

CURRICULUM VITAE

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Associate Professor

DOS in Food Science and Nutrition,

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1. Academic Background

- **Chairperson**, DOS in Food Science and Nutrition, Karnataka State Open University, Mysore, February 2013 to February 2015 and February 2017 to December 2023; December 2025 to Present
- **Associate Professor**, DOS in Food Science and Nutrition, Karnataka State Open University, Mysore, December 2021 to present
- **Co-ordinator, Examination Section**, Karnataka State Open University, Mysore, 2014-2015
- **Assistant Professor**, DOS in Food Science and Nutrition, Karnataka State Open University, Mysore, 2012 to 2021
- **R&D Manager**, Centre for Nutrition Research, Elite Group of Companies, Mysore, 2010 – 2012.
- **Women Scientist, DST**, Department of Biochemistry and Nutrition, Central Food Technological Research Institute, Mysore. 2007 – 2010.
- **Junior Research Fellow**, 2003 – 2005 and **Senior Research Fellow**, 2005 – 2007 funded by DAE/BRNS, BARC, India at Central Food Technological Research Institute, Mysore.
- **Substitute Lecturer, 2001-2002**, Maharani's Science College for Women, Mysore. India.

2. Academic Records

Degree	University/Institute	Subjects	Year of Passing
Ph.D.	CSIR-Central Food Technological Research Institute	Food Science & Nutrition	2013
UGC-NET	University Grants Commission, India	Home Science	2000
M.Sc.	University of Mysore	Food Science & Nutrition	2000

B.Sc.	University of Mysore	Chemistry, Clinical Nutrition & Dietetics, Food Science & Nutrition	1998
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3. Teaching Expertise: Nutrition-Clinical, Community; Food science; Food service; Dietetics; Nutritional Biochemistry

4. Research Expertise: Food science and Technology, Product Development and Formulations, Nutrition-Analytical, Clinical and Community, Nutritional Biochemistry

5. Ph.D. Students Awarded: 2

6. Ph.D. Students guiding: 6

7. Dissertation Students Guided: 60

8. Technical Expertise

- **Analytical techniques:** Proximate analysis, nutraceutical properties
- **Biochemical techniques:** Spectrophotometry, Enzyme activity, Isolation, SDS-PAGE Gel Electrophoresis, Column chromatography
- **Rheological techniques:** Amylograph, Farinograph, Extensograph, Viscometer
- **Chromatography:** Gas Liquid Chromatography (GLC), High Performance Liquid Chromatography (Analytical)
- **Experimental Baking:** Test baking of chapati, experimental bread, cakes and cookies
- **Product Development:** Development of Nutra range formulas for diskettes, beverage and formulation of Instant Breakfast Mixes, Snack Mixes and Premixes like cakes, cookies and pan cakes
- **Nutritional Studies:** Community and clinical based studies like intervention, implementation, cohort and meta-analysis studies
- **Animal Experiments:** Growth studies in Rats, *in-vivo* GI studies in rats
- **Computer Skills:** Basic software for data analysis.

9. Awards and Honours

- a) **Best Scientist Award** in Food Science and Technology, at 9th International Conference on “Current Approaches in Agricultural, Biological & Applied Science for Sustainable Development organised by Agro Environmental Development Society, 2024, at Kumaun University, Nainital, Uttarakhand, India.
- b) **Best Research Paper Award** for “Effect of surfactant and fat on chapatti making quality and control of its staling on account of Science day by Centre for Internal Quality Assurance, 2023, Karnataka State Open University, Mukthagangothri, Mysuru, Karnataka, India.
- c) **Best Poster Prize** in 19th World Congress of Food Science and Technology, 2018 (IUFOST) held at Mumbai, India for the poster entitled “Effect of chickpea-sesame based ready to use food on malnourished HIV Positive Children”.
- d) **Best Poster Prize** in 45th Annual National Conference of Nutrition Society of India (NSI), 2013 held at Hyderabad, India for the poster entitled “Development of Nutritious Food for Children to Combat Nutritional Deficiency Disorders”.
- e) **Best Poster Prize** in International Food Convention, 2008 (IFCON) held at Mysore, India for the poster entitled “Role of pentosans in relation to chapati making quality”.
- f) **Best Poster Prize** in Indian Convention of Food Scientists and Technologists, 2006 (ICFOST) held at Hyderabad, India for the poster entitled “Effect of enzymes on chapati quality and its staling”.
- g) **Women Scientist** from Department of Science and Technology (DST) under Women Scientist Scheme (WOS-A), New Delhi, India.
- h) **Junior Research Fellowship and Senior Research Fellowship** from Bhaba Atomic Research Centre (BARC), Mumbai, India.
- i) **Eligibility for Lectureship (NET)** from University Grants Commission – National Eligibility Test (UGC-NET), New Delhi, India.

