

KIRUTHIKA SELVARAJ

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CURRENT POSITION

Assistant Professor (Public Health Nutrition),
PHFI-Institute of Public Health Sciences
Indian Institute of Public Health- Bhubaneswar

Research interests: Life-course nutrition--Nutrition-sensitive agriculture -- Food system and nutrition nexus

EDUCATION

ICMR- National Institute of Nutrition Hyderabad, India
PhD, Clinical Division (*maternal and child health nutrition*) 2024
Thesis: *Evaluation of the role and impact of participation in homestead food production on the nutritional status of children*
Advisor: Dr Bharati Kulkarni

ICMR- National Institute of Nutrition Hyderabad, India
M.Sc., Applied Nutrition 2014
Dissertation: *A multivariate analysis of the National Nutrition Monitoring Bureau (NNMB) 2005-06 database to assess the sociodemographic and dietary determinants of anaemia among rural Indian adults*
Advisor: Dr K Madhavan Nair

Ethiraj College for Women, The University of Madras Chennai, India
B.Sc., Clinical Nutrition and Dietetics 2012

RESEARCH EXPERIENCE

Indian Institute of Public Health, PHFI Bhubaneswar, India
Faculty 2022 – 2026

- Process documentation of the *Purna Ahara* program, a community-based management of severe acute malnutrition among children in collaboration with UNICEF
- Qualitative study to explore the facilitators and challenges in participating in the *Purna Ahara* program among key stakeholders.
- Contributed to Odisha Development Report, 2024
- Education research: Involved in developing a blended learning curriculum for public health nutrition in collaboration with the Center for Blended Learning, University of Copenhagen
- Trained adolescent girls on nutrition as a part of Champion Girls- Advancing health and nutrition among Tribal Adolescent girls, Telangana

National Institute of Nutrition (Indian Council of Medical Research)

Hyderabad, India

Field Operations Manager, GCRF-Action against stunting hub, Indian site

2021 – 2022

(Details of the hub can be accessed here: <https://gtr.ukri.org/projects?ref=MR%2FS01313X%2F1>)

- *Instrumental in setting up the cohort by optimizing recruitment and field protocols*
- *Streamlined the myriad activities (including data and sample collection) in the hub and developed a functional model for data collection, reporting, coordinating, and supervising daily activities.*
- *Developed and contextualized protocols and tools for data collection across multidisciplinary teams*
- *Liaised among multidisciplinary research teams across the study sites, established rapport with critical stakeholders at the government and community levels*
- *Oversee training, data quality, and implementation of activities of the hub*

National Institute of Nutrition (Indian Council of Medical Research)

Senior Research Fellow

2016-2021

1. Conducted a 2-year-long cluster randomized controlled trial in rural Telangana funded by ICMR

Aim of the study: To evaluate the impact of participation in homestead food production on the nutritional status of rural children in Jangaon, Telangana

- *Conceptualized, designed, and conducted a cluster randomized control study using mixed methods to understand the impact of participating in an integrated intervention that promoted homestead food production (nutri- gardens) and nutrition education on the nutritional status of young children in rural Telangana, India*

2. Acceptability of locally produced RUTF product, a cross-over trial in an urban slum in Hyderabad funded by ICMR

Aim of the study: To assess the acceptability of locally produced RUTF compared to standard RUTF in urban slum children, Hyderabad, Telangana

- *In collaboration with the local Government enterprise, AP Foods (now Telangana Foods) formulated and developed a locally appropriate RUTF product in line with global recommendations*
- *Involved in the protocol development and implementation of the overall study.*

3. Understand the food environment for fruits and vegetables in peri-urban areas of Hyderabad, funded by the Drivers of Food Choice (DFC) Competitive Grants Programs

Aim of the study: To understand the food environment for fruits and vegetables in peri-urban areas of Hyderabad.

- *Developed tools for qualitative data collection and implementing the study*
- *Oversee data quality, analysis and report writing*

National Institute of Nutrition (Indian Council of Medical Research)

Junior Research Fellow

2014-2016

System of Promoting Appropriate National Dynamism for Agriculture and Nutrition (SPANDAN), a large-scale cross-sectional study in rural Odisha and Bihar, funded by the Bill and Melinda Gates Foundation

Aim of the study: To establish the pathways between agriculture, health, and nutritional outcomes, particularly focused on maternal and child health and nutrition

- Involved in designing, tool development, training and implementation of a large-scale cross-sectional mixed methods study in Bihar and Odisha (n=~5000)
- Oversee data quality, analysis, and report writing

TEACHING AND MENTORING EXPERIENCE

Indian Institute of Public Health

Bhubaneswar, November 2022 to date

Postgraduate-level teaching and mentoring of students pursuing various on-campus and e-learning courses at PHFI

PUBLICATIONS

Book chapters

1. **Selvaraj, K.**, Mondal, A., Kulkarni, B. (2025). Addressing Dual Burden of Malnutrition in India: Role of Food Systems. In: Pathak, H., Lakra, W.S., Gopalakrishnan, A., Bansal, K.C. (eds) *Advances in Agri-Food Systems*. Springer, Singapore. https://doi.org/10.1007/978-981-96-0763-1_16

