

CURRICULUM VITAE

01. Personal Information

Name : **Dr. Sarala, P** M.Sc., M.Phil. , Ph.D, PGDMP

Date of Birth : 1st July 1983

Father's Name : K.M. Parameshwarappa

Nationality : Indian

Marital Status : Married

Address :

Permanent Address Sarala, P W/O Umashankar,R

JE, BSNL

60, Kondajji (At and Post)

Hosadurga (T), Chitradurga (D)

PIN: 577515

Contact Number and E-mail : Mob.9481040924: 9071224098

saralap2007@yahoo.co.in

02. Educational Qualification and Research/teaching experience

Examination passed	Name of the Institution	Board/ University	Year of Passing	Percentage
B.Sc	Sahyadri Science College Shimoga	Kuvempu University	2004	64.13
M.Sc.,in Applied Botany	Jnana Sahyadri Shankaraghatta	Kuvempu University	2006	71.31
P.G. Diploma in Medicinal plants	Jnana Sahyadri Shankaraghatta	Kuvempu University	2005	75.2
M.Phil	Jnana Sahyadri Shankaraghatta	Kuvempu University	2008	85.16
Ph.D	Jnana Sahyadri Shankaraghatta	Kuvempu University	2016	Nutritional attributes and phytochemical composition of certain edible medicinal plants of Western Ghats, Karnataka, India
Teaching experience				
Guest lecturer in Botany	Government Science college	Davangere University	2017-2018	One year
Guest lecturer in Botany	Jnana Sahyadri Shankaraghatta	Kuvempu University	2018-2025	Seven year Six month

03 Experience

a. Research experience

Since from 2005

M.Sc project work: “**Evaluation of nutritive value and analysis of mineral elements of *Withania somnifera* (Linn.) Dunal., 2005-2006.**

M.Phil., degree in regular mode Topic: “**Distribution, nutritive value and mineral composition of a few medicinal plants of Shimoga district, Karnataka**” under the guidance of **Dr. Krishnamurthy**

S.R., Professor, Department of P. G. Studies and Research in Applied Botany, Kuvempu University, Shankaraghatta.

Ph.D. degree in regular mode Topic: “**Nutritional attributes and phytochemical composition of certain edible medicinal plants of Western Ghats, Karnataka, India**” under the guidance of **Dr. Krishnamurthy S.R.**, Professor, Department of P. G. Studies and Research in Applied Botany, Kuvempu University, Shankaraghatta.

Analysis of macro and micro elements in the Department of Agricultural Chemistry of Central Coffee Research Institute, Coffee Research Station, Chikmagalur district, Karnataka, India (A part of M.Sc., M.Phil., and Ph.D., work).

b. Teaching experience

1. Guest faculty in P.G. Studies in Botany, Govt. Science College, Chitradurga, Davanagere University Since from 2017-2018.
2. Guest faculty in P.G. Studies and Research in Applied Botany, Kuvempu University, Shankaraghatta Since from 2018-2025.

Total teaching experience is 8 years 6 month

04. Research Publication

1. **Sarala P** and Krishnamurthy S.R (2024) book chapter on Nutritional attributes of *Artocarpus gomezianus* Wall.ex Trecul submitted to Bhumi publishing for publication 2024.
2. **Sarala P** and Krishnamurthy S.R (2022), Wild fruits with respect to food and nutrition in Karnataka, India. *International Journal of Pharma and bioscience*, 2022, 13(4), 9-24.
3. **Sarala P** and Krishnamurthy S.R Distribution, nutritive value and mineral composition of a few medicinal plants of Shimoga district, Karnataka India, *International journal of Pharma.Sci.Rev.Res*, 69(2), 2021.
4. **Sarala P** and Krishnamurthy S.R (2019), Phytochemical screening and Anthelmintic Activity of *Zizyphus rugosa* Lamk, *Int.J.Pharm.Sci.Rev.Res.*, 2019, 57(1), 13-20. **Projected impact factor: 1.230.UGC list Journals.**
5. **Sarala P** and Krishnamurthy S.R (2018), Nutritional attributes of Tripoli components: An ayurvedic formulation, *Biotechnological solutions for sustainable environmental Management*, 2018, pp.83-86.
6. **Sarala P** and Krishnamurthy S.R. (2014) Isolation, structural elucidation of α -amyrin and anthelmintic activity from fruit of *Artocarpus gomezianus* Wall.ex Trecul var. *lakoocha*. Accepted

for publication in *Indian J Exp Biol.* 2014, CSIR Journal New Delhi. **Impact factor 0.783 (JCR 2019). CSIR Journals.**

