

DR. NAGADHARSHINI P
Assistant Professor, Nutrition & Dietetics

ACADEMIC QUALIFICATIONS

Doctor of Philosophy (PhD) — Nutrition & Dietetics — *JSS Academy of Higher Education & Research (JSS AHER), Mysuru*

Master of Science (M.Sc.) — Food Science & Nutrition — *Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore*, Jun 2020 – May 2022

Bachelor of Science (B.Sc.) — Food Science & Nutrition — *Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore*, Jun 2017 – May 2020

TEACHING EXPERIENCE

Assistant Professor — Nutrition & Dietetics — *Trinity College for Women* Sep 2022 – Dec 2022

- Delivered lectures on clinical nutrition, food science, and public health nutrition
- Supervised undergraduate student research projects and guided laboratory practicals
- Prepared course materials, lesson plans, and assessments aligned with university curriculum

RESEARCH EXPERIENCE

Research Project — Functional Food Development — *JSS AHER* 2021 – 2022

- Developed value-added functional food products and Conducted physicochemical analysis, antioxidant assays (DPPH, FRAP), and sensory evaluation trials
- Published findings in *The Scope*, Vol. 14(1), March 2024

Research Project — Product Formulation — *JSS AHER* 2023 – 2024

- Formulated herbal food products incorporating moringa leaf for nutritional and antioxidant enhancement
- Evaluated nutrient composition, antioxidant activity, and sensory acceptability
- Presented at SIPMS 2024, National University of Singapore (Oral Presentation)

Research Intern — New Product Development — *Angel Food and Starch* 2021 – 2022

- Formulated new food products; optimized ingredient ratios and processing parameters
- Assessed physicochemical properties and prepared R&D documentation including product specifications

OTHER PROFESSIONAL EXPERIENCE

Nutritionist & Diet Coach — *VMax Wellness* — *India, USA, UAE, Australia, UK* 2023 – 2025

- Designed evidence-based personalized meal plans for 200+ clients with disease-specific dietary needs
- Provided clinical nutrition counselling for diabetes, PCOS, obesity, hypertension, and gut health disorders
- Managed cross-cultural dietary adaptations for international clients across diverse food systems

RESEARCH PUBLICATIONS

- Sustainable utilization of pomegranate peel in the development of value-added products to enhance micronutrients and antioxidant activity. [Published] *The Scope*, Vol. 14(1), March 2024. Nagadharshini P, Bhavana M.S, Netravati Hiremath, Syeda Farha S; Corr. Author: Dr. Veena B.M
- Exploring the impact of screen time, food advertising, and nutritional knowledge of parents on eating habits in preschoolers: a comprehensive review. [Published] *IJCMPh*, Vol. 12(8), August 2025. Nagadharshini P, Veena B.M, Shweatha H.E

- Development of a Structured Questionnaire to Assess Screen Exposure, Influence of Food Advertisement, and Parental Nutrition Knowledge in Early Childhood. [Accepted] IJCMPPH, ID: IJCMPPH15509. Nagadharshini P, Veena B.M, Shweatha H.E, Meena Kumari

CONFERENCE PRESENTATIONS

- “Evaluation of nutrient composition and antioxidant activity of herbal tea” — Oral Presentation, SIPMS 2024, National University of Singapore, 11–12 June 2024
- “Excessive screen time and its role in unhealthy eating and reduced diet diversity among preschoolers” — Oral Presentation, 57th Annual Conference of the Nutrition Society of India, 14–15 November 2025
- “Study on acceptability, nutrient, and antioxidant properties of products developed with pomegranate peel powder” — Poster Presentation, International Conference on Future of Food, 3–4 March 2023
- “Digital food marketing and lifestyle determinants of dietary behavior among preschool children in southern India” — Poster Presentation, BENEST, 30–31 October 2025

CORE COMPETENCIES

Curriculum Design & Delivery · Nutrition Education · Student Mentoring · Research Methodology · Statistical Analysis (SPSS) · Scientific Writing · Food Product Formulation · Functional Food Development · Sensory Evaluation · Dietary Assessment Tools · Public Health Nutrition · Cross-Sectional Study Design · Bioactive Ingredient Utilization · Data Analysis & Reporting · Academic Documentation

CERTIFICATIONS & TRAINING

- Fundamental Sports Nutrition and Health — Udemy
- Nourishing the Immune System: An Intuitive Eating Approach — Udemy
- General Awareness in Health and Wellness — 6-Month Certification Programme
- Workshop: Fruit-Based Product Development

LANGUAGES

English · Tamil · Kannada · Telugu