

# Curriculum Vitae

Dr. P. Ashlesha, Assistant Professor (c) and Former Head  
Department of Food and Nutrition  
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Academic Qualification: M.Sc., Ph.D. in Foods and Nutrition

Designation : Assistant Professor (c) and Former Head

## Academic Record

	CLASS OBTAINED	YEAR	School/ College	%
SSC	I	1986	Railway High School	72
Intermediate	I	1988	Ch. S. D. St. Theresa's College for Women	69
B.Sc	I	1991	Ch. S. D. St. Theresa's College for Women	82
M.Sc	I	1993	Department of Food and Nutrition, Post	78.4

			Graduate Teaching Department of Home Science, Nagpur University	
Ph.D.		1997	Department of Food and Nutrition, Post Graduate Teaching Department of Home Science, Nagpur University	Awarded in 1997

Specialisation: M.Sc ., Ph. D in Foods and Nutrition

Over all Experience( Teaching and Research): 24 years

Designation and Place of work:

(i)Assistant Professor (c) & Former Head , Department of Food and Nutrition, University College for Women, Koti, Hyderabad. (July 22<sup>nd</sup> 2002 till date,15 Years 3 months experience)

(ii)Dietician, SVS Diet Counselling Centre, Opp Bata, R.P. Road, Secunderabad  
(April 1999 - July 2002, 3 Yrs 3 months experience)

(iii)Research Associate, PG & Research Centre, ANGR Agricultural University, Rajendranagar, Hyderabad  
(Jan 1997 – Feb 1999, 2 years 2 months experience)

(iv)Research Associate, Department of Food and Nutrition, Nagpur University, Nagpur  
(Nov 1993-Dec 1996, 3 years experience)

(v)Part time Lecturer, Post Graduate Teaching Department of Home science, Nagpur University, Nagpur ( June 1993-Dec 1996, 3 years 6 months experience)

Ph.D. Topic:“Dietary habits, Fluorine content of cooked foods and dietary fluorine intake of the population of selected endemic fluorosis villages of Rajura Taluk, District : Chandrapur, Maharashtra”.

Courses Attended: 2

S.No	Name	Duration & Dates	Place
1.	Advanced Diploma in Software System Analysis and Applications offered by in. First class (72%).	1 yr course (1996-1997)	Board of Technical Examinations, Maharashtra State
2.	Certificate course in Computer Operations First class with Distinction (80%).	6 months (1995)	Maharashtra State Board of Vocational Examinations, Bombay

Awards for Excellence in Research / Teaching:

Sl. No	Name of the Award	Year
1.	Awardee of University Research Studentship by the Scholarship fellowship selection committee Nagpur University	1994-1996
2.	Awardee of the first prize for the best scientific paper in an Oral session organized by Nutrition Society of India (Nagpur Chapter), Nagpur on "Development of Wheat Germ based weaning food formulations, standardization and evaluation"	Jan 1994

Administrative Assignments:

Sl. No	Title	Period	Year
1.	Executive Committee member of Food Scientists and Technologists India (AFSTI), Hyderabad chapter	3 years ( 1st term) 2nd term	2016-18 2019 till date
2.	I/c Head , Department of Food and Nutrition, University College for Women, Koti, Hyderabad.	2 years 2 months	July 2011- Sept 2013
3.	Course Coordinator for Certificate course in Baking at Dept of Food and Nutrition, UCW, Koti, Hyderabad	2 years	Sep 2011- Sep 2013
4.	Joint Secretary Of Nutrition Society Of	1 year	1995-96

	India (Nagpur Chapter)		
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Membership in Professional bodies:

O Life member of Nutrition Society of India, Regd No 125/1966 dated 11-11-2004.

OLife member of Indian Dietetic Association, No 204 dated 15-7-2004.

O Life member Association of Food Scientists and Technologists India (AFSTI),

No III/AFST/cash (8)/766/2006-07 dated 16-11-2006.

OAnnual member of Society for Fluoride Research, dated 18-1-08.

O Life Member of Oil Technologists Association of India(Southern Zone), No L 290, dtd 14-10-14.

Membership in other bodies:

Administrative : I/c Head and Member of Academic Council (July 2011 – Sept 2013)

Member of Admission Committee

Placement Cell

Time table / Space committee

Hostel Advisory Committee

Anti Ragging committee

Skill Development and Career Oriented courses

Academic Bodies:

- Chairman of BoS Nutrition(U.G), Department Of Food And Nutrition, University College For Women(Autonomous), Koti, Hyd (July 2011 – Sept 2013)
- Member of BoS Nutrition(U.G), Department Of Food And Nutrition, University College For Women(Autonomous), Koti, Hyd (July 2002 – Till Date)
- Member of BoS Nutrition(U.G & P.G), Department Of Biochemistry, University College Of Science, Osmania University, Hyd (July 2011- Till Date)
- Subject Expert in BoS Nutrition(U.G & P.G), Anwar-UI-Loom College(Autonomous), Osmania University, Hyd (July 2011 - Till date)
- Subject Expert in BoS Nutrition(UG), RBVRR Womens College, Narayanaguda, Hyd (June 2012- June 2015)