7. **Sarala P** and Krishnamurthy S.R. (2014) Monkey jack: underutilized edible medicinal plant, nutritional attributes and traditional foods of Western Ghats, Karnataka, India. *J Tradit Know*, **13**(3), 508-518. **Impact factor 0.731(JCR 2019). CSIR Journals.**
8. Krishnamurthy S.R. and **Sarala P.**(2013) Phytochemical studies of *Artocarpus gomezianus* Wall.ex Trecul var. *lakoocha* fruits collected from various altitudes of Central Western Ghats, *Indian journal of Nat Prod and Resour*,4 (4),2013,398-411. **CSIR Journals.**
9. Krishnamurthy S.R. and **Sarala P.** (2012). Determination of nutritive value and elemental composition of *Zizyphus rugosa* Lamk., a famine edible fruit and medicinal plants of Western Ghats. *Indian journal of Nat Prod and Resour*, 3(1):20-27.RG journal of impact: **CSIR Journals.**
10. Krishnamurthy S.R and **Sarala P.** (2010) Proximate nutritive values and mineral components of *Withania somnifera* (Linn.) Dunal, *E-Journal of Chemistry*, 7(3), 2010, 985-996. 1.63 **UGC list Journals.**

05. Symposium/Conferences / Seminars / Workshops attended:

CONFERENCES

1. **Sarala P** and Krishnamurthy S R Poster presentation on Nutraceutical values of *Artocarpus gomezianus* Wallex Trecul. International conference on Research Trends on Noni and sustainable utilization of Biodiversity for Human Wellness on 10 th -12 th April 2025. organized by Biological science department, Kuvempu Univesity Jnanasahydri, Shankaraghatta, India 2025.
2. **Sarala P oral presentation** on Phytochemical Studies on Medicinal Plants of Jogimatti forest of Karanataka, International conference on plant Biotechnology for sustainable productivity and environment December 9 and 10th ,2024, Department of Plant Sciences Manipal academy of Higher Education, Manipal Karnataka, india.
- 3 **Sarala P** and Krishnamurthy S R Nutritional variation of Monkey jack in Central
14th International Conference on Sustainable waste Management –circular Economy and IPLA Global Forum 2024 International society of Waste Management Air and water GITAM school of Business, GITAM (Deemed to be University), Visakhapatnam, India November 28th to December 1st, 2024 (Online Mode).

4. **Sarala P** oral presentation on medicinal plants and phytonutrients in prevention and Management of life style disorders. National conference on impact of food on life style diseases –IFLSD -2023, 28th and 29th March 2023 at Kuvempu University, Shankaraghatta
5. **Sarala P** oral presentation on Wild fruits with respect to food and nutrition in Karnataka, India. National conference on Impact of Research Development in life science IRDLS -2022, 30 and 31st March 2022, Kuvempu University, Shankaraghatta.
6. **Sarala P** oral presentation on documentation of Wild fruits with respect to food and nutrition in Western Ghats of Karnataka, India. International symposium on plant taxonomy and ethobotany 13th -14th February, 2020 Kolkata.
7. **Sarala, P** and Krishnamurthy S.R., Poster presentation on nutritional attributes of Tripoli components : An ayurveda formulation. Second national conference on Biotechnological solutions for sustainable environmental management, 15th February 2018.
8. **Sarala, P** and Krishnamurthy S.R., oral presentation on phytochemical screening and anthelmintic activity of *Zizyphus rugosa* Lamk. One day national conference on biodiversity-present and future prospects, 16th February 2018.
9. Krishnamurthy, S. R. and **Sarala, P.**, Poster presentation on Distribution of *Artocarpus lakoocha* Roxb. A. wild edible medicinal plants. XXXIII. Conference of Indian Botanical Society and International Symposium on the new horizons of Botany. 10th-12th November, 2010, 118.
10. Krishnamurthy, S. R. and **Sarala, P.**, Systematics, Poster presentation on Distribution and uses of a few medicinal plants of Shimoga, Karnataka. XX Annual Conference of India Association for Angiosperm taxonomy and international symposium on taxonomy, Plant diversity and conservation. November, 26th -28th, 2010, 172.
11. Krishnamurthy, S. R. and **Sarala, P.** Poster presentation on Chemical composition of *Sapindus trifoliatus* Linn. – A Medicinal Plant XXXII Indian Botanical Conference 2009 and International Symposium, 28 to 30th December 2009, p. 167.

SEMINARS

1. **Sarala P** and Krishnamurthy S R 2025 Oral presentation on survey and documentation of wild edible fruits of Central Western Ghats of Karnataka India. Organized by college of forestry, ponnampet (KSNUAHSS) Kodagu, Karnataka 2025.(Online mode)
2. Krishnamurthy, S.R and **Sarala, P** 2012 Poster presentation on Review on elemental components of edible medicinal plants, Kuvempu university silver jubilee symposium Biodiversity and sustainability present problem and future prospects March 5th and 6th, 2012, pag 44.

