


<b>NAME</b>	DR. MEGHA THAMPY	
<b>DESIGNATION</b>	ASSISTANT POFESSOR	
<b>QUALIFICATION</b>	MSc.,MBA., PhD	
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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\***

<b>NAME OF THE PROGRAMME</b>	<b>INSTITUTION/UNIVERSITY</b>	<b>YEAR OF PASSING</b>
PhD (Home Science- Food and Nutrition)	MG University,Kottayam	2020
MBA(Hospital Management)	Bharatiyar University, Coimbatore	2012
MSc.(Food Science And Nutrition)	AvinashilingamUniversity,Coimbatore	2006
BSc(Home Science)	MG University,Kottayam	2004
Pre Degree	Calicut University	2001

### **CAREER HISTORY/TEACHING EXPERIENCE**

<b>DESIGNATION</b>	<b>INSTITUTION/UNIVERSITY</b>	<b>YEAR OF SERVICE</b>
Assistant Professor	Morning Star Home Science College, Angamaly	2011 onwards
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.NO	TITLE	GUIDE NAME	INSTITUTION	MONTH/YEAR
1	Effect of vitamin D and associated nutritional factors on mammographic density of newly diagnosed breast cancer subjects	Dr. Kavita M S	M G University	15 <sup>th</sup> July 2020

**RESEARCH GUIDESHIP**

M G University, Kottayam

**RESEARCH PROJECTS/GRANTS RECEIVED**

SL.N O	TITLE	INVESTIGATORS	SPONSORING AGENCY	MONTH/YEAR
1	Reflection of Antioxidant Power and Physio-chemical characteristics of bamboo sprouts in different cooking methods	Megha Thampy	UGC	2014
2	Nutritional challenges among elderly in old age homes during Covid 19 outbreak	Dr. Megha Thampy	KSCSTE	2021

**AWARDS/ACHIEVEMENTS/OTHERS\***

SL.NO.	NAME OF AWARDS/ACHIEVEMENTS/OTHERS	DESCRIPTION	MONTH/YEAR
1	3 <sup>rd</sup> 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	2 <sup>nd</sup> September 2005
4	Third Position in Cookery Competition	Nutrition Week Celebration, at K G Hospital, Coimbatore	6 <sup>th</sup> September 2005
5	Third Position in Quiz	World Food Day Celebration at TNAU, Coimbatore	4 <sup>th</sup> October 2005

6	First prize in poster presentation	UGC sponsored National seminar , “Burn Out syndrome :Prevention and coping Strategies”, at Morning Star College, Angamaly	16 <sup>th</sup> and 17 <sup>th</sup> August, 2013.
7	Second Prize in oral presentation	ICMR sponsored 2 <sup>nd</sup> International Conference on Innovative Food and Nutrition Technologies for Public Health Care, organised by Clinical Nutrition and Dietetics	Periyar University, Salem 4-5 <sup>th</sup> January, 2018
8	Third Prize in Essay writing competition	“Teachers on Live” Essay writing contest as part of Teachers Day organized by Dept. of Computer Applications, MES TO Abdulla Memorial College, Kunnukara	5 <sup>th</sup> September 2021
9.	Green Warrior Award	Greenathon www. heartforeart.org	30 <sup>th</sup> November 2020
10.	Appreciation award	Best NSS Programme Officer in MG University Kottayam	October 2021
11.	Appreciation award	World Environment Day Celebrations June 2022, by <i>Mahatma Gandhi National Council of Rural Education</i>	20 <sup>th</sup> June 2022

### **JOURNAL PUBLICATIONS**

SL.NO.	TITLE	NAME OF JOURNAL / VOL. NO / ISSUE NO / PAGE NOS	ISSN NO	MONTH / YEAR
1	Breast Cancer diagnosis and its treatment- A review	Star Research Reach Vol.5, No.1: 61 -71	0975-5101	December 2013
2	Bamboo Sprouts: The Nutritious Canister	Star Research Reach. Vol.8, No.1.	0975-5101	June 2016
3	A comparative study on the attitude of parents towards child’s play in rural and urban areas	International journal of Home Science, vol:3, Issue : 1, pp-227-228	2395-7476	January, 2017
4.	Sunlight: A boon to human health	International Journal of Recent Scientific Research Vol.9, Issue 2(F), Pp: 24176-24178	0976-3031	February 2018
5.	Upshot Of Human Body Mensuration On Mammographic Density Of The Subjects	The Indian Journal of Home Science Vol.33, No. 2	0970 2733	July 2021