- Subject Expert In Nutrition for Science subject in framing NCERT Syllabus from 8th -12th standard at National Institute In Nutrition, Tarnaka, Hyderabad.
- Was Instrumental In procuring The Eligibility For The Nutrition Students For The Posts Of Extension Education Officers And CDPO's Conducted By APSCHE from The Year 2012
- Participated As Joint Secretary, Catering And Food Management In 28<sup>th</sup> Inter Zonal Youth Festival, "Yuva Tarang" Organized By Osmania University From 16-11-2012 To 20-11-2012.
- Panel Of Examiner For The Ph. D. Thesis In The Department Of Nutrition And Dietetics, PSG College Of Arts And Science, Coimbatore, Tamilnadu, India.
- Delivered Lectures On Clinical Nutrition For The Ph. D. Students Of Nutrition In Sept 2013.
- Internal Examiner For UG and PG (Nutrition and Dietetics) Practicalsof University College for Women
- UG and PG (Nutrition and Dietetics) Theory paper setter, Moderator and Evaluator of Osmania University.
- External Examiner For Practical And Theory Paper Setting And Evaluation Of Various Universities Like NIFTEM , Haryana; JSS University, Mysore; Affiliated Colleges Of Osmania University, Hyderabad; Sri Venkateshwara University, Tirupati; And Nagpur University, Nagpur Since 2002 Till Date.
- Common Entrance Exam Paper Setting For The Course Of Food And Nutrition For The Academic Year 2011-2012 And 2012-2013 Conducted By Andhra University.
- Judge For Recipe Competitions, Poster Competition And Salad Competition In Madina College, Himayathnagar And Howard Public School, Himayathnagar.

Extension/ Outreach Activities:

Camp/ exhibition and place	Dates	Event
An Awareness Camp on Anaemia and Genetic Disorders at Department of Food and Nutrition, Science Block , University College for Women , Koti.	11 <sup>th</sup> August 2016	National Nutrition Week Celebrations
Free Nutrition and Health Campat Department of Food and Nutrition, Science Block , University College for Women , Koti.	30 <sup>th</sup> January 2016	Food and Nutrition Fest 2016
An Intercollegiate innovative and Nutritious recipe contest, at	25 <sup>th</sup> January 2016	Food and Nutrition Fest 2016

Department of Food and Nutrition, Science Block , University College for Women , Koti.		
Millet Fest, at Necklace Road, Hyderabad	31 <sup>st</sup> January to 2 <sup>nd</sup> February 2015	Millet Fest 2015
Free Nutrition, Diet and Health Counseling Camp at Department of Food and Nutrition, Science Block , University College for Women , Koti.	17, 18 and 19 th September 2014	90 years celebrations of the College (Navathi)
Nutrition Education Camp at Thattyanaram village, Ranga Reddy District near Nagole, Hyderabad	3 <sup>rd</sup> May 2013	Food and Nutrition Fest 2013
A Health talk on General Health Awareness on Health benefits of Exercise and Fitness lead by Swasthya team from Kamineni Hospitals Organised by the Dept of Food and Nutrition, Osmania University College for Women	18 February 2012	Food and Nutrition Fest 2012
Free Nutrition, Diet and Health Counseling Camp Organized Dept of Food and Nutrition, Osmania University College for Women	19 <sup>th</sup> March 2012	
Session On Soy Health Dbi- Ou Islare Office At Cfrd Osmania University Campus.	3 <sup>rd</sup> December 2011	
Diet Exhibition Organised. By the Dept of Food and Nutrition, Osmania University College for Women	30 <sup>th</sup> November 2011	Decennial Celebrations of M.Sc (Nutrition & Dietetics) course & World Diabetes Day
Intercollegiate Model and Poster competition Organised Dept of Food and Nutrition, Osmania University College for Women	24 <sup>th</sup> October 2011.	World Food Day Celebrations

Traditional Nutritious Recipe contest Organised Dept of Food and Nutrition, Osmania University College for Women	24 <sup>th</sup> October 2011	World Food Day Celebrations
Oat based Recipe contest Organised. Dept of Food and Nutrition, Osmania University College for Women	6 <sup>th</sup> September 2011	National Nutrition Week Celebrations
Salad Competition Organised Dept of Food and Nutrition, Osmania University College for Women	December, 2009	
Nutrition Exhibition Organised Dept of Food and Nutrition, Osmania University College for Women	16th October 2008.	World Food Day Celebrations
Nutrition Education Camp Organised Rangapur village, Reddy District, A.P.	3rd November 2008	
Open House Exhibition Organised Dept of Food and Nutrition, Osmania University College for Women	22nd and 23rd December 2008	
Soya Food Festival organised Dept of Food and Nutrition, Osmania University College for Women	16 <sup>th</sup> October 2008.	World Food Day Celebrations
Salad Competition organized Dept of Food and Nutrition, Osmania University College for Women	15th December 2008.	

Cookery contest organised Dept of Food and Nutrition, Osmania University College for Women	12 <sup>th</sup> October 2006	World Food Day Celebrations
Open House Exhibition Organised Dept of Food and Nutrition, Osmania University College for Women	27-28 <sup>th</sup> January 2006	
Product Development Contest on Traditional High Protein Recipe organised Department of Food and Nutrition, Osmania University College for Women, Hyderabad, India.	3 <sup>rd</sup> October 2005	World Food Day Celebrations
Product Development Contest on Low Cost Nutritious Recipes organised Department of Food and Nutrition, Osmania University College for Women, Hyderabad, India.	16th October 2004	World Food Day Celebrations
Product Development Contest on High Fibre Recipes organised Department of Food and Nutrition, Osmania University College for Women, Hyderabad, India.	27-28th September 2003.	National Nutrition Week Celebrations
Diet Exhibition organised by PGTD of Homescience, Nagpur University, Nagpur and Diabetic Association of India, Nagpur branch, Nagpur	8 <sup>th</sup> January 1995.	
Diet Expo 94 Post Graduate Department of	10th January 1994	

