

## CURRICULUM VITAE



**Dr. Seema Siddiqi**

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### ACADEMIC QUALIFICATIONS

Degree	Subject	Year	University	Class
<b>Ph.D.</b>	Food Science and Nutrition	<b>2022</b>	University of Mysore	-----
<b>M.Sc</b>	Food Science and Nutrition	<b>2011</b>	University of Mysore	First class (66.85%)
<b>Post Graduate Diploma</b>	Food Analysis & Quality Assurance	<b>2009</b>	Defence Food Research Laboratory, University of Mysore	First class (68%)
<b>B.Sc</b>	Chemistry, Clinical Nutrition, Microbiology	<b>2008</b>	Maharani's Science College for Women University of Mysore, Mysore	Distinction (77.89%)

**Thesis Title: Studies on Promotion of Dietary Status and Food Behaviour among Children with Autism** under the guidance of Dr. Asna Urooj.

**Qualifying exam for Assistant professor: UGC NET qualified (25<sup>th</sup> March 2013)**

### Professional Experiences

Sl.no.	Duration	Position held	Subjects handled
01	March 2012 –June 2014	Guest lecturer	Food analysis, Nutritional Biochemistry, Food Microbiology
02	September 2015-Dec 2016	Guest lecturer	Clinical Nutrition & Dietetics, Food Microbiology,

			Community Nutrition (Assessment of Nutritional Status)
03	February 2021- October 2022	Guest lecturer	Clinical Nutrition & Dietetics, Nutrition in Critical Care, Food Microbiology, Assessment of Nutritional Status, Food analysis, Human nutrition
04	December 2023-current	Guest lecturer	Clinical Nutrition & Dietetics, Public Health Nutrition, Food Microbiology

- ◆ Teaching Experience (PG) – 5.5 years
- ◆ Research Experience – 6 years

Area of specialization: **Clinical Nutrition and Dietetics, Community Nutrition**

- ✓ Well experienced and hands on practical skills in Nutrition profile, digestibility studies, sensory analysis, product development, microbial analysis work
- ✓ Well versed with Statistical analysis (version 16)
- ✓ Clinical based studies and Community Nutrition studies specific with ASD, other NCD's.
- ✓ Ethics and code of conduct in research studies, critical reviews. Scientific writing skills.
- ✓ Qualified and trained Food Safety Supervisor level 2 by FoSTaC - 2019

**Academic skills/Duties Performed**

- ✓ Subject Co-ordinator (Food Chemistry and Food & Nutrition;2017-18)  
in the audio/visual based lecture programmes and e-content

development under NME-ICT Project, CEC-UGC, EMRC, University of Mysore.

- ✓ Subject Resource person (Clinical Nutrition & Community Nutrition; 2022) PG diploma in Nutrition and Dietetics, KSOU, Mysuru.
- ✓ Served as paper setter and evaluator of M.Sc. FSN (Food microbiology, Clinical Nutrition and Dietetics, Assessment of Nutritional status, Public Health Nutrition) since 2021.
- ✓ Served as Internal Examiner for M.Sc. FSN (CND Practical), Nutritional Biochemistry Practical since 2021.

◆ **Association Membership details:**

Sl.no.	Membership details	Status
1	Nutrition Society of India, NIN, ICMR, Hyderabad.	Life member
2	Indian Dietetic Association Kolkata. <b>Local Executive Member (Mysore chapter)</b>	Life member <b>Treasurer, since 2017</b>
3	Association of Food Technologist of India, CFTRI, Mysuru	Life member

**Research Guidance – Co-Guided M.Sc Dissertations (6)**

Sl. No.	Status	Title	Year
1	Co-guide	Impact of processing on rice starch fractions digestibility and its implications in the dietary management of type-2 Diabetes mellitus	2016
2	Co-guide	Nutritional status and food behaviour of children with autism	2017
3	Co-guide	Starch, protein digestibility profile and predicted glycaemic index of selected millet-based products	2018
4	Co-guide	Food allergies and asthma in school going children	2019
5	Co-guide	A Community based study to assess Indian Diabetes risk score (IDRS) and dietary diversity score (DDS) among the adult population of Kodagu (Coorg) in Karnataka	2022
6	Co-guide	Dietary Diversity and food behaviour issues in children with ASD	2022

## ADDITIONAL RESEARCH WORK EXPERIENCE

- Was a team member (Project Associate) – UOM-North western university sponsored project on Asthma and Food allergy among school children (2019-2021).

