

Dr. DIVYA RAMESH



Personal details

Name

Dr. Divya Ramesh

Email address

Jdivyaprakash25@gmail.com

Phone number

09538857899

Address

Door No. 674
SRS Gate opposite,
Hootagalli
Mysuru, Karnataka
PIN – 570018

Date & Place of birth

May 25, 1985; Mysuru

Gender

Female

Nationality

Indian

Language

English, Kannada, Hindi & Odia

Technical Skills

MS Office

Education

2016 - 2022

PhD in Food Science and Nutrition

University of Mysore, Mysuru

Title: *Effect of pre-processing and processing techniques on nutritional composition and antioxidant potential of selected PSEUDOCEREALS.*

2006 – 2008

MSc in Food Science and Nutrition

University of Mysore, Mysuru

2003 – 2006

**BSc in Food Science & Quality Control,
Chemistry & Microbiology**

Maharani's Science College,
University of Mysore, Mysuru

2001 – 2003

PUC, CBSE

D.A.V Public School, Paradeep, Odisha

2001

10th, CBSE

D.A.V Public School, Paradeep, Odisha

Employment

Oct 2024 onwards

Guest Faculty

Department of Food Science & Nutrition,
University of Mysore, Manasagangotri, Mysuru

Jan 2023 – Mar 2024

Consultant Nutritionist

Namoota Pvt Ltd. Bangalore

Oct 2021 - Jul 2022

Adjunct Faculty

M S Ramaiah University of Applied Sciences,
Bangalore

Jan 2019 – Dec 2020

Teaching Faculty

Department of Food Science & Nutrition,
University of Mysore, Manasagangotri, Mysuru

Apr 2015 – Nov 2015

Project Assistant

University of Mysore, Mysuru

Department of Science & Technology funded project, DST-PURSE (Promotion of University Research & Scientific Excellence), carried out analytical assays on Organic foods.

Aug 2013 – Apr 2015

R&D Manager

Corporate wellness solutions Pvt. Ltd., Bangalore

Industry sponsored project – University of Mysore in collaboration with Corporate wellness solutions Pvt. Ltd., Bangalore, carried out nutrition research, food product development and menu design.

Nov 2010 – Mar 2012

Project Assistant Level II

Protein Chemistry and Technology Department, Central Food Technological Research Institute (CFTRI), Mysuru

Worked on a project entitled - Optimizing the process of edible rice bran and evaluation for physico-chemical and nutritional characteristics; modification of proteins for enhancing bioavailability of minerals.

Sep 2008 – Aug 2009

Project Assistant Level II

Department of Food Science & Nutrition, University of Mysore

DST funded project – Development of a Model training module for improving the quality of mid-day meal program through training of personnel.

2007 – 2008

MSc Dissertation

Central Food Technological Research Institute (CFTRI), Mysuru

Project entitled – Effect of processing and storage on antioxidant potential of Bitter orange (*Citrus aurantium*).

Certificates

Nov 2017

Qualified for Assistant Professor CBSE- UGC NET

Home Science subject

Mar 2019

Certified food safety supervisor from FoSTaC, FSSAI

Completed training on Manufacturing (Level 2)

Food Safety Supervisor, Certificate Number AMA01600000017

Guided dissertation for M.Sc. students

2020

Title: 'Effect of processing on nutritional composition of teff grain' at Dept. of Food Science and Nutrition, University of Mysore.