Home science, University, Nagpur	Nagpur	
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EXTENSION LECTURES DELIVERED

14 <sup>th</sup> Feb 2015	Resource person at the UGC sponsored National seminar on "Nutritional deficiencies in childhood- Challenges and future perspectives" at St. Therasas College, Eluru, W.G. Dist, A.P.	Challenges in Childhood Obesity
19 <sup>th</sup> July 2014	Speaker in the one day seminar – cum - panel discussion & Interactive session organized by Royal Society of Chemistry - Deccan Section and Panineeya Mahavidyalaya College of Education, Hyderabad on "Empowering women on education and health".	Role of Nutrition in maintenance of health and prevention of disease
18 <sup>th</sup> Dec 2013	workshop on Soy dal maker preparations, a sustainable, affordable and nutritive alternative to pulses held at Sri Shakthi Institute of Hotel Management organized by USSEC, Adani Wilmar.	Importance of Soy in nutritious preparations
11 <sup>th</sup> Aug 2013	Speaker in the Orientation programme for the UG science students in RBVRR womens College, Narayanaguda, Hyd.	Importance of Nutrition in Health maintenance
24 <sup>th</sup> July 2013	Academic meet in Collaboration with Indian Dietetic Association, A.P. Chapter	Childhood Nutrition
5 <sup>th</sup> July 2013	International conference in collaboration with ACMOMS(Asian Consensus Meeting on Metabolic Surgery) Summit VI on Bariatric Nutrition	Nutritional Challenges in Childhood Obesity
3 <sup>rd</sup> July 2013	Speaker in an awareness program on to the students of Goutam Model School in the department	Nutrition, Healthy food habits and Childhood obesity
18 <sup>th</sup> May 2013	Royal Society of Chemistry(London), Deccan Section, Nagarjuna nagar community hall, Tarnaka, Hyderabad	Importance of nourishment during various physiological conditions
1 <sup>st</sup> August 2012	Panel member in panel discussion on Breast Feeding organized by the department of Health and Family Welfare at DME Auditorium, Koti, Hyd to observe the National Breast Feeding week.	Importance of Breast feeding

8 <sup>th</sup> January 2012	Resource Person to deliver a talk for All India Radio	Food Fads among Youth
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## Publications

### 1. (A)ARTICLES PUBLISHED

S.No	Name of the Journal	Title of the Article	Vol. No. & Date of Issue	Pg. No
1.	KRE Journal of Home and Community Science	Fruit Preferences and Reported frequency of Consumption of Fruits	Vol 9(2,3): (2015)	91-96
2.	Journal of Beverage and Food World	Formulation and Evaluation of Home made Iron and Calcium Malted Beverage Booster mix for Cardiac Patients	Vol 41 No 4 April 2014, ISSN 0970-6194	
3.	Indian journal of beverage and food world	Development, nutritional and storage analysis of oats and soy based beverage	Vol 41, Issue 1, Jan 2014	38-39
4.	Indian journal of beverage and food world	consumption of processed and packed foods among a selected population – a case study	Vol 40 Issue 9, Dec, 2013	37-39
5.	Indian journal of beverage and food world	Development of vitamin c enriched fruit drink	Vol 40 Issue 4, April, 2013	31-33
6.	Journal of Dairying Foods and Home Sciences	Nutritional status and major nutrient intake of the population of selected fluorosis endemic villages of Korpana and Rajura Tehsils of Chandrapur district, Maharashtra, India	Vol 25, Issue 3/4, 2013	206-211
7.	Indian Journal of Environment and Toxicology	Intake of Fluorine and Calcium through diet and water consumed together and water consumed on empty stomach and the safe limit for fluoride intake at different levels of actual calcium intake	20(2), 2010 . ISSN 0971-2127.	43-49
8.	Indian Journal of Environmental Sciences	Fluoride and Calcium contribution through diet and water in selected fluorosis endemic and control areas	11(1), 2007	43-50

9.	Journal of Dairying Foods and Home Sciences	Modified diets for restraining fluoride exposure in selected fluorosis endemic villages of Korpana and Rajura Tehsils of Chandrapur district, Maharashtra, India	25(3/4), 2006	206-211
10.	Indian Journal of Environment and Toxicology	A study on the interrelationship between fluoride content and major minerals of potable water and staple food stuffs of selected villages of a fluorosis endemic area	15(1), 2005	10-15
11.	Journal of Aquatic Biology	Consumption pattern of fish and sea food in a selected population in Hyderabad, Andhra Pradesh	20(1), 2005	175-178
12.	Indian Oil palm journal	Acceptability studies on Red palm oil	8(46), 1998	13-17
13.	Journal of Dairying Foods and Home Sciences	Development of wheat germ based weaning food formulations	16(4), 1997	225-235
14.	Gondwana Geological Magazine	Fluoride ingestion of the population of fluorosis endemic Dhoptala village in Chandrapur District	9, 1995	101-113
15.	Gondwana Geological Magazine	Fluoride partition between co – existing soil and food stuffs: A case study of selected Fluosis Endemic villages Korpana and Rajura Tehsils, Dist. Chandrapur, (Maharashtra)	9, 1995	91-100

(B) BOOKS PUBLISHED

S.NO.	TITLE	AUTHORS	YEAR	PUBLISHER
1.	The Art Of Indian Cooking – A Feast Of Recipes	Jasti Pratima Rao, Ashlesha Pendli, M. Santoshi Lakshmi, Bharathi Rao Jasti And P.Vinay Kumar	2013	Department Of Food And Nutrition, Osmania University College For Women, Koti, Hyderabad. Printed At Akruti Printers, Hyderabad
2.	Basics Of Health And Nutrition	Suma Nair, Ashlesha Pendli And Vasundhara	2007	Printed And Published By Directorate Of Distance Education, Sikkim Manipal University Of Health, Medical And Technological Sciences, Manipal

