

## Curriculum Vitae

**NAME:** Dr. M.R. Asha  
**DATE OF BIRTH:** 25<sup>th</sup> April 1966  
**ADDRESS:** Senior Technical Officer, HRD – M.Sc. (Food Technology), CSIR-CFTRI, Mysuru, Karnataka, INDIA.  
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**FIELDS OF SPECIAL INTEREST:** *Exploratory research on natural means of enhancing Sensory perception and shelf life of foods, Food Acoustics, Consumer driven new product development, Soft skills training, Psychoneuroimmunology, Behavioral Sciences, Neuroplasticity.*

### ACADEMIC BACKGROUND

Degree	University	Year	Specialization/Subjects
Post Grad. Diploma	Kuvempu	2008	Mental Health (Professional Counselling and Psychotherapy)
Ph.D.	Mysore	2007	Food Science (Modified Starches)
Post Grad. Diploma	Mysore	1997	Journalism
Certificate Course	Mysore	1989	French
M.Sc.	Mysore	1988	Food Science, Biochemistry, Human Physiology, Nutrition
B.Sc.	Mysore	1986	Food Science, Biochemistry, Nutrition, Child Development

### PROFESSIONAL EXPERIENCE

- Worked as a lecturer (PG Course) at the department of studies in Food Science and Nutrition, Manasagangotri, University of Mysore, Mysore. (1989-90)
- Worked as Technical Officer in Sensory Science Department, CSIR-Central Food Technological Research Institute, Mysore for 24 years (1991-2015) trained as scientist (Sensory Analyst) in R& D (Sensory perception and profiling of foods, pattern matching etc. and innovation of cost effective and nutrient-enriched health food formulations.)
- Worked in Human Resource Development department (2015-18), coordinating and assisting in academic activities related to M.Sc. Food Technology course.
- Presently working in Traditional Food And Sensory Science department focusing on quality assessment of foods using various sensory analysis techniques and heading an externally funded project on development of Sensory lexicon.

## **Human Resource Development: (Faculty)**

1. M.Sc. Food Technology and Academy of Scientific and Innovative Research at CFTRI, Mysore, 2. Short Term Training Courses at CFTRI, Mysore, 3. CSIR Programme for Youth Leadership in Science, 4. Examiner for M.Sc. Food Science and Nutrition, University of Mysore, Mysore

1. Invited to deliver lectures in Food Science and Nutrition at Karnataka State Open University, University of Mysore, Mysore

2. Supervised 9 M.Sc. students in their Dissertation work.

3. Prepared study material (8 Units) for students of Distance Education programme [Karnataka State Open University (KSOU), University of Mysore, Mysore]

4. Worked as Member of Board of Studies (KSOU, University of Mysore, Mysore) for the following courses

(i) Certificate course in Food and Nutrition (ii) Certificate course in Food Preservation (iii) Diploma in Health education (iv) Post Grad Diploma in Nutrition and Dietetics

➤ Delivered the invited talk “*Basics of sensory evaluation and quantification of qualitative data for the purpose of quality control*” at Foundation for Revitalizing Local Health Traditions, Bangalore.

➤ Delivered the invited talk “*Stress Management* at LIC of India, Mandya., “*Emotional Resilience*” to parents and staff at Mini Planet School, Vijayanagar, Mysuru.

➤ Presented/coauthored over 30 posters at various national and International Symposia/Colloquia covering Sensory Quality of an array of products

➤ Co-authored 10 patents, 12 processes and over 15 research papers

## **AWARDS / SPECIAL SKILLS**

✓ Gold medalist for securing first Rank in M.Sc., Food Science (1988-89)

✓ State Award Instituted by the Dept. of Youth Services and Sports, Govt. of Karnataka, for being the TOPPER in M.Sc. for the whole University in Science faculty (1988-89).

✓ Topper in Diploma in Mental Health (Mysore center) and topper in the Paper “Psychotherapy” and secured 4<sup>th</sup> rank at national level (2007-08).

✓ Good communication skills with special interest in teaching

✓ AWARD FOR BEST PROCESS (Extension of shelf life of perishable foods) TRANSFERRED TO INDUSTRY and BEST POSTER AWARD (2012-13)

✓ AWARD FOR BEST PROCESS (Technology for fortification of Sugar) TRANSFERRED TO INDUSTRY (2018-19)

## **OTHER INFORMATION: Yoga Practitioner**

**HOBBIES:** Experimenting, studying human behavior, reading, freelance writing (including poetry), playing guitar, travelling etc.