## RESEARCH PUBLICATIONS

### Research articles: 7 (2-National, 5-International)

1. **Seema Siddiqi** Fatema tuz zohora Laboni and Asna Urooj, “Nutritionally important starch fractions and estimated glycemic index of selected South Indian rice varieties”. Croation journal of Food Science and Technology. June 2022, DOI: 10.17508/CJFST.2022.14.1.03.
2. **Seema Siddiqi** and Asna Urooj, Nutrient intake profile, growth patterns and hemoglobin levels in children with ASD - A case control study in Mysuru, India”. Research in autism spectrum disorders, January 2022, Elsevier publications. <https://doi.org/10.1016/j.rasd.2021.101885>. Impact factor- 3.28
3. **Seema Siddiqi** and Asna Urooj “Association between mealtime behaviour problems and somatic status among Indian children with autism spectrum disorder”. International journal of scientific research. Pp-81-84, Volume - 10, Issue – 10, October – 2021, PRINT ISSN No. 2277 - 8179 | DOI: 10.36106/ijsr. Impact factor – 1.021.
4. Satish Anandan, **Seema Siddiqi**, Syeda Farha Siraj and Urooj Asna, Protective Effect of Apigenin from Morus indica.L against Methylglyoxal Induced Oxidative DNA Damage, Int J Pharm Biol Sci. DOI: <https://doi.org/10.21276/ijpbs.2019.9.2.24>.
5. **Seema Siddiqi**, Asna Urooj & Melwin James D’Souza, “Dietary Patterns and Anthropometric Measures of Indian Children with Autism Spectrum Disorder”, Journal of Autism and Developmental Disorders, Vol 43(09) December 2018. doi.org/10.1007/s10803-018-3850-0. Impact factor- 4.291
6. Seema Siddiqi and Asna Urooj (2018) 'Dietary Risk Factors Associated with Autism – A Review', International Journal of Current Advanced Research, 07(1), pp. 8827-8833. DOI: <http://dx.doi.org/10.24327/ijcar.2018.8833.1437>
7. Siddiqi, Seema, S. Lakshmi, and Asna Urooj. "Iron bio-accessibility and nutritional attributes of selected disease specific commercial formulations." Defence Life Science Journal 2, no. 2 (2017): 206-211.

◆ **Book chapters (2)**

1. **Seema Siddiqi** and Asna Urooj (2020). Understanding Children with Autism Spectrum Disorder. Anne Bourque (Ed.), Dietary Related Issues with Autism Spectrum Disorder (pp.207- 234). Neuroscience Research Progress. Nova Science Publishers, Medicine and health, Newyork.Inc.
2. 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.

**Awards/Honours:**

1. UGC-BSR award for pursuing Ph.D in Food Science and Nutrition, University of Mysore.
2. **Awarded best poster under community nutrition** for the poster presented entitled **“COMPARISON OF NUTRITIONAL STATUS OF CHILDREN WITH AUTISM SPECTRUM DISORDER- A CASE CONTROL STUDY”** **Seema Siddiqi** and Asna Urooj at International E-Conference on "Global Pandemic and Sustainable Food System: Challenges and Response to Research and Practice” held on July 1<sup>st</sup> and 2<sup>nd</sup>, 2020 organized by Post Graduate Studies & Research in Food Science, St Aloysius College, Mangalore, Karnataka, India.
3. **Awarded best poster (third prize) under community nutrition** for the poster presented entitled **“NUTRIENT INTAKE PROFILE, GROWTH PATTERNS AND HEMOGLOBIN LEVELS IN CHILDREN WITH AUTISM SPECTRUM DISORDERS”** **Seema Siddiqi** and Asna Urooj at Two Day National E-Conference on “Sustainable strategies for food safety and nourishment” held on 22<sup>nd</sup> and 23<sup>rd</sup> October 2020 organized by DOS in Food Science and Nutrition, University of Mysore.
4. **Awarded best poster under Food Science category** entitled **“STARCH, PROTEIN DIGESTIBILITY PROFILE AND PREDICTED GLYCEMIC INDEX OF SELECTED MILLET BASED PRODUCTS”** at International conference at Periyar university Salem,India on January 9-10 2020.

**EXTRACURRICULAR ACTIVITIES**

- ◆ Have been an Organizing committee member in various symposiums, workshops, conferences at both national and international levels.
- ◆ Organising committee member for – **Women Science Congress** (January 2016), **Social Science congress** (December 2016),

- ◆ Actively participated and won prizes in cultural fests, paper presentation for oral and poster sessions.
- ◆ Co-ordinated various college fests, workshops, seminar, conferences at national level.
- ◆ Organizing committee member - ICMR Sponsored National level workshop on **“From Nutrigenetics to Personalized Nutrition”** (August 2019) at DOS in FSN, MGM.
- ◆ Organizing committee member - National level seminar on **“Risk and resilience across the life span”**, (March 2018) at DOS in FSN.
- ◆ Organizing committee member - UGC sponsored one day symposium on **“Evidence based nutrition for prevention and management of diabetes”** (March 2018).
- ◆ Organizing committee member - One day symposium on **“Clinical nutrition and dietetics - Current practice and future trends”**, (September 2018).
- ◆ Organizing committee member - Two Day National E-Conference on **“Sustainable strategies for food safety and nourishment”** (October 2020) at DOS in FSN, MGM.
- ◆ Organizing committee member – one day workshop on **“Complementary therapies in Autism spectrum disorders - Interplay between diet and gut microbiota”** (March 2020) organized by DOS in FSN, MGM.

