


NAME	MEGHA THAMPY	
DESIGNATION	ASSISTANT POFESSOR	
QUALIFICATION	MSc.,MBA	
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TEACHING INTERESTS

Food science, Nutrition, Dietetics, Human Physiology, Food Biochemistry, Food Microbiology, Entrepreneurship Development

RESEARCH AREAS

Food science, Nutrition

ACADEMIC/PROFESSIONAL QUALIFICATIONS*

NAME OF THE PROGRAMME	INSTITUTION/UNIVERSITY	YEAR OF PASSING
MBA(Hospital Management)	Bharatiyar University, Coimbatore	2012
MSc.(FOOD SCIENCE AND NUTRITION)	AVINASHILINGAM UNIVERSITY, COIMBATORE	2006
BSc(HOME SCIENCE)	MG UNIVERSITY, KOTTAYAM	2004
Pre Degree	Calicut University	2001

CAREER HISTORY/TEACHING EXPERIENCE

DESIGNATION	INSTITUTION/UNIVERSITY	YEAR OF SERVICE
Guest Lecturer	Yuvakshetra Institute Of Management Studies,Palakkad	2007-2010
Guest Lecturer	Naipunnya Institute Of Management Studies And Information Technology,Koratty,Trichur	2006-2007

PHD THESIS

SL.N O	TITLE	GUIDE NAME	INSTITUTIO N	MONTH/YEA R

RESEARCH GUIDESHIP

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M.PHIL/PH.D GUIDED

SL.N O	NAME OF THE STUDENT	TITL E	UNIVERSITY & WORK CENTRE	MONTH/ YEAR

RESEARCH PROJECTS/GRANTS RECEIVED

SL.N O	TITLE	INVESTIGATO RS	SPONSORING AGENCY	MONTH/YE AR
1	Reflection of Antioxidant Power and Physio-chemical characteristics of bamboo sprouts in different cooking methods	Megha Thampy	UGC	2014

AWARDS/ACHIEVEMENTS/OTHERS*

SL.N O.	NAME OF AWARDS/ ACHIEVEMENTS/OTHERS	DESCRIPTION	MONTH / YEAR
1	3 rd Rank	BSc.Home Science ,M G University ,Kottayam	2004
2	Second Prize in Flower Arrangement competition	'Kalaivizha', Arts Fest Competition,Avinashilingam University, Coimbatore	2005
3	Third Position in Quiz Competition	Nutrition Week Celebration , at K G Hospital, Coimbatore	2nd Septemb er 2005
4	Third Position in Cookery Competition	Nutrition Week Celebration , at K G Hospital, Coimbatore	6 th Septemb er 2015
5	Third Position in Quiz	World Food Day Celebration at TNAU, Coimbatore	4 th October 2005
	First prize in poster presentation	UGC sponsored National seminar , "Burn Out syndrome	16 th and 17 th

6		:Prevention and coping Strategies”, at Morning Star College, Angamaly	August, 2013.
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***BEST PAPER,BEST POSTER,ANY OTHER POST HELD ETC...**

JOURNAL PUBLICATIONS

SL.NO.	TITLE	NAME OF JOURNAL / VOL. NO / ISSUE NO / PAGE NOS	ISSN NO	MONTH / YEAR
<u>1</u>	Breast Cancer diagnosis and its treatment- A review	Star Research Reach Vol.5, No.1: 61 - 71	0975-5101	December 2013

