development in 4 districts of Karnataka. Sir M.V. P G Center, UOM, Mandya. 10-11th Feb 2000

5. 'Obesity and its implications in CVD'. Cardiological Society of Mysore, World Heart Day 29th Sep 2000.
6. Doctor's Forum Meet. Holds Worth Memorial hospital, Mysore. 8 Nov 2001.
7. Food & Nutrition Training program for Health workers. Abdul Nazir Sab State Institute for Rural Development. 18-22 Dec 2001.
8. Orientation Training program on Integrated Nutrition education. Food & Nutrition Board, Govt of India. 13 Feb 2002.
9. Workshop on Microbiology 'Trends in laboratory medicine'. CSI Holdsworth Memorial Hospital, Mysore. 5 April 2002
10. Patient Education Program 'World Diabetes Day'. Diabetes Assn of Mysore & Apoorva Diabetic Foundation. 8-9th Nov 2002.
11. 'Nutrition for the Adolescents' Training program on Community Health, Nutrition for Women National Dairy Development Board (NDDB), Karnataka Institute of Agricultural Marketing, Mysore, 28-30 April 2004
12. World Food Day celebrations JSS Women's College Mysore, 16 Oct 2004
13. 'Analytical and Nutritional implications of Carbohydrate Digestibility' XIX National Carbohydrate Conference. Assn of Carbohydrate Chemists & Tech Forest Research Inst Dehra Dun 1-3 Dec 2004.
14. Orientation program for University teachers Academic Staff College UOM, Mysore
15. Nutritional need assessment of selected Insulin dependent diabetics in Mysore city. XXXVI Indian Dietetic annual conference, 16-17 Dec, Hyderabad.2002
16. 'Intellectual Property Rights- Awareness, Protection and Management' DBT sponsored workshop Dept of Biotechnology, Univ Of Mysore, 14.12.2006
17. "Cereals and pulses as functional foods- biochemical & processing aspects". Emerging technologies in instantization/ processing of cereals and pulses, CEP 2007, 26-30Nov, DFRL, Mysore. p13-19
18. 'Genetically modified foods- A Boon or Bane'. Emerging trends in Nutrition CEP-2008,15-19 Sept, DFRL, Mysore.
19. 'Food processing: implications on carbohydrate digestibility and glycemic responses with reference to Indian dietaries' National seminar on 'Food processing and nutritional scenario', 11-12 March 2008, Periyar University, Salem. (keynote speaker)
20. 'Nutrition for sports performance'. National seminar on Fitness and wellbeing through physical activity. Dept of Physical education, Govt College, Mandya, 20.11.2008.p 19-22.
21. Winter School on "Post Harvest Technology and value addition of grains for Designer foods to address lifestyle disorders and health challenges" 3rd -23rd Dec, 2009, Dharwad

22. *Moringa Oleifera*: A natural source of hypolipidemic agent'. International Conference on Cardiovascular Diseases Secondary to the Metabolic Disorder: Mechanisms and Therapy, 22nd Annual Conference of Indian Society of Atherosclerosis Research, 17th – 19th Dec, 2009 Mysore
23. Carbohydrates in Human nutrition: the science & the label. XX Indian Convention of Food scientists & technologists on the focal theme 'Specialized processed foods for health & nutrition' NIMHANS convention center, 21-23 Dec 2009, Bangalore
24. Management of diabetes. Symposium on Diabetes Nutrition, organized by Abbott Healthcare Pvt, Ltd., Mumbai 24.02.2010, Mysore.
25. Functional foods in the Indian context. National Conference on Emerging trends and opportunities on food processing sector, 29th – 30th Jan 2010, MOP Vaishnav College, Chennai.p 1-3.
26. Effect of processing on dietary antioxidants. Seminar on " Phytochemicals: their role in health promotion and disease prevention" Kongu Engineering College, Erode. Sept 2010.
27. Lignans from cereals and oilseeds – Role in human health as nutraceuticals. Winter School on "Nutraceuticals: Challenges and opportunities in 21st century" 2nd Dec, 2010, UAS, Bangalore.
28. Steps involved in undertaking a clinical study. Workshop on "Clinical research methods" 21-22, Feb 2011, UOM, Mysore.
29. Nutrition and health transition and prevalence of chronic diseases in India National workshop on " Shaping your lifestyles with the blend of traditional & Innovative techniques" Justice K.S. Hegde Charitable Hospital, 25-26, February, 2011, Mangalore.
30. Women in Science in High end research. 2nd State Level Science and Technology Conference - 2011 Initiatives for Human Resource Development in Science and Technology 26-28 May 2011, Bangalore.
31. Nutrition and health transition and prevalence of chronic diseases in India. National seminar on 'Functional foods & disease prevention', 7-8 Oct 2011, Vallabh Vidyanagar, Gujarat.
32. Dietary modification in prevention and management of lifestyle diseases. National seminar on 'Dietary modification in prevention and management of lifestyle diseases' V.V.Vanniaperumal college for women, 3 Feb 2012, Virudhnagar, Tamilnadu. (Keynote address)
33. Nutritional support in metabolic disorders and cardiac conditions. National Conference on 'Optimizing nutritional support in health & disease' Queen Mary's College, 28 Jan 2012, Chennai.

34. Research designs and trends in Nutrition research. International conference on 'Emerging trends in research' Tahssim Beevi Abdul Khader College for women' 12 April 2012, Kilakarai, Tamilnadu.
35. Disease specific Functional foods– a Research Perspective. National Conference on Functional foods in Health and well-being, 2 June 2012, Bangalore, India.
36. Creating new deliverables in fortified and functional foods with health benefits that supplement healthy lifestyles. Food ingredients India, 5-7 Sept 2012, Mumbai, India.
37. Dietary supplements: concept to product XXII Indian Convention of Food scientists & technologists ICFOST 6-7, Dec 2012, CFTRI, Mysore.
38. Food and Bio-products and functional foods for future markets. 3rd International conference on Food Technology, 4-5 Jan 2013, IICPT, Thanjavur.
39. Dietary assessment methods - An overview. Symposium on Global Nutrition & Health 12-13 Feb 2013, A.B. Shetty Memorial Institute of Dental Sciences, Deralakatte, Mangalore.
40. Diet, Nutrition & Chronic Diseases: An Indian perspective National seminar on "Make nutrition come alive" Alva's Education Foundation, 2nd March 2013, Moodbidri.
41. Elements of clinical study plans: An investigator's perspective. Workshop on "Clinical research methods" 15-16 March 2013, University of Mysore, Mysore.
42. Enteral Nutrition- An overview. Workshop on 'Best practices in Enteral Nutrition' 23-25 Aug 2013, M.S.Ramaiah, Memorial Hospital, Bangalore.
43. " Nutraceuticals and Functional foods in Nutrigenomics".15-16Nov 2013, National Conference on Bioactive compounds and functional foods in health & disease management, NIFTEM campus, Kundli, Haryana
44. "Funding agencies for research in Home science "UGC sponsored National workshop on Current trends in Research methodology & Statistical analysis 18- 20 Dec 2013, Mount Carmel college, Bangalore
45. "Impact of nutrition transition on the prevalence of chronic diseases in India". 6-7 Jan 2014, 3rd National conference on Health for All to Universal health coverage, IHEPA, Gokhale Institute of Politics & Economics, Pune
46. "Significance of carbohydrates in health and disease". Keynote address. National symposium on carbohydrates in human health. 24 Jan 2014, Periyar University, Salem.
47. "Women's health and nutritional issues: from womb to tomb". 8 March 2014, BEML, Mysore.

48. 'Nutrition for health and fitness' 8th refresher course in Physical education, 14th March 2014, ASC, Mysore.
49. 'Nutrigenomics – New approaches for nutrition, food & health research'. 9th refresher course in Life sciences" 11 Feb 2014, ASC, Mysore.
50. "Ethics in clinical research: Issues and concerns" . 9th Refresher course in Life sciences" 13 Feb 2014, Academic Staff college, UOM, Mysore
51. 'Nutrition for health and fitness' 8th Refresher course in Physical education, 14th March 2014, UGC- Academic staff college, Mysore.
52. 'Nutritional management of Diarrhea" Workshop on Nutritional Intervention in Gastrointestinal Diseases and Disorders – Practical aspects, 6th September 2014, University of Mysore, Mysore.
53. 'Nutrient quality and food safety: research and consumer perspective'. 10th Refresher course in Life sciences, 11 Dec 2014, UGC- ASC, UOM, Mysore.
54. 'Indigenous knowledge and its interface with science'. Pre-Congress Symposium on 'Knowledge Systems, Scientific Temper and the Indian People, 12 Dec 2014, University of Mysore, Mysore.
55. 'Diet and inflammation - a link to metabolic and chronic diseases'. National seminar on Current scenario of food habits and inflammatory diseases, 2 Jan 2015, Pooja Bhagavat Memorial Mahajana Education centre, Mysore
56. 'Prevention of Sexual harassment at work place' Refresher course on Media and Human Rights, 12 Jan 2015, UGC- ASC.UOM, Mysore.
57. 'Functional foods: Prospects and challenges for newer deliverables'. National conference on Phytochemicals and functional foods: Current situation and future prospects, JSS college of Arts, commerce and science, Mysore, 20-21 Feb 2015.
58. 'Role of diet in lifestyle diseases' National conference on Myths & facts about lifestyle diseases. St Philomena's College, Mysuru, 3rd& 4th August 2015
59. 'Update on Nutrition Research activities at the University of Mysore, National Nutriiton Week, Columbia Asia Hospital, Mysuru 19th Sept 2015
60. ' Significance of World Food Day ' World Food Day celebrations, Indian Dietetic Association- Mysore chapter 20.10.2015 University of Mysore
61. 'Dietary antioxidants: From bioavailability to bio-efficacy beyond antioxidants'. Int'l Conference on Biotechnological Advancements in Free Radical Biology & Medicine , Integral University, Lucknow 14-16 Nov 2015.