10. **Research Experience:** 23 Years

11. **Teaching Experience:** 14 years

12. **Administrative Experience:** 13 years

13. Memberships of Different Bodies

1. Life member of Association of Food Scientists and Technologists (India).
2. Life member of Nutrition Society of India.
3. Life member of Indian Dietetic Association of India.
4. Life member of Home Science Association of India
5. Life member of Indian National Science congress
6. Life member of Karnataka State Science Association
7. BOS/BOE Member of different Universities

14. Conferences Organized

- International Conference (9th IFCON) on Food Convention by Department of Food Science and Nutrition, KSOU in collaboration with Association of Food Scientists and Technologists (AFSTI) from 7th December 2023 to 10th December 2023 at KSOU Convocation Hall and CSIR-Central Food Technological Research Institute, Mysuru.
- Six-Day State Level Workshop on “Research and Publication Ethics” Karnataka State Open University from 14th July to 19th July 2023 at Kaveri Auditorium, Karnataka State Open University, Mysuru.
- Seminar on Anti-Obesity And World Diabetes Day -Nutritional Perspective in association with IDA, Mysore chapter and Department of Food Science and Nutrition, KSOU on 6th January 2023 at Kaveri Auditorium, Karnataka State Open University, Mysuru.
- National E-conference on Food Safety and Nourishment in association with IDA, Mysore chapter and Department of Food Science and Nutrition on 22nd and 23rd October 2020 at Senate Bhavan, University of Mysore, Mysuru.
- National Symposium on Clinical Nutrition and Dietetics– Current Practice and Future Trends” in association with India Dietetic Association, Mysore chapter on 6th September 2018 IOE Auditorium, Vigyan Bhavan, Mansangangotri, Mysuru.
- National conference Food based approaches for translational nutrition in association with Nutrition Society of India, Mysore chapter during 12th and 13th April 2017 at Senate Bhavan, University of Mysore, Mysuru.

15. Chaired/Co-Chaired sessions in Conferences

- Chaired session on International conference on Gut Brain-Health Connections organized by CSIR-CFTRI & KSOU on 28th -29th October 2021 at Mysuru
- Chaired session on National conference on Sustainable strategies for food safety and Nourishment organized by IDA, Mysore Chapter on 22nd -23rd October 2020 at Mysuru
- Co-Chaired session in 10th International conference on Nutritional and Environmental Medicine Organised by Soukhya Foundation, Mysuru and Department of Food Science and Nutrition, Yuvaraja's college (Autonomous), University of Mysore, Mysuru in association with AFST(I), ACNEM and ICAN-FT held during 14th – 16th February 2020 at Mysuru.
- Rapporteur for National Seminar on Sustainable Rural Development through Governmental Programmes- Vision and Action Organized by Karnataka State Open University on 28th – 29th July 2017 at Bengaluru
- Rapporteur for Daily conference Newsletter in 9th Nutra India Summit Organised by International Society for Nutraceuticals, Nutritionals & Naturals; MMACTIV-Sci-Tech Communications on 12-14th March 2014 at Bengaluru

16. Resource Person in Conferences/Workshops

- Lecture on Application of Research Ethics at Six days State Level Workshop on Research and Publication Ethics organised by Karnataka State Open University from 25th June to 30th June 2024.
- Lecture on Application of Functional foods and Nutraceuticals at Monthly Research Lecture series organised by Karnataka State Higher Education Council on 30th September 2024.
- Lecture on Diet Planning at Workshop on Aharaa Yojana organised by Shri B.M. Kankanwadi Ayurveda Mahavidyalaya, KLE University on 21st and 22nd December 2023.
- Lecture on Recent Trends in Nutrition for Pregnant women and Lactating mothers as part of Rastriya Poshan Maah organized by Government Nature Cure and Yoga Medical College on 8th September 2021
- Lecture on Recent Trends in Human Nutrition at National webinar on Prevention of malnutrition organized by JSS Ayurveda Medical College on 17th September 2021.

