

## Dr. Ashwath KUMAR K.

Technical Officer

International School of Milling Technology (ISMT)

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### Professional Experience

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- ❖ **Technical Officer** at FMBCT Department, CSIR – Central Food Technological Research Institute, Ministry of Science and Technology, Govt. of India, Mysore from 1<sup>st</sup> June 2017.
- ❖ **Assistant Manager (R&D)** at Modern Innovation Centre, **M/s Modern Food Enterprises Pvt. Ltd. Chennai (Modern Bread brand)** from October 2016 to May 2017.
- ❖ **Junior Research Fellow** and **Senior Research Fellow** at DRDO - Defence Food Research Laboratory, Ministry of Defence, Govt. of India, Mysore since November 2012 to October 2016.
- ❖ **Executive – R&D** at Elite Agro Foods, Thrissur, Kerala from November 2010 to October 2012.
- ❖ **Trainee Quality Control** at Nuthatch Nutricare Technologies Pvt. Ltd. Bangalore from July 2010 to October 2010.

### Academic Qualification

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- **PhD in Food Science** from DRDO - Defence Food Research Laboratory (DFRL) affiliated to Bharathiar University Coimbatore in 2018.
- **K-SET (Karnataka State Eligibility Test)** for Assistant Professorship in 2014.
- **M.Sc in Foods and Nutrition** from PSG College of Arts and Science, affiliated to Bharathiar University, Coimbatore.
- **MBA in Total Quality Management** from Sikkim Manipal University, Bangalore.
- **Post Graduate Diploma in Food Safety and Quality Management** from IGNOU, New Delhi.
- **Diploma in Computer Application** from Manipal Career Academy, Manipal.

### Area of Research

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- Baking Science and Technology.
- Development of nutritional bakery and traditional wheat products.
- Physico-chemical, rheological, microstructural and quality characteristics of wheat flour, dough and bakery products.
- Faculty member for International School of Milling Technology (ISMT) and MSc (Food Technology) courses.

### Research outputs

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- ✓ Research papers published in National/ International SCI Journals: 14 Nos

- ✓ Presentations at International / National Conferences: 9 Nos
- ✓ MSc student project guided: 1 No

## Recent Publications

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- **Ashwath Kumar K** and Sudha ML. (2020). Effect of fat and sugar replacement on rheological, textural and nutritional characteristics of multigrain cookies. *Journal of Food Science and Technology*, <https://doi.org/10.1007/s13197-020-04769-9>. [IF: 1.946]
- Adguru Papanna Bharath, **Ashwath Kumar Kathalsar**, Soumya Chandrashekhar & Pichan Prabhasankar (2020). Influence of tetraploid wheat (*Triticum dicoccum*) on low glycaemic index pizza base processing and its starch digestibility. *International Journal of Food Science and Technology*. [doi:10.1111/ijfs.14845](https://doi.org/10.1111/ijfs.14845). [IF: 2.773]
- Aruna Pamisetty., **Ashwath Kumar K.**, Indrani D, and Singh RP. (2019). Rheological, physico-sensory and antioxidant properties of puniic acid rich wheat bread. *Journal of Food Science and Technology*, <https://doi.org/10.1007/s13197-019-04055-3>. [IF: 1.946]
- **Ashwath Kumar K.**, Sharma G.K. and Anilakumar K. R. (2019). Influence of multigrain premix on nutritional, *in-vitro*, *in-vivo* protein digestibility of multigrain biscuit. *Journal of Food Science and Technology*, 56, 746. <https://doi.org/10.1007/s13197-018-3533-z>. [IF: 1.946]
- **Ashwath Kumar K.**, Sharma G.K. (2018). The effect of surfactants on multigrain incorporated short biscuit dough and its baking quality. *Journal of Food Measurement and Characterization*, 12 (2), 1360-1368 [IF: 1.648].

## Awards

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### ❖ Research Fellowship

DRDO Junior Research Fellowship in 2013 & DRDO Senior Research Fellowship in 2015

### ❖ Best paper awards

1. **Best poster paper award** at E-Conference on "Global Pandemic and Sustainable Food System: Challenges and Response to Research and Practice" during 1-2 July 2020
2. **Best poster paper award** at National Conference on Health and Wellness through Nutrition and Nutraceuticals -2020 held at Ramaiah University of Applied Sciences, Bangalore 22-24 January 2020
3. **Best poster paper award** at International Conference FOODS 2019 during 05-06, December 2019 held at MOP Vaishnav College Chennai.
4. **Best oral paper award** at 6th International conference on "Emerging Technologies in Food and Nutrition for Health management" during 14-15 May 2015 at NDRI Bangalore.
5. **Best poster paper award** at National conference on "Emerging trends and opportunities in food processing sector" during 28-29 January 2010 at M.O.P Vaishnav College, Chennai.

### ❖ Industrial award

- Raising Star award by M/s Modern Food Enterprises Pvt. Ltd India, Noida ("Modern Bread" brand) for best performance in the year 2016.