

Name : U. Rasikha
Designation : Assistant Professor
Department : Food Science and Nutrition
Qualification : M.Sc, P.hD
Experience : Teaching – 2 Years
Specialization: Food Science and Nutrition.
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Academic Qualifications

Degree	Branch	Institution / University Name	Year
P.hD	Food Science and Nutrition	Dr.N. G. P. Arts and Science College	Pursuing
M.Sc	Food Science and Nutrition	Avinashilingam Institute For Home Science and Higher Education For Women	2019
B.Sc	Food Science and Nutrition	Avinashilingam Institute For Home Science and Higher Education For Women	2017

Additional Qualifications

Dip. / Cert.	Area of Specialization	Institution / Agency Name	Year
Student Psychology - Online Certification	Research based approaches	Swayam	2015
Health research Fundamentals - Online	Research in Health Industry	Swayam	2016
Food Nutrition for Healthy Living - Online	Food and Nutrition	Swayam	2017
Dairy and Food Process and Products Technology	Food Processing	Swayam	2018
Ethics Review of Health Research	Health Research	NPTEL - Swayam (ICMR - NIE, WHO)	2023
Scientific Writing in Health Research	Health Research	NPTEL - Swayam (ICMR - NIE, WHO)	2023
Organic Farming for Sustainable Agriculture	Agricultural Science	NPTEL - Swayam (ICMR - NIE, WHO).	July - Sept 2023.

Live Life Education	Counselling Psychology	Live Life Education and The New Indian Express	2014 - 2015
Soft skills – Offline certification	Skill development and mannerism	Launch Pad	2016 – 2017
Entrepreneurship Training and Development – Offline Certification	Entrepreneurial skills for women	Indian Institute of Entrepreneurship Training For women	2017 – 2018
Human Health and Diseases	Human Health	Infosys Spring Board	2023
Reproductive Health	Human Health	Infosys Spring Board	2023
Human Reproduction	Human Health	Infosys Spring Board	2023
Evolution	Science of origin	Infosys Spring Board	2023
Molecular Basis of Inheritance	Genetics	Infosys Spring Board	2023
Young Industry Enthusiast	Retail Science	Infosys Spring Board	2023
The people, Power and Pride of Public Health	Public Health	Infosys Spring Board	2023
Introduction to Infectious Diseases	Public Health	Infosys Spring Board	2023
Science Of Exercise	Nutrition and Exercise	Infosys Spring Board - Coursera	2023
Introductory to Human Physiology	Human Physiology	Infosys Spring Board - Coursera	2023
Introduction to Deep Learning	Computation	Infosys Spring Board	2023
Child Nutrition and Cooking	Nutrition and Child	Coursera	2023
Understanding Research Methods	Research	Coursera	2023
Diabetes and CVD	Diabetes	IDF School of Diabetes	2023
Diabetic Retinopathy	Diabetes	IDF School of Diabetes	2023
Biosimilar Insulins	Diabetes	IDF School of Diabetes	2023

Role of Diabetes Educator	Diabetes	IDF School of Diabetes	2023
Prevention of Diabetes	Diabetes	IDF School of Diabetes	2023
Our Energy Future	Energy	Coursera	2024
Introduction to Psychology	Psychology	Coursera	2024
Microbiology of Air, Milk, Soil and Food	Food Microbiology	Infosys Springboard	2024
Biology - Human Health and Diseases	Human health	Infosys Springboard	2024

Projects

Project Title	Agency	Amount	Period	Status
Development of Eco friendly edible packaging films using food sources.	Tamilnadu State Council For Science and Technology - Student Project Scheme	8,000	2018	Applied
Encapsulation of AI Packaging for Protein Fortified Smart Millet Foods By Extracting Bio Active Proteins From Industrial Agro Waste	Tamilnadu State Council For Science and Technology - Project Scheme	3,20,000	2023	Applied
Creating awareness through demonstration on Healthy Millet Products and development of Nutritious Products among Self Help Groups, ICDS, Students and Staff.	Tamilnadu State Council For Science and Technology - Popularization of Science	20,000	2023	Applied

