



**Name :** U.Rasikha.

**Designation :** Assistant Professor

**Department :** Food science and Nutrition.

**Qualification :** M.Sc.

**Experience :** 1 year.

**Area of Specialization(s):** Food Science and Nutrition.

**Email (Official ID):** [rasikha.v@drngpasc.ac.in](mailto:rasikha.v@drngpasc.ac.in)

**Contact no:** 9003328892

### **Academic Qualifications**

<b>Degree</b>	<b>Branch</b>	<b>Institution / University Name</b>	<b>Year of Graduation</b>
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	2014

### **Additional Qualifications**

<b>Diploma / Vocational / Certification</b>	<b>Area of Specialization</b>	<b>Institution / University / Agency Name</b>	<b>Year</b>
Student Psychology - Online Certification	Research based approaches	Swayam	2015
Health research Fundamentals - Online Certification	Research in Health Industry	Swayam	2016
Food Nutrition for Healthy Living - Online Certification	Food and Nutrition	Swayam	2017
Dairy and Food Process and Products Technology - Online Certification	Food Processing	Swayam	2018
Live Life Education	Counselling Psychology	Live Life Education and The New Indian Express	2014 - 2015
Soft skills – Offline	Skill development	Launch Pad	2016 – 2017

certification	and mannerism		
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
Science Of Exercise	Nutrition and Exercise	Infosys Spring Board - Coursera	2023

### **Presentations in Conference**

- Oral presentation on **Functional Foods and Nutraceuticals** in Scientific perspectives of Home science in UGC sponsored National Conference on Scientific Perspectives of Home Science on 6 -7 march 2017- Avinashilingam University Coimbatore.
- Poster presentation on **Assessment of nutritional status and physical fitness of adolescent girls** in annual international conference of nutrition society of India on 15-17 November 2018 at ICMR – **National Institute of Nutrition, Hyderabad, Telangana** state, India.
- 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 on 7-8 December, 2018 - Avinashilingam University Coimbatore.
- 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 – 16-17 Febraury 2018, Avinashilingam University Coimbatore.
- 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 on 31 January 2020 – Seethalakshmi Ramaswami College, Tiruchirapalli.

### **Presentation in Health Exhibition**

- Participated in the **Vasan Fest (Health Expo)** and won first prize in the exhibition, demonstrating the Importance of Nutrition as Medicine and emphasized on Importance of Balanced Diet.

### **Participation in Conference/Seminars& Workshop**

#### **International Conference/ Seminars**

- Participated in **OBESICON**, GEM hospital and Research Centre, Coimbatore, 2016.
- Participated in UGC sponsored **on 50th Annual International Conference of the Nutrition Society of India**, Hyderabad, Telangana state, India, 15-17 November 2018.

#### **National Conference/ Seminars/Workshop**

- Participated in UGC sponsored National conference on **Recent Trends in Adolescent Nutrition and Reproductive Health Care** - Avinashilingam University, 2016, Coimbatore.
- Participated in ICMR & NSI Sponsered International Conference on Advances in Nutrition and Health Communication on 3 & 4 August, 2017 organized by Department of Food Science and Nutrition and Department of Visual Communication.
- Participated in **Nutrigenetics and its Application in Disease Prevention** seminar organised in collaboration with Reading University, UK and Avinashilingam University, 2017 Coimbatore.
- Participated in **cloud app development in nutrition** seminar - Avinashilingam University Coimbatore, 2018.
- Participated in **Nature cure of PCOS and PCOD** seminar - Avinashilingam University, Coimbatore, 2015.
- Participated in **Chromatography techniques** seminar - Avinashilingam University Coimbatore, 2018.
- Participated in **Inclusive breast feeding and women's care in pregnancy** - Avinashilingam University Coimbatore, 2016.
- Participated in **Food additives** workshop organised by the Food safety branch of Coimbatore and Avinashilingam University Coimbatore, 2015.
- Participated in **Applications of Multimedia Presentation in Food Science and Nutrition** workshop - Avinashilingam University Coimbatore, 2017.
- Participated in **Instrumentation operation in analysis** workshop – Avinashilingam University, 2018.
- Participated in **Role of Nutraceuticals in Nutrition** seminar organised by Avinashilingam University, 2018.
- Participated in **Research Ethics** workshop for the research work – Avinashilingam University, 2019.

- Participated in **Critical Appraisal Skills for Nutrition Research** workshop jointly organised by University of Reading, United Kingdom and Avinashilingam University, Coimbatore, 2019.

### **Other Publications**

- Dr.Devi, U.Rasikha, **Nutraceuticals key promoter to Health – Era of food based health**, National Journal – Transit online Vol.06, Issue. 02, pp - 5-8, March 2017.

### **Projects Applied**

- Applied in **student project scheme – Tamilnadu State Council For Science and Technology, Chennai, 2018 – 2019 on Development of Eco friendly edible packaging films using food sources.**

### **Workshop/Seminar Organised**

- Organizing committee member - Two days state level technical workshop on **INTELCTUAL PROPERTY RIGHTS** On 26 – 27 September 2019 jointly organized by **Tamilnadu State Council for Science and Technology (TNSTC), Chennai and Cauvery college for women (Autonomou) Tiruchirapalli.**
- Organizing Committee member - one day national conference on **INTERDISCLIPINARY APPROACHES** on 28 march 2023 by the faculty of biosciences of Dr. N.G.P. Arts and Science College, under DBT - Star college scheme.

### **Academic Projects**

- Mini Project on **Assessment of nutritional status, physical fitness and mental fitness** of the adolescent girls of 16-18 age groups.
- Mini project on **Assessment of Nutritional Status of Hostel Girls.**
- Development of **Eco-Friendly edible packaging films** using food sources.

### **Training Programs**

- 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.**

**Awards / Honors**

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