### CSR ACTIVITIES

- ✓ Actively involved as subject expert in Nutrition Counselling (audio/video, phone calls) for dietary problems among ASD children.
- ✓ Delivered an Invited talk as resource person on **“Nutritional disorders”** on 22.09.2017 at Kriya Pushpa, Family and health office, Manandavadi Road, Mysuru.
- ✓ Delivered an Invited talk as resource person on **“Women health issues”** on 12.11.2019 at Magic bus India Foundation, NGO, Udayagiri, Mysuru.
- ✓ Delivered an Invited talk as resource person on **“Complementary feeding”** on 15.10.2019 at Magic bus India Foundation, NGO, Udayagiri, Mysuru.

### Conferences/Paper Presentations/Workshop’s attended

2016

- 1) Workshop on “**Practical aspects of enteral aspects of enteral nutrition therapy in critical illness**”, conducted by IDA Mysore chapter on 18<sup>th</sup> March 2016.
- 2) Workshop on “**Parental nutrition: Issues & concerns**” conducted by IDA Mysore chapter on 21<sup>st</sup> May 2016.
- 3) Workshop on “**Biostatistics and Research Methodology**”, conducted by Chanre Health Care & Research pvt ltd, Bengaluru on 20<sup>th</sup> & 21<sup>st</sup> August 2016.
- 4) 5<sup>th</sup> Women’s Science congress as part of 103<sup>rd</sup> Indian Science Congress with the theme science and technology for indigenous development of women in India, 5<sup>th</sup> – 6<sup>th</sup> January 2016, Mysore, India.
- 5) 49<sup>th</sup> Annual National Conference of Indian Dietetic Association with the theme joining hands to nourish India”, Nutrition beyond nutrients, 23<sup>rd</sup> 25<sup>th</sup> September 2016, Mumbai, India.
- 6) 48<sup>th</sup> Annual National Conference of Nutrition Society of India with the theme Nutrition risk management & communication, 4<sup>th</sup> & 5<sup>th</sup> November 2016, Bengaluru, India.
- 7) Workshop on Application of Statistics in the field of Food science and Human Development using SPSS”, conducted by DOS in Food Science and Nutrition, on 19<sup>th</sup> November 2016.

## 2017

- 8) Workshop on Thyroid disorders – Current Scenario, causes and remedies, conducted by IDA, Mysore chapter, on 4<sup>th</sup> March 2017.
- 9) Participated in the poster competition on the theme “Autism- Towards autonomy and self - determination” held on 16<sup>th</sup> -17<sup>th</sup> 2017 organised by Human Development & Welfare Association in collaboration with Nutrition society to commemorate Autism Awareness month & stress awareness day at DOS in Food Science & Nutrition, University of Mysore.
- 10) Participated and presented poster on “**Impact of heat Processing on Digestibility, Gelatinization and morphology of rice and foxtail millet with low glycaemic index**”, in International conference on Recent Trends in Agriculture, Biotechnology & Food Processing, held on 5<sup>th</sup> -7<sup>th</sup> July 2017 at College of Agriculture, Hassan.
- 11) 1<sup>st</sup> Annual National Conference of Indian Association of Preventive & Social Medicine (IAPSM), Karnataka State Chapter with the theme – “Public Health Updates”, and presented an oral presentation on “**Nutritional Status and Food behaviour of children with autism**” 21<sup>st</sup> & 22<sup>nd</sup> December 2017, Mysore, India.

## 2018

- 12) Workshop on “**Current concept in hospital diets**”, conducted by JSS medical college in collaboration with IDA Mysore chapter on 24<sup>th</sup> February 2018.
- 13) Participated National level seminar on “**Risk and resilience across the life span**”, conducted by Human Development DOS in Food Science and Nutrition, Manasagangothri, Mysore, on 15<sup>th</sup> and 16<sup>th</sup> March 2018.

- 14) Participated UGC sponsored one day symposium on “**Evidence based nutrition for prevention and management of diabetes**” on 21<sup>st</sup> March 2018 at IOE Auditorium, Manasagangothri, Mysuru.
- 15) Participated and presented poster on “**Protective effects of *MorusIndica* (apigenin) against methylglyoxal induced oxidative DNA damage**” at CSIR-CFTRI student’s symposium on 13<sup>th</sup> July, 2018.
- 16) Participated in the workshop on “**Research Methodology Course for Research Scholars**” organized by the Human development, Department of Food Science and Nutrition, Manasagangothri, Mysore on 19<sup>th</sup> and 20<sup>th</sup> of August 2018.
- 17) Participated one day symposium on “**Clinical nutrition and dietetics - Current practice and future trends**”, held on 6<sup>th</sup> September 2018 at IOE Auditorium, Manasagangothri, Mysore.