(B) BOOKLETS PUBLISHED

S.NO.	TITLE	AUTHORS	YEAR	PUBLISHER
1.	Surakshitha Aahara Thayaree: Avagahana – Sikshana	G. Gopal Reddy, P. Ashlesha, M. Santoshi Lakshmi	2014	Funded By APCOST, Department Of Food And Nutrition, Osmania University College For Women, Koti, Hyderabad. Printed At Aakruti Printers (P) Ltd
2.	Millets For Healthy Living Epicurean Delicacy: 100 Recipes	P. Ashlesha, Shruti Kabra And Rumana Farooqui	2013	Department Of Food And Nutrition, Osmania University College For Women, Koti, Hyderabad, Printed At Manikanta Offset And Screen Printers, Hyderabad
3.	Oat Delights For Healthy Life	P. Ashlesha, Rumana Farooqui, Shruti Kabra, M.Santoshi Lakshmi, P.Suma	2011	Department Of Food And Nutrition, Osmania University College For Women, Koti, Hyderabad. Printed At Aakruti Printers (P) Ltd
4.	Soy Recipes For Health And Disease	C. Anjali Devi, Zubaida Azeem, P. Ashlesha, K. Lakshmi And Shruti Pandey	2006	Department Of Food And Nutrition, Osmania University College For Women, Koti, Hyderabad. Printed At Revathi Creative Communications (P) Ltd

(C) BOOKS/ARTICLESEDITED/REVIEWED

S.NO.	BOOKS/MATERIAL EDITED/REVIEWED	TITLE	COURSE	PUBLISHER	YEAR
1.	Book Edited	Nutrition For Your Family	Food And Nutrition	Madina Degree College, Hyderabad	2010
2.	Article Reviewed	Probiotics From Food And Eubiosis In Gut: A Commensalism	Food And Nutrition	Asian Journal Of Dairy And Food Research	2017
3.	Article Reviewed	Formulation Of Osmo- Dehydrated Cashew Apple ( Anacardium Occidentale	Food And Nutrition	Asian Journal Of Dairy & Food Research	2016

Papers Presented in National Seminars / Conferences

S.No	Conference/ Seminar/ Workshop	Title	Paper Presented	Venue	Year
1.	National	Pulses-2016:	Presented a Poster On	University	21 <sup>st</sup> & 22 <sup>nd</sup>

	Seminar	Innovative Approaches For Sustainability In Production And Promotion Of Utilization	Development and Sensory Evaluation of Beverages Enriched With Soy Products  Development of Soy, Millet , Dehydrated Fruit And Vegetable Based Weaning Mixes	College For Women , Koti, Hyderabad	October 2016
2.	National Conference	Womens Health and Nutrition:Emerging Trends and Challenges	presented a poster on “Enrichment and Development of Biscuits using Millets and Oats	University College For Women , Koti, Hyderabad	10-11 <sup>th</sup> April 2014.
3.	National Conference	XXI Indian Convention Of Food Scientists And Technologists	Effect Of Fermented Milk On Hypertensive Subjects	Pune, Maharastra	20-21 January 2012
4.	National Conference	43 <sup>rd</sup> National Conference Of Nutrition Society Of India	Development Of Vitamin C Enriched Fruit Drink	National Institute Of Nutrition (ICMR), Hyderabad	11-12 <sup>th</sup> November 2011
5.	National Conference	41st annual national conference of Indian Dietetic Association	Development of Millet and Oat Based Biscuits	National Institute Of Nutrition (ICMR), Hyderabad	5-6 <sup>th</sup> December 2008

## Papers Presented

- B Sowmya, **P Ashlesha** Shruti Kabra, Santoshi Lakshmi, Rumana Farooqui, P Suma and Hannah Jessie Francis T “Effect of Fermented Milk on Hypertensive Subjects” in the poster session at XXI Indian Convention Of Food Scientists and Technologists, Pune, Maharashtra, From 20-21 January 2012.
- **Ashlesha P**, Pratima Rao and Santoshi Lakshmi “ Food Preferences and Reported Frequency of consumption of Fruits” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.
- G Shailaja, **P. Ashlesha** and N Santoshi Lakshmi “Assessment of Nutritional status among adults in Raigir and Anajipur villages of Bhongir Mandal” ” in the poster session

at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

•G.Praveena, **P.Ashlesha** and N.Santoshi Lakshmi, Arshiya Unnisa Begum “Estimation of Ascorbic acid content in the germinated Pulses” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

•A.Vijetha, **P.Ashlesha** and N.Santoshi Lakshmi, Ayesha “Factors associated with Abnormal eating habits among adolescent girls” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

•C.S. Kavita, **P. Ashlesha**, N. Santoshi Lakshmi “Impact of television Avertisements on Food Consumption patterns in Adults (21-45) Years” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

•S.Mamatha, Shadab Fatima, **P.Ashlesha** and N.Santoshi Lakshmi “Consumption pattern of Artificial sweetners among Diabetics and CVD individuals in Hyderabad” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

•P.Alivelu, **P.Ashlesha** and N.Santoshi Lakshmi “ Evaluation of Telugu Newspaper and Magazine Reports of Nutrition Related Articles” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