Patent

Title	Status	Year
Development And Standardization of Value Added Dip From Red Banana Peel Powder For Obesity.	Published	.2024
Kombucha Fermented Fruit Flavoured Beverage.	Published	2024
Development of Instant Soup Mix Comprising Sprouted Wheat and Trigonella Foenum” - Graecum Leaves.	Published	2024

Research Publications

- **U. Rasikha, PA. Raajeswari, Development of Eco Friendly Edible Packaging Films Using Food Sources**, International Journal - Research Journal of Agricultural Sciences, Centre for advanced Research in Agricultural Sciences, Vol 14, Issue.4, pp - 1028 - 1033, July - August 2023.
- **U. Rasikha, PA. Raajeswari, Development of Eco Friendly Edible Packaging Films Using Cassava Starch**, Journal of Emerging Technologies and Research, An International Open Access Peer - reviewed Journal, Vol 11, Issue 4, April 2024, An International Scholarly Index Journal, ISSN: 2349 5162.
- **U. Rasikha, Yogapriya. B, Assessment of Nutritional and Psychological Status for Geriatric Community and Imparting Nutrition Education**, Journal of Emerging Technologies and Research, An International Open Access Peer - reviewed Journal, Vol 11, Issue 4, April 2024, An International Scholarly Index Journal, UGC Approved ISSN: 2349 5162.
- **U. Rasikha, Neha. S, A Review of Millets**, International Journal of Research and Analytical Reviews, An International Open Access Peer - reviewed Journal, Vol 11, Issue 2, April 2024, An International Scholarly Index Journal, UGC Approved ISSN: 2348 5138.

Books/ Book Chapters Publication

U. Rasikha, PA. Raajeswari, Development of Eco Friendly Edible Packaging Films using potato starch with ID "E10S4G2-31JLPP123RS1AU29 " submitted to IIP Book

Series "IIPV3EBS04_G2 Futuristic Trends in Agriculture Engineering & Food Sciences " under Volume 3, 2023, IIP.

Lab Manuals

- **Food Product development and Marketing** Lab Manual for UG students, RAASI ENTERPRISES, Coimbatore. **ISBNNO:978-81-963871-6-7.**
- **Food Analysis** Lab Manual for PG Students, RAASI ENTERPRISES, Coimbatore, **ISBNNO: 978-81-963871-2-9.**

Presentations in Conference/ Seminar

- Oral presentation on **Functional Foods and Nutraceuticals in Scientific perspectives of Home science** in UGC sponsored National Conference on Scientific Perspectives of Home Science, Avinashilingam University Coimbatore, 6 -7 march 2017.
- Poster presentation on **Assessment of nutritional status and physical fitness of adolescent girls** in annual international conference of nutrition society of India on at ICMR – National Institute of Nutrition, Hyderabad, Telangana state, India, 15-17 November 2018.
- Poster Presentation on **Edible Packaging and global concern towards food and nutrition security** (Best Poster) in National conference on Challenges and sustainable approaches towards food and nutrition security – A global perspective, Avinashilingam University Coimbatore, 7-8 December, 2018.
- Poster presentation on **Natural means to say no to degenerative diseases** (Best poster) in DST Curie National conference on Home science towards young India, New India, 1, Avinashilingam University Coimbatore, 6-17 Febraury 2018.
- Poster presentation on **Development of Eco Friendly edible packaging films using potato starch** in UGC Sponsored National seminar under skill qualification framework on New vistas in Food processing in augmenting entrepreneurship, Seethalakshmi Ramaswami College, Tiruchirapalli, 31 January 2020.