- Lecture on Diet to combat and maintain Diseases at Workshop on Clinical Nutrition and Dietetics organized by Shri B.M. Kankanwadi Ayurveda Mahavidyalaya, KLE University on 13th February 2016.

17. Invited Lecture

- Lecture on “Food Safety-Be Ready for challenges” at Maharani Science College for Woman, organised by Department of Home Science in collaboration with IQAC & FSN Golden Jubilee Alumni Group in Symposium on Gut Health and Food Safety, Mysuru, on 17th April 2025
- Lecture on “Food Safety-Prepare for the unexpected” at JSS Ayurveda medical college, organised by Department of PG studies in Swasthavritta on the occasion of World food Day-2024, JSS Ayurveda medical college, Mysuru, on 23rd October 2024
- Lecture on “Right to Food for a better life and a better future” at JSS Ayurveda medical college, organised by Department of PG studies in Swasthavritta on the occasion of World food Day-2024, JSS Ayurveda medical college, Mysuru, on 28th June 2024
- Lecture on “Recent Trends in Nutrition” at Vidywardhaka Engineering College, organised by Department of Chemistry, Vidywardhaka Engineering College, Mysuru, on 27th August 2022
- Lecture on “Nutrition for Adults and Elderly” at Government School, organised by Rotary central Mysuru, Mysore on 16th December 2020
- Lecture on “Nutrition for Construction Labourers” at BAI Office, Mysore Chapter organised by BAI and Ladies Wing-Spoorthi, Mysore
- Lecture on “Balanced diet for Rural Woman” at 100.6 Akashvani, Mysore organised by Akashvani Centre, Mysore
- Lecture on “Nutrition for Woman” at Rangasamudra, Bannur organised by Organic Food Federation, Mysuru, Karnataka
- Lecture on “Nutrition for Preschoolers” at Pramati Hill View School, Mysuru, Karnataka

- Lecture on “Recent Trends in Nutrition” at World Environment Day organised by Builders Association of India, Mysore Chapter, Mysuru, Karnataka
- Lecture on “Nutrition for Healthy Living” at Spoorthi, Ladies wing of Builders Association of India, Mysore Chapter, Mysuru, Karnataka
- Lecture on “Food for Health” at Senior Citizens Seva Samithi, Mysuru, Karnataka.
- Lecture on “Nutrition for Adolescents” at Mahila Dasara, Mysuru arranged by Woman and Child welfare Department.
- Lecture on “Modifications in Diet” at KLE University, Belgavi, Karnataka
- Lecture on “Nutrition on growth & development” at Krishnam Yoga Centre, Kengeri, Bangalore
- Lecture on “Effect of Junk foods on health” at NGO centre, Mandya, Karnataka

18. Research papers published

1. **Hemalatha MS** (2025). Reversing the Blood Sugar Level by Using Millet Based Food Product. *Clinical Journal of Diabetes Care and Control*; 7(1): 180074.
2. Suresh M & **Hemalatha MS** (2025). Effect of High Protein Formulation on Rheological, Sensory and Microstructure of Cookies. *Journal of Food Engineering and Technology*; 14(1), 1-11.
3. Suresh M & **Hemalatha MS** (2025). Influence of high protein on the rheological properties, microstructure and x- ray diffraction of crackers formulations. *Current Research in Nutrition and Food Science*; 13(1).
4. Ramesha KL, Sujatha M, Shivakumar V, Devaraja S, **Hemalatha MS**(2025). Antioxidant, anticoagulant, antiplatelet and anti-eryptotic (protection of RBCs) activities of *Acacia sinuata* leaves aqueous extract; *International Journal of Botany Studies*, 10 (1): 4-11
5. **Hemalatha MS** & Prasada Rao UJS (2024). Effect of Peroxidase on the Physico-chemical, Rheological Properties of Whole Wheat Flour Dough, and Quality Attributes of Chapati and Its Health