•D.Vasundhara, Zubaida Azeem, **P.Ashlesha** and N.Santoshi Lakshmi “Prevalance of Hypertension in Type II Diabetics and Impact of Diet Counselling “in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

•Faheem Ara Begum, **P.Ashlesha**, and N.santoshi Lakshmi “ A Study of Impact of Educationa dn Training Programme on Food Safety and Personal Hygiene to Food handlers in Hostels.”in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

•Sowmyasree, **P.Ashlesha** and N.Santoshi Lakshmi, Sana Fatima “ Evaluation of Mid day meal Programme- A study in School of Rangareddy District”in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

•D.Usha, **P.Ashlesha**, N.Santoshi Lakshmi, Kavita Waghay, Naazia Kauser, “ An Impact Study of Education and Training Program on Food Safety and Personal Hygiene of the food handlers in Mid Day meal Scheme”in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

•Priti Sangam, Zubaida Azeem, Pragyna Singh, **P.Ashlesha**, N.Santoshi Lakshmi, B. Mounika “Impact of Mdia (TV)on Food consumption patterns of Adolscent Girls (16-20 ) Years.” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.

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- Indu Gautam, **P.Ashlesha**, and N.Santoshi Lakshmi “A study of Impact on education and Training Programme on Food safety and Personal Hygiene to food handlers in catering sectors” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.
  - K.Sandhya Rani, **P. Ashlesha**, and N.Santoshi Lakshmi “A study of Impact on education and Training Programme on Food safety and Personal Hygiene of food handlers in unorganized Sectors” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.
  - D.Usha, **P.Ashlesha**, N.Santoshi Lakshmi B.Srilatha “ Impact of Mini Nutritional assessment in Geriatrics” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012.
  - Firdous Najeed, **P.Ashlesha** ,N.Santoshi Lakshmi, Kavita Waghray, S.Mayuri “An Impact study of education and Training Programme on Food safety and Personal Hygiene to food handlers in various hospitals” in the poster session at Golden Jubilee Conference, 45<sup>th</sup> Annual National Conference organised by the Indian Dietetic Association, A.P. Chapter, Hyderabad in November 2012
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- K Anusha and **P.Ashlesha** “A Survey on awareness of effect of Dietary and Lifestyle habits on haemoglobin levels of adults” in the Poster session at 49th Annual National conference of Indian Dietetic Association, New Delhi, from 3-5<sup>th</sup> November 2011
- *B.Sarita, Zubaida Azeem, **P. Ashlesha** and M. Santoshi Lakshmi* “A study on Nutritional status of Pregnant Women in Government Maternity hospital Hyderabad”, in the poster session at 43<sup>rd</sup> National Conference of Nutrition Society of India, National Institute of Nutrition (ICMR), Hyderabad, from 11-12<sup>th</sup> November 2011
- *G.Swathi, Zubaida Azeem and **P. Ashlesha*** “An Awareness study of Soy among Menopausal Women and development of Soy based health food” in the poster session at 43<sup>rd</sup> National Conference of Nutrition Society of India, National Institute of Nutrition (ICMR), Hyderabad, from 11-12<sup>th</sup> November 2011
- K.Samatha, Zubaida Azeem, **P Ashlesha** and Hannah Jessie Francis.T “A study on Nutritional status of adolescent girls in tribal areas of Adilabad district, Andhra Pradesh” in the poster session at 43<sup>rd</sup> National Conference of Nutrition Society of India, National Institute of Nutrition (ICMR), Hyderabad, from 11-12<sup>th</sup> November 2011
- G.Simritha, Zubaida Azeem, **P Ashlesha** and Shruti Kabra “Development of Vitamin C enriched Fruit Drink” in the poster session at 43<sup>rd</sup> National Conference of Nutrition

Society of India, National Institute of Nutrition (ICMR), Hyderabad, from 11-12<sup>th</sup> November 2011

- R.Jyothsna, Zubaida Azeem, **P. Ashlesha** and P.Suma “A Study on awareness of Calcium and its Sources in Adolscnt Girls(12-19 Years)” in the poster session at 43<sup>rd</sup> National Conference of Nutrition Society of India, National Institute of Nutrition (ICMR), Hyderabad, from 11-12<sup>th</sup> November 2011
- K. Mayuri, Zubaida Azeem, **P. Ashlesha**, Shadab Fatima, Meharunisa Begum and Rumana Farooqui “ Development, Supplementation, Evaluation of Iron rich Nutritious Chikki to anemic adolescent girls of low- socio economic group and imparting nutrition education” in the Poster session at 43<sup>rd</sup> Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 3<sup>rd</sup> –4<sup>th</sup> December 2010.
- Raisa Begum, Zubaida Azeem, Shadab Fatima, **P.Ashlesha**, Meharunisa Begum and Rumana Farooqui “ A study on the inedible spectrum of risk factors and insidious complications of end stage renal disease in subjects on Hemodialysis” in the Poster session at 43<sup>rd</sup> Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 3<sup>rd</sup> –4<sup>th</sup> December 2010.
- Ayesha Fatima, Zubaida Azeem, **P.Ashlesha**, Shadab Fatima, Meharunisa Begum and Rumana Farooqui (2010) “ Risk factors, Onset & Pestilent connections of Diabetic Nephropathy” in the Poster session at 43<sup>rd</sup> Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 3<sup>rd</sup> –4<sup>th</sup> December 2010.
- J. Vahini, Zubaida Azeem and **P.Ashlesha** “ Impact of Mid Day Meal Programme on School Going Children Associated with assessment of Nutritional Status in Concern with Vitamin A” in the Poster session at 43<sup>rd</sup> Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 3<sup>rd</sup> –4<sup>th</sup> December 2010.
- Rohini K, Zubaida Azeem, Rumana Farooqui, **P.Ashlesha**, Shadab Fatima and Meharunisa Begum “ A Study on Assessment of Nutritional Status of Destitute Children and Imparting Nutrition Education” in the Poster session at 43<sup>rd</sup> Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 3<sup>rd</sup> –4<sup>th</sup> December 2010.
- Zubaida Azeem, **P. Ashlesha**, Shadab Fatima, Meharunisa Begum and Rumana Farooqui “Safe limit for food intake at different levels of Calcium intake”, in the Poster Session at 1<sup>st</sup> AP Science Congress organized by Andhra Pradesh Academy of Sciences and Osmania University, Hyderabad from 14-16 November 2008.

