



CURRICULUM VITAE

1.	Name(in block letters)	:	Dr. SOWMYA RAJASHEKAR
2.	Phone number	:	9945007098
3.	E-mail (mandatory)	:	sowmyashivcharan03@gmail.com
4.	Highest education	:	PhD

Experience :

- Worked as a guest faculty in Nursing College K.T.G.EDUCATIONAL TRUST for the year - 2004 – 2005
- Worked as a visiting lecturer in polytechnic hotel management institute for the year – 2008 -2009
- Worked as a visiting faculty in VLCC Institute - year 2008-2009.
- Worked as a nutrition consultant in Spirit fitness centre from 2009 -2011
- Working as a part time lecturer in Padmashree Institute in the department of Food Science and Nutrition from 2019 till date .

Achievements :

Scholarships, Medals, Fellowships, Awards, Distinctions or Honours received during your University / academic career.

- i. Secured 10th rank in B.SC for university of Mysore
- ii. Received 2 gold medals in B.SC (Home Science) from Mysore University.
- iii. Received Fedrick Banting Research award And International indexing for the article “a review of endothelial inflammation in type 2 diabetes and importance of bio-markers in reducing the cardio vascular risk” in the field of diabetes in 2015.

Subjects Handled

- Clinical nutrition and dietetics

- Diet in inherited disorders
- Diet and patient counselling
- Malnutrition in developing countries
- Food intolerance and allergies
- Therapeutic dietary counselling
- Nutrition through life span
- Diet therapy and patient counselling
- Nutrition for vulnerable groups with special conditions

Publications

- i. A Review of Endothelial Inflammation in Type 2 Diabetes and Importance of Bio-markers in reducing the Cardio Vascular Risk - Journal of Diabetes and Health, 2015
- ii. Gender differences in Inflammatory markers among Type 2 Diabetic subjects, International Journal of Emerging Trends in Science and Technology, 2016
- iii. Cardio Vascular Risk Assessment in Type 2 Diabetes Mellitus- A Pilot Study, Journal international journal of interdisciplinary research, 2016

Presentations

- i. Oral presentations on diabetes and cardiovascular in two conferences - conference of dietetic association and international conference held by the Mysore Medical College.
- ii. Given two poster presentations – women’s science congress and National seminar on Emerging health issues across the life stages.

Details of research experience

- i. Dissertation work on “Developmental Mile Stones of Selected Infants (6-12months) from Mysore City - May 2003
- ii. Presented paper on “Developmental Mile Stones of Selected Infants from Mysore City” –held by National Institute of Nutrition, Hyderabad , December 2003
- iii. Worked as an investigator in a Project entitled “World Bank Assisted Capacity Building Project on Survey of Street Foods”, Ministry of Health and Family Welfare, Government of India, New Delhi, from November 2005-May 2006.
- iv. Research in the field of type 2 diabetes and cardio vascular diseases for Doctrate.

Research guidance for post - graduation students in Padmashree Institute

- i. Job satisfaction among dietitians from different fields: hospitals, educational institutes and food service management – submitted to Bangalore University – 2021
- ii. Assessing the status of inflammation by C- reactive protein in type 2 diabetes mellitus with cardio vascular risk