

Curriculum Vitae

DR. KRISHNARAJ., V. *M.Sc., M.phil, Ph.D, K-SET,*

Assistant Professor
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Academic records:

2012 to 2020

Ph.D. in Community Nutrition

Smt. V.H.D Central Institute of Home Science College
Department of Food and Nutrition and Research Centre
Bangalore University, Bangalore, India, **Successfully Completed
& Awarded in 2020, (Reg, No. 13PCW28005).**

Ph.D. Title: *“Nutritional Status, Lifestyle and Body Composition of Tribal Adults in Chamarajanagar District”
(Under the guidance of Dr. R., P. Lalitha Reddy, Associate Professor Department of Food and Nutrition and Research Centre Smt. V.H.D Central Institute of Home Science College Bangalore University, Bangalore).*

2015-2016

K-SET (Karnataka State Eligibility Test), State Level Eligibility Test (**SLET**) for **Lecturer/ Assistant Professorship** Exam was Successfully cleared,(**Roll No.18300015, 2016**).

2008-2009

M.Phil. in Food science and nutrition with **70.50%** (First class), Vinayaka Missions University, Salem, Tamilnadu, India, Approved by DEC, INNOU, and New Delhi. (Declared under section 3 of UGC act 1956).

- 2004-2006** **Master of science (M.Sc.) in Food Science and Nutrition**, with **55.60%** aggregate (Second Class), Department of Studies in Food Science and Nutrition, University of Mysore, Mysore, Karnataka, India.
- 2001-2004** **Bachelor of Science (B.Sc.), in Biochemistry, Zoology, and Food Science & Nutrition** with **55.40%** aggregate (Second Class) Yuvaraja's College, University of Mysore, Mysore, and Karnataka, India.

Research Interest and Specialized :

- ✓ Identification of different nutritional related problem in rural and tribal population.
- ✓ Conducting nutrition education awareness programmes and nutrition counseling.
- ✓ Processing of Cereals, Millets, Vegetables, Fruits, Spices and Condiments.
- ✓ Developing new innovative foods and dehydrated food products.
- ✓ Identification of functional foods to prevent the metabolic disorders.
- ✓ Identification of new dietary approaches to plans a diet for Coronary Heart Diseases, Diabetes, Kidney diseases, Liver diseases and Lung diseases.
- ✓ Planning a diet for different diseases using Medical Nutrition Therapy.
- ✓ *Planning and writing the Projects UGC/ DST/ DAIC/WCWD.,etc.*

Project Proposal Submitted to DST (30 lakhs):

- ✓ “Effectiveness of Value Added Products Using Shatavari Root on Malnourished Children in Selected Anganvadi Canters from Mysore District”. (Under TDP).
 - Principal Investigator: **Dr. Krishnaraj., V**
 - Co- Principal Investigator: **Dr. Anitha., C**

Projects under Preparation:

- ✓ “Entrepreneurship Development of SHGs Primitive Tribal Women through Training on Oyster Mushroom Cultivation”. (Approximate estimation- 35 Lakhs). Under scheme of: Science for Equity, Empowerment & Development (Seed).

- Principal Investigator: **Dr. Krishnaraj., V**
 - Co- Principal Investigator: **Dr. Hemalatha., M ,S**
- ✓ **Innovative product development for Disabled and Elderly Under the scheme of: Technology Interventions for Disabled and Elderly (Tide). (Approximate estimation- 32 Lakhs).**
- Principal Investigator: **Dr. Krishnaraj., V**
 - Co- Principal Investigator: **Dr. Anitha., C**

Research area:

- The Research on Nutritional *Status, Lifestyle and Body Composition of Tribal Adults in Chamarajanagar District*. Community based study was completed for the forest based tribals lives in the chamarajangar district of Karnataka state, India...
- Expertise in planning a diet for individual using Harris-Benedict equation for calculation energy requirement for the individual.
- *****Innovate new food products and developing new different dehydrated food products, Processing of Cereals, Millets, Based health Mix, Vegetables, Fruits, Spices and Condiments.***
- *****Expertise in Cultivation of Mushroom, Processing of mushroom and spawn production.***