- Zubaida Azeem, **P. Ashlesha**, Shadab Fatima, Meharunisa Begum and Rumana Farooqui “Nutritional Status and major nutrient intake of the population of selected Fluoride Endemic villages of Korpana and Rajura Tehsils of Chandrapur District, Maharashtra, India”, in the Poster Session at 1<sup>st</sup> AP Science Congress organized by Andhra Pradesh Academy of Sciences and Osmania University, Hyderabad from 14-16 November 2008.
- C. Swapna, Zubaida Azeem, **P.Ashlesha** and Shadab fatima“ Development of Chutney Mix using Drumstick leaves having low Glycemic Index” in the Poster session at 1<sup>st</sup> AP Science Congress organized by Andhra Pradesh Academy of Sciences and Osmania University, Hyderabad from 14-16 November 2008.
- P. Bhavani, Zubaida Azeem, Pragya Singh and **P.Ashlesha** “Assessment of nutritional status of adolescents (12-15 years) in Raigir and Anajipur villages of Bhongir Mandal” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- S. Vanaja, Zubaida Azeem and **P.Ashlesha** “Assessment of nutritional status of adolescents (16-20 years) in Raigir and Anajipur villages of Bhongir Mandal” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- C. Swapna, Zubaida Azeem, **P.Ashlesha** and Pragya Singh“ Development of Chutney Mix using Drumstick leaves having low Glycemic Index” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- K. Prasanna Laxmi, K.Mayuri, Zubaida Azeem and **P.Ashlesha** Assessment of nutritional status by Diet Surevey – A study in Secunderabad” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- K.Mayuri, K. Prasanna Laxmi, Zubaida Azeem and **P.Ashlesha** “ A Study on Anthropometric Measurements FOR School going Children and Adolescents” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- Syeda Rana, Yameen Fatima Hina, Zubaida Azeem and **P.Ashlesha**“ Dietary Habits of Lactating Women A study in Hyderabad” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.

- Swaleha Nikhat, Zubaida Azeem, Mubashir, Pragya Singh, Latha Sashi, Janaki Srinath P and **P.Ashlesha** “Maternal Obesity and Its Complications in Pregnancy” ” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- S. Akhila Devi and **P.Ashlesha** “ Fruit Consumption pattern in Children” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- Shruti, Zubaida Azeem and **P.Ashlesha** “ Development of Millet and Oat based biscuits” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- M. Niharika, Urooj Mehdi, Zubaida Azeem and P. Ashlesha " A study on use of medicinal plants in Hyderabad" in the poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- Shruti, Zubaida Azeem and **P.Ashlesha** “ Development of Millet and Oat based biscuits” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- Seema Kothari, Zubaida Azeem and **P.Ashlesha** “Utilisation of unconventional Cauliflower leaves for the development of Manchuria and Khakra for combating Iron deficiency Anaemia” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- Rumana Farooqui, Zubaida Azeem, **P.Ashlesha**, Lata Sashi and Janaki Srinath “Effect of Maternal Obesity on neonatal health” in the Poster session at 41st Annual National conference of Indian Dietetic Association, National Institute of Nutrition (ICMR), Hyderabad, from 5–6<sup>th</sup> December 2008.
- Rumana Farooqui, Zubaida Azeem, **Ashlesha P**, Latha Sashi, Janaki Srinath P and Pragya Singh “Impact of maternal obesity on neonatal health” in the poster session at 6<sup>th</sup> Annual National Conference of All India Association for Advancing Research in Obesity on Obesity – Today's Challenges organized by AIAAROCON, AP chapter on 1<sup>st</sup> and 2<sup>nd</sup> March 2008.
- Mubashir Fatima, Zubaida Azeem, Pragya Singh, Latha Sashi, Janaki Srinath P and **Ashlesha P** “Impact of obesity on the health parameters of pregnant ladies” in the poster session at 6<sup>th</sup> Annual National Conference of All India Association for Advancing Research in Obesity on the theme Obesity – Today's Challenges organized by AIAAROCON, AP chapter on 1<sup>st</sup> and 2<sup>nd</sup> March 2008.