## LIST OF PUBLICATIONS

1. Shruti, Pandey and **Asha M. R.** (2018) Effect on Crystallinity of rice, after Iron Fortification. Current Nutrition and Food Science, 14, Pp 1-11
2. Shruti, Pandey and **Asha M. R.** and Jayadeep, A. (2016) Changes in physical, cooking, textural properties and crystallinity upon iron fortification of red rice (Jyothi). Journal of Food Science and Technology, 53 (2). pp. 1014-1024.
3. Nimisha S.M., Attar Singh Chauhan, Rekha M.N., Negi P.S., Nusrath N. and **Asha M.R.** (2015). Composition of Edible Portion of Tender Bamboo Shoot (TBS) and Development of Various Candies with and without Incorporation of Ginger and Pineapple Flavours. Austin Journal of Nutrition and Food Sciences 2 (1), pp 7-15
4. Imtiyaj Khan, Mohammad and Sri Harsha, P. S. C. and Chauhan, A. S. and Vijayendra, S. V. N. and **Asha M. R.** and Giridhar, P. (2015) Betalains rich *Rivina humilis* L. berry extract as natural colorant in product (fruit spread and RTS beverage) development. Journal of Food Science and Technology, 52 (3). pp. 1808-1813. ISSN 0022-1155
5. Bharath Kumar, S., **Asha M. R.** and Maya, Prakash (2015) Quality Mapping and Positioning of Sev—A Deep Fat Fried Snack. International Journal of Food Properties, 18 (11). pp. 2433-2441.
6. Sundru, Manjulata Devi and **Asha M. R.** and Prakash, M. Halami (2014) In situ production of pediocin PA-1 like bacteriocin by different genera of lactic acid bacteria in soymilk fermentation and evaluation of sensory properties of the fermented soy curd. Journal of Food Science and Technology, 51 (11). pp. 3325-3332. ISSN 0022-1155
7. Florence Suma P, Urooj A, **Asha M. R.**, Rajiv J (2014) Sensory, Physical and Nutritional Qualities of Cookies Prepared from Pearl Millet (*Pennisetum Typhoideum*). J Food Process Technol 5:377. doi:10.4172/2157-7110.1000377 (**Received date:** August 13, 2014; **Accepted date:** October 07, 2014; **Published date:** October 14, 2014)
8. B. Aumjaud, **M.R. Asha**, M. Prakash, R. Ravi (2014) Development of Pea (*Pisum sativum* L.) and Chickpea (*Cicer arietinum* L.) Snacks using Different Cooking Methods. University of Mauritius research Journal Vol 20, 273-296.
9. **Asha, M. R.** and Ravi, Ramaswamy and Swapna, Babu Rao Patil and Maya, Prakash (2014) Modified method for preparation of Halubai—an Indian traditional sweet. Journal of Food Science and Technology, 51 (4). pp. 743-749.

10. Mohammad, I. Khan and **Asha, M. R.** and Bhat, K. K. and Sakina, Khatoon (2011) Studies on Chemical and Sensory Parameters of Coconut Oil and its Olein Blends with Sesame Oil and Palmolein during Wheat Flour-Based Product Frying. Journal of Food Science and Technology, 48 (2). pp. 175-182.
11. Faiyaz, Ahmed and **Asha, M. R.** and Asna, Urooj and Bhat, K. K. (2010) Ficus racemosa bark: Nutrient composition, physicochemical properties and its utilization as nutra tea. International Journal of Nutrition and Metabolism , 2 (2). pp. 33-39.
12. Jagadish, R. S. and Baldev, Raj and **Asha, M. R.** (2009) Blending of Low-Density Polyethylene with Vanillin for Improved Barrier and aroma-releasing Properties in Food Packaging. Journal of Applied Polymer Science, 113. pp. 3732-3741.
13. **Asha, M. R.** and Susheelamma, N. S. and Bhat, K. K. (2009) Effect of rheological properties of batter and addition of thermally modified rice on quality of vada - a blackgram based fried product. Journal of Food Science and Technology, 46 (3). pp. 212-216.
14. Mohammad, Imtiyaj Khan and **Asha, M. R.** and Bhat, K. K. and Khatoon, Sakina (2008) Studies on Quality of Coconut Oil Blends after Frying Potato Chips. Journal of the American Oil Chemists Society, 85. pp. 1165-1172.
15. Sathyanarayana Rao, T. S. and **Asha, M. R.** and Ramesh, B. N. and Jagannatha Rao, K. S. (2008) Understanding nutrition, depression and mental illnesses. Indian Journal of Psychiatry, 50 (2).
16. **Asha, M. R.** and Susheelamma, N. S. and Manisha, Guha (2007) Rheological properties of black gram (Phaseolus mungo) batter: characterisation of flour from native and modified rice and their effect on batter viscosity. International Journal of Food Science and Technology, 42 (6). 669-677 ; 36 ref..
17. Vijayalakshmi, N. S. and **Asha, M. R.** and Prema, Vishwanath and Indiramma, A. R. and Kumar, K. R. (2003) Storage characteristics of almond milk powder mix packaged in flexible and rigid containers. Journal of Food Science and Technology, 40 (3). 280-284 ; 14 ref..
18. Susheelamma, N. S. and **Asha, M. R.** and Ravi, R. and Vasanth Kumar, A. K. (2002) Comparative studies on physical properties of vegetable oils and their blends after frying. Journal of Food Lipids, 9 (4). 259-276, 21 ref..
19. Anupama, Kamath and **Asha, M. R.** and Ravi, R. and Shanthi, Narasimhan. and Rajalakshmi, D. (2001) Comparative study of odour and GC-olfactometric profiles of selected essential oils. Flavour and Fragrance Journal, 16 (6). 401-407, 13 ref..
20. Archana, G. N. and Jamuna, Prakash. and **Asha, M. R.** and Nagin, Chand. (1995) Effects of processing on pigments of certain selected vegetables. Journal of Food Quality, 10 (2). pp. 91-101.