- Poster presentation on **Millet an bound of nutrition - Transformation to Healthy Nation achieving food and nutrition security** in the two days international conference on “Unleash and Reintegrate the Miracle Millets to Sustain Nutritional Security”(URMMSNS) in commemoration of International Year of Millets (IYM)- 2023, Organised by the Department of Nutrition and Dietetics, Vellalar College for Women, Erode, Tamilnadu, 20 & 21September, 2023.
- Oral presentation on **Development of Eco Friendly Edible Packaging Films using Wheat Starch** in the two days international Conference on Exploring new horizons in nutrition security through sustainable developments in food technology, Department of Food Processing Technology & Management, PSGR Krishnammal College for Women, Coimbatore and Food Prom Association, 21 & 22 March, 2024.
- U. Rasikha and Dr. A. Thirumani Devi, Assistant Professor, Department of Food Science and Nutrition, Dr. N. G. P. Arts and Science College, Professor, Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women - “**Nutritional Status and Physical Fitness of the Selected Adolescent Girls (16 - 18 Years)**”, National Conference on Interdisplinary Approaches on Dynamics of Bio Science Research (IADBR - 2023), organised by Dr.N. G. P. Arts and Science College, Coimbatore on March-28,2023. **ISBN NO: 978-81-962322-7-6.**
- U. Rasikha, Assistant Professor, Department of Food Science and Nutrition, Millet an bound of nutrition - “**Transformation to healthy nation achieving food and nutrition security**”conference proceeding, International Conference on Millets:“Unleash and Reintegrate the Miracle Millets to Sustain Nutritional Security”(URMMSNS) in commemoration of International Year of Millets (IYM)- 2023, Organised by the Department of Nutrition and Dietetics, Vellalar College for Women, Erode, Tamilnadu, on 20&21September, 2023. **ISBN NO : 978-93-92042-70-6.**
- Ms.B. Kaviya, U. Rasikha, “**Development of Pizza Base with Malted Millet Flour**”, conference proceeding, International Conference on Millets:“Unleash and Reintegrate the Miracle Millets to Sustain Nutritional Security”(URMMSNS) in commemoration of International Year of Millets (IYM)- 2023, Organised by the Department of Nutrition and

Dietetics, Vellalar College for Women, Erode, Tamilnadu, on 20&21September, 2023.
ISBN NO : 978-93-92042-70-6.

- S. Keerthana and U. Rasikha, **“Development and Standardization of Nutritionally Enriched Black Rice Milk Icecream”**, Proceedings of the national conference on Millets: Key to Food and Nutrition Security for the Past, Present and Future by Bishop Heber College, on 22 September 2023. **ISBN NO: 978- 93- 5980- 579-5.**
- Krishnadevi. N, U. Rasikha, **“Development and Standardisation of Waffle Incorporated With Maranta Arundinacea and Azolla Pinnta”** - Proceedings of the national conference - Transdisciplinary Research in Millets for Food Security and Agriculture Sustainability by Nehru College of Arts and Science College, volume - 1, First Edition on September - 2023. **ISBN NO: 978-81-937 152-9-1.**
- Diya Shaji and U. Rasikha, **“ Development and Standardization of Tamarind Seed Icecream”**- Proceedings of the national conference - Transdisciplinary Research in Millets for Food Security and Agriculture Sustainability by Nehru College of Arts and Science College, volume - 1, First Edition on September - 2023. **ISBN NO: 978-81-937 152-9-1.**
- Yogapriya. B, U. Rasikha, **“Development and Acceptability of Cardiospermum Halicacabum Incorporated Tea”** - Proceedings of the national conference - Transdisciplinary Research in Millets for Food Security and Agriculture Sustainability by Nehru College of Arts and Science College, volume - 1, First Edition on September - 2023. **ISBN NO: 978-81-937 152-9-1.**
- U. Rasikha, A. Thirumani devi, **“Assessment Of Mental Fitness Of The Selected Adolescent Girls (16-18 Years),”**Proceedings of the International conference Translational Research Towards Attaining Good Health and Wellbeing for Sustainable Development by Dr. N. G. P. Arts and Science College, on March 9 2023. **ISBN-978-81-971000-2.**
- **Keerthana. S, Krishnadevi. N, Rasikha. U “ Nutraceuticals And Functional Foods”** - Proceedings of the International conference Translational Research Towards Attaining