Peer-Reviewed Publications

1. Dasi, T., **Selvaraj, K.**, Pullakhandam, R. and Kulkarni, B., 2019. Animal-source foods to alleviate the double burden of malnutrition in countries undergoing a nutrition transition. *Animal Frontiers*, 9(4), pp.32-38.
2. Surendran, S., **Selvaraj, K.**, Turner, C., Addanki, S., Kannuri, N.K., Debbarma, A., Kadiyala, S., Kinra, S. and Walls, H., 2020. Characterizing the fruit and vegetable environment of peri-urban Hyderabad, India. *Global Food Security*, 24, p.100343.
3. **Selvaraj, K.**, Mondal, A., and Kulkarni, B., Strengthening agriculture-nutrition linkages to improve consumption of nutrient-dense perishable foods in India: existing evidence and way forward.
4. **Selvaraj, K.**, Mamidi, R.S., Peter, R. and Kulkarni, B., 2022. Acceptability of Locally Produced Ready to Use Therapeutic Food (RUTF) in Malnourished Children: A Randomized, Double-Blind, Crossover Study. *Indian Journal of Pediatrics*, pp.1-7.
5. Lieber, J., Kinra, S., Addanki, S., Prabhakar, S., Bhogadi, S., Mallinson, P. A., **Selvaraj K.**..... & Kannuri, N. K. (2025). Unintended consequences of a financial incentive scheme for fruit and vegetable purchasing in an unorganised retail setting in rural India. *Global Food Security*, 46, 100869.

UKRI-GCRF Action against stunting hub papers

1. Davies-Kershaw H, Fahmida U, Htet MK, Kulkarni B, Faye B, Yanti D, Shinta D, Zahra NL, Angelin TC, Madhari R, Pullakhandam R, Palika R, Dasi T, Fernandez Rao S, Banjara SK, **Selvaraj K**, Palepu DP, Yadev D, Diouf S, Lopez-Sall P, Diallo B, Mouissi P, Fall S, Diallo I, Djigal A, Immerzeel TDV, Tairou F, Diop A, Pradeilles R, Strout S, Momo Kadia B, Tata DT, Jobarteh ML, Allen S, Walker A, Webster JP, Haggarty P, Heffernan C, Ferguson E. Anthropometric, biochemical, dietary, morbidity and well-being assessments in women and children in Indonesia, India and Senegal: a UKRI GCRF Action Against Stunting Hub protocol paper. *BMJ Paediatr Open*. 2024 Feb 27;8(Suppl 1):e001683. doi: 10.1136/bmjpo-2022-001683. PMID: 38417920; PMCID: PMC10910654.
2. Banjara, S. K., Challa, S. R., Augustine, L. F., Dasi, T., Madhari, R., Rao, S. F., **Selvaraj, K...** & Kulkarni, B. (2024). Eggs for Improving Nutrition, cognitive development and reducing linear growth retardation among Infants and young Children (ENRICH): protocol of an egg supplementation trial among children aged 9–18 months in Hyderabad, India. *BMJ paediatrics open*, 8(Suppl 1).
3. Jobarteh ML, Saxena DB, Kulkarni B, Shah K, Banjara SK, Shah PA, Memon F, Chilumula M, Palepu DP, **Selvaraj K**, Dasi T. Impact of SARS-CoV-2 infection and mitigation strategy during pregnancy on prenatal outcome, growth and development in early childhood in India: a UKRI GCRF Action Against Stunting Hub protocol paper. *BMJ Paediatrics Open*. 2024;8(Suppl 1).
4. Cooper GS, Davies-Kershaw H, Dominguez-Salas P, Fahmida U, Faye B, Ferguson E, Grace D, Häsler BN, Kadiyala S, Konapur A,...**Selvaraj K...**,Kulkarni B. Investigating market-based opportunities for the provision of nutritious and safe diets to prevent childhood stunting: a UKRI-GCRF action against stunting hub protocol paper. *BMJ paediatrics open*. 2024 Feb 27;8(Suppl 1):e001671.

RELEVANT COURSES AND CERTIFICATIONS

Courses:

Curriculum enrichment training of trainers (ToT) in agriculture, nutrition, and Health; Nutrition Epidemiology; dietary assessment; anthropometric measures across the population (neonates to adults); mapping and safeguarding in research; stable isotopes and metabolomics-based methods for nutrition and metabolism; biostatistics; monitoring and evaluation of community-based studies; project management; blended learning approach to teaching; and mixed methods research.