Awards

9 – 10th Oct 2015	Best Poster Award 47 th Annual national conference on Nutrition and Agriculture – The connect and the disconnect. Nutrition Society of India <i>Paper entitled – “Nutrient density of legume-based preparations and development of nutrient database.”</i>
4 – 5th Jan, 2018	First Prize in Oral presentation 2 nd International conference on Innovative food and nutrition technologies for public health care, Salem <i>Paper entitled – “Nutritional composition, mineral availability and antioxidant activity of flour fractions from Amaranth grain.”</i>
23 - 27th Oct, 2018	Best Poster Award 19 th IUFoST World Congress of Food Science & Technology, Mumbai <i>Paper entitled – “Thermal processing of Amaranth flour fractions improves nutritional and antioxidant properties.”</i>

Season 2, 2018-19	One of the top ten finalists in NutriScholars Award For the category – ‘Gluten Free and Healthy Cookies’ <i>Project title – “Amaranth Crunchy Cookies” sponsored by Dupont Nutrition & Health – South Asia.</i>
9 - 10th Jan, 2020	First Prize in Oral Presentation 3rd International conference on Emerging trends in Millet Technology for Health Promotion (ICEMT-2020), Salem. <i>Paper entitled – “Mineral content and antioxidant characterization of finger millet flour fractions.”</i>
22 – 24th Jan, 2020	Best Poster Award for paper National conference on Health and Wellness through Nutrition and Nutraceuticals – 2020, Bengaluru. <i>Paper entitled – “Nutritional quality of buckwheat flour fractions.”</i>
11 – 12th Jan, 2022	First Prize in Oral Presentation National webinar on “Creating food and nutrition security for a sustainable future, Faculty of Ocean studies (KUFOS), Panangad, Kochi in collaboration with Association of Indian Universities (AIU). <i>Paper entitled – “Effect of flaking, puffing and germination on nutritional properties of quinoa.”</i>

Life Membership of Organizations

- Nutrition Society of India. National Institute of Nutrition, Hyderabad.
- The Home Science Association of India.

Online Workshop/ training programme/Webinar

- *Dairy processing*, organised by Protein Foods & Nutrition Development Association of India (PFNDAI) on 14th August 2020.
- *Strong Immunity in Children with the right nutrition*, organized by The Himalaya Drug Company in association with Indian Dietetic Association, Mysore, 10th November 2020.
- *Overview of food processing machineries and unit operations*, under CSIR Integrated skill initiative conducted through virtual mode by CSIR- Central Food Technological Research Institute, Mysuru on 17 – 18th August 2021.
- *Google sheets for nutritionist’s workshop*, Nutrition support resource, held on 27th August 2023.
- *NutriVerse – Navigating the path to holistic nutrition*, organised by Protein Foods & Nutrition Development Association of India (PFNDAI) in collaboration with Hindustan Unilever Limited (HUL) on 26th July 2024.

BOOK CHAPTER

- **Divya Prakash J.**, Aisha Siddiqui, Sandeep PG and Jamuna Prakash. (2017) Qualitative analysis of street foods and identification of constraints for ensuring their safety, *Emerging Health Issues Across Life stages*, 291 - 300.

LIST OF PUBLICATION

2010

- **Divya Prakash J.**, Dachana K.B. and Jamuna Prakash. 'Nutritional Status and dietary intake of children from urban and rural schools providing Mid-Day Meal', *Indian Journal of Nutritional Dietetics*, 47, 394 - 403.
- Dachana K.B., **Divya Prakash J.** and Jamuna Prakash. 'Mid-Day Meal Programme – A Comprehensive analysis of operational constraints and impact of training on the personnel involved in selected schools, *Indian Journal of Nutritional Dietetics*, 47, 435 - 443.

2015

- **Divya Prakash J.** and Jyothi Lakshmi A. 'Preparation of caseinophosphopeptides and assessing their efficacy in enhancing the bioaccessibility of iron and zinc. *Journal of Food Science and Technology*, 52 (11), 7493 - 7499.