62. 'Role of Nutrition in Adolescent Health' Community Medicine CME program, Mysore Medical college and Research Institute, Mysuru, 23rd Nov 2015
63. Health, Nutrition and Human Rights – Indian Context' 12th Refresher course in Human Rights, 24 Nov 2015, UGC- ASC.UOM, Mysore
64. 'Maternal Nutrition, Epigenetics in early life and role in human diseases' CDE on Nutrition, JSS University, Mysuru, 29th Dec 2015.
65. "Food processing, food habits and diet diversity in India- An overview" Organization for the development of people, Mysuru Feb 4th 2016
66. "Trends in food consumption and their health implications", Organization for the development of people, Mysuru Feb 4th 2016
67. 'Nutrition for Children with Autism' Feb 5th 2016, Workshop on management of specially challenged children, All India Institute of Speech & Hearing, Mysore
68. 'Enteral Nutrition : An overview' Workshop on Enteral Nutrition, Indian Dietetic Association Mysore chapter 18th March 2016, Mysore
69. 'Public Health Nutrition- Current status and challenges in India' Prelude symposium on Public Health and quality of life. Indian Social Science Congress DOS in political Science, UOM 29th April 2016
70. 'Clinical Practice Guidelines on Parenteral Nutrition' Workshop on Total Parenteral Nutrition 21.05.2016 Indian Dietetic Association- Mysore chapter
71. 'Nutritional Medicine and lifestyle diseases: An overview' Nutritional Medicine & Wellness conclave, 31.05.2016 University of Mysore
72. 'Improving prospects for Functional foods' National Yoga Day celebrations, Association of Food Scientists & Technologists 25th June 2016, Mysore
73. Keynote address National Diabetes Day 26th June 2016 organized by Karnataka Farmers market
74. 'Breastfeeding: a Key to Sustainable Development' World Breast feeding week 2016 celebrations 1st Aug 2016, University of Mysore
75. " Diabetes -A Global Issue: An insight and tasks to do "World Diabetes Day 14 Nov 2016 Pooja Bhagavat Memorial Mahajana Education centre, Mysore
76. 'Present diet trends and their impact on Human health' – 11th February 2017, JSS Hospital, Mysuru
77. 'Be bold for change' - International Women's day – 2017, DOS in Law, 8th March 2017

78. 'Autism: Current research and Dietary aspects' Autism Awareness month, DOS in Food Science & Nutrition, Mysuru 17th April 2017
79. 'The evolving role of pediatric nurses in nutritional counseling during first 2 years of infancy' Infant Cereals Scientific & Advocacy Meeting, Nestle Research & Development centre, Manesar Delhi, 11 October 2017
80. 'Translational Nutrition research for sustainable dietary management of Diabetes Mellitus 'Dr Rajammal Memorial Award lecture, 49th Annual National Conference of Nutrition Society of India, Assam Agricultural University, Jorhat 2-4 Nov 2017
81. 'Healthy eating habits and cooking practices' in Public Interactive session on 'Healthy Living' organized by Vijaya Karnataka and Freedom refined sunflower oil, Quorum Hotel, Mysuru, 23rd Dec 2017
82. 'Hospital Dietetics- An overview' Workshop on Current concepts in Hospital Dietetics, Organized by Indian Dietetic Association- Mysore chapter & JSS University, Mysuru 24 Feb 2018
83. 'Nutraceuticals- Opportunities and challenges in India' Keynote address .International conference on " Innovations in 3N- Nutraceutical, Nuclear Medicine and Neurocognition, Islamiah Womens' Arts & Science College Vaniyambadi, 7-8 Feb 2018
84. 'Research approaches for the development of Functional foods nad Nutraceuticals' Targeted Training course on " Functional foods and Nutraceuticals " 23 July – 3 Aug 2018, DFRL, Mysuru
85. 'Link between Nutrition and inflammation' Dept of Community Medicine, National Nutrition Week 2018, Mysore Medical College, 7th Sept 2018
86. 'Trends in dietary and lifestyle factors and their impact on non-communicable diseases' UGC- HRD centre, UoM, Mysuru, 120th Orientation program, 11th Dec 2018.
87. 'The link between Nutrition and Non-communicable diseases' Vellore Institute of Technology, Vellore, 6th Feb 2019
88. "Infant and child nutrition health status: a closer look at Indian scenario. Mysore Divisional Level Consultation on 'Early childhood care and Development', DOS in Food Science & Nutrition, University of Mysore, Mysuru. 5th Mar 2019.
89. 'Impact of Nutrition intervention on CRP inflammatory marker in cohort of T2DM subjects screened for CVD risk factors' 3rd International Diabetes Summit, organized by Chellaram Diabetes Institute, 8-10 March 2019 Pune

90. 'Disease specific functional foods- A research perspective'. SNTD College, Pune. 10th Mar 2019.
91. 'Biomarkers and Disease 'ICMR sponsored National level workshop on "From Nutrigenetics to Personalized Nutrition"', University of Mysore, Mysore, 23- 24 August 2019.
92. 'Designing functional foods for the management of type 2 Diabetes in the Indian context' Bioprocess Engineering conference on the theme "Advances in bioprocessing of agri-food resources", CFTRI, Mysore 14-16 Dec 2019
93. 'Women issues and Laws in India: An insight'. 14th Refresher course on Contemporary relevance of Human Rights Academic Staff College 19.12.2019
94. "Dietary Inflammatory Index: Application and Clinical importance" Winter Institute in Global Health BITS Pilani, Hyderabad campus 8-17 Jan 2020
95. "Glycemic Index and Glycemic Load: Methodology Issues and Implications in health and Disease" Winter Institute in Global Health BITS Pilani, Hyderabad campus 8-17 Jan 2020
96. 'Nutrition for Health and Fitness' Orientation program for college teachers, UGC HRD 28 Jan 2020
97. " Present diet trends and their impact on Human health" Orientation program for college teachers, UGC HRD 28 Jan 2020
98. "Advances in technologies with relevance to Biology: The future Landscape" – Valedictory address in National Conference on "Recent Research and Innovation in Life Science SDMMM, Mysore 1.02.2020
99. "Investing in Nutrition: The foundation for Development". PFNDAI sponsored Seminar on 'Good Nutrition: Key to development for Better tomorrow', University of Mysore, Mysore 7.02.2020
100. "Nutrition Therapy in Autism". Workshop on 'Complimentary therapies in Autism Spectrum Disorder- Interplay between Diet and Gut Microbiome'. University of Mysore 15.02.2020
101. "I am generation equality: Realizing Womens Rights ". Women's day program at BEML, Mysuru, 7.03.2020
102. "Journey of women in Science" Science Day celebrations , National Institute of Engineering, Mysuru 28.02.2020
103. " Women and Health" Womens day celebrations, Organization for Development of People, Mysuru, 10.3.2020