Research Experience: Total = 10 Years

Courses Taught and Other Services Provided to Students :

- ✓ Courses taught:
- ✓ M.Sc. in Clinical Nutrition and Dietetics.
- ✓ M.Sc. in Food Science and Nutrition.
- ✓ B.Sc. (Food Science and Nutrition; Clinical Nutrition and Dietetics; Food Science and Quality control; Home Science – Family resource management and Human Development
- ✓ Post Graduate Diploma in Nutrition and Dietetics
- ✓ Diploma in Nutrition and Health Education
- ✓ Certificate in Nutrition and Food

Other Services:

1. Guiding students for Dissertation.
2. Counselling Classes for students as the admission is through distance mode.

Self-Learning Material:

Written Self-Learning Material for-

1. M.Sc. in Food and Nutrition Science.
2. B.Sc. in Food Science and Nutrition.

Dissertation Guidance:

- ✓ **Guided: 19 Students** (M.Sc. Clinical Nutrition and Dietetics)
- ✓ **Guiding : 22 Students** (*M.Sc. Clinical Nutrition and Dietetics*)

Teaching and Training Experience:

1. Currently working as **Assistant Professor** in the Department of Studies and Research in Food Science and Nutrition, Karnataka State Open University, Mukthagangothri, Mysuru-06, from 2021 to till...
2. Worked as a Guest Lecturer in Food Science and Nutrition, Department of Home science, Government Home Science College Hassan, Karnataka, India... **(2008-2021)**.
Total Teaching experience is Thirteen years (13 years Both UG & PG).
3. Delivered the lecture and demonstration on the topic of ***“Processing Technology in Mushroom”*** to farmers and mushroom growers under ASCI (Agriculture skill council of India) training programme organized at KVK, Kandali, Hassan, Karnataka, India... **(04.08.2021)**.
4. Delivered the lecture and demonstration on the topic of ***“Sterilization and Processing steps of Mushroom substrate”*** to farmers and mushroom growers under ASCI (Agriculture skill council of India) training programme organized at KVK, Kandali, Hassan, Karnataka, India... **(02.03.2020)**.
5. Delivered the lecture and demonstration on the topic of ***“Processing Technology in Mushroom”*** to farmers and mushroom growers under ASCI (Agriculture skill council of

India) training programme organized at KVK, Kandali, Hassan, Karnataka, India... (29.02.2020).

6. Delivered the lecture on the topic of ***“Prevention of Malnutrition”*** on the occasion of ***“National Nutrition Week”*** programme conducted by Krishi Vignana Kendra (KVK) Kandali, Hassan, and Karnataka, India... (2018).
7. *****Delivered the lecturer, training and demonstration on the topic of “Mushroom cultivation, Spawn production(Mushroom seeds) and Food processing (Mushroom and Tomato)”***,to Women’s self-help groups (SHGs) and Agriculture Farmers, training programme conducted by Government Home science college in collaboration with Department of Horticulture, Holenarasipure, Hassan District, Karnataka, India...(2013).
8. Worked as a Visiting faculty for Entrepreneur skill development training programmes for women’s self-help groups (SHGs) in relation to Food Processing and Preservation through Canara bank RUSSET, Hassan, Karnataka, India...(2010-2012).
9. *****Delivered the lecture and training demonstration on the topic of “Mushroom cultivation and Spawn production”, to Women’s self-help groups (SHGs) and Agriculture Farmers, trained them in cultivating mushrooms (Oyster mushroom and milky mushrooms) and spawn production in all taluks of Hassan districts. Through Department of Biotechnology (DBT) ICAR major project entitled “ Training for transfer of appropriate technologies for entrepreneurial cultivation of mushroom for income generation” conducted by Department of Food Science and Nutrition, UAS, GKVK, Bangalore- 560065, Karnataka, India.(Ooctober2006- June 2007).***
10. Delivered lecture and training on the topic of ***“Bakery product making”*** for women’s SHGs, Under Self-employment programme conducted by Krishi Vignana Kendra (KVK)and Lions Rotary institute at Mudigere, Karnataka, India...(11/01/2007).
11. Delivered lecture and training on the topic of ***“Mushroom cultivation and Candle making”*** to under post-graduation NSS (National Service Scheme) students conducted by Government First Grade colleges (12/02/2007and 08/03/2007).
12. Delivered the lecture on the topic of ***“Diet for Diabetes”*** on the occasion ***“World Diabetic day”*** programme conducted by Krishi Vignana Kendra(KVK) Kandali, Hassan, Karnataka, India...(04/03/2007).