2016

- Rajesh Devisetti, **Divya Prakash J.** and Jamuna Prakash. Functional properties of dehulled red gram and lentil sourced from organic and non-organic source, *Research and Reviews: Journal of Food and Dairy Technology*, 5 (2), 1 - 7.
- **Divya Prakash J.**, Jamuna Prakash and Jyothi Lakshmi A. Antioxidant properties of fresh and processed Citrus aurantium fruit, *Cogent Food & Agriculture*, 2 (1), 1184 - 1190.
- Manasa GR, **Divya Prakash J.** and Jamuna Prakash. Comparison of nutrient density of selected commercial and laboratory prepared vegetables dishes, *Journal of Farm Sciences*, 29 (5), 630 - 634.
- **Divya Ramesh**, Rajesh Devisetti and Jamuna Prakash. Nutritional, functional and antioxidant properties of selected organic and conventionally grown legumes, *International Journal of Nutrition and Agriculture Research*, 3 (2), 106 - 116.

2017

- Tejaswini BN, **Divya Ramesh** and Jamuna Prakash. Nutritional composition and sensory quality of cookies incorporated with Little Millet (*Panicum Milliarum*), *International Journal of Food, Nutrition and Dietetics*, 5 (1), 13 - 18.

2018

- **Divya Ramesh** and Jamuna Prakash. Effect of processing on nutritional composition and antioxidant activity of organic and conventional grown tomato, Proceedings of the 2018 International Conference on Food Properties (ICFP2018) Sharjah, *United Arab Emirates*, 22 - 24 January.
- Shekhara Naik R, Dachana K B, **Divya Ramesh** and Jamuna Prakash. Nutritional composition and functional properties of KMR 204 and ML 365 varieties of Finger millet fractions. *International Journal of Food, Nutrition and Dietetics*, 6(1), 13 - 19.

<ul style="list-style-type: none"> Shwetha K., Aisha Siddique, Divya Ramesh, Jamuna Prakash and Prabhavathi S.N. Consumption pattern of Indian 'Chat' based snack 'Poories'. <i>Research Journal of Food and Nutrition</i>, 2(4), 30 - 38.
2019 <ul style="list-style-type: none"> Megha CP, Divya Ramesh and Jamuna Prakash. Physico-Chemical and Cooking Properties of Selected Rice Varieties. <i>Acta Scientific Nutritional Health</i>, 3(3), 3 - 10. Abdol Hadi Tajer, Aisha Siddiqi, Divya Prakash J., Jamuna Prakash and Prabhavathi S.N. Antioxidant properties of orange and lemon peels and their efficacy in preventing lipid peroxidation in stored oils. <i>Trends in Phytochemical Research</i>, 3(2), 137 - 146.
2020 <ul style="list-style-type: none"> Ashwini M, Divyashree K, Divya Ramesh and Jamuna Prakash. Nutritional composition of selected commercially sold Ready-to-eat Indian Meat and Vegetable curried dishes. <i>Journal of Food Engineering and Technology</i>, 9(1), 30 - 37. Divya Ramesh and Jamuna Prakash. Nutritional and functional properties of Amaranth grain flour fractions obtained by differential sieving. <i>Progress in Chemical and Biochemical Research</i>, 3(3), 272 - 286. Divya Ramesh and Jamuna Prakash. Impact of differential sieving on nutritional properties of buckwheat flour fractions. <i>Advances in Food Sciences</i>, 42(4), 135 - 142.
2021 <ul style="list-style-type: none"> Divya Ramesh and Jamuna Prakash. Effect of differential sieving of amaranth, buckwheat and quinoa flours on antioxidant properties of flour fractions. <i>The Indian Journal of Nutrition and Dietetics</i>, 58(1), 41 - 53.