CONFERENCE PUBLICATIONS

SL.NO.	TITLE	NAME OF CONFERENCE	VENUE, MONTH / YEAR

ARTICLES IN PERIODICALS/MAGAZINES/ANY OTHER

SL.NO.	TITLE	NAME OF PERIODICAL	MONTH/ YEAR

<u>1.</u>	Changes in the Chemical Constituents of Home Made Pineapple Wine Under Varying Sources of Sugar.	Proceedings in the National Workshop on Fast Food trap. Paper:P.No.131-136 Organised : Dept. of Home Science, St.Tresa's College, ernakulam	Held on 14 th Jan 2012.
<u>2</u>	A comparative study on the health status of elderly people in rural and urban areas, .	Proceedings of the Seminar on ' <i>Ageing and Society-A multidisciplinary Approach</i> ' organized by Dept. Of Home Science, St.Teresas College, Ernakulam	4 th and 5 th October 2012.
<u>3</u>	<i>A study on the clinical conditions of elderly in rural and urban areas,</i>	Proceedings of Seminar on ' <i>Environmental Diseases</i> ' organized by Dept. Of Zoology, KKTMM College, Kodungalloor	26-2-2013
<u>4</u>	<i>Effect of dietary calcium intake in the prevalence of bone diseases among Pre, Peri and Post menopausal women",.</i>	Proceedings in the UGC sponsored National Seminar , "Burn Out syndrome :Prevention and coping Strategies", at Morning Star College, Angamaly	16 th and 17 th August, 2013
<u>5</u>	<i>Physiochemical characteristics of Fruit juices and Presence of E .Coli in drinking water of food outlets</i>	Proceedings in the UGC sponsored National Seminar , Sustainable health and wellness- issues and challenges	12 th and 13 th August 2015
<u>6</u>	Quality awareness of fruit juices from food outlets among adolescents	Proceedings in the UGC sponsored National Seminar on Food Safety in India – Current Issues and Career Prospects National Biotechnology Seminar 2015	8 th and 9 th October, 2015

7	Cyber Crimes and Morality	Proceedings in the UGC Sponsored National Seminar on Cyber Crimes : Issues and Challenges, Dept. of Business Administration, MES College, Marampilly	15 th October 2015
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BLOG/WEB ARTICLES

SL.NO.	TITLE	URL	SUBJECT	MONTH / YEAR

BOOKS AS AUTHOR/EDITED/CHAPTERS/REVIEWS

SL.NO	TITLE	AUTHOR NAMES	ISBN NO.	MONTH/ YEAR
1.	Proceedings in the UGC sponsored National Seminar , “Burn Out syndrome :Prevention and coping Strategies”,at Morning Star College,Angamaly	Co-editor	-	August 2013
2	Star Research Reach Vol.5, No.1:	Co-editor	0975-5101	December 2013
3	Star Research Reach Vol.7, No.2:	Co-editor	0975-5101	December 2014
4	Star Research Reach Vol.8, No.1:	Co-editor	0975-5101	June 2015

5	Proceedings of National Seminar 'Sustainable Health and Wellness-Issues and Challenges' published by Department of Home science, MSHS college, Angamaly, ISBN: 9788172550707	Co-editor	9788172550707	August 2015
6	Star Research Reach Vol.9, No.2:	Co-editor	0975-5101	December 2015

ORIENTATION/REFRESHER COURSES ATTENDED

SL.NO	NAME OF THE PROGRAMME	NAME OF THE ORGANISER	MONTH/YEAR
1	Orientation	Academic Staff College,Kerala University,Trivandrum	2013

SEMINARS/CONFERENCES/WORKSHOPS ATTENDED[#]

SL. NO	NAME OF THE PROGRAMME	NAME OF THE ORGANISER & SPONSORING AGENCY	VENUE & DATE	LEVEL *
1.	Seminar on IMPORTANCE AND RELEVANCE OF HYGIENE FOR A FOOD HANDLER	Dept. of HOTEL Management,Naipunnya a Institute of hotel Management,Koratty, in Association with Holiday Inn,	Naipunnya Institute of hotel Management,Koratty	National
2.	Seminar on Cyber Crimes in india	Dept. of Business Administration, MES Collge,Marampilly UGC	MES College, Marampilly 14 th & 15 th October 2015	National