Good Health and Wellbeing for Sustainable Development, by Dr. N. G. P. Arts and Science College, on March 9 2023. **ISBN-978-81-971000-2.**

- DiyaShaji, Yogapriya. B, U. Rasikha, **“Development And Standardization Of Watermelon Seed Ice Cream,”** Proceedings of the International conference Translational Research Towards Attaining Good Health and Wellbeing for Sustainable Development, by Dr. N. G. P. Arts and Science College, on March 9 2023. **ISBN-978-81-971000-2.**
- Kaviya B, U. Rasikha, **“Intervention Of AI In Health Care Process,”** Proceedings of the International conference, Translational Research Towards Attaining Good Health and Wellbeing for Sustainable Development, by Dr. N. G. P. Arts and Science College, on March 9 2023. **ISBN-978-81-971000-2.**
- Kaviyasree P, Veera Sandiya B and U. Rasikha, **“ Development and Formulation of Pudding as an alternative to Lactose Intolerance,”** - Proceedings of “ DBT - Sponsored International Conference on Nutri Omics in Biotechnological Innovations - ICNBI24” organised by Department of Food Science and Nutrition of American College, Madurai on 5 & 6 March 2024. **DBT - ICNBI24.**
- U. Rasikha, Dr. P. A. Raajeswari, - **“ Development of Eco Friendly Edible Packaging Films Using Wheat Starch”** in the two days international Conference on Exploring new horizons in nutrition security through sustainable developments in food technology organised by the Department of Food Processing Technology & Management, PSGR Krishnammal College for Women, Coimbatore and Food Prom Association on 21 & 22 March, 2024.

Participation in Conference/Seminar

- International Conference, OBESICON, GEM hospital and Research Centre, Coimbatore, 2016.
- UGC sponsored on 50th Annual International Conference of the Nutrition Society of India, Hyderabad, Telangana state, India, 15-17 November 2018. Participated in UGC sponsored National conference on Recent Trends in Adolescent Nutrition and Reproductive Health Care - Avinashilingam University, Coimbatore, 2016,.

- International Conference on ICMR & NSI Sponsered on Advances in Nutrition and Health Communication, organized by Department of Food Science and Nutrition and Department of Visual Communication, 3 & 4 August, 2017.
- Seminar on Nutrigenetics and its Application in Disease Prevention organised in collaboration with Reading University, UK and Avinashilingam University, Coimbatore, 2017.
- Seminar on cloud app development in nutrition - Avinashilingam University Coimbatore, 2018.
- Seminar on Nature cure of PCOS and PCOD - Avinashilingam University, Coimbatore, 2015.
- Seminar on Chromatography techniques - Avinashilingam University Coimbatore, 2018.
- Seminar on Inclusive breast feeding and women's care in pregnancy - Avinashilingam University Coimbatore, 2016.
- Seminar on Role of Nutraceuticals in Nutrition organised by Avinashilingam University, 2018.
- Research lecture series on AI Tools in Research by Dr. N. G. P. Institute of Technology, 2023.
- 55th annual conference of Nutrition Society of India "Nutricereals for one Health" held at ICMR - National Institute of Nutrition, , Hyderabad, Telegana, India, 2023.
- Online quiz course on Medical Biochemistry & Immunology Laboratory, SGRD Institute of Medical & Technology. (Certified by ISO &IAF), 2023.
- Online quiz in World Breast Feeding Week Celebration, Department of Food Science and Technology by Arul Andavar College, Madurai.,2023.
- Online webinar on Diabetes on the Occasion of Inagural Ceremony of National Nutrition Month organized by Shri Vaishnav Institute of Home Science, Indore on September 2023.