104. “Importance of pre and post natal nutrition” World Breast Feeding week organized by Indian Dietetic Association- Mysore chapter , 12.08.2020
- 105.“Dietary Advanced Glycation end- products (AGE) and their relevance for Human health” National webinar on Food for life: Nutrition strategies to prevent diseases, organized by Hooghly Women’s college, Hooghly. 24 & 25 July. 2020
- 106.“Research Designs in Nutrition” Workshop on Research Methodology for Hospital and Practising Dieticians,organized by IDA Mumbai chapter 13 Sept 2020
- 107.“Interplay between Nutrition, Lifestyle and Behaviour and impact on Health and Disease” National e-conference on Nutrition and Physical fitness for healthy life , organized by University of Horticultural sciences, Bengaluru 15 Sept 2020
- 108.“Methods of data collection in Nutrition research studies” Workshop on Research Methodology for Hospital and Practising Dieticians organized by IDA Mumbai chapter 19 Sept 2020
- 109.“Millets as Functional Foods: Prospects for Commercialization” Mega Webinar on “Positioning of Millets for Emerging Nutrition Markets” on the occasion of Rashtriya Poshan Maah celebrations, organized by Indian Institute of Millet Research, Hyderabad 28 Sept 2020
- 110.“Relevance of Glycemic Index in Medical Nutrition Therapy” Webinar on Nutrition for health and disease: Exploring new horizons for sustenance, organized by Department of Nutrition & Dietetics –FLS, JSS AHER, Mysuru, 7-9 October 2020
- 111.“ “Nutrition, Lifestyle and Behaviour and impact on Health and Disease” Orientation program UGC HRDC, University of Mysore ,13 Nov 2020
- 112.“ Intellectual Property Rights: Awareness, Protection and Management “Orientation program UGC HRDC, University of Mysore ,14 Nov 2020
- 113.“Nutritional management of children with ASD ”Workshop on Autism Spectrum Disorders : Nutrition, Therapy & Social Aspects (online), Organized by Impeccable Innovations Pvt Ltd. – Agri Food Startup, Bengaluru, 28 Nov 2020
114. “Significance of Physiology and Biochemistry of Nutrition for clinical practice”RD Update series webinar, organized by Indian Dietetic Association- Telangana chapter 19 Dec 2020
115. “Nutrition, Lifestyle and Behaviour and impact on Health and Disease” Orientation program UGC HRDC, University of Mysore , 3rd March 2021

116. "Importance of Nutrition in Women's health" Int'l Women's Day organized by AIISH, Mysuru, 8 March 2021

117. "Medical Nutrition therapy: A key to management of Type 2 Diabetes " Expert lecture series in Nutrition, organized by Dept of Dietetics and Applied Nutrition, Manipal Academy of Higher Education (MAHE), Manipal, 26 March 2021

17. Research papers presented at scientific conventions.

XXII Annual Convention of Indian Dietetic Association, National Institute of Nutrition, Oct 1989, Hyderabad.

1. Effect of processing on the bio-availability of carbohydrates in selected pulses
Sagarmal Goenka Award

8th Convention of Association of Food Scientists and Technologists, May 1990, CFTRI, Mysore.

2. Effect of addition of soy flour on the quantity characteristics of Black gram papads.
3. Studies on papads prepared from Cowpea. Best Poster.

25th Meeting of the Nutrition Society of India, NIN, Dec 1990 Hyderabad

4. Rate of starch hydrolysis in conventional food preparations, Young Scientists Award Session. – Certificate of Merit Awarded.

9th Convention of AFST (I) CFTRI, June 1991 Mysore.

5. Studies on the rate of glucose release *in vitro* in cereal mixtures.

National symposium on dietary management on dietary management of Diabetes", M.S University of Baroda, Nov 1992, Baroda.

6. The use of *in vitro* system to evaluate suitability of foods for diabetes.

25th Annual Meeting of Indian Dietetic Association, Jan 1993, University of Agricultural Sciences, Bangalore.

7. An evaluation of dietary pattern of diabetics with special reference to dietary counseling.
8. Dietary status of normal individuals in Mysore city.

Papers presented at the poster session of 3rd Food Convention (IFCON) Sept 1993 CFTRI Mysore. (Sl. No. 9-11)

9. Starch digestibility (*in vitro*) in Ragi-based preparations.
10. Determination of dietary fiber content of cereals and cereal- based food by two methods- Enzymatic V/s NDF method.
11. Software for dietary computations.

Papers presented at the 4th work congress on clinical nutrition Oct 1993, Cochin (sl. No 12-13)

12. Bioavailability of iron in selected cereal based preparation. An *invitro* study. Awarded Certificate for Best Presentation.
13. Glycemic index of selected ragi preparations. Oral presentation.

26th NSI Annual meet Nov 1993 Hyderabad

14. Glycemic responses to selected cereal based food preparations in normal and diabetic subjects. Senior Award Sessions-Certificate of Merit.

XXVII Annual national meet Indian Dietetic Association, Dec 1995 Bombay.

15. Effect of barely incorporation in bread on its quality & glycemic responses in Diabetic. Sagarmal Goenka Award.
16. Role of diet clinic in effective management of diabetes.

National Conference on Hurdle Technology 29-30 Dec 1997 DFRL, Mysore.

17. Effect of supplementing pulses on the glycemic responses in diabetic and normal subjects.
18. Effect of incorporating barely in cereal food on the acceptability and glycemic responses in diabetic.

International Food convention IFCON Nov 1998 CFTRI Mysore (Sl. No. 19-22)

19. HPLC Analysis of sugars in conventional Indian foods.
20. The relationship between dietary fiber content of foods and glycemic index.
21. Effect of barely incorporation on the quality of vermicelli.
22. Nutrition composition of selected ready to eat foods.

Workshop on Applied Research UOM Mysore 31st. March 2nd April 1998.

23. Practical dietary management of disease.

31st NSI Annual Conference, Nov. 1998 Hyderabad.

24. Nutritionally important starch fraction in cereal based foods". Experimental nutrition junior award session. Certificate of Merit awarded

Seminar on management of type I & Gestational Diabetes organized by Diabetes Association of Mysore and Novo Nordisk, Mysore 24th Jan 1999.

25. Dietary management of type I Diabetes.

XXXVI Indian Dietetic annual conference, 16-17 Dec, Hyderabad.

26. Nutritional need assessment of selected Insulin dependent diabetics in Mysore city.

Seminar on management of Type I and gestational, Diabetes association of Mysore, 24 Jan 1999, Mysore.

27. Dietary management of type I diabetes

14th Indian Convention of Food Scientists & Technologists ICFOST 2000, CFTRI, Mysore

28. Effect of storage on resistant starch content in RTE foods.
29. Studies on starch digestibility in cereals and their mixtures.
30. Effect of incorporating Barley flour on the quality of traditional dehydrated foods
31. Bio-availability of Iron in cereal-based preparations enriched with pharmaceutical iron preparation.

Seminar on patterns of Regional development in four districts of Karnataka, 10-11th Feb 2000, Mandya.

32. Health and nutritional status of women in India: Present scenario.

Clinicians Meet-Mysore, 26 July 2000

33. Nutritional management of critically ill diabetic patients

XXXIII Annual conference, Nutrition Society of India, Hyderabad, Dec 2000

34. Starch fractions in differently processed rice varieties. Certificate of Merit for research paper

First World Congress- the fetal origins of Adult disease, Mumbai, 2-4 Feb 2001

35. Association of behavioral factors & CHD onset in Indians

34th Indian Dietetic Conference, Coimbatore, 26-27 Nov 2001

36. Studies on the development of low-cost enteral foods with reference to their nutritional quality

37. Effect of palm oil and their blends on blood, tissue lipids and lipid per-oxidation in rats.

Asia Pacific congress on clinical Bio-chemistry (APCCB), New Delhi, 9-14 March 2002

38. Plasma Fibrinogen levels in acute MI & its association with other CVD risk factors

35th Indian Dietetic conference, Bangalore, 14-15 Nov 2002

39. Effectiveness of Glutamic acid enriched Enteral nutrition on the nutritional management and clinical outcome of critically ill patients

XVII National carbohydrate conference, Mysore, 21-22, Nov 2002

40. Carbohydrate bio-availability in Indian food preparations-an overview

41. Bio-available carbohydrate in cereal based prepared foods with green leafy vegetable for value addition.

Indian Convention of Food Scientists & Technologists, Mysore, 12-13 Dec 2002

42. Evaluation of antioxidant activity of some plant extracts and their application in Biscuits

29th Annual Conference of ACBI, Jaipur, 3-5 Feb 2003

43. Serum lipid peroxides, Antioxidant status and its relation with post-prandial glycemia in type 2 diabetes subjects.

Nutrition & Immunology in the 21st Century, the Oberoi, New Delhi, 21- 23 Feb 2003

44. Oxidative stress, Nutritional status and Lipid profile in Type 2 diabetes: Implications for vascular complications

45. Metabolic and Clinical outcome of enteral nutrition in OP poison patients.

IX Asian Congress on Nutrition, Hotel Ashok, New Delhi, 24-27 Feb 2003

46. Markers of oxidative stress, Antioxidant status in Myocardial infarct patients

5th Int'l Food Convention, CFTRI, Mysore, 5-8 Dec 2003

47. Studies on Stability of antioxidant activity in some plant extracts

48. Quality characteristics of Bread containing raisin concentration.

49. Resistant starch content of cereal pulse based ready to eat commercial food products

35th Annual Conference of Nutrition Society of India, NIN, Hyderabad, 12-13 Dec 2003

50. Effects of dietary lipid & Vit. E on lipid peroxides, tocopherol and plasma lipid profile in rats.
51. Influence of processing and storage on the stability of antioxidant vitamins in some plant foods

30th Conference of Association of Clinical Biochemist of India, B'lore, 19-22 Jan 2004

52. Determinants of plasma fibrinogen levels in MI
53. Oxidative stress, nocturnal hypertension & Micro albuminuria in Type 2 Diabetes.