- Sadiya Muddassir, Zubaida Azeem and **Ashlesha P** “Development of Oat – based recipe for the cardiac patients” in the poster session at Indian Convention of Food Scientists and Technologists 2007 on health foods organized by AFSTI, IIT, Kharagpur from 31<sup>st</sup> December 2007 – 02<sup>nd</sup> January 2008.
- D. Kanchana, Zubaida Azeem and **P. Ashlesha** “*Sex Difference In Dieting Trends, Eating Habits And Nutrition Beliefs Among Adolescents*” in the poster session at the 39<sup>th</sup> National Conference of Nutrition Society of India, organized by National Institute of Nutrition, Hyderabad from 15-17 November 2007.
- E. Madhulatha, Zubaida Azeem and **P. Ashlesha** “*Breast Feeding Practices Among Low And Middle Socio Economic Groups At Kurnool District*”. in the poster session at the 39<sup>th</sup> National Conference of Nutrition Society of India, organized by National Institute of Nutrition, Hyderabad from 15-17 November 2007.
- Ayesha Anjum, Zubaida Azeem and **P. Ashlesha** “ *A Study On Food Myths And Beliefs Prevalent Among Adult Mothers*” in the poster session at the 39<sup>th</sup> National Conference of Nutrition Society of India, organized by National Institute of Nutrition, Hyderabad from 15 - 17 November 2007.
- Sadiya Muddassir, Zubaida Azeem and **P. Ashlesha**, “*An Awareness Study On The Importance Of Diet Among Cardiac Patients*” in the poster session at the 39<sup>th</sup> National Conference of Nutrition Society of India, organized by National Institute of Nutrition, Hyderabad from 15-17 November 2007.
- K Sandhya, **P Ashlesha**, Zubaida Azeem and Anjali Devi C “*A study on essence of enduring labeling concepts-consumer awareness of developing labeling aspects*” in the poster session at the National conference on Food Technology, organized by University college of Technology, Osmania University, Hyderabad on 24<sup>th</sup> February 2007.
- Pratima Rao, **Ashlesha P** and Anjali Devi C “*Consumption of vegetables and fruits by a selected population in Hyderabad*” in the poster session at the National conference on Food Technology, organized by University college of Technology, Osmania University, Hyderabad on 24<sup>th</sup> February 2007.
- **P Ashlesha** and Sabiha Vali “*Fluoride and Calcium contribution through diet and water and the quantum of mean excess fluoride exposure and calcium deficiency of the population of the fluorosis endemic and control area*” in the poster session at the XXXIX Annual national convention of Indian Dietetic Association, Nagpur chapter, Nagpur, Maharashtra on 5<sup>th</sup> and 6<sup>th</sup> January 2007.

- Madhuri D, **Ashlesha P**, Anjali Devi C and Zubaida Azeem (2006) “*Value addition and acceptability of selected Indian traditional weaning foods with processed soy flour and soy granule flour*” in the *Poster session* at the National conference on Innovations in Food Science and Technology, The 18<sup>th</sup> Indian Convention of Food Scientists and Technologists, ICFOST 2006 at Hyderabad on 16<sup>th</sup> and 17<sup>th</sup> November 2006.
- **P Ashlesha** (2005) “*A study on the interrelationship between fluoride content and major minerals of potable water and staple food stuffs of selected villages of a fluorosis endemic area*” in the *Poster session* at the *National seminar on Food safety and quality control in India*, ANGRAU, Hyderabad in a March 2005.
- Anjali Devi C, **Ashlesha P**, Amena Omer S, Anantha lakshmi A, Bushra Fatima S and Nazifa Begum (2005) “*Development and standardization of fiber rich recipe using Oats, flax seeds and wheat bran*” was awarded *II prize* in the *poster session* in the *National conference on Innovations and Challenges in Food Technology* at Osmania University, Hyderabad on 23<sup>rd</sup> March 2005.
- Anjali Devi C, **Ashlesha P**, Asra Sultana, Tasneem Fatimah, N. Vijaya lakshmi and Sana Farheen (2005) “*Formulation and Evaluation of home made Iron and Calcium booster mix* “ was presented in the *poster session* in the *National conference on Innovations and Challenges in Food Technology* at Osmania University, Hyderabad on 23<sup>rd</sup> March 2005.
- Anjali Devi C, **Ashlesha P**, Pushpalatha C, Ulda Rani, Kavitha B and Vaishnavi (2005) “*Formulation and Evaluation of nutritious snack based on locally available foods*” was presented in the *poster session* in the *National conference on Innovations and Challenges in Food Technology* at Osmania University, Hyderabad on 23<sup>rd</sup> March 2005.
- Vijaya Khader and **P Ashlesha** (1998) “*Growth and Histopathological studies of rats fed on energy protein rich products using horsegram (Dolichos Biflorus)*”, was presented in *Poster session* of *IFCON 98, 4<sup>th</sup> International Food Convention* from 23–27<sup>th</sup> November 1998 at Mysore.
- **P. Ashlesha**, Sabiha Vali and A.N. Deshmukh (1996) “*Modified diets for restraining fluoride exposure in selected fluorosis endemic villages of Korpana and Rajura Tehsils of Chandrapur district, Maharashtra, India*”, was presented in a workshop on Control of fluorosis organized by Water supply and Sanitation department, Government of Maharashtra, on 25<sup>th</sup> October 1996 at Nagpur.
- **P Ashlesha**, P. Jyothi Kumari and Sabiha Vali (1995) “*Fluorine ingestion of the population of fluorosis endemic Dhoptala Village in Chandrapur District*” was presented in *Oral session* organized by *Nutrition Society of India XXVIII Annual Meeting* in November 1995 at SNTD Women’s University, Mumbai.

- P. Jyothi Kumari , **P Ashlesha** and Sabiha Vali (1995) “*Fluoride between co– existing soil and food stuffs: A case study of selected Fluorosis endemic villages of Korpana and Rajura Tehsils, Dist. Chandrapur (M.S.)*”, was presented in *Poster session* organized by *Nutrition Society of India XXVIII Annual Meeting* in November 1995 at SNTD Women’s University, Mumbai.
- **P Ashlesha** and Sabiha Vali (1994) “*Development of Wheat Germ based weaning food formulations, standardization and evaluation*”, was presented in *Oral session* organized by *Nutrition Society of India(Nagpur Chapter)*, Nagpur and was awarded the *first prize for the best scientific paper* in January 1994.
- **P Ashlesha** and Sabiha Vali (1993) “*Weaning foods based on Wheat Germ*” was presented in *Poster session* organized by *Nutrition Society of India* in November 1993 at National Institute of Nutrition, Hyderabad.

