

## **CURRICULUM VITAE**

**Dr. USHA N.S. M.Sc, Ph.D**



Guest Faculty ,  
DOS in Food Science and Nutrition,  
University of Mysore,  
Mysore-570006 ,  
Karnataka, INDIA.  
® +91-821-2542138 , mob.+91-9480445320

**uprakash@rocketmail.com**

### **ACADEMIC QUALIFICATIONS**

Exam.Passed	Year of passing	Board/Uni.	% and class
SSLC	1988	SSLC BOARD	First class
P.U.C	1990	P.U. BOARD	First class
B.Sc	1993	Kuvempu University	First Class
M.Sc Medical Biochemistry	1996	MANIPAL Academy of Higher Education	First class
Ph.D Biochemistry	2012	CFTRI, Dept. of Biochemistry and Nutrition, MYSORE	Awarded

### **TEACHING EXPERIENCE:**

- Two and half years of teaching experience to Post Graduate students at University of Mysore, Dept. of Food Science and Nutrition (March 2017-Till Date).
- Four and a half years of teaching experience to Post Graduation course at Yuvaraja's college, Dept. of Molecular Biology, Mysore (Aug 2012- Oct 2016).
- Two years of teaching experience to under graduate B.Sc (Biochemistry) course and Pre-University course at National college, Shimoga (1997-1999).
- One year of teaching experience to Diploma in Lab-technician course at Sarvodaya college, Shimoga. (1998).
- Six months of teaching experience to Diploma in Lab-technician course at Mandya Diagnostic centre, Mandya. (2002).

### **RESEARCH EXPERIENCE**

- Awarded Senior research fellowship of Indian Council of Medical Research (ICMR), New Delhi to work on the problem entitled "**Biochemical studies on the influence of dietary spices on gastro-intestinal system**" at Dept.of Biochemistry and Nutrition, CFTRI, Mysore leading to the Ph.D degree of University of Mysore. (2006-2009).
- Worked as project assistant at GST dept. CFTRI, Mysore- 2002-04 on the project entitled Functional foods based on finger millets and garden cress.
- Guided students at Dept of Food Science and Nutrition, UOM, for their dissertation work (2017 - 2019).

### **INDUSTRY EXPERIENCE:**

- Worked as Bio-chemist at Zeus-biotech, Mysore ,2004-05
- Worked as Bio-chemist at Schevran labs, Mysore ,2004
- Worked as Bio-chemist at Gopala Gowda memorial hospital , Mysore ,2000

### **ACADEMIC DUTIES PERFORMED:**

- Examination paper setter and evaluator for M.Sc., Food Science and Nutrition course, University of Mysore, Mysore. (2017 - 2019).
- As an internal examiner for practical examination for PG course, at Dept. of Food Science and Nutrition , University of Mysore, Mysore.
- Member, Board of Examination, Examination paper setter and evaluator for M.Sc. Integrated Molecular Biology Course, Yuvaraja's college, Mysore.
- Worked as an examiner for practical examination for PG course at Yuvaraja's college, Mysore (2012 - 19).
- Examination paper setter and evaluator for Kuvempu University under graduation courses.
- Board of studies member of Biochemistry, Kuvempu University, Shimoga.

## PAPERS PRESENTED AT CONFERENCES/SEMINARS

- 1. Physico-Chemical characteristics of a Dietary Fibre based on Garden CressSeeds.** Sumangala S.Gokavi, **USHA PRAKASH N.S.** and Malleshi N.G. 15<sup>th</sup> Indian Convention of Food Scientists & technologists 2002 organized by AFST & CFTRI Mysore 12<sup>th</sup> and 13<sup>th</sup> Dec. 2002, (Abstract H-34, Page No. 84).
- 2. Functional properties of a Dietary Fibre formulation based on Garden Cress Seed coat.** **USHA PRAKASH N. S.** and Malleshi N.G. 5<sup>th</sup> International Food Convention, 5-8 December 2003, CFTRI, Mysore. (Abstract HF-09, Page No. 274).
- 3. Funtional Properties of Finger Millet- Malt based health beverage,** Smitha Katti .V, **USHA PRAKASH N. S.** and Malleshi N.G., 34<sup>th</sup> Annual meet of Nutrition Society of India, 5-7<sup>th</sup> November, 2004, CFTRI, Mysore (Abstract **EN-48, Page No.133**).
- 4. Gastrointestinal protective effect of dietary spices, USHA N.S. PRAKASH** and Krishnapura Srinivasan 6<sup>th</sup> International Food Convention, 15-19 December 2008, CFTRI, Mysore., FF-16

## LIST OF PUBLICATIONS

### LIST OF PAPERS PUBLISHED .

1. Gastrointestinal protective effect of dietary spices during ethanol-induced oxidant stress in experimental rats. **USHA N.S. PRAKASH** and Krishnapura Srinivasan, ***Appl.Physiol. Nutr. Metab.*** 35: 134–141 (2010).
2. Select dietary spices increase absorptive surface of microvilli, intestinal enzyme activities and membrane fluidity in rats. **USHA PRAKASH N.S.** and Krishnapura Srinivasan, ***British Journal of Nutrition.*** 104: 31 – 39 (2010).
3. Fat digestion and absorption in spice-pretreated rats. **USHA PRAKASH N.S.** and Krishnapura Srinivasan, ***Journal of the Science of Food and Agriculture.*** 92: 503-510 (2012).
4. Enhanced intestinal uptake of iron, zinc and calcium in rats fed pungent spice principles – piperine, capsaicin and ginger. **USHA N.S. PRAKASH** and Krishnapura Srinivasan, ***Journal of Trace Elements in Medicine and Biology.***27: 184-190 (2013).
5. Influence of dietary spices on protein digestibility and absorption in experimental rats. **USHA N.S. PRAKASH** and Krishnapura Srinivasan, published online in ***Food Digestion***, 27<sup>th</sup> March 2013.

## CONFERENCES ATTENDED

**1. Clinical Nutrition and Dietetics- Current Practices and Future Trends**

Held on 6<sup>th</sup> Sept. 2018 at IOE Auditorium, UOM Mysore, Mysore. Organised by DOS in Food Science and Nutrition, UOM, Mysore and Indian Dietetic Association, Mysore Chapter.

2. Silver Jubilee National Seminar on **Risks and Resilience Across The Life Span**, held on 15<sup>th</sup> and 16<sup>th</sup> March, 2018 at IOE Auditorium, UOM Mysore, Mysore. Organized by DOS in Food Science and Nutrition, UOM, Mysore and Department of Human Development UOM, Mysore.

I hereby affirm that all information stated in this CV is true to the best of my knowledge and belief.

**USHA N.S.**