- Benefits. *Journal of Food Engineering and Technology*; 13(2):33-40
6. Ramesha KL, Sujatha M, Shivakumar V, Devaraja S & **Hemalatha MS** (2024). Punica Granatum L (pomegranate) Leaves Extract Exhibits Antioxidant, Anticoagulant and Antiplatelet Properties. *Indian Journal of Nutrition*, 11 (2): 01-07
 7. **Hemalatha MS** & Prasada Rao UJS (2022). Effect of surfactant and fat on chapati making quality and control of its staling. *Current Research in Food Science*, 5: 11-18
 8. **Hemalatha MS**, Padmavathamma, D'Souza S.A. and Prakash J. (2021). Impact of an awareness creation programme on consumption of food pattern among adolescents. *Indian Journal of Nutrition*, 8(3): 01-06.
 9. Manjula R., Shanthamma, Shalini H and **Hemalatha M.S.** (2020). Impact of Structured Nutrition Education Programme on Diabetes Mellitus patients. *Journal of Interdisciplinary and Multidisciplinary Research (JIMR)*. 15 (7): 77-90 E-ISSN:1936-6264
 10. Rajendra A.C. & **Hemalatha M.S.** (2019) Correlating the Body Composition Using Bioelectrical Impedance Analyzer. *International Journal of Research and Analytical Reviews (IJRAR)*, 6 (1): 698-706 |
 11. Kavyashree Y. S. & **Hemalatha M. S.** (2018) Study of Supplementation of Dietary Garlic (*Allium Sativum*) on Hypertensive Subjects. *International Journal of Science and Research (IJSR)*: 7 (12) 1597-1603.
 12. Sanjeev S. Tonni, Anitha C, **Hemalatha MS** & Amrutha Kalyani (2017). Prevalence of Anemia in Pregnant Women WRST Socio-economic status: Observational Study, *International Journal of Food, Nutrition and Dietetics*, 5(2), 41-49.
 13. **Hemalatha MS**, Manjunatha CS & Niranjan Raj S. (2017). Assessment of Iron Deficiency Anemia among school going children in rural areas of Mandya and Mysuru district, *International Journal of Multidisciplinary Research*, 6(7), 62-69.
 14. Niranjan Raj S, Manjunatha CS, **Hemalatha MS**, Umashankara M & Lavanya SN. (2017). Millets for mitigating Malnutrition: Value addition for rural health development programmes, *International Journal of Multidisciplinary Research*, 6(7), 70-79.
 15. Mohana Kumara, A. P. & **Hemalatha M. S.** (2016). A Study on the Efficacy of Aloevera Juice in the Management of Viral

Hepatitis *International Journal of Science and Research (IJSR)*, 5 (7); 2250-2255

16. Ramakrishna Prasad N & **Hemalatha M.S.** (2015). Study on Hypoglycemic Effect of Bittergourd Powder on Diabetic Patients in Selected Subjects. *International Journal of Science and Research (IJSR)*, 4 (8); 2115-2118
17. **Hemalatha MS**, Leelavathi K, Salimath PV & Prasada Rao UJS. (2014) Control of chapati staling upon treatment of dough with amylases and xylanase, *Food Bioscience*, 5, 73-84.
18. **Hemalatha MS**, SaiManohar R, Salimath PV & Prasada Rao UJS. (2013) Effect of added arabinoxylans isolated from good and poor chapati making wheat varieties on rheological properties of dough and chapati making quality, *Food and Nutrition Sciences*, 4, 884-892.
19. **Hemalatha MS**, Bhagwat SG, Salimath PV & Prasada Rao UJS. (2011). Enhancement of soluble dietary fibre, polyphenols and antioxidant properties of chapatis prepared from whole wheat flour dough treated with amylases and xylanase. *Journal of the Science of Food and Agriculture*, 92, 764 – 771.
20. **Hemalatha MS**, Prasada Rao UJS, Leelavathi K & Salimath PV. (2010). Influence of amylases and xylanase on chemical, sensory, amylograph properties and microstructure of chapati. *LWT- Food Science and Technology*, 43, 1394 – 1402.
21. **Hemalatha MS**, Manu BT, Bhagwat SG, Leelavathi K & Prasada Rao UJS. (2007). Protein characteristics and peroxidase activities of different Indian wheat varieties and their relationship to chapati-making quality. *European Food Research and Technology*, 225, 463-471.
22. **Hemalatha MS** & Jamuna Prakash (2002). An awareness creation programme for women on nutrition through green leafy vegetables. *The Indian Journal of Nutrition & Dietetics*, 39, 17 – 25.