## 2019

- 18) Workshop on “**Critical Appraisal Skills for Nutrition Research**” on 19<sup>th</sup> and 20<sup>th</sup> August 2019 at DOS in Food Science & Nutrition, University of Mysore.
- 19) Participated ICMR Sponsored National level workshop on “**From Nutrigenetics to Personalized Nutrition**”, conducted by DOS in Food Science and Nutrition, Manasagangothri, Mysore, on 23<sup>rd</sup> and 24<sup>th</sup> August 2019.
- 20) Participated one day workshop on “**Understanding Research Metrics Using Scopus Database**” on 30<sup>th</sup> September 2019 at Department of Studies in Library & Information Science, Manasagangothri, Mysuru.
- 21) Participated and successfully completed two-day FoSTaC Training program on “**Food Safety Supervisor level 2**” organized by DOS in Food Science and Nutrition, Manasagangothri, Mysore, on 29<sup>th</sup> and 30<sup>th</sup> November 2019.
- 22) Participated “**SERB sponsored International Conference on Emerging Trends in Millet Technology for Health Promotion (ICEMT-2020)**” and presented poster on “**Starch, protein digestibility profile and predicted glycemic index of selected millet-based products**” on 09-10th, January 2020 at Periyar University, Salem, Tamilnadu, India.

## 2020

- 23) Participated in the International E-Conference on “**Global Pandemic and Sustainable Food System: Challenges and Response to Research and Practice**” held on July 1<sup>st</sup> and 2<sup>nd</sup>, 2020 organized by Post Graduate Studies & Research in Food Science, St Aloysius College, Mangalore, Karnataka, India.
- 24) Successfully completed online training program on “**Role of Food Analysis to ensure product safety and Quality in Food industries**” held on 24<sup>th</sup> July 2020 organized by National agriculture and Food analysis and Research Institute, Pune, Maharashtra, India.

- 25) Participated Two-Day National Webinar on “Addressing the challenges of health & nutrition during covid-19, a holistic approach” held on 27<sup>th</sup> & 28<sup>th</sup> July 2020, organized by Department of Food & Nutrition & Research Centre in Association with Altrusa International of Bangalore, India, Inc.
- 26) Participated National Level Webinar on “Coronavirus: Research Opportunities and Challenges in the Present and Future Scenario” organized by the Department of Life Science, Central University of Karnataka, India, held on 5th August 2020.
- 27) Participated in the first International Online E - Conference on “Fasting Molecular Mechanism and its Clinical Applications” organized by Alpha Naturals, Pvt ltd. (Dr. Praveen Jacob) held on 16<sup>th</sup> August 2020.
- 28) Participated in the Two Day National E-Conference on “Sustainable strategies for food safety and nourishment” held on 22nd and 23rd October 2020 organized by DOS in Food Science and Nutrition, University of Mysore.
- 29) Participated National Level Two Day Webinar on “Challenges of neonatal care and infant protection organized by the Human Development Wing, Department of Studies in Food Science and Nutrition, University of Mysore, held on 19<sup>th</sup> and 20<sup>th</sup> November 2020.
- 30) Participated in the Essentials of Research Writing & Using Mendeley Reference Manager at University of Mysore, held on Friday 27<sup>th</sup> November 2020 Presented by Vishal Gupta, Customer Consultant.
- 31) Participated and moderated the live webinar session on “Issues faced by COVID Patients post recovery pertaining to Cardio, Respiratory and Diabetes held on 17<sup>th</sup> December 2020 organized by Apollo Hospitals, Mysore, in association with IDA Mysore Chapter.

## PERSONAL ATTRIBUTES

- ◆ Believe in, and practice **team work**, liaise effectively and respect each member's contribution and expertise to the team.
- ◆ Ability to **communicate effectively** with colleagues and students.
- ◆ Ability, flexibility and readiness to learn new information and grasp new ideas at a short time.
- ◆ Proud to have a legible and neat **hand writing**.

## REFEREES

- 1) **Dr. Asna Urooj**  
Professor, DOS in Food Science & Nutrition  
University of Mysore
- 2) **Dr. Komala M.**  
Chairperson & Professor, DOS in Food Science & Nutrition  
University of Mysore

## DECLARATION

I hereby declare that the information furnished above is true to the best of my knowledge.

Place: Mysore

(Dr. SEEMA SIDDIQI)