ORAL PAPERS PRESENTED AT CONFERENCES

2009 <ul style="list-style-type: none"> Divya Prakash J., Dachana K. B. and Jamuna Prakash, 'Mid-Day Meal Programme – A Qualitative analysis of related facilities in selected schools of Mysore', UGC Sponsored National Conference at Smt. VHD Central Institute of Home Science, 23 – 24th July, Bangalore. Dachana K. B., Divya Prakash J. and Jamuna Prakash, 'Mid – Day Meal Programme – A Comprehensive analysis of operational constraints and development of model training module for personnel involved', 41st National Conference, Nutrition Society of India, Chronic Diseases – The New Pandemic, 20 – 21 November, The National Institute of Nutrition, ICMR, Hyderabad.
2011 <ul style="list-style-type: none"> Divya Prakash J., Jyothi Lakshmi A. and Jamuna Prakash, 'Antioxidant potential of <i>Citrus aurantium</i> (bitter orange) on Processing', The 6th International Multi-disciplinary Conference Knowledge in New Millennium, 14 – 15th January, Mysore.
2015 <ul style="list-style-type: none"> Divya Prakash J., Navya M.C. and Jamuna Prakash. Development of low fat chick pea snack: studies on spice adhesion, sensory quality and storage stability. 6th International conference on emerging technologies in Food and Nutrition for health management - ICEFT, ICAR-NDRI, 14-15th May, Bengaluru.

2018

- **Divya Ramesh** and Jamuna Prakash. Nutritional composition, mineral availability and antioxidant activity of flour fractions from Amaranth grain, 2nd International conference on Innovative food and nutrition technologies for public health care, Salem, 4 – 5th January. (**First Prize in Oral Presentation**)

2020

- **Divya Ramesh**, Shekhara Naik R and Jamuna Prakash. Mineral content and antioxidant characterization of finger millet flour fractions. 3rd International conference on Emerging trends in Millet Technology for Health Promotion (ICEMT-2020), Salem, 9 - 10th January, 2020. (**First Prize in Oral Presentation**)
- Prabhavathi S.N., Nisha B.S, **Divya Ramesh** and Jamuna Prakash. Physicochemical properties, microstructure sensory profile of millet based baked products. 3rd International conference on Emerging trends in Millet Technology for Health Promotion (ICEMT-2020), Salem, 9 - 10th January, 2020. (**Consolation prize**)

2022

- **Divya Ramesh** and Jamuna Prakash. Effect of flaking, puffing and germination on nutritional properties of quinoa. National webinar on “Creating food and nutrition security for a sustainable future, Faculty of Ocean studies (KUFOS), Panangad, Kochi in collaboration with Association of Indian Universities (AIU). 11 – 12th January 2022. (**First Prize in Oral Presentation**)

POSTER PAPERS PRESENTED AT CONFERENCES**2008**

- **Divya Prakash J.**, Jyothi Lakshmi A. and Jamuna Prakash – ‘Effect of processing and storage on antioxidant potential of Bitter Orange (*Citrus aurantium*)’, 6th International Food Convention, 15 – 19th December, Association of Food Scientists and Technologists, CFTRI Campus, Mysore.

2009

- Dachana K. B., **Divya Prakash J.** and Jamuna Prakash, ‘Nutritional Status and Dietary intake of children from urban and rural schools providing mid-day meal’, 41st National Conference, Nutrition Society of India, Chronic Diseases – The New Pandemic, 20 – 21st November, The National Institute of Nutrition, ICMR, Hyderabad.

2012

- **Divya Prakash J.** and Jyothi Lakshmi A., ‘Effect of enzymatic modification of oilseed proteins on the dialysability of iron and zinc’, XXI ICFOST on Innovations in Food Science and Technology to fuel the growth of the Indian food industry’, 20 – 21st January, Pune, India.

2014

- 9th Nutra India Summit, 12 – 14th March, Bangalore, India.
 - **Divya Prakash J.**, Aisha Siddiq A., Deepa Prakash, Tapan Kumar Das and Jamuna Prakash, ‘Product design: tool to improve the nutritional quality of traditional meals’.
 - **Divya Prakash J.**, Anirudh Simha and Jyothi Lakshmi A., ‘Effect of germination on the antioxidant activity of oilseeds’.