First Annual conference of RSSDI Karnataka Chapter Mysore, 24-25 July 2004

54. Relationship between oxidative stress & hyperlipidemia in NIDDM subjects.
Bestresearch paper

National Seminar on Obesity. The Well fed Undernourished syndrome, Cochin, 28-30 July 2004

55. Somatic and dietary status in relation to lipid profile in Type 2 Diabetes
56. An assessment of Allocation pattern and energy balance of women in professional nursing

37th Indian Dietetic Association Conference, New Delhi, 8-9th Oct 2004

57. Lifestyle & Anthropometric measures as indicators of metabolic variables in pre & post menopausal women

36th Nutrition society of India Annual conference, UOM Mysore, 5-6 Nov 2004

58. An assessment of time allocation pattern and energy balance of women in professional nursing.
59. A study on the influence of maternal factors on gestational performance and pregnancy outcome.
60. Evaluation of nutrient profile and acceptability of Licorice and Stevia as plant based sweeteners.
61. Antioxidant activity of mint forms and its application in biscuits
62. Effect of incorporation of Mint on texture, color and Sensory parameters of biscuits during storage.
63. Antioxidant properties of extracts from selected medicinal plants.

XIX National Carbohydrate Conference, Dehra Dun, 1-3 Dec 2004

64. Analytical and Nutritional implications of Carbohydrate Digestibility.

IV Conference of Society for Free Radical Research in India, B'lore, 10-12 Jan 2005

65. An Evaluation of Antioxidant & Nutritional status of NIDDM subjects.

Colloquium on Novel proteins in health & nutrition, CFTRI, Mysore, 22 March 2005

66. Soya bean: nature's multifunctional Nutraceuticals

XXXV Nutrition society of India Conference, Hyderabad, 18-19, Nov 2005

67. Studies on the Antioxidative property of Finger millet (*Eleusine coracona*) polyphenols. Young Scientist Award

68. Influence of Maternal factors on mode of delivery & birth weight in urban pregnant women.

69. Morus Indica : Nutrient composition and its scope for utilization in Food system. Bestresearch paper

70. Physicochemical & Antimicrobial properties of plant Phenolics & their application in Fruit juice

71. Nutritional status & dietary habits of Urolithiasis patients

72. Effect of cereal pulse incorporation on the carbohydrate profile & starch digestibility in ragi dumpling

National Seminar on "Bio-organic and Medicinal chemistry", UOM, Mysore 5-7 Oct 2005

73. Plant phenolics : Antiradical activity & their stability to pH

17th Indian convention of Food scientists & Technologists, Bangalore, 9-10 Dec 2005

74. Effect of foxtail millet incorporation on starch digestibility & sensory qualities in selected food products. Best research paper

75. Barley: value addition in health foods for diabetics

National seminar on Recent trends in Nutritional Sciences, Coimbatore, 15-16 March2006

76. Studies on the antimicrobial property of finger millet polyphenols

77. Role of mulberry leaf (*morus indica*) on *in vitro* glucose adsorption and starch digestibility

11th World Congress on Clinical Nutrition, Mumbai 17-19 Nov 2006

78. Inhibition of human platelet aggregation and antioxidant effect of some plant foods

Food Technology- Evolution from conventionality to modernity, 24th Feb, 2007, Hyderabad.

79. Antioxidant potency of solvent extracts from Aegle Marmelos and their pH and temperature stability.

80. Effect of selected plant fibers on glucose diffusion, glucose adsorption and α amylase activity - an *invitro* study.

Women empowerment challenge for the home scientist” 7-9th Jan, 2007, Agra

81. Impact of nutrition education on nutrition knowledge and practices of pregnant women

Bangalore district-International conference at Bangalore, March-2007

82. Impact of socio economic status on nutritional status of pregnant women and pregnancy outcome

39th National Conference Nutrition Society of India, 15th-17th Nov, 2007, Hyderabad.

83. Hypoglycemic activity of Bark powder and aqueous extract of *Ficus racemosa* in diabetic rats.

84. *In vitro* starch digestibility and nutritionally important starch fractions in processed roots and tubers.

85. Physico-chemical characteristics of defatted rice bran and its utilization in a bakery product. Best research paper

86. Effect of extracts from Aegle marmelos and Raphanus sativus on the oxidative stability of soybean oil.

87. *In vitro* hypoglycemic potential of selected medicinal plants.

88. Antioxidant potency of solvent extracts from *Raphanus Sativus* and their pH and temperature stability.

89. *In vitro* hypoglycemic effects of Medicinal plants: *Morus indica* L and *Costus speciosus*.

90. Nutrient profile and antioxidant potential of *Costus speciosus* and *Costus igneus*.

91. Antioxidant properties of selected plants in food and biological system.

77th Annual Session and Symposium on Novel approaches for food and nutritional security, CFTRI, 6th-8th Dec, 2007, Mysore

92. *In vitro* hypoglycemic activity of some medicinal plants and formulations.
93. *Dioscorea Alata* (Winged Yam): Nutrient composition, physicochemical properties and its utilization in product development.
94. Utilization of *Dioscorea Alata* (Winged Yam) in dehydrated food products.
95. Functional characteristics of Dietary fiber sources.
96. Aegle Marmelos- polyphenols: Antioxidant activity, pH and Temperature stability.
97. *In vitro* hypoglycemic effects of *Costus igneus*.

Consultation meet on Strategies for prevention of Malnutrition & Micronutrient deficiencies 28-30 Nov 2007, NIPCCD, Bangalore

98. Impact of socio economic status on nutritional status of pregnant Women & pregnancy outcome in Bangalore district.

XL Annual national Convention of Indian Dietetic Association, 8-9 Dec 2007, Kottayam

99. Nutritional status and outcome of pregnancy in high risk groups in Bangalore

International Symposium on emerging and Novel Food Processing Techniques, DFRL, 19th-20th Dec, 2007, Mysore.

100. Antioxidant activity of *Aegle marmelos* and *Raphanus sativus* extract on Soybean oil.
101. Effect of *Morus indica* and *Costus speciosus* on the functional characteristics of chapatti.
102. Nutritional quality of foxtail millet (*Setaria italica*) and its utilization in food formulation.

National Seminar on “Functional Foods for Health Promotion and Disease Prevention”, 14th-15th Feb, 2008, Mysore

103. Effect of processing on Amylose, nutritionally important starch fractions and *invitro* starch digestibility in *Dioscorea Alata* tuber.
104. Effect of various Ayurvedic formulations and medicinal plants on rat intestinal α -Glucosidase and Sucrase. Best research paper
105. Development of food products using selected dietary fiber sources as functional ingredients.
106. Effect of *Raphanus sativus* and *Aegle marmelos* on oxidative stability of edible oils.

107. Effect of *Morus indica* L on Amylolysis Kinetics and on the functional characteristics of a food product.

108. Hypoglycemic potential of medicinal plants: An *In vivo* study.

109. Biochemical profile and pregnancy outcome among normal & high risk subjects in urban Bangalore

110. Antioxidant efficacy of phenolic extracts of selected plants in biscuits

6th Annual National Conference. AIAARO-CON-2008, 1st-2nd March 2008, Hyderabad.

111. Relationship between somatic measurements and dyslipidemia along with CVD risk factors in obese subjects.

40th National Conference Nutrition Society of India, 20-22 Nov, 2008, Chennai.

112. Evaluation of antidiabetic effect of *Morus indica*. L in Streptozotocin induced diabetic rats. (oral- in junior scientist session)

113. Possible utilization of oats in a traditional Indian food preparation.

114. Glucose uptake by yeast cells: An invitro technique for antidiabetic effect of medicinal plants

115. *Moringa oliefera* polyphenols: Antioxidant activity, pH and temperature stability.

116. Psidium guajava: antioxidant potency and stability of solvent extracts.

Annual National Convention of Indian Dietetic Association, 2008, Hyderabad

117. Prevalence of cardio vascular risk factors in the type II diabetic subjects.

118. Influence of maternal age on nutritional status and pregnancy outcome in Bangalore urban.

119. The allocation and energy expenditure pattern among pregnant women of Bangalore urban.

6th IFCON, 15-19 Dec, 2008, CFTRI, Mysore

120. *In-vitro* hypoglycemic potential of Foxtail millet (*Setaria italica*)

International Herbal Conference, 26-28 Feb 2009 Bangalore

121. Antihyperglycemic effect of *Ficus racemosa* stem bark in Streptozotocin induced albino rats

National seminar on Plant Biodiversity & Bioprospecting, 16-17 March 2009

122. Hepato-protective effects of *Ficus racemosa* stem bark against carbon tetrachloride induced hepato toxicity in albino rats.

