

CURRICULUM VITAE



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

#248, 'SRI SHARADA NRUSIMHA NILAYA',
10th Cross, Opp. ICAI bhawan,
Bank colony, Bogadi,
MYSORE-570 026,
Karnataka, INDIA.

® +91-821-2542138, mob.+91-9480445320

nsu12454@gmail.com, uprakash@rocketmail.com

Present Position: Working as a Guest lecturer in the Dept. of Food Science and Nutrition,
Univ. of Mysore, Mysore.

ACADEMIC QUALIFICATIONS

Exam.Passed	Subject studied	Year of passing	Board/Uni.	% and class
SSLC	Gen.Sci, Maths, Soc.Sci, Languages	1988	SSLC BOARD	73.2 First class
P.U.C	Physics, Chemistry, Mathematics, Biology	1990	P.U. BOARD	70.0 First class
B.Sc	Physics, Chemistry, Mathematics,	1993	Kuvempu University	76.53 First Class
M.Sc	Medical Biochemistry	1996	MAHE, MANIPAL Deemed University	64.74 First class
Ph.D	Biochemistry	2011	CFTRI, MYSORE	Awarded

TEACHING EXPERIENCE:

- Four 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 - 2021).

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 Gopal 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 - 2021).
- 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 - 20).
- 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 Cress Seeds.** Sumangala S.Gokavi, **USHA PRAKASH N.S.** and Malleshi N.G. 15th Indian Convention of Food Scientists & technologists 2002 organized by AFST & CFTRI Mysore 12th and 13th 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. 5th International Food Convention, 5-8 December 2003, CFTRI, Mysore. (Abstract HF-09, Page No. 274).
- 3. Functional Properties of Finger Millet- Malt based health beverage,** Smitha Katti .V, **USHA PRAKASH N. S.** and Malleshi N.G., 34th Annual meet of Nutrition Society of India, 5-7th November, 2004, CFTRI, Mysore (Abstract **EN-48, Page No.133**).
- 4. Gastrointestinal protective effect of dietary spices, USHA N.S. PRAKASH** and Krishnapura Srinivasan 6th 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). Impact factor : 2.518**
- 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). Impact factor : 3.302**
- 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). Impact factor : 2.463**

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). **Impact factor : 3.755**

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*, 27th March 2013. **Impact factor : 1.18**

CONFERENCES AND WORKSHOPS ATTENDED

1. **Clinical Nutrition and Dietetics- Current Practices and Future Trends**
Held on 6th Sept. 2018 at IOE Auditorium, UOM Myrore, 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 Resilence Across The Life Span**, held on 15th and 16th March, 2018 at IOE Auditorium, UOM Myrore, Mysore. Organised by DOS in Food Science and Nutrition, UOM, Mysore and Department of Human Development UOM, Mysore.
3. Attended the hands on training workshop on **Molecular Biology Techniques and Genetics held between 23rd Feb to 3rd Mar 2020** at Department of Biotechnology, University of Mysuru, Mysore.
4. Has actively participated in all the departmental activities 2017 - 2021.

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

USHA N.S.