- **Divya Prakash J.**, Jamuna Prakash and Jyothi Lakshmi A., ‘Effect of sprouting on the chemical composition of selected oilseeds’, National Seminar on Emerging health issues across the life stages, 6 – 7th March, University of Mysore, Mysore.

2015

- Advances in Home Science studies. International Conference sponsored by UGC. SPM University, 20 – 21st February, Tirupati
 - Shwetha K., Aisha Siddiqi, **Divya Prakash J.**, Jamuna Prakash and Prabhavathi S.N. Utilization and quality evaluation of whole grains for formulating ‘chat poories’.
 - Prabhavathi S.N., Abdol Hadi Tajer, Aisha Siddiqi, **Divya Prakash J.** and Jamuna Prakash. Orange peel: antioxidant properties and efficacy in preventing lipid peroxidation in stored oils.
 - Meghana K.N., Aisha Siddiqi A, **Divya Prakash J.** and Jamuna Prakash. Development of nutrient database for wheat based products.
- 47th Annual national conference on Nutrition and Agriculture – The connect and the disconnect, Nutrition Society of India, Hyderabad, 9-10th October, 2015.
 - **Divya Prakash J.**, Ashwini M and Jamuna Prakash. Nutrient density of legume based preparations and development of nutrient database. (**Best Poster Award**)
 - Navya M.C., **Divya Prakash J.** and Jamuna Prakash. Efficacy of enrobing agents on spice adhesion in low calorie Bengal gram dhal snack and its quality parameters.
 - Lakshmi S., **Divya Prakash J.** and Jamuna Prakash. Bioaccessibility of microencapsulated iron salts in different food matrices.

2016

- 103rd Indian science congress, University of Mysore, 3-7th January, Mysuru.
 - **Divya Prakash J.**, Megha C.P. and Jamuna Prakash. Varietal differences in physicochemical properties and cooking quality of selected rice.
 - Rajesh Devisetti, **Divya Prakash J.** and Jamuna Prakash. Comparative evaluation of functional properties of red gram (*Cajanus cajan*) and lentil (*Lens culinaris*) from organic and non-organic sources.
 - Megha CP, **Divya Prakash J** and Jamuna Prakash. Development of nutrient database for rice based preparations.
 - Divyashree K., **Divya Prakash J.** and Jamuna Prakash. Nutritional composition of selected commercially procured ready-to-eat vegetables dishes.
- Women’s Science Congress, University of Mysore, Mysuru, 3-7th January, Mysuru.
 - Sharneetha S., **Divya Prakash J.** and Jamuna Prakash. Nutritional composition of selected commercially procured Ready-to-eat fast food dishes.
- 31st Biennial conference of Home Science Association of India, UAS, 28-30th January, Dharwad.
 - **Divya Prakash J.**, Ashwini M and Jamuna Prakash. Nutritional composition of selected commercially sold ready-to-eat meat dishes.
 - Manasa G.R., **Divya Prakash J.** and Jamuna Prakash. Comparison of nutrient density of selected commercial and laboratory prepared vegetable dishes.
- **Divya Ramesh**, Rajesh Devisetti and Jamuna Prakash. Nutritional, functional and antioxidant

