

CURRICULUM VITAE



NAME: Mrs. Syeda Farha S

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PRESENT POSITION: Guest faculty in the Department of food science and Nutrition University of Mysore, Manasagangothri, Mysore.

RESIDENTIAL ADDRESS: #52/1, 2nd Stage, Abdul Rahman Road, Rajiv Nagar, Mysore

EDUCATIONAL QUALIFICATION:

Degree	Year of passing	Subject	Class
M.Sc	2012	Food Science and Nutrition	Distinction
B.Sc	2010	Biochemistry, Zoology and Food Science and Nutrition	Distinction

PROFESSIONAL EXPERIENCE:

- 1) Worked as **Guest faculty** in **University of Mysore** from **2015 – 2017**
- 2) Worked as **Guest faculty** in **St. Philomena’s College, Bannimantap, Mysore**, from **2015-2016.**
- 3) Worked as **Guest faculty** in **JSS AHER, Bannimantap, Mysore**, from **2015- 2016**
- 3) Worked as **Guest faculty** in **Vidhya Vikas Institute of Hotel Management and Catering technology** from **2013- 2015.**
- 4) Worked as **Project Assistant*** in a UGC Major Research Project entitled “functional foods and medicinal plants as enteric enzyme inhibitors and their role as anti-diabetic agents” in **University of Mysore** in **2014.**
- 5) Worked as **Nutrition trainee** in **Nestle India Pvt limited, Nanjangud, Mysore**, from **2012 to 2013**

RESEARCH EXPERIENCE:

Ph.D (Ongoing):

- 1) “**Maternal Iodine status and its impact on neonatal thyroid functions**” from University of Mysore under the guidance of Dr. Asna Urooj, Dept. of Studies in Food Science and Nutrition.
- 2) Was a **team member (Research Assistant)** for **MHRD 12th Programme - Joint Review Mission, MDM Karnataka State.**

RESEARCH PROJECT:

1) “**Functional foods and medicinal plants as enteric enzyme inhibitors and their role as anti-diabetic agents**” in the University of Mysore from October 2014-December 2014.

M.SC DISSERTATION:

1) “**Effect of storage on functional properties, nutrient composition, in-vitro digestibility and anti-nutrient factors of Desi and Kabuli varieties of bengal gram (*Cicer arietinum*)**”.

Under the guidance of Dr. Jamuna Prakash, Dept. of Studies in Food Science and Nutrition, Mysore, India

RESEARCH GUIDANCE

Guided 05 M.Sc. Food Science and Nutrition students for their dissertation/projects. The research work has been presented and published in peer reviewed journal.

ACHIEVEMENTS:

1. Cleared **KSET** in the year **2016**
2. Obtained **FOSTAC training on Advanced Manufacturing** on June 7th 2018 and successfully qualified as **Food Safety Supervisor**.

RESEARCH PUBLICATIONS from 2018-2020

Book- 1

Research articles- 8

1. Satish Anandan, **Syeda Farha S** and Asna Urooj, (2018) “Health Implications of AGEs with Special Reference to Diabetes, *Lambert Academic publishing*, (ISBN 978-613-9-82793-0)
2. Anandan S, **Syeda FS**, Mahadeva MJ and Urooj A “Glucosinolates and Antioxidant Properties of *Brassica Oleracea* Var. *Capitata* L.” *Food Science and Nutrition Technology*, Medwin Publishers, (2018) vol (3), Issue (3).
3. Satish A, **Farha Syeda S**, and Urooj Asna “**Quantification of flavonoids by UPLC-MS and its antibacterial activity from *Brassica Oleracea* Var. *Capitata***” *GSC Biological and Pharmaceutical Sciences*, 2018, 05 (01), 109-114.
4. Satish Anandan, Seema Siddiqi, **Syeda Farha Siraj** and Urooj Asna “**Protective effects of Apigenin from *Morus indica* L. against methylglyoxal induced oxidative DNA damage**”. *International Journal of Pharmacy and Biological Sciences* (2019) 9 (2):173-178.
5. **Syeda Farha Siraj**, Satish Anandan, Lohith Mysuru Shivanna and Asna Urooj “**Trends in consumption of cruciferous vegetables among the college students – An Exploratory study**”, *International Journal of Emerging Technologies and Innovative Research*, Vol.6, Issue 4, page no. pp541-547, April-2019
6. Anandan, S., Mahadevamurthy, M., Ansari, M. A., Alzohairy, M. A., Alomary, M. N., **Farha Siraj, S.**, ... & Ledesma, A. E. (2019). “Biosynthesized ZnO-NPs from *Morus indica* Attenuates Methylglyoxal-Induced Protein Glycation and RBC Damage: In-Vitro, In-Vivo and Molecular Docking Study”. *Biomolecules*, 9(12), 882.