3. Krishnamurthy, S.R and **Sarala, P** 2006 Participated in two days National Symposium on “National seminar on plant resources of Western Ghats, econology, economics and conservation”, organized by National Biodiversity Authority, Chennai, held at Satish Dhawan Auditorium, IISc. Campus, Bangalore on 7th and 8th December 2006.
4. Krishnamurthy, S.R and **Sarala,P** Participated in three days National Seminar on “New Frontiers in Plant Pathology”, organized by Department of P.G. Studies and Research in Applied Botany, Shankaraghatta, Shimoga, Karnataka, India, on 28th to 30th September 2006.
5. Krishnamurthy, S.R and **Sarala,P** Participated in three days National Seminar on “Forest, medicinal plants and people”, organized by Department of Natural Resource Management College of Forestry, Sirsi.
6. **Sarala,P** Model preparation in silver jubilee celebrations Kuvempu University committee for popularization of science Education Jnanasahyri, Shankaraghatta.

WORKSHOPS

1. Participated in three days Training Programme on “Medicinal and aromatic plants” held at Central Institute of Medicinal and Aromatic Plants Resource Centre, Allalasanra, GKVK, Bangalore, during 17th to 19th June 2008.

06. M.Sc PROJECT WORK S COMPLETED

1. A project work on **Nutritional analysis of *Ziziphus caracutta* Buch-Ham.Ex Roxb and *Ixora coccinea* Linn.** by Anitha C submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2024.
2. A project work on **Phytochemical studies of *Syzygium Cumini* (L) and *Carrissa spinarum* (L) santhebennur, Davangere District, Karnataka, India** by Ruthu K submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2024.
3. A project work on **Phytochemical studies of secondary metabolites on *Ziziphus nummularia* W & A and *Limonia acidissima* L** by Rekha K S submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2024.
4. A project work on **Elemental Composition of *Ocimum sanctum* L and *Cymbopogon citratur* Stapf. Of Shivamogga District, Karnataka** by Rakshitha I R submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2024.
5. A project work on **Nutritional values of *Cordia dichotoma* F and *Ziziphus nummularia* W&A** by Anusha K submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2024.

6. A project work on **Limnological studies of Srirangapura Lake in Hosadurga Taluk of chitradurga District, Karnataka, India.** By Shailaja G.S submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2023.

7. A project work on **Ethnobotanical studies on medicinal plants in different paces of chikkamagaluru district of Karnataka of India.** By Sharanayya D H, Spandana H Y, Pooja C, submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2023.

8. A project work on **Studies on leafy vegetables by using Hydroponics system** by Mr. Kuber T T and Mr.Thippesh Hatti S.R submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2022.

9. A project work on **Allelopathic effects of Botanical extracts on seed germination of some crop plants** by Ms. Nayana M. C Roja S and Srinidhi K P submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2022.

10. A project work on **Phytochemical studies of Gymnema sylvestre R.Br and Toddalia asiatica (L) Lam of Jogimatti forest, Chitradurga district, Karnataka, India.** by Mr Tejas Kumar N. submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2021.

11. A project work on **Management of powdery mildew of Abelmoschus esculentus L through plant extracts and chemical fungicide under filed conditions.** by Mr. Krishnamurthy T.S submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2021.

12. A project work on **Control of septoria leaf spot of Solanum lycopersicum L., by using plant extracts** by Ms.Kavya H.S. submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2021.

13. A project work on **Phytochemical studies on medicinal plants of Jogi Matti, Chitradurga district, Karnataka, India.** by Ms. Manjushree B, submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2021.

14. A project work on **Effect of plant extracts on Cercospora Leaf spot of Chilli.** by Ms. Spoorthi S submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2021.

15. A project work on **Distribution,nutritive value and Mineral components of a few edible medicinal plants of Chikkamagaluru district, Karnataka .** by Ms. Anusha J.K., Ms.Sharada M.B, Ms Sharada M.B, Ms.Sushma C. submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2019.

16. A project work on **Documentation, nutritive values and mineral components of Garcinia Xanthochymus and Solanum torvum of Chikkamagalur district, Karnataka, India.**Akshatha Rao B.S

and Shambhavi B.S, submitted to Department of Applied Botany, Kuvempu University Shankaraghatta-2019.

17. A project work on **Determination of nutritive value of wild edible medicinal plants of Chitradurga district Karnataka, India.**Ms.Kavithamma R,Revathi J.C and Zeeshan S.M submitted to Department of Applied Botany, Kuvempu University Shankaraghatta- 2019.