National Symposium on Bioactive Molecules: From Discovery to Industry, 6th -7th April,2009, Mysore

123. Potential application of oilseeds as sources of natural antioxidants

124. Evaluation of antihyperglycemic effect of *Costus igneus* NAK. In streptozotocin induced diabetic rats.

125. Antioxidant activity of extracts from foxtail millet (*Setaria italica*).

126. Glucose lowering, hepatoprotective and hypolipidemic activity of stem bark of *Ficus racemosa* in Streptozotocin-induced diabetic rats. **Best research paper**

127. Antihyperglycemic and hypolipidemic effect of *Costus igneus* NAK – An *in-vivo* study. (Oral Presentation)

128. Studies on the anti hypercholesterolemic potency of *Moringa oleifera* polyphenols *in-vivo*

International Conference on Cardiovascular Diseases Secondary to the Metabolic Disorder: Mechanisms and Therapy, 22nd Annual Conference of Indian Society of Atherosclerosis Research, 17th – 19th Dec, 2009 Mysore

129. Prevalence of metabolic syndrome in pre and post menopausal working women. (**best poster prize**)

130. *Moringa Oleifera*: A natural source of hypolipidemic agent. (Invited paper)

131. Cardioprotective activity of *Ficus racemosa* stem bark against doxorubicin-induced cardiotoxicity in albino rats.

XX Indian Convention of Food scientists & technologists on the focal theme 'Specialized processed foods for health & nutrition' NIMHANS convention center, 21-23 Dec 2009, Bangalore

132. Studies on *in vitro* starch digestibility of health food formulations.

133. Fiber rich food formulations: hypoglycemic potential and suitability in food preparations

134. Effect of processing on antinutrients in pearl millet varieties (*Pennisetum typhoides*).

135. *Ficus racemosa* bark: nutrient composition, physicochemical properties and its utilization as nutra tea.

136. Carbohydrates in human nutrition: the science & the label (Invited Lecture)

International Conference on Advances in Free Radicals Research, Natural Products, Antioxidants and Radio protectors in Health & 9th Annual meeting of the Society of Free Radical Research – India, 11th – 13th Jan, 2010, Hyderabad

137. Antioxidative potential of some Indian medicinal plants in STZ- induced diabetic model (oral)

National Conference on “Plant Diversity and plant health” 11th -12th March, 2010, Mysore.

138. Studies on the proteolytic activity of *Artocarpus altilis* using *in-vitro* techniques.

139. Protease activity of aqueous extracts of *Moringa oleifera* leaf and root.

140. Radical scavenging and anticholinesterase activities of standardized extracts of *Ficus racemosa* stem bark. (oral)

42nd National Conference Nutrition Society of India, 19-20 Nov, 2010, Mumbai.

141. Evaluation of antidiabetic effect of *Artocarpus altilis* using *in-vitro* and *ex-vivo* techniques. **Best research paper-Experimental Nutrition**

142. A comparative study on the lifestyle practices and somatic status in pre and post menopausal working women. **Best poster award- Community Nutrition**

143. Bioavailability of iron and calcium in functional food formulations. (Oral)

144. Effect of blending groundnut and sunflower oils with minor oils on the chemical stability and sensory acceptability. (Oral)

145. Studies on the physico-chemical properties and Antidiabetic effect of functional food formulations.

146. Antioxidant potency, pH and heat stability of selected plant extracts.

147. Influence of selected processing methods on dietary fiber and *in-vitro* protein digestibility of pearl millet (*Pennisetum typhoideum*)

148. Pearl millet (*Pennisetum typhoideum*): Mineral bioavailability and antinutrient as influenced by selected processing methods

Int'l symposium on ‘Recent trends in processing & safety of speciality & operational foods, 23-25 Nov 2011, DFRL, Mysore

149. Phytochemical profile and antioxidant potential of different tissues of *Zizyphus jujube* Mill. **Best poster award.**

150. Studies on the development of 'Nutrisport' multi-nutrient supplement for sports personnel

151. *In vitro* hypoglycemic potential of selected medicinal plants from Western Ghats

152. Greens as enhancers of iron bioaccessibility in functional food formulation.

Nat'l Conference on "Recent Trends in Food Science and Nutrition Research", 15th Dec 2011, Bangalore.

153. Studies on the phyto-chemical profile and antioxidant potential of *Artocarpus altilis*.

154. *In-vitro* hypoglycemic potency of *Swietenia mahagoni* leaves.

155. *Canthium parviflorum*: Phytochemical profile and antioxidant activity in leaves.

Nat'l Conference on "Perspectives on health benefits of therapeutic molecules" 6th Jan 2012, Bangalore.

156. *Artocarpus altilis*: Mechanism of antidiabetic activity using *in-vitro* and *ex-vivo* modelsystems. (Oral)

Int'l conference on Sports and Nutrition (INCOSAN), 8 -9th March 2012, Coimbatore.

157. Efficacy of multi-nutrient supplement on nutritional status and physical endurance of sports persons. (Oral)

7th Int'l Nutra India Summit, 15-17th March 2012, Bangalore

158. Hypoglycemic potential of *Swietenia mahagoni* leaves by *in-vitro* assays. (Best Research Paper award)

159. Synthetic and natural sources as enhancers of iron bioaccessibility in functional food formulation

160. Antioxidant components and activity in the peel of *Zizyphus jujube* Mill

161. Phytochemical composition and antioxidant activity in different varieties of *Morusindica* leaves

162. Phytochemical profile and antioxidant activity of *Abrus precatorius* and *Costusspeciosus* leaves

163. A comparative study of phytochemicals and antioxidant activity of bark and fruit extracts from *Artocarpus altilis*

33rd Annual Conference of Indian association of Biomedical Scientists and International Symposium, 1-3 November 2012, Mangalore.

164. Toxicity study of *Artocarpus altilis* leaf and bark extracts.

- 165. Bile acid capacity (*in vitro*) of Cereal brans
- 166. Evaluation of anti-hyperglycemic potential of *Swietenia mahogany* by in- vitro and ex-vivo assays and partial purification of active components.
- 167. Antioxidant activity and stability of selected medicinal plants.
- 168. *In vitro* hypolipidemic potential of selected medicinal plants
- 169. *Swietenia mahogany* : Phytochemical composition and antioxidant capacity

44th National Conference of Nutrition Society of India, 16-17 November 2012, Tirupathi.

- 170. Antihypercholesterolemic and antioxidant effect of *Moringa Oleifera* polyphenols in Rats.
- 171. Inhibition of 3-Hydroxy-3-Methylglutaryl Coenzyme A (HMG CoA) reductase (*ex vivo*) by selected medicinal plants.
- 172. Bile acid binding capacity (*in vitro*) of Cereal brans
- 173. Hepatoprotective effects of *Artocarpus altilis* leaf and bark extracts against CCl₄ induced hepatic damage in albino rats

45th Annual national Convention of Indian Dietetic Association, 29 Nov- 1 Dec 2012, NIN, Hyderabad

- 174. 'Pulmona' food formulation for COPD: Nutrient profile and effect of supplementing on pulmonary function
- 175. Effect of nutritional intervention on malnutrition indicators in hemodialysis patients.

CME on current trends in Naturopathy and yoga, National Institute of Naturopathy, Dept. of AYUSH, Ministry of Health and FW, Govt. of India.

- 176. Bioactive compounds in diet and its health implications.

Work shop on Clinical Methods, 15-16th March, 2013, DOS in Food Science and Nutrition, University of Mysore, Mysore

- 177. Antioxidant effect of selected medicinal plants in the biological systems.
- 178. *In vitro* hypocholesterolemic potency of *Morus indica*.
- 179. Anti-hyperglycemic potential of *Swietenia mahogany* by *in vitro* and *ex vivo* assays and partial purification of active components.

180. Development of a functional food enriched with eggshell powder as a natural source of calcium.

181. Hypoglycemic effect of *Swietenia Mahagony* on Type II diabetic subjects

182. Egg shell powder as a functional ingredient – a clinical study in post menopausal women with osteoporosis .

183. Studies on nutritional status of subjects with head and neck cancer.

184. Studies on the hypocholesterolemic potency of *Morus indica* in dyslipidemic subject
Studies on the composition and utilization of eggshell powder as a novel source of Calcium.

185. Antihyperglycemic effect of functional food formulation in Type II diabetic subjects.

Workshop organized by India Partnering Award (IPA), BBSRC, UK, 10-12 December, Pune

186. Sudha Sairam and **Asna Urooj**. Effect of processing on nutritional and structural quality of *Chapathi* – Indian traditional preparation.

187. Naveen Y P and **Asna Urooj**. Prospects for utilization of functional foods and medicinal plants as antidiabetic agents.

46th Annual National Conference of IDA on “New paradigms in Nutrition practice and research”, 12-14 December, 2013.

