


NAME	Unnimaya Ashok	
DESIGNATION	Assistant professor on contract	
QUALIFICATION	MSc nutrition and dietitics	
EMAIL ID	Unnimayaashok2001@gmail.com	
PHONE NO	8086125560	

TEACHING INTERESTS	
Food and nutrition Nutrition and wellness Human physiology Food safety and microbiology	

RESEARCH AREAS
Edible cutlery Eating habits of adolescents during covid period

ACADEMIC/PROFESSIONAL QUALIFICATIONS*

NAME OF THE PROGRAMME	INSTITUTION/UNIVERSITY	YEAR OF PASSING
MSc nutrition and dietitics	Vimala college, Thrissur	2023
BSc family and community science	Vimala college, Thrissur	2021
Senior secondary	Devamatha cmi public school, Thrissur	2018
Secondary	Bvb srm public school , Thrissur	2016

CAREER HISTORY/TEACHING EXPERIENCE

DESIGNATION	INSTITUTION/UNIVERSITY	YEAR OF SERVICE
Assistant professor on contract	Morning star College, Angamaly	Continuing

INDUSTRIAL EXPERIENCE

DESIGNATION	ORGANISATION	YEAR OF SERVICE
Dietitian trainee	Psg hospitals, coimbatore	1 month

SEMINARS/CONFERENCES/WORKSHOPS ATTENDED#

SL.NO	NAME OF THE PROGRAMME	NAME OF THE ORGANISER& SPONSORING AGENCY	VENUE & DATE	LEVEL *
1.	Case study workshop	Lakeshore hospital, Ernakulam	Lakeshore hospital	Regional
2.	Food preservation	NIN , Hyderabad and NSI	NIN,Hyderabad	International
3.	3 day international conference	NIN ,HYDERABAD and NSI	NIN, Hyderabad	International
4.	National seminar on food technology	Veterinary college , Mannuthy	KVASU, MANNUTHY	National
5.	Seminar on spss			Institutional

6.	Seminar on sustainable development	Vimala college, Thrissur Department of physics, Vimala college, Thrissur	Online Vimala college, Thrissur	Institutional
----	------------------------------------	---	---------------------------------	---------------

*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 world food day	Food safety office	Vimala college, Thrissur	Organiser	Institutional
2.	Menstrual hygiene	Homescience department	Vimala college, Thrissur	Orator	Institutional
3.	Lifestyle disorders	Homescience department	Vimala college, Thrissur	Orator	Institutional

*INSTITUTIONAL, REGIONAL, STATE, NATIONAL, INTERNATIONAL

POSITIONS HELD IN COLLEGE

- PG representative
-

TRAINING PROGRAMS AND EXHIBITIONS

Poster making competition held at Vimala college, Thrissur on accordance with international year of millet
 Recipe making competition held at Vimala college, Thrissur on accordance with international year of millet

REFERENCES

Dr.Thomas Ruby mariamma HOD home science department, Vimala college, Thrissur.

Contact number : 9745346466

Monygeege , Assistant professor, Vimala college, Thrissur

Contact number: 9495983658

Hemalatha.c senior dietitian ,PSG HOSPITALS, coimbatore

Contact mail : dietary@psgimsr.ac.in