7. **Syeda Farha S**, Asna Urooj (2020). “The role of iodine during pregnancy and its consequences on neonatal thyroid hormones-A Review”, *International journal of Pharmacy and Biological Sciences*, 10(1):103-110
8. Indu bhargavi k, **Syeda Farha S**, Asna Urooj, (2020). Impact of popping on the nutritional value and Anti-nutrients in millets. *International journal of food science and nutrition*, 5(3), 69-74
9. **Syeda Farha S**, Asna Urooj (2020). Comparison of Median Urinary Iodine Concentration as an Indicator of Iodine Status among Pregnant and Altered Thyroid Function Women - A Pilot Study. *International journal of public health research and development*, 11(9): 142-149.

POSTER PAPERS PRESENTED AT CONFERENCES

- 1) Presented poster on “Glucosinolates and Antioxidant Properties of *Brassica Oleracea* var. *capitata* L”. at CSIR-CFTRI students symposium on July 13 2018.
- 2) Presented poster on “Protective effects of *Morus Indica* (apigenin) against methylglyoxal induced oxidative DNA damage” at CSIR-CFTRI students symposium on July 13 2018.
- 3) Presented poster on “Characterization of flavonoids by UPLC-MS and its antibacterial activity from *Brassica oleracea* var. *Capitata* L.” in the “50th Annual International Conference of the Nutrition Society of India” held on 15-17 November 2018 at ICMR – National Institute of Nutrition, Hyderabad.
- 4) Presented poster on “Influence of processing on nutritional composition, functional properties and iron bio-accessibility of two *Amaranthus* species” in 3rd International Conference on Emerging Trends in Millet Technology for Health promotion (ICEMT-2020) - organized by

Department of Nutrition and Dietetics, Periyar University, Held during 9th and 10th. January, 2020.

ORAL PAPER PRESENTED

1) Oral presentation on “Effect of Processing on Functional Properties, Nutritional Composition of Millets and Development of Value Added Product” in 3rd International Conference on Emerging Trends in Millet Technology for Health promotion (ICEMT-2020) - organized by Department of Nutrition and Dietetics, Periyar University, Held during 9th and 10th. January, 2020.

2) Participated and presented paper on “Urinary iodine concentration as an indicator of iodine status and correlation between iodine nutrition and thyroid function during pregnancy-An exploratory study” in two days international conference on Role of management education and social sciences in research and innovations: challenges and realities” held on 19th – 20th August 2020

AWARDS

1) Won **First place** in Oral presentation on “Effect of Processing on Functional Properties, Nutritional Composition of Millets and Development of Value Added Product” in 3rd International Conference on Emerging Trends in Millet Technology for Health promotion (ICEMT-2020) - organized by Department of Nutrition and Dietetics, Periyar University, Held during 9th and 10th. January, 2020.

LIFE MEMBERSHIP OF ORGANIZATIONS

- Nutrition Society of India. National Institute of Nutrition, Hyderabad.
- Indian Dietetic Association

ORGANIZATION OF PROGRAM (SEMINAR/CONFERENCE/WORKSHOP)

1. Was an Organizing member in the symposium on the theme “Clinical Nutrition and Dietetics – Current Practices and Future Trends” held on 6th September 2018 at IOE auditorium, University of Mysore-06
2. Was an Organizing member and attended Nutrition awareness activity 2020 on “Good Nutrition – Key to Development for a Better Tomorrow” organized by Protein Foods and Nutrition Development Association of India (PFNDI) in collaboration with DOS in Food Science and Nutrition, UOM, on February 7th 2020.
3. Was an Organizing member and attended one day workshop “Complementary therapies in Autism Spectrum Disorder: Interplay between diet and gut micro-biota”- held on 15th February, 2020 at IOE Auditorium, Mysuru-06
4. Was organizing member and attended workshop on “ Patent & Proper: Building Awareness on Intellectual Property Rights”, Organized by IPR Cell, University of Mysore, held on 19th February, 2021 at Vignana Bhavan, IOE, Manasagangothri, Mysuru.

ACADEMIC DUTIES PERFORMED:

- Examination paper setter and evaluator for B.Sc., Food Science and Nutrition, St. Philominas College, Mysore. (2015 – 2016).
- As an internal examiner for practical examination for UG course, at Dept. of Food Science and Nutrition , St. Philominas College, Mysore. (2015 – 2016).
- Member, Board of Examination, Examination paper setter and evaluator for B.Sc. Food Science and Nutrtrion course, St. Philominas College, Mysore. (2015 – 2016).

- Board of studies member of Food Science and Nutrition. St. Philominas College, Mysore.
(2015 – 2016).

PRACTICAL EXPOSURE AND INSTRUMENTS HANDLED:

Biochemical technique- Chromatographic techniques, Bio-chemical assay. Microbiology- Basic microbiology.

UPLC-MS, Freeze-drier, Drum drier, Spray drier, Gel electrophoresis, Auto analyzer for biochemical parameters, Eliza reader, UV- visible spectrophotometer, Automated fiber analyzer, Kjeldahl apparatus for proteins estimation, Soxhlet apparatus for fat estimation and other basic biochemical instruments.