19. Book Chapter Authored

- **Hemalatha, M.S.** (2023) Diet therapy for gastrointestinal, pancreatic and liver disorders, Handbook of Food and Nutrition, Chapter 32, The Bangalore Printing and Publishing Company
- **Hemalatha, M.S.** (2023) Diet therapy for kidney disorders, Handbook of Food and Nutrition, Chapter 33, The Bangalore Printing and Publishing Company

- **Hemalatha, M.S.** (2023) Nutrition during cancer, Handbook of Food and Nutrition, Chapter 34, The Bangalore Printing and Publishing Company
- Prabhavathi S.N, **Hemalatha M.S** and Shwetha. “Prevalence of Anaemia among Pregnant Women from Bangalore Urban Area”, First Edition, Ane Books Pvt. Ltd., ISBN : 978-93-94883-06-2, 2022, 78 pp.
- Prasada Rao UJS and **Hemalatha MS**. "Enzymes" in Baking Products Science and Technology, 2nd Edition, Wiley-Blackwell, Oxford, ISBN 978-1-119-96715-6, August 2014, 275 pp.

20. Book Authored

- **Hemalatha MS** & Jamuna Prakash, (2017). "A simple guide to right eating: Nutrition through green leafy vegetables”

21. Handbook Authored

- **Hemalatha MS** & Jamuna Prakash, (2001). "Eating for health, Nutrition through green leafy vegetables”

22. Patent Filed

- Patent Application No: 201641011886A, Title: A system for stored water quality monitoring, stored water purification and stored water quality data communication

23. Abstracts presented at Academic Conferences

1. Pallavi S. Kumar & **Hemalatha MS**, Effect of Combination of Fruit Peel and Spices Powder on Blood sugar level at 31st Indian Conference of Food Scientists and Technologists (ICFOST) from 18th December to 20th December 2025 organised by Association of Food Scientists and Technologists (AFSTI), held at NIFTEM-Thanjavur, Tamil Nadu
2. Divya Ranjini & **Hemalatha MS**, Treating Diabetes By Using Millet Based Food Product at 30th Indian Conference of Food Scientists and Technologists (ICFOST) from 19th December to 20th December 2024 organised by Association of Food Scientists and Technologists (AFSTI), held at DY Patil deemed to be University, Navi Mumbai, Mumbai
3. Suresh M & **Hemalatha MS**. Study on the effect of incorporation of high protein ingredient on cookie characteristics at 9th International Conference Food Convention (IFCON), Organised by Association of Food Scientists and Technologists (AFSTI), Mysuru from 7th December to 10th December 2023

4. Ramesh K.L. & **Hemalatha MS.** Cucurbita leaf extracts regulates oxidative stress markers in NaNO₂ induced Oxidative stress (In-Vitro) at 9th International Conference Food Convention (IFCON), Organised by Association of Food Scientists and Technologists (AFSTI), Mysuru from 7th December to 10th December 2023
5. Suresh M & **Hemalatha MS.** Impact of high protein on the rheological properties of crackers at 55th Annual Conference of Nutrition Society of India, Hyderabad from 25th to 26th November 2023
6. Ramesh K.L. & **Hemalatha MS.** Rare Green leafy vegetables-nutraceutical properties at Trends and Innovation in Health, Nutrition, Food and Crop Security and Skill Development Workshop on Advances in Chromatography for Drug Discovery Organised by Tumkur University, Tumakuru from 21st to 23rd August 2023
7. **Hemalatha MS.** Effect of Raw vegetables Juice therapy on Nutritional status of HIV Positive patients at 4th International Conference on Food and Nutrition organised by Universal Society of Food and Nutrition, Singapore from 23rd to 24th September 2021
8. **Hemalatha MS.** Pentosan characteristics of different Indian wheat varieties and their relationship to bread making quality at International E-Conference on Nutrition and Food Science organised by United Research Forum, UK from 9th to 10th December 2020
9. **Hemalatha MS.** Assessment of intervention of Allium Sativum on Hypersyslipidemic subjects at National Conference on Health and Wellness through Nutrition and Nutraceuticals-2020 held at RUAS, Bengaluru, India from 22nd to 24th January 2020 pp-56.
10. **Hemalatha MS.** Assessment of Nutritional status of Type II DM subjects at 14th Triennial National Conference of IWSA on “Women Led Science, Technology and Innovation held at Hyderabad, India from 11th to 13th December 2019 pp-56.
11. **Hemalatha MS,** Surendra K.S., Anitha C & Prajwala Mouliswara. Impact of Nutrition Education Programme on End-Stage Renal Disease Patients Undergoing Haemodialysis at 51st National Conference of Nutrition Society of India, 2019 (NSI) held at Trivandrum, India from 8th to 9th November 2019 pp-56.
12. **Hemalatha MS,** Kavyashree K.S., Vishwanath B.M. & Anitha C. Evaluation of Indian Amaranthus Leaves on Anemia affected Adolescents at 50th International Conference of Nutrition Society of India, 2018 (NSI) held at Hyderabad, India from 15th to 17th November 2018 pp-110
13. Anitha C., **Hemalatha MS** & Sushma B.V. Effectiveness of weight management intervention on women with Polycystic ovarian