188. Digestion patterns of nutritionally important starch fractions in chapathis using different model systems.

189. Clinical, dietary and anthropometric variables as indicators of malnutrition in hemodialysis subjects.

190. Namratha Pai K, Vanitha Reddy P and Asna Urooj. Antioxidant activity of selected medicinal plants in biological systems (Microsomes and RBC).

191. Bio-accessibility of polyphenols and flavonoids from cereal brans using an in vitro model simulating human GI tract.

International symposium on Chemical Biology – Drug discovery, University of Mysore, January 9-10, 2014.

192. Vanitha Reddy P and Asna Urooj, Evaluation of acute toxicity effect of *Andrographis paniculata* in Wistar rats. Sudha Sairam and Asna Urooj, Validation of *Artocarpus altilis* as an anti – diabetic agent.

193. Naveen YP, and Asna Urooj, Guidelines purification and characterization of the enteric inhibitors in *Swetania mahagony*.

194. Namratha Pai K, Vanitha Reddy P and Asna Urooj. Antioxidant potential of *Canthiumparviflorum* in biological substrates.

KSTA Regional conference on Science and Technology for Education and Health care. JSS College of Arts, Commerce and Science, Mysore, Feb, 21-22, 2014

195. Vanitha Reddy P and Asna Urooj, Antidiabetic potential of medicinal plant *Andrographis paniculata* in STN-induced diabetic rats.

196. Naveen YP, and Asna Urooj, Preclinical safety valuation of *Swetenia mahagony* leaf.

197. Namratha Pai K, Vanitha Reddy P and Asna Urooj. Medicinal plant extracts as inhibitors of oxidation in Low Density Lipoproteins.

National seminar on, “Emerging health issues across the life stages”, DOS in Food Science and Nutrition, University of Mysore, March, 6-7th, 2014.

198. Soumya Rajashekar and Asna Urooj. „CVD risk in type 2 diabetes- a pilot study.

47th Annual national conference of Indian Dietetic association, 21-23 Dec 2014, AIIMS, New Delhi

199. Asna Urooj, Divya Rupini G and Apsara T A. Impact of fiber enriched food products on glycemic control in type 2 diabetes subjects

National conference on Phytochemicals and functional foods: current situation and future prospects, JSS college of Arts, commerce and science, Mysore, 20-21 Feb 2015

200. Namratha. Pai. K, Vanitha Reddy P and Asna Urooj. Antioxidant activity of medicinal plants in lipid dense biological substrates.

201. Florence Suma. P and Asna Urooj. Impact of Pearl Millet as a Functional Ingredient on Nutrient Bioaccessibility.

202. Sudha Sairam and Asna Urooj. Elucidation of mode of action of *Artocarpus altilis* as anti-hypercholesterolemic agent – A systematic research approach.

203. Amrita Ray, Sudha Sairam and Asna Urooj *In-vitro* protein digestibility characteristics of chapathi incorporated with *Moringa oleifera* leaves.

204. Divya RupiniG, Asna Urooj, Sheeba Denita, Vanitha Reddy P and Naveen Y P. *In vitro* Bio-accessibility of Polyphenols in Selected Medicinal Plants.

205. Vanitha Reddy P and AsnaUrooj. Evaluation of acute toxicological effects of *Morus indica* in rats.

19th World Congress on Clinical Nutrition, Institute of Medical Sciences, Benaras Hindu University, Varanasi,13-15 March 2015. Theme: Eco-Friendly Agricultural, Food and Nutritional Approach for Sustainable Global Health

206. Amrita Ray, Sudha Sairam and Asna Urooj. Predicting relative concentrations of bio-accessible protein in “Chapathi” incorporated with novel protein sources using *in-vitro* digestion models.

47th Annual national conference, Nutrition Society of India, 9-10 October, 2015, Hyderabad, India. Theme: Nutrition and Agriculture – The connect and the disconnect

207. Chandan Vinay S, Asna Urooj, Mahesh PS, Chaya SK and Jayaraj BS .Evaluation of body cell mass & body cell mass as indicators of fat free mass and muscle mass in patients with chronic obstructive pulmonary disease.

International collaborative conference - Global Cancer Summit -18th – 20th November 2015, IISc, Bengaluru

208. Namratha Pai.K, Lohith.M.S, Asna Urooj, U.V.Mani, Anil Thomas, Satya M, Mukesh S and Vishveshwara.M.S. Effect of nutrition impact symptoms on quality of life in subjects with head and neck cancer. **Best oral presentation award.**

209. Lohith.M.S. Namratha Pai.K, Asna Urooj, U.V.Mani, Anil Thomas, Satya M, Mukesh S and Vishveshwara.M.S. EORTC QLQ-C30 3.0 and QLQ-OG25 as assessment tools to study the quality of life in subjects with gastrointestinal cancer.

48th Annual national conference Indian Dietetic Association - IDACON 2015 – 20-21st November 2015, Bangalore. Theme: Nutrition in transition – a global challenge.

210. Sudha Sairam, Frances Smith, Asna Urooj and Clare Mills EN. “Digestibility characteristics of protein and starch in chapathi prepared from functional food formulations using in-vitro digestion models”. **Best poster award- Experimental Nutrition.**

211. Chandan Vinay S, Asna Urooj, Mahesh PS, Chaya SK and Jayaraj BS. ‘Assessment of nutritional status and body composition in patients with chronic obstructive pulmonary disease’, **IDA President’s award – Best Poster award – Clinical Nutrition.**

212. Puneetha P, Sudha Sairam, UV Mani and Asna Urooj. ‘Assessment of anthropometric and nutritional status of soliga tribes in BR hills, Karnataka’.

213. Sandhya Singh and Asna Urooj. ‘Pregnancy outcome as influenced by dietary versus insulin management among GDM mothers.

214. Charlotte G Karunakaran and Asna Urooj. ‘A study on the relationship of lipoprotein A levels with other cardiovascular risk factors in employed pre and post menopausal women’.

215. Kaneez Haleema, Chandan Vinay.S and Asna Urooj. ‘Suitability of popped Euryale ferox seeds as a functional food ingredient’.

216. Monisha S, Vidyashree Chakravarthy, Chandan Vinay.S and Asna Urooj. ‘Assessment of nutrition status of patients on maintenance hemodialysis.

217. Soumya Rajshekar and Asna Urooj. ‘Inflammatory biomarkers as indicators of cardiovascular disease risk in type II diabetes mellitus’.

218. Lohith M.S, Namratha Pai K, Asna Urooj and U.V. Mani. ‘Use of patient generated-subjective global assessment as a tool to evaluate malnutrition in subjects with cancer’

First Mysore International conference on medical and social sciences, 24-27th November 2015, Mysuru. Theme- Gender Equity – Social issues and health challenges in today’s context.

219. Lohith.M.S. Namratha Pai.K, Asna Urooj, U.V.Mani, Anil Thomas, Satya M, Mukesh S and Vishveshwara.M.S. ‘Influence of socio economic status on the prevalence of malnutrition among subjects with cancer’.

220. Namratha Pai.K Lohith.M.S., Asna Urooj, U.V.Mani, Anil Thomas, Satya M, Mukesh S and Vishveshwara.M.S. ‘A study on gender differences in cancer types in Mysuru city cancer care hospitals’.

221. Soumya Rajashekar and Asna Urooj. ‘Gender differences in inflammatory markers among type II diabetic subjects’.

222. Sandhya Singh and Asna Urooj. ‘Influence of pre-pregnancy weight, food habits and lifestyle on Gestational Diabetes’

223. Charlotte Karunakaran and Asna Urooj. ‘Prevalence of modifiable CV risk factors among pre and post menopausal employed women- Mysore city’

103rd Indian Science Congress, 3rd-7th January 2016, Theme- Science and Technology for Indigenous Development in India.

224. Chandan Vinay S, Mahesh PA, Chaya SK, Jayaraj BS and Asna Urooj. ‘Relation between macronutrient intake and lung function in patients with Chronic Obstructive Pulmonary Disease’.

225. Keerthika T, Devaki CS, Florence Suma and Asna Urooj. ‘Development of Cucumber Fermented Beverage using Response Surface Methodology’

226. Keerthika T, Devaki CS, Florence Suma and Asna Urooj. ‘Studies on the Nutritional and Quality Characteristics of *Cucumis sativus* varieties.

227. Sowmya Rajashekar and Asna Urooj. ‘Inflammation and Cardio Vascular Risk among Type 2 Diabetes.

228. Vanitha Reddy P, Namratha Pai K and Asna Urooj. ‘Therapeutic potential of selected medicinal plants from Western Ghats- an overview’.

