

Dr. Reshmi R

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Community Science, College of
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Summary

I am currently working as Assistant Professor, at COA, Vellyani. Before joining in KAU, I have worked as Assistant Professor (Guest) in Govt. Women's College, Thiruvananthapuram and as Food Processing Consultant in Kudumbashree Mission (Govt. of Kerala), Trivandrum. I got my doctorate degree for the research work on Nutritional evaluation and therapeutic value of Njavara rice from KAU in 2012. Apart from Ph.D, I have also done a course in Sports Nutrition from Sports Dietitian Australia (SDA), Melbourne, Australia and also completed MBA, Post Graduate Diploma in Human Resource Management (PGDHRM), and Post Graduate Diploma in Management (PGDM). My research interest are in the areas of millets and sports nutrition etc.

Research Highlights

- Done the nutritional evaluation of two varieties of medicinal rice Njavara.
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Experience

- Joined Kerala Agricultural University as Assistant Professor (Community Science) in the year 2021.
 - Two year as Guest Lecturer in Govt. Womens College, Vazuthacaud, Thiruvananthapuram.
 - Worked as Food Processing Consultant in Kudumbashree (Kerala Govt.), Trivandrum.
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Education

- Graduated in Home Science from Kerala University (2005)
 - Post Graduation in Food Science & Nutrition from KAU (2007)
 - UGC- NET Qualified (2012)
 - Doctorate degree in Home Science (Food Science & Nutrition) from KAU(2012)
 - MBA (IGNOU) (2017)
 - Completed Sports Nutrition Course from Sports Dietitian Australia (SDA), Melbourne, Australia (2019)
 - Currently pursuing MA Psychology.
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Awards & Recognitions

- Got gold medal for 2nd rank at Degree (Kerala Univesity)
 - 2nd rank in PG.
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Publications

Journal Articles

1. Mini Joseph, R. Reshmi and Anu Joseph. 2022. Dietary Modifications During the Covid-19 Pandemic - A Multi Centric Study from Kerala. Journal of Research in Food Science and Nutrition. Vol: 9(1), 42-50, January-June 2022.
2. Reshmi. R., Anu Joseph and Mini Joseph. 2022. Impact Of Covid 19 Lockdown On The Lifestyle Of Kerala Population-A South Indian Study IJFANS (International Journal of Food & Nutritional Science), Journal Vol. 11 Issue 8 Dec 2022.
3. A S Smijisha, S Darsana, E B Gilsha Bai, K V Sumiya and R Reshmi. 2022. Improved Performance of Malabari Goat Kids Supplemented with Kid Starter at the Early Stages of Life J Krishi Vigyan, 11 (SI) : 63-67 DOI : 10.5958/2349-4433.2022.00065.4
4. Reshmi R and Nandini, P.V., 2018 Medicinal Properties of *Njavara Rice* (*Oryza sativa* L.) cv., International Journal of Advanced Engineering, Management and Science (IJAEMS). Vol-4, Issue-3, ISSN: 2454-1311.pp 198-207.
5. Reshmi R and Nandini, P.V., 2018 Antioxidant activity of Indian medicinal rice (*Oryza sativa* L.) cv. *Njavara*. International Journal of Advanced Engineering, Management and Science (IJAEMS). Vol-4, Issue-3, ISSN: 2454-1311.pp 141-148.
6. Reshmi. R and Nandini, P.V. 2013. Therapeutic value of Indian medicinal rice (*Oryza sativa* L.) cv. *Njavara*. International Journal of Food and Nutritional Sciences.
7. Reshmi R and Nandini, P.V. 2012. Nutrient composition and physicochemical properties of medicinal rice – *Njavara*. Asian Journal of Home Science . ISSN: 0976-8351).

Popular Articles

1. Darsana, S, Reshmi, R., Sumiya K.V. and Gilsaha Bai. 2022.Oru Jilla Oru Ulpanam Palakkad Krihi Vigyan Kendrainte Kaioppukal. Kalpakadhenu Jan-Mar 2022. 45-48
2. Reshmi. R., (2006). Value Addition in Banana.“Kannimannu”.

Books/Chapters in Books

1. Reshmi R.2020. Role of Food, Body and Mind In Mental Health. Current Topics in Nutrition.
2. Reshmi R. 2020. Millets and Pseudocereals. Current Topics in Nutrition.

Student Guidance (Major Advisor/ Advisory Committee member)

M. Sc.

Within KAU: Ongoing: NIL

Ph. D

Within KAU: Ongoing : NIL

Membership in Professional Associations

- 1.** Life Member of Indian Dietetic Association (IDA) (Membership No.IDA/13592).
- 2.** Associate Member of Sports Dietitian Australia (SDA) (Membership No. 7029).
- 3.** Life Member of Association of Association of Sports Nutrition and Fitness Sciences (ASNFS) (Membership No. LM0076/2020).