



INDIRA BADYA

Lecturer- Department of Food
Nutrition and Dietetics

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EDUCATION:

- **Master of Philosophy (Home Science)** from Sri Sathya Sai Institute of Higher Learning, 2011 with an 'A' grade (4.35/5)
- **Master of Home Science (specialization in Food Science and Nutrition)** from Sri Sathya Sai Institute of Higher Learning, 2010 with an 'O' grade (4.66/5)
- **Bachelor of Home Science** from Sri Sathya Sai Institute of Higher Learning, 2008 with an 'O' grade (4.51/5)

AREA OF EXPOSURE:

- Food Science and Nutrition
- Dietetics

PROJECT WORKS:

M.Phil:

PROJECT: Studies on the Nutraceutical Potential of Alfalfa (*Medicago Sativa*) and Fenugreek (*Trigonella Foenum Graecum*).

PG:

PROJECT: Studies on the Nutritive Value and Glycemic Response of Probiotic Enriched Soya Based Products.

Venue: Sri Sathya Sai Institute of Higher Learning, Anantapur Campus

POSTERS PRESENTED:

- **Indira UB** and Rashmi Kapoor (2012). Impact of germination on the postprandial glycemic response of alfalfa and fenugreek seeds at **National conference on Biotic and abiotic molecules- their health effects and therapeutic applications** organized by Sri Venkateshwara University, Tirupathi on 24th and 25th February, 2012
- **Indira UB** and Rashmi Kapoor (2012). Antidiabetic and anti-hemolytic effects of alfalfa and fenugreek polyphenols using in vitro methods at international

conference on **Foods 2012- Food Web: A global connect** organized by MOP Vaishnav College for Women, Chennai on 17th and 18th February, 2012

- **Indira UB**, Akriti Pradhan and Rashmi Kapoor (2011). Attenuation of post prandial glyceemic response of refined flour with alfalfa, flaxseed and fenugreek seeds sprouts at international symposium on **Recent trends in processing and safety of specialty and operational foods** organized by Defense Food Research Laboratory, Mysore on 23-25th November, 2011
- Deepika Anand, **Indira UB** and Rashmi Kapoor (2011). Development of instant soya based product at national conference on **Processed Foods- A trend beyond Boundaries** organized by MOP Vaishnav College for Women, Chennai on 11th and 12th February 2011.

SEMINARS ATTENDED:

- National seminar on “Emerging Trends in Food Processing for Value Addition” held on 5th February, 2016 at Alva’s College, Moodbidri
- Seminar on “Current Trends-Nutrition Therapy in Helathcare” held on 3rd September, 2015 at A.J Hospital and Research Centre, Mangaluru.

PERSONAL SKILLS:

- Self Confidence with Positive Attitude.
- Good Team Worker and Good Leadership quality.
- Innovation with willingness to learn.