229. Devaki CS, Florence Suma P and Asna Urooj. 'Development of Pearl millet (*Pennisetum glaucum*) Pizza Base using Response Surface Methodology (RSM)'.
230. Sudha Sairam, Lawrence T Mugambi, Linda Grace Roy and Asna Urooj. 'Nutrient intake and somatic status among Mysore University students of Physical education program'.
231. Namratha Pai K, Lohith MS, Asna Urooj and UV Mani. 'Patient Generated Subjective Global Assessment as a tool in identifying relationship between food intake, weight loss and overall nutritional status'.
232. Kaneez Haleema, Chandan Vinay S and Asna Urooj. 'Antioxidant activity of ethanol, methanol-water and aqueous extracts of popped *Euryale ferox* seeds'.
233. Bhagirathi L and Asna Urooj. 'Chemical composition of Cashew Apple (*Anacardium occidentale* L.) Ullal variety in Udipi district – a pilot study'.
234. Charlotte G Karunakaran and Asna Urooj. 'Study on the health status and awareness among an employed population of pre and postmenopausal women of Mysore'.
235. Sudha Sairam and Asna Urooj. '*Artocarpus altilis* as an anti-hyperglycemic agent-validation through ex-vivo and in-vivo model systems'.

First International Conference on Food, Nutrition and Health (ICFNH 2016) - 7-8 June 2016, Madurai, Tamilnadu

236. Namratha Pai K, Lohith Ms, Kaneez Haleema, Sharneetha S, Asna Urooj and Mani UV. Functional properties of food formulations developed for head and neck cancer – A preliminary study.
237. Shambhavi JS, Lohith MS, Namratha Pai.K and Asna Urooj. Phytochemical screening of *Morus* Species hybrid varieties: A preliminary study to explore its Anti-Cancer potential
238. Chandan Vinay.S, Asna Urooj, Jayaraj BS, Chaya SK and Mahesh PA. Pulmonary function and body composition in subjects with Chronic Obstructive Pulmonary Disease: a Cross Sectional Study.

49TH ANNUAL CONFERENCE OF INDIAN DIETETIC ASSOCIATION, Hotel Sahara Star, Mumbai, 23rd – 25th September, 2016

239. Lohith.M.S, Namratha Pai K, Asna Urooj and Mani UV. Impact of treatment and dietary intake on the weight loss trajectory in subjects with Gastrointestinal cancer. Poster presentation- Clinical Nutrition

240. Namratha Pai K, Lohith.M.S, Asna Urooj and Mani UV. Tumor location, stage of cancer and treatment as determinants of dietary intake among subjects with Head and Neck cancer. Poster presentation- Clinical Nutrition

241. Seema Siddiqi, Fatema Laboni and Asna Urooj, Effect of cooking on starch digestion kinetics & estimated glycemic index in different rice varieties. Oral presentation- Experimental Nutrition.

242. Chandan Vinay.S, Asna Urooj, Mahesh PA , Chaya SK and Jayaraj BS. Assessment of macronutrient intake in subjects with moderate to severe chronic obstructive pulmonary disease classified based on their nutritional status. Poster presentation- Clinical Nutrition

48th Nutrition Society Conference, St John's Research Institute, Bengaluru, 4- 5 Nov 2016

243. Chandan Vinay.S, Namratha Pai K and Asna Urooj. Macronutrient digestibility (in vitro) in selected disease specific commercial. Junior scientist award session- Experimental Nutrition

244. Sudha Sairam and Asna Urooj. Validation of glucose lowering potential of *Artocarpus altilis* – a preclinical study Oral presentation- Experimental Nutrition

245. Vibha Nagaraj, Vanitha Reddy and Asna Urooj. Bio-accessibility of polyphenols in selected green leafy vegetables- Free oral communication

246. Fatema Tuz Zohora, Seema Siddiqi and Asna Urooj. Rice varieties and cooking methods as determinants of starch digestibility: it's implications in the dietary management of type-2 diabetes mellitus. Oral presentation- Food science & Nutrition

247. Seema Siddiqi, Lakshmi S and Asna Urooj. Bio-accessibility of iron from commercial food formulations. Poster presentation- Experimental Nutrition

248. Puneetha, Sudha Sairam, Asna Urooj and U.V.Mani Demographic characteristics, dietary habits and health related practices in Soliga tribes of Karnataka. Poster presentation- Community Nutrition

249. Namratha Pai, Lohith M.S, U.V.mani and Asna Urooj Nutritional deficits in head and neck cancer subjects undergoing treatment with special reference to micronutrients. Poster presentation- Clinical Nutrition

250. Shambavi, Lohith M.S, Namratha Pai, Satish and Asna Urooj Anti-cancer potential of *Morus indica* extracts in ht-29 cell line. Poster presentation- Experimental Nutrition

XL INDIAN SOCIAL SCIENCE CONGRESS, University of Mysore, 19- 23 Dec2016.

251. Namratha Pai K, Lohith MS, Mani U.V and Asna Urooj . Socio-economic and nutritional status of cancer patients as determinants of quality of life.

252. Chandan Vinay.S , Asna Urooj , Mahesh PA , Chaya SK and Jayaraj BS. Socioeconomic status and its relation with nutritional status and quality of life of male subjects with chronic obstructive pulmonary disease.

253. Puneetha P, Sudha Sairam, Asna Urooj and U.V. Mani. Systematic assessment of the socio-demographic characteristics, nutrition profile and health related practices in Soliga tribes of Karnataka.

254. Sowmya Rajshekar and Asna Urooj. Life Style Pattern among the Urban Type 2 Diabetics

INTERNATIONAL CONFERENCE ON ADVANCES IN CELLULAR, GENOMIC AND EPIGENOMIC INSIGHTS ON ENVIRONMENTAL MUTAGENESIS AND HEALTH, Manipal, 27th – 29th January, 2017.

255. Shambhavi JS, Satish A, Namratha Pai K, Lohith MS, and Asna Urooj. “Cell cycle arrest and antioxidant activity in HT-29 cell line by *Morus indica* extracts”

256. Satish A, Lohith MS, Namratha Pai K and Asna Urooj. “Comparison of anti-cancer and apoptotic potential of *Morus indica* varieties on HT-29 Cell Line”

INTERNATIONAL CONFERENCE ON RECENT TRENDS IN AGRICULTURE, BIOTECHNOLOGY AND FOOD PROCESSING, College of Agriculture, Hassan, 5-7th July 2017.

257. Bhagirathi L, Rajanna C and Asna Urooj. “Phytochemical screening and anti-microbial activity of Cashew apple (*Anacardium occidentale L*) in Udupi district, Karnataka”.

258. Namratha Pai Kotebagilu, Satish Anandan, Lohith Mysuru Shivanna and Asna Urooj. “Suitability of Metallized Polyethylene film for its application in the packaging of food formulation”.

259. Satish Anandan, Namratha Pai Kotebagilu, Lohith Mysuru Shivanna and Asna Urooj “Inhibitory potency of *Morus sp.* on advanced glycation end products”.

260. Nandish S, Chandan Vinay Srigriripura, Asna Urooj and U.V. Mani. “In vitro antioxidant activity of formulation developed using herbs and spices with reported anti-mycobacterial activity”.

261. Mahadeva MJ, Satish Anandan and Asna Urooj. “Antimicrobial activity of Myrosinase hydrolyzed glucosinolates of *Brassica oleraceae capitata*”

262. Seema Siddiqi, Fatema Laboni and Asna Urooj. “Impact of heat processing on digestibility, gelatinization and morphology of rice and foxtail millet with low glycemic index”.

263. Alka Kumari, Asna Urooj and Farhath Khanum. “Development of fruit based confectioneries”.

264. Maithri Mohan, Lohith Mysuru Shivanna, Namratha Pai Kotebagilu, Satish Anandan, U.V. Mani and Asna Urooj. “Screening of herbal formulation for bioactive compounds with anti-cancer potential”.

NATIONAL CONFERENCE ON INNOVATIONS IN BIOTECHNOLOGY (NCIB-2017), Madurai Kamaraj University, Madurai, 14th – 15th December 2017.

265. Satish Anandan and Asna Urooj, “Apigenin from *Morus indica* as inhibitors of advanced glycation end products”.

266. Lohith Mysuru Shivanna, Sekhar Shailasree and Asna Urooj, “Apoptosis Induction Potential of the Methanolic Leaf Extract of *Annona reticulata* on HT-29 Cell Lines”.

50th Annual National Conference of Indian Dietetic Association, Science City, Kolkata, 18th – 20th December 2017.

267. Sandhya Singh S and Asna Urooj, “Influence of Pre-Pregnancy Weight, Food Habits and Lifestyle on Gestational Diabetes”.

268. Chandan S Vinay, Asna Urooj, Chaya S K, Jayraj BS and Mahesh PA. Determinants of oxidative stress among subjects with chronic obstructive pulmonary disease in Mysuru city: A pilot study- **Oral Presentation - PRATIMA KAUSHIK Award Session on Clinical Dietetics**

1st Annual National Conference of Indian Association of Preventive & Social Medicine (IAPSM), Karnataka State Chapter with the theme – “Public Health Updates”, 21st & 22nd December, 2017, Mysuru, India.