- syndrome at 50th International Conference of Nutrition Society of India, 2018 (NSI) held at Hyderabad, India from 15th to 17th November 2018 pp-110
14. Ranjitha Bhandari & **Hemalatha MS**. Effect of chickpea-sesame based ready to use food on malnourished HIV Positive Children at 19th World Congress of Food Science and Technology, 2018 (IUFOST) held at Mumbai, India from 23rd to 27th October 2018 pp-287
 15. **Hemalatha MS**, Kavyashree K.S., Vishwanath B.M. & Anitha C. Effect of Okra (Ladies Finger) on blood sugar level in Diabetes Mellitus patients at 19th World Congress of Food Science and Technology, 2018 (IUFOST) held at Mumbai, India from 23rd to 27th October 2018 pp-80
 16. Anitha C. Deepa B.M., & **Hemalatha MS**, Effect of supplementing wheat grass juice on the blood glucose level of diabetic patients at 19th World Congress of Food Science and Technology, 2018 (IUFOST) held at Mumbai, India from 23rd to 27th October 2018 pp-189
 17. **Hemalatha MS**, Priyanka R & Anitha C. Assessment of Knowledge and Diet pattern among Non-Insulin Dependent Diabetes Mellitus Patients. University with Potential for Excellence Sponsored Silver Jubilee National Seminar on 'Risks and Resilience Across the Life Span' Organised by Department of Human Development, University of Mysore, Mysuru, India. March 15-16, 2018, pp-22.
 18. **Hemalatha MS**, Anitha C, Mamatha Jyothi K & Bharatish DS, Effect of Wheat Grass Juice on the Hemoglobin Levels of Adolescent Girls in Urban Cities. 26th Indian convention of Food Scientists and Technologist Organised by AFST (I), CSIR-IICT Hyderabad, India. Dec 7-9, 2017, pp-184.
 19. Deepashri CV, Bijili Sanjay & **Hemalatha MS**, Effect of Intervention Programmes on blood sugar levels of gestational diabetes mellitus at National conference on Food based approaches for translational nutrition organized by Nutrition Society of India (Mysore Chapter) on 12th & 13th, April, 2017 pp-114
 20. **Hemalatha MS** & Anitha C., Impact of nutrition Intervention programme on Diabetes Mellitus Patients at XL Indian Social Science Congress organized by Indian Academy of Social Sciences and University of Mysore, Mysore, from 19th to 23rd, December, 2016
 21. **Hemalatha MS** & Anitha C., Evaluation of Supplementation of Indian Goose Berry and Ash Gourd to Patients Suffering from