- Online webinar on Food Innovation to Startup in the event of World Food Day - 2023, organized by the Department of Food Science and Nutrition, Under the DBT Star College Scheme , 2023.
- Online webinar on Water Management in Food Industry organized by FICSI in commemoration with the series of Azadi Ka Amrit Mahaotsav, 2023.
- Online webinar on IEEE - Enhancing Your Project Work and Research organized by Dr. N.G.P. Institute of Technology, 2023.
- Online webinar on “How to Prepare for TNPSC- Child Development Project Officer and Assistant Director Examination”, organized by the Department of Food Science and Nutrition, under the DBT Star College Scheme , 2024.
- Online webinar on Online Diet Counselling Strategies organised by the Department of Food Science and Nutrition, under the DBT Star College Scheme, 2024.
- Online webinar on NGS & Infections - A Cutting - edge Synergy organized by Dhiti Omics Technologies, Bangalore, 2024.
- Online webinar on Implementation Research on the occasion of World Health Day , organised by ICMR, 2024.
- Online Webinar on Plant based Proteins: The Canvas For Innovation, PFNDAL, International Flavours& Fragrances, 2024.

Participation in Orientation Programme / Short Term Courses

UGC - Sponsered Short Term Course on Education Technology conducted by the UGC - Malaviya Mission Teacher Training Centre, Bharathiar University held from 14.02.2024 - 20.02.2024 and obtained A+ grade.

Participation in Faculty Development Programme

- **Innovative Teaching and Learning Pedagogy**, Research Foundation of India & RFI CARE from 27.05.2023 - 31.05.2023.
- **Chat GPT & AI Tools for Educators**, Marian College kutikannam (Autonomous) in association with Kerala State Higher Education Council from 14.06.2023 - 21.06.2023 June.
- **Empowering Education for Innovation - A NEP Perspective**, Centre for Professional Development, Dr. N.G.P. Arts and Science College, Coimbatore, from 30.06.2023 - 04.07.2023.
- **Advanced Teaching and Learning in HEI's**, IOT Academy from 10.08.2023 - 11.08.2023.
- **Practical Aspects of ICT Tools & Online Teaching in Current Scenario**, Research Foundation of India & RFI - CARE, 02.10.2023 - 11.10.2023.
- NPTEL - AICTE, Govt of India on **Organic Farming for Sustainable Agriculture Production**.
- **Recent Trends in Artificial Intelligence**, Bhupal Nobles University, Udaipur and Pantech learning , 22.02.2024 - 27.02.2024.
- **Ethics Model of Excellence Framework**, PG and Research Department of Commerce, Rani Anna Government College For Women, Tirunelveli and Global Ethics, South Asia Centre, Bangalore, 23.04.2024 - 30.04.2024, April 2024.

Participation in Workshop

- Workshop on **Food additives**, Food safety branch of Coimbatore and Avinashilingam University Coimbatore, 2015.
- workshop on **Applications of Multimedia Presentation** in Food Science and Nutrition, Avinashilingam University Coimbatore, 2017.

- workshop on **Instrumentation operation in analysis**, Avinashilingam University, 2018.
- workshop for the research work, **Research Ethics** – Avinashilingam University, 2019.
- Workshop on **Critical Appraisal Skills for Nutrition Research**, University of Reading, United Kingdom and Avinashilingam University, Coimbatore, 2019.
- Workshop on **professional development Digital Creativity Skills** as a part of Adobe Academic Essentials Program, 2023.
- Workshop on **Virtual Lab**, Virtual Nodal Centre, Dr. N. G. P. Arts and Science College, Amrita Virtual Labs, Amrita Viswa Vidyapeetham, Kollam, 2023.
- Workshop on **Premixes**, Department of Food Science and Nutrition, Dr. N. G. P. Arts and Science College , Bay Leaf, Coimbatore, January 2024.
- Workshop on **Bakery**, Department of Food Science and Nutrition, Dr. N. G. P. Arts and Science College , TNAU, Coimbatore, 2024.
- Author Workshop, **Strengthening the research ecosystem** with science Direct , AICTE and Researcher Academy (Elseiver), 2024.
- Workshop on **How to Write an FDP Proposal?**, Pantech e Learning, 2024.
- Nutrition education programme on **Growth Monitoring** by Ministry of Women and Child Development, Government of India and ICMR - National Institute of Nutrition (E-Learning), 2023.
- Nutrition education programme on **Immunization** by Ministry of Women and Child Development, Government of India and ICMR - National Institute of Nutrition (E-Learning),2023.
- Nutrition education programme on **Mother Health and Nutrition** by Ministry of Women and Child Development, Government of India and ICMR - National Institute of Nutrition (E- Learning),2023.