6.	Impact of Vitamin D Deficiency on breast Cancer	Journal of Advanced Zoology Vol 44, No: 1, Pp: 105-117	02537214	January 2023
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#### **CONFERENCE PUBLICATIONS**

<b>SL.NO.</b>	<b>TITLE</b>	<b>NAME OF CONFERENCE</b>	<b>VENUE, MONTH / YEAR</b>
1.	The nutritious canister, bamboo shoots in Kerala recipes and dpph scavenging activity of food items cooked in bamboo stem	48 <sup>th</sup> Annual National Conference of NSI	St. Johns' Research Institute, Bangalore, 4-5 <sup>th</sup> November 2016.
2.	Egg fruit: Recipes rich in Carotenoids	UGC sponsored International conference on Innovations and Challenges in Food Processing Sector, St. Teresas, College, Ernakulam. P- 142	St. Teresas College, Ernakulam 10 <sup>th</sup> February 2018
3.	Rambutan- A pack of vitamin C in the recipes	UGC sponsored International conference on Innovations and Challenges in Food Processing Sector, St. Teresas, College, Ernakulam. P- 142	St. Teresas College, Ernakulam 10 <sup>th</sup> February 2018
4.	Vitamin D insufficiency in breast cancer subjects of Kerala	ICMR sponsored 2 <sup>nd</sup> International Conference on Innovative Food and Nutrition Technologies for Public Health Care, organised by Clinical Nutrition and Dietetics	Periyar University, Salem 4-5 <sup>th</sup> January, 2018
5.	Vitamin D Status and Impact of Life style factors on mammographic density	National conference on 'technology in telehealth and care and dietetics' Pp: 134-139 Mahi Publication 978-81-940137-6-1	Avinashilingam University, Coimbatore 27 <sup>th</sup> September 2019
6.	Women entrepreneurs through nutmeg rind P;40	E proceedings on International Women's Day , National Women's Food Science & Technology Conference organized by IIFPT,	IIFPT Thanjavore 8 <sup>th</sup> March 2021

		Thanjavor	
7.	Impact of Emotional Disorders on quality of life of subjects with breast cancer Pp: 255-264	Proceedings of International Seminar on Virtual research – opportunities and Challenges 9788172551421	St. Teresa’s College Ernakulam September 2021

### **ARTICLES IN PERIODICALS/MAGAZINES/ANY OTHER**

SL.NO.	TITLE	NAME OF PERIODICAL	MONTH/ YEAR
1.	Changes in the Chemical Constituents of HomeMade 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	14 <sup>th</sup> Jan 2012.
2.	A comparative study on the health status of elderly people in rural and urban areas.	Proceedings of the Seminar on ‘Ageing and Society-A multidisciplinary Approach’ organized by Dept. Of Home Science, St.Terasas College, Ernakulam	4 <sup>th</sup> and 5 <sup>th</sup> October 2012.
3.	A study on the clinical conditions of elderly in rural and urban areas,	Proceedings of Seminar on ‘Environmental Diseases’ organized by Dept. of Zoology, KKTMC College, Kodungalloor	26-2-2013
4.	Effect of dietary calcium intake in the prevalence of bone diseases among Pre, Peri and Postmenopausal women”,.	Proceedings in the UGC sponsored National Seminar, “Burn Out syndrome:Prevention and coping Strategies”, at Morning Star College, Angamaly	16 <sup>th</sup> and 17 <sup>th</sup> August, 2013
5.	Physiochemical characteristics of Fruit juices and Presence of E .Coli in drinking water of food outlets	Proceedings in the UGC sponsored National Seminar, Sustainable health and wellness-issues and challenges	12 <sup>th</sup> and 13 <sup>th</sup> August 2015
6.	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 <sup>th</sup> and 9 <sup>th</sup> October, 2015
7.	Cyber Crimes and Morality	Proceedings in the UGC Sponsored National Seminar on Cyber Crimes: Issues and Challenges, Dept. of	15 <sup>th</sup> October