3	Sustainable health and wellness - issues and challenges In Collaboration With IMA District Task Force	Dept. of Home Science M.S.H.S. College, Angamaly UGC	Morning star college,Angamaly-12th & 13th August	NATIONAL
4	Seminar on Food Safety in India – Current Issues and Career Prospects	Dept. of Biotechnology,St.Peter's College,Kollencherry UGC	St.Peters College,Kollencherry 8 & 9 th October,2015	National
5	Seminar on Burnout syndrome-Prevention and coping strategies	Dept. of Home Science M.S.H.S. College, Angamaly UGC	Morning star college,Angamaly-16th -17th August 2013	NATIONAL
6	Seminar on Climate Change Scenario: Threats and Potential Impacts on Ecosystem	Dept. of Zoology,M.S.H.S. College, Angamaly UGC	Morning star college,Angamaly-30th -31st July 2013	NATIONAL
7	Seminar on Changing status of women in India-its issues and challenges	Dept. of Economics,M.S.H.S. College, Angamaly UGC	Morning star college,Angamaly-25th -26th July 2013	NATIONAL
8	Seminar on, “Green Chemistry and Environmental Conservation”.	Dept, of Chemistry, M.S.H.S. College, Angamaly UGC	Morning star college,Angamaly-18 th and 19 th July, 2013	NATIONAL
9	Seminar on ‘Life style Diseases-An Emerging Issue’	Dept. of Zoology,M.S.H.S. College, Angamaly UGC	Morning star college,Angamaly-16 th and 17 th August 2012.	NATIONAL
10	Seminar on ‘Ageing and Society-A multidisciplinary	Dept. of Home Science,St.Terasas College, Ernakulam	St.Teresa,s college,ernakulam,4 th and 5 th	NATIONAL

	<i>Approach</i>	UGC	October 2012.	
11	Seminar on <i>Environmental Diseases</i>	Dept. Of Zoology, KKTM College, Kodungalloor UGC	KKTM College, Kodungalloor 26-2-2013.	NATIONAL
12	Seminar on <i>'Hypertension</i>	Dietary Department of General Hospital, Ernakulam	General Hospital, Ernakulam 8-4-2013.	State
13	Seminar on Enteral Feeding in Clinical Practice	Sresenius-KABI at hotel Presidency, Ernakulam	Hotel Presidency, Ernakulam 18-4-2013	Regional
14	Seminar on global economy and environmental sustainability	Dept. of economics M.S.H.S Angamaly.	Morning star college, Angamaly 23 rd -24 th February 2012	International
15	Seminar on Life Style diseases in sustainable development perspective	Dept. of Home science M.S.H.S. College, Angamaly UGC	Morning star college, Angamaly 26 th -27 th August 2011.	National
16	Workshop on Fast Food trap	Dept. of Home Science, St. Teresas college, Ernakulam	St. Teresas college, Ernakulam 14-01-2012.	National
17	Xaviour Board	Morning star college, Angamaly	Morning star college, Angamaly	Regional
18	Pre conference Workshop on Epidemiological Tools in Assessment of Nutritional Status	National institute of Nutrition, Hyderabad	National institute of Nutrition, Hyderabad	National

19	Annual Conference	National institute of Nutrition,Hyderabad	National institute of Nutrition,Hyderabad 18	National
20	Workshop on Patent Awareness and Intellectual Property Rights	Avinashilingam Deemed University, Coimbatore	Avinashilingam Deemed University, Coimbatore 27-10-2004	Regional
21	Workshop on Camel Creative Workshop on Fabric Painting	Morning star college,Angamaly	Morning star college,Angamaly 6-9-2002	Regional
22	Seminar on Planning,Preparing and Presenting Project Work	Dept. of Economics, Morning Star College , Angamaly	Morning Star College, Angamaly 21 st and 22 nd November 2002	International
23	Conference on Impact of Women's Empowerment on the Modern Society	Dept. of Home Science Morning Star College , Angamaly	Morning Star College, Angamaly 21 st and 22 nd November 2002	National