Other Experience

1. Expertise in conducting practical examination, evaluation of paper scripts and question paper setting for under -graduation students at University of Mysore and University of Bangalore.
2. Member of BOE in the Department of Home Science board, University of Mysore, and University of Bangalore.
3. Expertise in Mushroom cultivation and spawn production.
4. Expertise in Food Processing (Making Cereals, Millets based health mixed powders, Papad, Pickles, Mixed fruits, Spices and Condiments Masala powders).

Hospital Experience:

- Worked as a Diet Counselor in Nestle sponsored project, Iodine Supplementation on Pregnant women study at ST. Johns National Academy of Health Science and Research Institute, Sarjapur road Bangalore-560034, Karnataka, India. (2010).

Life Membership in Professional bodies:

- Life Time Member of Home Science Association of India (Member ID-HSAI-2017-KA-128-LF).
- Annual Member of Nutrition Society of India.

Computer and Software Skills:

- SciFinder Scholar, Reaxys, Scopus, Pub Med and Nutrition Abstracts.
- Expertise in working with Microsoft Office.

Research Paper and Abstract Publications:

1. Krishnaraj, V and R.P. Lalitha Reddy “**Assessment of nutrient intake, anthropometric measurements and body composition of soliga primitive Tribe in Karnataka, India**”(abstract)J Food Nutr Popul Health **April 2019**; Volume: 3 DOI: 10.21767/2577-

0586-C1-008; EuroScicon Joint Events on Obesity and Nutritional Biochemistry, April 15-16; *Paris, France*.

2. Krishnaraj, V and R.P. Lalitha Reddy “**Nutritional, health and somatic status of forest based tribes: A case study on soligas in Karnataka, India**”(abstract) J Food Nutr Popul Health **September 2018**; Volume: 2 DOI: 10.21767/2577-0586-C3-008; EuroScicon International Conference on Nutritional Biochemistry September 10-11; *Prague, Czech Republic*.
3. Krishnaraj, V., R.P. Lalitha Reddy and Surendra, H.S “**Socio-Economic, Dietary and Somatic status among soliga tribal adults in Chamarajanagar district of Karnataka state**” International Journal of Current Research, volume 9; Issue 09; **September 2017**: pp.56879-56882, ISSN: 0975-833X.
4. Krishnaraj, V., R.P. Lalitha Reddy and Surendra, H.S “**Assessment of Nutrient consumption pattern among soliga Tribal adults in Chamarajanagar district of Karnataka state**,” An International Journals of Trends in Biosciences, Volume 10; Issue 30; **August 2017**: pp.6325-6328, ISSN: 0974-8431.

Oral Presentation at International and National Level Conferences:

1. Krishnaraj, V and R.P. Lalitha Reddy “*Assessment of nutrient intake, anthropometric measurements and body composition of soliga primitive Tribe in Karnataka, India*” in scientific session as an **Eminent speaker** on the theme “**Technological Advancement in Bio-Chemistry to Provide Nutrients for Good Health and Better Life**”“4th International Conference on Nutritional Biochemistry”, held on **April 15-16, 2019** at **Paris, France**. Organized by EuroSciCon Ltd, High Stone House, 165 High Street, Barnet, Herfordshire, and EN55SU.
2. Krishnaraj, V., R.P. Lalitha Reddy and Surendra, H.S “**Socio- Economic profile, Health status and anthropometric indices of Tribal adults in Chamarajanagar districts of Karnataka**”, Oral presenter in the **XXXII Biennial Conference of Home Science Association of India** on “ Family and Community Science: A Catalyst for Sustainable Development Goals” Organized by Home Science Association of India, Udaipur Chapter at College of Home Science, Maharana Pratap University of Agriculture & Technology, Udaipur, Rajasthan, India... on **1-3 February 2018**.