#### Organization of Seminars/ Courses/ Workshops / Conferences

Sl. No	Conference/ Seminar/ Workshop/ courses	Session	Position	Title	Year
1.	National Level 2 day seminar in collaboration with the Dept of Horticulture , Telangana	Oral Presentation session	Rapporteur	<b>Pulses-2016: Innovative Approaches for Sustainability in Production and Promotion of Utility</b>	2016
1.	UGC sponsored National seminar at St. Therasas College, Eluru, W.G. Dist, A.P	Technical session	Chairperson	Nutritional deficiencies in childhood- Challenges and future perspectives	13 <sup>th</sup> and 14 <sup>th</sup> February 2015
2.	UGC sponsored National seminar on “Nutritional deficiencies in childhood- Challenges and future perspectives” at St. Therasas College, Eluru, W.G. Dist, A.P		Resource person	Challenges in Childhood Obesity	14 <sup>th</sup> Feb 2015
3.	seminar – cum - panel discussion & Interactive session organized by Royal Society of Chemistry - Deccan Section and Panineeya Mahavidyalaya College of Education, Hyderabad on “Empowering women on education and health”.	panel discussion & Interactive session	Resource person	Role of Nutrition in maintenance of health and prevention of disease	19 <sup>th</sup> July 2014

4.	UGC sponsored National Conference – Women's Health and Nutrition- Emerging Trends and Challenges – Organized by the department of Zoology and Food and Nutrition		Organising Secretary		10 <sup>th</sup> and 11 <sup>th</sup> April 2014
4.	workshop on Soy dal maker preparations, a sustainable, affordable and nutritive alternative to pulses held at Sri Shakthi Institute of Hotel Management organized by USSEC, Adani Wilmar. Nutrition		Subject expert	Importance of Soy in nutritious preparations	18 <sup>th</sup> Dec 2013
5.	Orientation programme for the UG science students in RBVRR womens College, Narayanaguda, Hyd.		Resource Person	Importance of Nutrition in Health maintenance	11 <sup>th</sup> Aug 2013
6.	Academic meet in Collaboration with Indian Dietetic Association, A.P. Chapter			Childhood Nutrition	24 <sup>th</sup> July 2013

7.	International conference in collaboration with ACMOMS(Asian Consensus Meeting on Metabolic Surgery) Summit VI on Bariatric Nutrition		Organising Secretary and Resource Person	Nutritional Challenges in Childhood Obesity	4th -6 <sup>th</sup> July 2013
8.	Awareness program on to the students of Goutam Model School in the department of Food and Nutrition		Co-Ordinator and Resource Person	Nutrition, Healthy food habits and Childhood obesity	3 <sup>rd</sup> July 2013
9.	National Seminar Organized By Afst(I) Habsiguda, Hyderabad		Member Of Registration Committee	Food Processing For Sustainable Food Security And Safety.	
10.	Seminar by Dr. D. Ragnath Rao From NIN in connection to World Breast Feeding Week by Department of Food and Nutrition in collaboration with an NGO STARS and SAVERA	Seminar	Co-ordinator		3 <sup>rd</sup> August 2012.
11.	Symposium organised at DME Auditorium by the Department of Health and Family welfare, Koti, Hyderabad	Panel session	Panelist	To Sensitize Media On Breast Feeding	1 <sup>st</sup> August 2012
12.	Seminar and Exhibition Organised Dept of Food and Nutrition, Osmania University College for Women		Co-ordinator	National Nutrition Week Celebrations	6 <sup>th</sup> September 2008

13.	Annual Convention of Indian Dietetic Association, "Emerging trends in Critical Care Nutrition" Department of Food and Nutrition, Osmania University College for Women, Hyderabad, India.		Co-ordinator		14 <sup>th</sup> August 2004
14.	Dieticians meet organised Department of Food and Nutrition, Osmania University College for Women, Hyderabad, India.		Co-ordinator		27 <sup>th</sup> September 2003
15.	Food Technologists meet organised Department of Food and Nutrition, Osmania University College for Women, Hyderabad, India.		Co-ordinator		29 <sup>th</sup> September 2003

#### SPONSORED RESEARCH PROJECTS

S. N O.	TITLE OF THE PROJECT	SPONSOR	YEAR OF SANC TION	DURAT ION	AMOUNT	STATUS	YEAR OF COMPLETION
1	"Education And Training Program On Food Safety And Personal Hygiene To The Commercial Food Establishments"	Andhra Pradesh Council Of Science and Technology	Dec 2012- June 2014	1 ½ Yrs	2 Lakhs	Completed as Co- Investigator	2014
2	"Home Based Low Cost Energy Protein Rich Preparations Using Horsegram For Vulnerable Groups"	Indian Council of Medical Research	Jan 1997- Jan 2000	3 Yrs	15 Lakhs	Completed as Research Associate	2000
3	"Pilot Study Of Selected Fluorosis Endemic Villages Of	Department Of Rural Development ,	Nov 1993 - Dec	3 Yrs	6 Lakhs	Completed as Research Associate	1996

	Chandrapur District, (M.Sc.)"	Government Of Maharashtra	1996				
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