269. Seema Siddiqi and Asna Urooj, “Nutritional status and food behavior of children with autism” as oral presentation.

2nd International conference on “Innovative Food and Nutrition technologies for public health care” 4-5th Jan 2018. Periyar University, Salem, Tamilnadu.

270. Athiya Madani and Asna Urooj. Assessment of nutritional status of Hemodialysis patients

UPE Sponsored Silver Jubilee National Seminar on “Risks and Resilience across the Life Span” at IOE Auditorium, University of Mysuru, March 15th -16th 2018.

271. AnithaLaxmi P, Aisha Siddiqua, Charlotte G. Karunakaran and Asna Urooj. “Gestational history and its impact on infant birth weight- a hospital based study” - Poster presentation.

272. Shazia Parveen, Prathiksha R. Bhat, Charlotte G. Karunakaran and Asna Urooj, “Use of complementary foods for infants among different income groups attending selected clinics at mysore”- poster presentation.

273. Shraddha. S, Sthuthi Y, Charlotte G. Karunakaran and Asna Urooj, “A study on the knowledge, attitude and practice of dietary supplements among pregnant and lactating women at government hospital” -poster presentation.

274. Anjali N, Latha M, Asna Urooj and Charlotte G Karunakaran, “Nutritional status of elderly inmates residing in old age home” - poster presentation.

Current Trends in Biotechnology-2018, 4th Life science research conference Dubai, UAE 18-19 April 2018

275. Sudha Sairam and Asna Urooj ‘Translational research on anti-hyperglycemic potential of *Artocarpus altilis*’

Symposium at CSIR-CFTRI, Mysuru, 13th July 2018.

276. Syeda Farha S, Satish A and Asna Urooj “Glucosinolates and Antioxidant Properties of *Brassica Oleracea* var. *capitata* L” (poster).

277. Seema Siddiqi, Satish A, Syeda Farha S and Asna Urooj “Protective effects of *Morus Indica* (apigenin) against methylglyoxal induced oxidative DNA damage”. (Poster)

Symposium on ‘Clinical Nutrition and Dietetics-Current practice and future trends’ held on 6th September 2018 organized by the DOS in Food Science & Nutrition and IDA- Mysore chapter at University of Mysore, Mysuru.

278. Chandan Vinay and Asna Urooj. ‘Nutritional evaluation of subjects with chronic obstructive pulmonary disease using PGSGA & SCHOL’S classification and its relation with pulmonary function and quality of life ’- oral presentation

279. Namratha Pai K, U.V. Mani and Asna Urooj. ‘A pilot study on the efficacy of a dietary supplement- ‘Nutrican’ in subjects with cancer’- oral presentation

280. Shrutika Umralkar, Lohith MS, Namratha Pai K and Asna Urooj. ‘Suitability of *Stevia rebaudiana* a natural alternate sweetener in selected Indian desserts’ - oral presentation

“50th Annual International Conference of the Nutrition Society of India” held on 15-17 November 2018 at ICMR – National Institute of Nutrition, Hyderabad.

281. Lohith MS, Sarjan HN and Asna Urooj. “Acute Toxicity Study of *Annona Reticulata* Leaves Extract in Swiss Albino Mice”. (Poster)

282. Syeda Farha S, Satish A and Asna Urooj “Characterization of flavonoids by UPLC-MS and its antibacterial activity from *Brassica oleracea* var. *Capitata* L.” (Poster)

283. Namratha P.K, Lohith M.S, Asna Urooj. “A Critical Appraisal of Factors Influencing Functional Status in Cancer Patients” (Poster)

284. Shrutika Umralkar, Lohith M.S, Namratha Pai K, Asna Urooj. “Sensory Analysis, Granule Morphology and Estimated Glycemic Index of selected Stevia based Indian Desserts”. (Poster)

51st annual National conference of the Indian Dietetic Association IDACON 2018 30th Sept-2nd Oct 2018, Indore.

285. Chandan Vinay S and Asna Urooj ‘Influence of nutritional status and body composition on the quality of life among subjects with chronic obstructive pulmonary disease: a pilot study’- Poster

286. Sandhya Singh S and Asna Urooj. Maternal determinants of birth weight in GDMS in an urban population. (Poster)

8th International Food Convention, CSIR-CFTRI, December 12-15th 2018, Mysuru.

287. Namratha Pai K and Asna Urooj. “Effect of processing on the composition, sensory quality and functional properties of a food formulation developed for head and neck cancer”. (Poster)

288. Shrutika U, Lohith M.S, Namratha Pai K, Asna Urooj. Studies on Sensory attributes, physicochemical parameters and granule morphology of *Stevia rebaudiana* based selected Indian Desserts. (Poster)

289. Lohith M.S and Asna Urooj. Phytochemical profile and anti-cancer potential of methanolic extract of *Annona reticulata* leaves.(Poster)

International Conference on Agriculture, Food Security and Safety “ Global Food security; Reality and Challenges “, held on 7-8 Nov 2019, Colombo, Sri Lanka.

290. Sudha Sairam and Asna Urooj “Breadfruit- potential food source for future nutrient and health security

291. Chandan Vinay, Kaneez H and Asna Urooj “Nutrient profile and macronutrient digestibility of popped *Euryale Ferox* seeds”

292. Lohith MS, Wang K, Balasundaram A, Mattar H, Urooj A, Maclaughlin J and Mills E C “Impact of food processing on *in vitro* protein digestibility of legume based weaning food”

293. Namratha Pai.K and Asna Urooj “*In vitro* starch and protein digestibility profile of processed food supplement developed for therapeutic use”.

3rd International Conference on Food, Nutrition, Health and Lifestyle 2019 Emerging trends in Nutrition and Food science , 7-8 Nov 2019 Bangkok, Thailand.

294. Shrutika Umralkar, Lohith M.S, Indrani. D and Asna Urooj. “Studies on sensory attributes, phytochemical parameters and microstructure of *Stevia rebaudiana* based selected Indian sweets”.

51st Annual National Conference of the Nutrition Society of India, Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram, Kerala 8-9 November 2019.

295. 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.

7th Bioprocessing India Conference – “Advances in bioprocessing of agri-food resources”, 14 – 16 December 2019, CSIR-CFTRI, Mysuru.

296. Ajay Kumar A, Lohith MS, Namratha Pai K, Devaki CS and Asna Urooj. Optimization of herbal microencapsulates of Solanum nigrum leaves extract using response surface methodology

3rd International Conference on Emerging Trends in Millet Technology for Health Promotion (ICEMT-2020)” 9-10 Jan 2020, Periyar University, Salem

297. Seema Siddiqi and Asna Urooj “Starch, protein digestibility profile and predicted glycemic index of selected millet based products”

298. Syeda Farha, Indu Bhargavi and Asna Urooj “Effect of Processing on Functional properties, Nutritional Composition of Millets and Development of Value Added Product”

299. Syeda Farha, Nisarga and Asna Urooj “Influence of processing on nutritional composition, functional properties and iron bio-accessibility of two Amaranthus species”

Indo-Swedish conference on Clinical, Epidemiological and Experimental approaches to assess air pollution related health effects (CEEARCH) 6-7 January, 2020, JSS Academy of Higher Education and Research, Mysuru.

300. Chandan Vinay and Asna Urooj ‘Impact of nutrition intervention using ‘Pulmona’ on the nutritional & health related outcomes of subjects with chronic obstructive pulmonary disease’

Global Pandemic and Sustainable Food System: Challenges and Response to Research and Practice” organized by Post Graduate Studies in Food science, St Aloysius College, Mangalore, Karnataka, India. 1-2 July 2020

301. Seema Siddiqi and Asna Urooj. “Comparison of nutritional status of children with autism spectrum disorder- a case control study” (Best Poster award)

National e-conference on “Sustainable strategies for Food safety and nourishment” organized by DoS in Food science and Nutrition, University of Mysore, Mysore, 22-23 Oct 2020

302. Seema Siddiqi and Asna Urooj. Nutrient intake profile, growth patterns and hemoglobin levels in children with autism spectrum disorders” (Best Poster award Community Nutrition)

303. Akshatha Tantry and Asna Urooj. Bone Densitometry and Somatic Status of selected Women employees

LSME online International Conference 2020 organized by London School of Management Education, UK 19-20 Aug 2020

304. Chandan Vinay and Asna Urooj. Determinants of Malnutrition and Associated Parameters in Subjects with Stable Chronic Obstructive Pulmonary Disease- A cross Sectional Study
305. Syeda Farha and Asna Urooj. Urinary iodine concentration as an indicator of iodine status and correlation between iodine nutrition and thyroid function during pregnancy- An Exploratory Study
306. Mounica Pandey, Veena.A and Asna Urooj. Body composition: segmental analysis using bio impedance among young adult women