<p>properties of selected organic and conventionally grown legumes. 48th Annual national conference on Nutrition risk management and nutrition, Nutrition Society of India, 4-5th November, Bangalore.</p>
<p>2017</p> <ul style="list-style-type: none"> ➤ Shekhara Naik R, Divya Ramesh and Jamuna Prakash. Nutritional content and functional properties of Finger millet (<i>Eleusine corcana</i>) fractions. International conference on Green chemistry and nanotechnology opportunities and challenges (GCNOC), 27-28th February, Mangaluru. ➤ National conference on Food based approaches for translational nutrition, Nutrition society of India – Mysore chapter, 12 – 13th April, Mysuru. <ul style="list-style-type: none"> • Divya Ramesh and Jamuna Prakash. Nutritional, functional, antioxidant and organoleptic properties of organic and conventionally grown cowpea (<i>Vigna Unguiculata</i>). • Shekhara Naik R, Divya Ramesh and Jamuna Prakash. Antioxidant properties of Finger millet flour fractions. • Megha CP, Divya Ramesh and Jamuna Prakash. Nutrient density of rice based preparations and development of nutrient database. • Rajesh Devisetti, Divya Ramesh and Jamuna Prakash. Nutritional, functional and antioxidant properties of selected organic and conventionally grown legumes. • Thejashwini BN, Divya Ramesh and Jamuna Prakash. Development and evaluation of Foxtail millet (<i>Italia Setarica</i>) based snacks.
<p>2018</p> <ul style="list-style-type: none"> • Divya Ramesh and Jamuna Prakash. Effect of processing on nutritional composition and antioxidant activity of organic and conventional grown tomato, Proceedings of the 2018 International Conference on Food Properties (iCFP2018) Sharjah, United Arab Emirates, 22-24th January. • Divya Ramesh and Jamuna Prakash. Thermal processing of Amaranth flour fractions improves nutritional and antioxidant properties. 19th IUFOST World Congress of Food Science & Technology, Mumbai, 23 - 27th October. (Best Poster Award)
<p>2020</p> <ul style="list-style-type: none"> • Divya Ramesh and Jamuna Prakash. Nutritional quality of buckwheat flour fractions. National conference on Health and Wellness through Nutrition and Nutraceuticals – 2020, Bengaluru, 22nd – 24th January. (Best Poster Award)
<p>2021</p> <ul style="list-style-type: none"> • Divya Ramesh and Jamuna Prakash. Effect of flaking, puffing and germination on nutritional properties of buckwheat. National Women's Food Science & Technology Conference, Thanjavur, Tamil Nadu, 8th March.
<p>2022</p> <ul style="list-style-type: none"> • Divya Ramesh and Jamuna Prakash. Enhancing nutritional and functional quality of quinoa with fermentation using different probiotic strains. 28th Indian Convention of Food Scientists & Technologists (ICFoST), Emerging and adoptable technologies for sustainable agro-food industries and economy (EAT-SAFE), 20 – 22nd January.

Invited Talk

- Webinar talk on “**Nutritional importance of fruits and vegetables and retention of nutrients on cooking**” organized by Karnataka State Science Parishad, Science and Engineering Department, Government of Karnataka, K-Step on the occasion of International year of fruits and vegetables, 2021 on 12 the December 2021.
- Webinar talk on “**Dietary diversification- The need of the hour**” on the occasion of Dietetics day, 2022, organized by Department of Collegiate Education Government Home Science College, Hassan on 27 the January 2022.

Area of Expertise

- Development of new food products
- Development of nutrient database of food products
- Menu designing for specific age group and person with lifestyle disorders
- Sensory evaluation of food products
- Shelf-life analysis of food products
- Development of dehydrated products and low-calorie products
- Nutritional counselling
- Preparation of training module for personnel
- Analysis of nutritional composition in food products
- Training of food safety measures

ORGANISATION OF PROGRAM (SEMINAR/CONFERENCE/WORKSHOP)

- *Rapporteur* for coverage of the Nutra India Summit conference and contribute to Nutra Sutra the daily conference newsletter of Nutra India Summit, Bangalore, 12-14th March, 2014.
- Committee member in the symposium on Climate is changing: Food and agriculture must too organized by Department of Food Science and Nutrition, Yuvaraja’s college (Autonomous), Mysuru and Nutrition Society of India-Mysore chapter, University of Mysore, Mysore, 16th October, 2016.
- Organizing committee member in National conference on Food based approaches for translational nutrition organized by Nutrition Society of India-Mysore chapter and Department of Food Science and Nutrition, Yuvaraja’s college (Autonomous), Mysuru, University of Mysore, Mysore, 12-13th April, 2017.

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