Certifications:

1. Global Leadership Program, Conscious Food System Alliance (CoFSA), 2026
2. Climate Ready Classrooms: A Public Health Faculty Development Course on Climate Change, Global Consortium on Climate and Health Education (GCCHE) and the Global Network for Academic Public Health (GNAPH), 2025
3. Dietary Assessment Curriculum, Intake - Center for Dietary Assessment, 2025
4. South and Southeast Asia Climate and Health Responder, Global Consortium on Climate and Health Education (GCCHE), 2025

5. Regional trainer in Agriculture, Nutrition, and Health, awarded by the Agriculture, Health, and Nutrition (ANH) Academy, London School of Hygiene and Tropical Medicine, 2024
6. Level 1 trainer for We Value In Situ (India), certified by the University of Brighton and Fudan University

LANGUAGES

English—Professional: Fluency, both written and oral

Tamil- Native and professional fluency in both written and oral

Also fluent in other Indian languages: Hindi, Telugu, and Malayalam

PROFESSIONAL AFFILIATIONS

International DOHaD Society	2025-present
DoHAD India Regional Society	2025-present
Epidemiology Foundation of India	2024-present
Agriculture, Nutrition, Health Academy	2015-Present
Nutrition Society of India	2012- Present

PRESENTATIONS

1. **Kiruthika.S, Subbarao. GM, Bharati Kulkarni** on "*The scope of homestead food production in improving nutritional intakes among rural children-observations from mixed methods study from Telangana, India*" at the Agriculture, Nutrition and Health academy week, 24-28th June 2019, Hyderabad, India
2. **Kiruthika.S, Subbarao. GM, Bharati Kulkarni** on "*Ensuring quality in the diets of children- the integrated role of local food systems and maternal knowledge on food and nutrition: insights from mixed methods approach in rural Telangana*" at the international conference on aligning food systems for healthy diets and improve nutrition, 11-13th November 2018, Hyderabad, India.
3. **Kiruthika.S, Subbarao. G.M, G.Rajashekar, G.V.Ramanjaneyalu, Bharati Kulkarni** on "*Enablers and Barriers for a Sustainable Homestead Food Production to Improve Dietary Diversity among Rural Households: Insights from a Qualitative Study in Villages of Rural Telangana, India*" at the international conference of "Critical Public Health Consequences of the Double Burden of Malnutrition and the Changing Food Environment in South and Southeast Asia," 28-30th March 2018, New Delhi, India
4. **Kiruthika.S, Naveen Kumar Boiroju, Bharati Kulkarni** on '*Does dietary diversity predict nutrient adequacy among 1-5 year children?- An exploratory study from rural Kalahandi district, Odisha*' in the international conference on "Nutrition Before, Beyond & During First 1000 Days Of Life - Evidence & Action", 26-28th November 2017, Hyderabad, India, pg:15
5. **Kiruthika.S, Subbarao. GM, Bharati Kulkarni** on '*Understanding The Factors That Promote, Inhibit And Sustain The Practice of Homestead Food Production Among Rural Adults Of Bihar -A*

Qualitative Study' In Proceedings of 48th Annual National Conference of Nutrition Society of India (NSI), 8-10th October 2016, St. John's Research Institute, Bengaluru, India,pg:141.

6. **Kiruthika.S, Balakrishna. N, Bharati Kulkarni** on '*Association of agriculture-based livelihoods on nutritional status of rural Indian children: Findings from NNMB surveys*' at the 47th Annual National Conference of Nutrition Society of India (NSI), 8-10th October 2015, Hyderabad, India.
7. **Kiruthika.S, Balakrishna. N, Laxmaiah A, Madhavan Nair** on "*The effect of dietary diversification, socioeconomic status, anthropometric, demographic, socioeconomic and dietary intake variables on the prevalence of anaemia-a multivariate analysis of the National Nutrition Monitoring Bureau(NNMB) 2005-06 database*", at the 46th Annual National Conference of Nutrition Society of India (NSI), 8-10th October 2014, Ludhiana, India

HONORS & AWARDS

1. Regional trainer in Agriculture, Health, and nutrition awarded by ANH Academy, LSHTM, 2024
2. Agriculture Research Services (ASRB) -National Eligibility Test for lectureship/assistant professorship awarded in 2020
3. Selected delegate to attend the national seminar on technological empowerment of women in India by the National Academy of Sciences, India, 2019
4. Awarded the second-best proposal in the Bangalore Boston Nutrition Collaborative, 2016
5. Awarded the best poster in community studies at the 47th annual conference of the Nutrition Society of India, 2015.
6. ICMR-Junior Research Fellowship was awarded in 2014 and was later upgraded to Senior Research Fellow in 2016.
7. University Grants Commission- National Eligibility Test for lectureship/Assistant Professorship awarded in 2014.
8. Ethiraj College Union medal for consistent academic excellence,2012.
9. Dr Kausalya Moorthy and Justice M.N.Moorthy Endowment Award for overall achievement in B.Sc. Clinical Nutrition and Dietetics Award, 2012.

REFERENCES

1. Dr. Bharati Kulkarni, Director, ICMR-National Institute of Nutrition, Hyderabad, Telangana, India. Email ID: dr.bharatikulkarni@gmail.com
2. Dr. Shridhar Muralidharrao Kadam, Director, Indian Institute of Public Health, PHFI-IPHS, Bhubaneswar, Odisha, India. Email ID: Shridhar.kadam@iiphs.org