3. Krishnaraj, V., R.P. Lalitha Reddy and Surendra, H.S “ **Nutritional status and Lifestyle pattern of soliga Tribal adults in Chamarajanagar districts of Karnataka**”, **Oral presenter** in the **International Conference**, on “ **Technology in Redefining Health (ICONTRH)** Mount Carmel College, Autonomous, Bangalore, Karnataka, India... on **21nd to 23rd November 2017**.

Awards and Honors:

1. Received recognition award for oral presentation paper entitled “*Assessment of nutrient intake, anthropometric measurements and body composition of soliga primitive Tribe in Karnataka, India*” in the scientific session as an **Eminent speaker** on the theme of “**Technological Advancement in Bio-Chemistry to Provide Nutrients for Good Health and Better Life**”“4th International Conference on Nutritional Biochemistry”, held on **April 15-16, 2019** at **Paris, France**. Organized by EuroSciCon Ltd, High Stone House, 165 High Street, Barnet, Herfordshire, and EN55SU.

Booklet and leaflets:

1. Krishnaraj, V. “*Mushroom cultivation*” hand booklet for farmers, published by Government Home Science College in collaboration with Department of Horticulture, Holenarasipur, **2013**.
2. Amareshkumar K, Basavaraj Nayak .T and Krishnaraj, V. “*Oyster mushroom cultivation*” leaflet, published by Krishi Vignana Kendra, Kandali, Hassan, UAS, Bangalore, **2007**.

Conference Workshop and Webinar Attended:

1. Two days IAPEN Indian GI Nutrition Congress-2022 organised by **IAPEN India, Puducherry** and GI Nutrition core Group on 4th – 6th November 2022.
2. AKVP conference at KSOU on 08th September 2022 to 10 September 2022 at KSOU convocation hall Mysuru.

3. FDP AICTE-ISTE approved Refresher course (online) on current trends in Food Science and Technology organized by BHA I Gurdas institute of engineering technology, Sagur, Punjab from 10th February 2022 to 16th February 2022.
4. Design and Development of Self-Learning Material for Open And Distance Learning. From 15-11-2021 to 16-11-2021.
5. One day National Level Panel Discussion on “NEP-2020 – Changed Scenario of Teacher Education”, 12th November 2021.
6. Two days International Virtual Conference on “**Role of Micronutrients: Immunity and Health:** held on **18-19 June 2021** was Organized by Department of **Nutrition and Dietetics** in Collaboration with **Society for Agriculture and Allied Research(SAAR)** and Manav Rachna International Institute of Research and Studies, Faculty of Allied Health Sciences, Faridabad, Haryana.
7. Participating in the International Webinar on “**Cross Country Concerns on Unhealthy Eating Options for Children and the Vulnerable - Travails and Successes**” held on **21st September, 2020**. Organized by Alumni Association of Smt. VHD Central Institute of Home Science (Autonomous) Seshadri Road, Bengaluru 560001.
8. One day national webinar on “**Integrating Employability Skills among Students at Higher Level**” held on **7th August 2020**, organized by Sri K. Puttaswamy First Grade College, VVCE Campus, Gokulam, Mysuru, Karnataka.
9. One day national webinar on “**PSYCHOLOGICAL SUPPORT FOR STUDENTS DURING COVID -19**” held on **5th August 2020**, organized by Sri K. Puttaswamy First Grade College, VVCE Campus, Gokulam, Mysuru, Karnataka.
10. 5 Days multidisciplinary international faculty development Program on “**Perspectives of Human Health and Environment**” organized by the Science Forum- Scientia from **3rd August 2020 to 7th August 2020**, at S.J.R COLLEGE FOR WOMEN Rajajinagar, Bengaluru, Karnataka, India.
11. Two days national Webinar on “**ADDRESSING THE CHALLENGES OF HEALTH AND NUTRITION DURING COVID -19, HOLISTIC APPROACH**” held on **27th – 28th July 2020**, organized by The Department of Food and Nutrition and Research Centre, Smt. VHD Central Institute of Home science (Autonomous), Bengaluru and in association with Altrusa International of Bengaluru, India, inc.