- Gastritis at 48th Annual National Conference of Nutrition Society of India, St. John's Hospital, Bengaluru, India, Nov 4-5, 2016, pp-101.
22. **Hemalatha MS**, Rajendra AC, Anitha C, Correlating the body composition with the risk of developing chronic disorders like diabetes Mellitus and hypertension using bioelectrical impedance analyzer” at 49th Annual National conference of Indian Dietetic Association, Mumbai, 23-25th September, 2016, pp-157.
 23. Anitha C. Jayashree & **Hemalatha MS**, Efficacy of Ragi porridge on iron deficiency anemia among early adulthood girls, 103rd Indian Science Congress 2016, Women's Science Congress, University of Mysore, Mysuru, 3-7 January 2016.
 24. Prabhavathi S.N., Anitha C & **Hemalatha MS**, A Comparative study on the nutritional status of rural and urban school children of Hassan District, 103rd Indian Science Congress 2016, Women's Science Congress, University of Mysore, Mysuru, 3-7 January 2016.
 25. Prajwala, Anitha C & **Hemalatha MS**, Impact of Nutrition Intervention in Managing Osteoporosis among women working at Textile industry, 103rd Indian Science Congress 2016, Women's Science Congress, University of Mysore, Mysuru, 3-7 January 2016.
 26. Kavyashree YS, Anitha C. & **Hemalatha MS**, Study of supplementation of dietary garlic (*Allium sativum*) on hypertensive patients. 48th Annual National conference of Indian Dietetic Association, Bangalore, India, November 19-21, 2015, pp-215-216.
 27. **Hemalatha MS**, Mohana Kumara AP, Anitha C. & Ramesh Kumar KL, A study on the efficacy of aloe vera juice in the management of viral hepatitis. 11th International Food Data conference, NIN, Hyderabad, India, November 3-5, 2015, pp-224.
 28. **Hemalatha MS**, Sonia Agnes D'Souza & Anitha C., Impact of Education programme on consumption of junk foods in adolescents. **International** conference on Advances in Home Science studies, SPMV, Tirupati, India, February 20-21, 2015, pp-164-165.
 29. Anitha C., Rajashekhar P & **Hemalatha MS**, Factors influencing knowledge and practice regarding antenatal diet among expectant mothers. International conference on Advances in Home Science studies, SPMV, Tirupati, India, February 20-21, 2015, pp-109.
 30. Vani R.S., Anitha C & **Hemalatha MS**, Barley water a remedy for urinary tract infection during pregnancy. International conference on Yoga & Naturopathy, SDMCNYS, Ujire, Dakshina Kannada, India, December 12-14, 2014, pp-65.
 31. Jyothsna V Rao, Anitha C & **Hemalatha MS**, Efficacy of Cocum (Garcinia Indica) juice in lowering obesity. International conference on Yoga & Naturopathy, SDMCNYS, Ujire, Dakshina Kannada, India, December 12-14, 2014, pp- 51.

32. Ramakrishna Prasad & **Hemalatha MS**, Study of Hypoglycemic effect of bittergourd powder on diabetic patients in selected subjects. Emerging Health Issues across the Life Stages, Mysuru, India, March 6-7, 2014, pp-159.
33. Ashwath Kumar K, **Hemalatha MS**, Jyothilakshmi A, Sindhu Kanya T C, Venkat Rao S, Development of Nutritious Food for Children to Combat Nutritional Deficiency Disorders. 45th Annual National Conference of Nutrition Society of India, NIN, Hyderabad, India, Nov 21-22, 2013, pp-149.
34. **Hemalatha MS**, Salimath PV & Prasada Rao UJS, Studies on peroxidase-treated wheat dough: protein characteristics and digestibility of starch and protein. 20th Indian convention of Food Scientists and Technologist Organised by AFST (I), CFTRI, DFRL, and NDRI, Bangalore, India. Nov 21-23, 2009, pp-57.
35. **Hemalatha MS**, Prasada Rao UJS & Salimath PV, Role of pentosans in relation to chapati making quality. 6th **International** Food Convention, Organised by AFST (I), CFTRI and DFRL, Mysore, India. Dec 15-19, 2008, pp-44.
36. **Hemalatha MS**, Prasada Rao UJS & Leelavathi K, Effect of enzymes on chapati quality and its staling. 18th Indian convention of Food Scientists and Technologist, Organised by AFST (I), CFTRI and DFRL, Hyderabad, India. Nov 16-17, 2006, pp-25.
37. **Hemalatha MS**, Manu BT, Prasada Rao UJS, Bhagwat, S.G. & Leelavathi K, Protein characteristics and peroxidase activity of different Indian wheat varieties and their correlation to chapati quality. 17th Indian convention of Food Scientists and Technologist, Organised by AFST (I), CFTRI and DFRL, Bangalore, India. Dec 9-10, 2005, pp-22.
38. **Hemalatha MS**, Prasada Rao UJS, Bhagwat, SG & Leelavathi K, Comparison of Physico-chemical and rheological properties of whole wheat flour and refined wheat flour from different Indian aestivum wheats. 16th Indian convention of Food Scientists and Technologist, Organised by AFST (I), CFTRI and DFRL, Mysore, India. Dec 9-10, 2004, pp-26-27.
39. **Hemalatha MS**, Prasada Rao UJS, Bhagwat, SG & Leelavathi K, Chapati and bread making properties of newer varieties of Indian aestivum wheats. XXXVI annual meet of Nutrition Society of India. Organised by DOS Food Science and Nutrition, Mysore University, CFTRI and DFRL, Mysore, India. Nov 5-6, 2004, pp-158-159.