***INSTITUTIONAL, REGIONAL, STATE,NATIONAL, INTERNATIONAL**

#(MENTION THOSE WHICH ARE RELEVANT & PREFERABLY WITHIN PAST 5 YEARS)

SEMINARS ORGANIZED

SL.NO	NAME OF THE SEMINAR	NAME OF THE ORGANISER & SPONSORING AGENCY	VENUE & DATE	POSITION HELD	LEVEL *
1	Seminar on Burnout syndrome-	Dept. of Home Science M.S.H.S.	Morning star	Organizer	NATIONAL

	Prevention and coping strategies	College, Angamaly UGC	college, Angamaly- 16th -17th August 2013		
2	Sustainable health and wellness - issues and challenges In Collaboration With IMA District Task Force	Dept. of Home Science M.S.H.S. College, Angamaly UGC	Morning star college, Angamaly- 12th & 13th August	Organizer	NATIONAL

***INSTITUTIONAL, REGIONAL, STATE, NATIONAL, INTERNATIONAL**

PROFESSIONAL AFFILIATIONS/MEMBERSHIPS

- Nutrition Society of India
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INVITED TALKS/IN MEDIA/ANY OTHER

- Resource person on the topic fast foods at Govt.Higher Secondary School ,Nayathodu, Angamaly on 19th January 2012
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- Nutrition awareness class at Parakkadavu L P School, near Angamaly under the project of SPED(Sustainability through Participation ,Empowerment and Decentralisation) Save a Plan at Kanjoor, and Social Action Forum of Irinjalakuda on 29th August 2013.
- Resource person on the topic “Importance of nutrition to the adolescent girls” on 4th January under Kisoru Yojana Project , ICDS of Parakkadavu panchayat.
- Resource person on the topic “geriatric nutrition” on 18th March 2015 for elderly people at Aluva.

POSITIONS HELD IN COLLEGE

- Union and Arts ,Staff In charge (2012-13)
- College Magazine ,staff in charge (2013-14,2014-15)
- Staff Secretary (2015-16)

PG PROJECTS GUIDED

SL.N O	TITLE	MONTH/ YEAR
1.	Food Quality Awareness And Quality Assessment Of Fruit Juices And Drinking Water	2014-15
2.	A Brunt Of Cut In Nutrition Of Tribal People In Kandampara Area	2013-14
3.	Assesment Of Feeding Problems And Effect Of Nutrient Ball On Behaviour Improvement And Performance Of Children With Autism Spectrum Disorder	2013-14
4.	Ethnomedicinal Knowledge Of Karkidaka Kanji And The Consumption Pattern Among The Rural Communities Of Kannur	2013-14
5.	Development Of An Education Modules Of Menopause To Create Awareness Among Middle Aged Women	2012-13
6.	A Study On The Nutritional Profile Of Elderly People In Rural And Urban Areas.	2011-12

UG PROJECTS GUIDED

SL.N O	TITLE	MONTH/ YEAR
1.	Comparison of Self Esteem Among Adolescent boys and girls	2014-15
2.	Impact of stress among adolescent girls	2014-15
3.	Comparitive study of play activities of children in urban and rural areas	2014-15
4.	Role of Adolescence In Family Welfare	2014-15
5.	The Impact of Cartoon in children	2014-15
6	Nutrition Fast Food Recipes for Adoloscents	2013-14
7	Development of Fibre Containing Recipes for Pregnant Ladies	2013-14
8	Dietary habits of bank employees and their health problems	2013-14
9	Development of iron and vitamin C rich food recipe	2012 - 13
10	Development of iron rich food recipes	2012 - 13

LECTURE NOTES

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REFERENCES

- **Dr. S. Kowsalya . Associate Professor, Dept. of Food science and Nutrition, Avinashilingam Deemed university, Coimbatore., Tamil Nadu**
- **Dr. Seeja Thomachan, Asst. Professor, Dept. of Home Science ,Kerala Agricultiural University. Trichur, Kerala**