12. International e-conference on **“NOVEL NUTRITION AND EMERGING OPPORTUNITIES TO SUSTAIN IN PANDEMIC SCENARIO”** organized by the Department of Nutrition and Dietetics, Mount Carmel College, Autonomous, Bengaluru, in association with IITB Remote Centre, Women’s Polytechnic College, Puducherry **from 15th – 18th June, 2020.**
13. Workshop on **“INTERNAL NUTRITION IN THE CRITICALLY ILL – PRACTICAL ASPECTS”**, organized by the Indian Dietetics Association – Mysore Chapter at Mysore on **8th December 2019.**
14. 4th Annual National Conference on **Renal Nutrition and Metabolism**, held at M S Ramaiah Medical College and Nephrology associated with Sri Devraj Urs Medical College Kolar on **24th& 25 August 2019**, Organized by **SRNMCON 2019.**
15. Workshop on **“MINDFUL EATING”** held at Smt V.H.D Central Institute of Home Science (Autonomous), Bangalore on **24 February 2018.**
16. International conference on **“Technology in Redefining Health”** Organized by Mount Carmel College, Autonomous Bangalore on **22nd and 23rd November, 2017.**
17. State level workshop on **“Healthy Life – Healthy Practices”** organized by Internal Quality Assurance Cell (IQAC), Government Home Science College, Hassan, on **2nd March, 2017.**
18. 48 National Conference on **“ Nutrition Risk Management and Communication”** Of the Nutrition Society of India held at the St John’s Research Institute, St. John’s National Academy of Health Sciences, Bangalore on **4th – 5th November, 2016**
19. National level seminar on **“Emerging Trends in Food Processing for Value Addition”** held at department of food nutrition and dietetics, Alva’s college, Moodbidre on **5th February, 2016.**
20. **103rd Indian science congress** held at Manasagangotri, University of Mysuru, Mysuru, on **January 3 to 7, 2016.**
21. National level Seminar on **“Changing Profile of Malnutrition in India”**. Organized by Department of studies in Food Science & Nutrition (UGC-DRS II), University of Mysore, Manasagangotri, Mysore, on **9th January 2015.**
22. National conference on **“Food Security: Issues and Concerns”**, organized by Department of Rural Development Science in Collaboration with Department of Food

Science and Technology and Arrupe Centre for policy research, Arul Anandar College, Karumathur, **Madurai, Tamilnadu**, India...on **21st and 22nd February, 2013.**

23. “XXXVII ANNUAL NATIONAL CONFERENCE” of NUTRITION SOCIETY OF INDIA held on **18th and 19th November 2005** at National Institute of Nutrition, **Hyderabad**; Andrapradesh, India...

24. “XXXVI ANNUAL NATIONAL CONFERENCE” OF NUTRITION SOCIETY OF INDIA held on **5th and 6th November 2004** at Central Food Technological Research Institute (CFTRI), Mysore; Karnataka, India...

Personal Details:

Nationality: Indian

Gender: Male

DOB: 01:06:1979

Language known: English, Kannada and Tamil

Marital Status: Married

Permanent address: S/o Venkataiah, D. Gangavadi (village), Yaragambhalli (post), Chamarajanagar Taluk and District -571441, Karnataka, India...



References:

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