



Er. NITHYA C

Designation: Assistant Professor,

Department of Food Technology

Qualification: M. Tech

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Er. Nithya C is a graduate in Food Engineering from Kerala Agricultural University and a post graduate in Agricultural Process Engineering from Tamil Nadu Agricultural University. Currently she is pursuing PhD from Kerala Agricultural University. She have qualified ASRB NET in the disciplines of Food Technology and Agricultural structures process engineering. She have worked at Kelappaji College of Agricultural Engineering and Food Technology, Tavanur and School of Health Sciences, University of Calicut as Assistant Professor and guest lecturer. Her research interests include food and plant biochemistry, bioactive compounds, food safety and microbiology, advanced and sustainable food processing technologies and instrumental analysis of foods.

Educational qualification

B. Tech (Food Engineering)

M. Tech (Agricultural Process Engineering)

Pursuing PhD in Agricultural Engineering (Specialization in Processing & Food Engineering)

NET in “Food Technology” and “Agricultural structures and Process Engineering” disciplines

Publications

1. **C. Nithya**, K. Thangavel. 2018. Drying Characteristics of Pressure Boiled Turmeric Slices under Tray and Microwave Drying. *Trends in Biosciences*. 11(29): 3549-3554.

2. Saranya, S., Sudheer, K.P., Ranasalva, N. and **Nithya, C.**, 2016. Effect of process parameters on physical properties of spray dried banana pseudostem juice powder. *Advances in Life Sci.* 5(17): 6768-6773.
3. **Nithya, C.**, Thangavel, K., Amirtham, D., Indu, R.C. and Pandiarajan, T. 2020. Effect of Slice Thickness, Boiling and Drying methods on curcumin, oleoresin and essential oil content of ground turmeric. *Madras Agricultural Journal*.107:88-91
4. **Nithya, C.** and Sudheer, K.P., 2023. Pulsed Electric Field Technology for Preservation of Liquid Foods. 2023.*International Journal of Agriculture innovations and Research*.11(6):109-123
5. **Nithya, C.**, Sudheer, K.P., Ashitha, G.N., Rajesh, G.K. and Prince, M.V., 2023. Cold Plasma Technology-A Review of the Basics and its Emerging Applications in the Food and Agriculture sector. *International Journal of Agriculture and Environmental Research*, 9(6):1038-1056.
6. **C Nithya**, KP Sudheer, S Abdullah and Lakshmi E Jayachandran. Impact of thermal pasteurization by retort technology on the quality and safety of red dragon fruit (*Hylocereus polyrhizus*) juice during refrigerated storage. *Int. J. Adv. Biochem. Res.* 2025; 9(3):700-709.
7. **C Nithya**. Recent innovations and opportunities in red dragon fruit (*Hylocereus polyrhizus*) juice processing and value addition: A review. *Int. J. Agric. Nutr.* 2025; 7(4):10-19.
8. **C Nithya**. Amazing health benefits of the bioactive compounds in dragon fruit - A comprehensive review. *Int. J. Agric. Food Sci.* 2025; 7(4):165-170.

Area of interests

- Food and plant biochemistry
- Pigments and bioactive compounds
- Food safety and microbiology
- Advanced food processing technologies
- Food analysis & Instrumentation

Trainings attended

- Completed training on HACCP in food manufacturing (level 3)
- Successfully Completed one month institutional training programme at CIPHET (Central Institute of Post Harvest Engineering and Technology)

- Completed 2 month industrial training at “AKAY Flavours and Aromatics Pvt Ltd”, Cochin
- Completed training on “Entrepreneurship development in food processing sector” conducted at Agri-Business incubator, CoA, Vellanikkara.

Experience

Post held	Organization	From	To	Duration (Year, Months)
Assistant Professor(Contra	KCAET, Tavanur	21/10/19	12/02/21	1 year, 4 months
Assistant Professor	KCAET, Tavanur	22/09/18	25/03/19	6 months
Guest lecturer	School of Health Sciences, University of Calicut	09/03/16	30/06/16	4 months

Other achievements

- **“Sardar Patel Outstanding ICAR Institution Award- Endowment Gold Medal”** of the Kerala Agricultural University in having secured the highest OGPA(8.52/10) for B.tech (Food Engg.) during 2011-2015
- **Certificate of merit from Association of Food Scientists and Technologists** for being the Best Outgoing First Rank Student of B. Tech (Food Engineering) Degree Program.

Presentations

- Presented a paper titled “Optimization of pulsed electric field treatment for enhancement of bioactive compounds and enzyme inactivation in red dragon fruit juice” in the 37th Kerala Science Congress organized by KSCSTE at KAU, Vellanikkara, Thrissur.

- Participated in poster presentation and received “*Best poster* “ at the “International Conference on Food Processing and Agribusiness Emerging Trends” held at Indian Institute of Plantation Management, Bengaluru
- Presented a poster on “Non-thermal processing of dragon fruit juice - present status and scope for future” in the International Seminar on Exotic and Underutilized Horticultural Crops
- Presented a paper in the International Conference on “Emerging Synergies in Agriculture, Food Processing Engineering and Biotechnology” organized by Karunya Institute of Technology and Sciences, Coimbatore
- Presented a poster at the national conference ICFOST-2014 (Indian Convention of Food Scientists and Technologists) conducted at National Institute of Food technology and Enterprenuership Management (NIFTEM)
- Presented a paper at National Seminar on “Recent Trends in Food Technology- Processing, Preservation and Byproduct utilization” organized by SAFI Institute of Advanced Study, Vazhayoor, Malappuram

Participations

- Participated in national conference on Emerging Avenues in Food Technology for Better Health and Safety” organised by The Department of Food Technology, TKM Institute of Technology, kollam, in association with AFSTI
- Attended the 10th National seminar FOODXPLORE’17-“Bridging Agriculture with Industry” held at Tamil Nadu Agricultural University
- Participated in national workshop on “Value addition – Tool for food securing” organized by Indian Institute of Crop Processing, Thanjavur
- Attended the workshop on “Gender Perspectives in Agricultural Engineering and Food Engineering” organised by the Centre for Gender Studies in Agriculture and Farm Development (CGSAFED) and NSS Unit, KCAET , Tavanur

- Participated in VI workshop entitled “Planning, Executing and Writing an International Quality Original Research Papers” held at TNAU
- Completed the “workshop on novel frontiers in food processing” conducted at Agri-Business incubator, CoA, Vellanikkara.