- Nutrition education programme on **Infant and Young Child Feeding** by Ministry of Women and Child Development, Government of India and ICMR - National Institute of Nutrition (E- Learning),2023.
- Training programme, **Agriculture and Food quality analysis** on food processing conducted by Food quality analysis on food processing laboratory (FSQTL), REFERRAL LAB AND NABL ACCREDITED LABORATORY, Indian Institute of Food Processing Technology (IIFPT).
- Implant Training programme on **Food Processing**, Value Addition and Technology Management conducted by Indian Institute of Food Processing Technology (IIFPT), FSSAI.
- Online Training on **Advance Manufacturing** (mapped to FoSTaC) by Food Industry Capacity & Skill Initiative, 2023.
- Online Training Program, **Natural Farming Technologies for Climate Resilient and Sustainable Coffee Production in Shade Grown Coffee Plantations**, CCRI - Central Coffee Research Institute, Coffee Board, Ministry of Commerce & Industry, 13-17, May, 2024.

Conference / Seminar / Workshop Organized

- Organizing committee member, Two days state level technical workshop on INTELLECTUAL PROPERTY RIGHTS, Tamilnadu State Council for Science and Technology (TNSTC), Chennai and Cauvery college for women (Autonomous) Tiruchirapalli, 26 – 27 September 2019.
- Organizing Committee member, one day national conference on INTERDISCIPLINARY APPROACHES by the faculty of biosciences of Dr. N.G.P. Arts and Science College, under DBT - Star college scheme, 28 march 2023
- Organizing Committee member, Clouthur Gopalan Endowment Lecture on SUSTAINABLE FOOD PROCESSING TECHNOLOGIES, Department of Food Science

and Nutrition, organized by the Department of Food Science and Nutrition, Dr. N. G. P. Arts and Science College, Coimbatore, 28 March 2023,.

- Organizing Committee member, Sri. G. C. P. Rangarao Memorial Lecture on Overview of Food Processing Industries and Commercial aspects of Food Packaging, AFSTI and Department of Food Science and Nutrition, Dr. N. G. P. Arts and Science College Coimbatore, 22 August 2023.
- Organizing Committee member, Clouthur Gopalan Endowment Lecture on MINDFUL MESSAGING FOR HEALTHFUL EATING: The Crucial Intersection of Nutrition Communication and Health Promotion in India, Department of Food Science and Nutrition, Dr. N. G. P. Arts and Science College, Coimbatore, 29 February 2024.
- Organizing Committee member, one day International conference on Translational Research Towards Attaining Good Health And Well Being For Sustainable Development by the faculty of bio sciences of Dr. N.G.P. Arts and Science College, under DBT - Star college scheme, on 9 March 2024.

Editorial / Reviewer Board Member

- Reviewer, International Journal of Novel Research and Development, Since 2024.
- Reviewer, Journal of Emerging Technologies and Research, Since 2024.

Membership in Professional Bodies

Name of the Professional Body	Nature of membership	Duration
NIN	Life-time	-

Awards / Honors

Awards / Honors	Agency / Institute	Year
UG Second Rank Holder	Avinashilingam Institute for home science and higher education for women	2017
PG Second Rank Holder	Avinashilingam Institute for home science and higher education for women	2019

Diploma Coordinator	Diploma in Food Safety and quality control - Bharathiar University	2023
Earn While You Learn - Coordinator Co - ordinator	Dr. N. G. P. Arts and Science College. (Earned amount - 11480)	2023