		Business Administration, MES College, Marampilly	2015
8.	Comparative Study of Play Activities of Children in Urban and Rural Areas	Interdisciplinary Research Fair Proceedings, ReAp – 2015 on Dimensions of Research- Perspectives and Innovations organized by Dept. of Home Science, St.Terasas College, Ernakulam	25 <sup>th</sup> November 2015
9.	Health profile of Pre, Peri and Post-menopausal Women	Proceedings in the National Seminar on Nutritional Perspectives in Bone Health: Recent Advances., The Nutrition Society of India(Mumbai Chapter) Research Centre and Dept. of Foods, Nutrition and Dietetics, College of home science, Nirmala Niketan, Mumbai	26 <sup>th</sup> and 27 <sup>th</sup> August 2016
10.	Tenderization effect of Papain enzyme on beef under different cooking methods	Food Safety and Quality Assurance - A Comprehensive Perpetual Perspective, Department of Home Science, Morning Star Home Science College Angamaly, Ernakulam	11 <sup>th</sup> and 12 <sup>th</sup> August 2016.
11.	Christmas special honey nut cake p: 10	Amma magazine vol: 72, issue: 8	December 2021

#### **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.7, No.2:	Co-editor	0975-5101	December 2015
7	Proceedings of National Seminar on Food Safety and Quality Assurance - A Comprehensive Perpetual Perspective,	Co-editor	9788172550721	August 2016
	Bamboo Shoots in Kerala Recipes	Author	Suryagatha Publishers, ISBN: 9788172550738	November, 2016
8	Star Research Reach. Vol.8, No.1.	Co-editor	0975-5101	June 2016
9	Star Research Reach. Vol.8, No.2	Co-editor	0975-5101	December 2016
10	Star Research Reach. Vol.9, No.1	Co-editor	0975-5101	June 2017
11	Star Research Reach. Vol.9, No.2	Co-editor	0975-5101	December 2017
12	Food Safety, Security and Sustainability-	Author	9788195104673Pp :31-44	October 2021
13.	Well- Being of Women- A holistic Approach	Author	International Books & Periodical Supply Service- 9788119105106	2024

**ORIENTATION/REFRESHER COURSES ATTENDED**

SL.NO	NAME OF THE PROGRAMME	NAME OF THE ORGANISER	MONTH/ YEAR
1	Orientation (IT)	Academic Staff College, Kerala University, Trivandrum	3 <sup>rd</sup> - 30 <sup>th</sup> October, 2013

2.	Refresher Course- Women Studies	Academic Staff College, Kerala University, Trivandrum	2 <sup>nd</sup> - 22 <sup>nd</sup> December, 2016
3.	Five days faculty development programme on skill intensification of teachers through technological integration	School of legal studies, cochin university of science and technology	4 <sup>th</sup> -8 <sup>th</sup> November, 2019
4	Faculty development programme on Moodle-Learning Management System	Tagore Institute Of Engineering And Tecnology, Salem, Tamilnadu And Spoken Tutorial IIT, Bombay	4th May to 9th May 2020
5	Faculty development programme on Online Education in HEI's	The Kerala State Higher Education Council	13th to 17th July 2020
6	Faculty development programme on Implementation of Information and Communication Technology in Teaching	School of legal studies, Cochin University of Science and Technology in collaboration with The Kerala State Higher Education Council, Trivandrum	July 18-24 , 2020.
7	Short Term Course on Continuous Professional Development	Aligarh Muslim University Centre, Malappuram, Kerala And Mes's Pillai College Of Education And Research, Chembur, Mumbai In Collaboration With University Grants Commission Human Resource Development Centre (UGC-HRDC) University Of Kerala, Thiruvanthapuram	September 21 <sup>st</sup> - 27, 2020.
8.	Faculty development programme on Moodle based Learning Management System and Course design (Advance Course)	The Kerala State Higher Education Council hosted by SNGS College Pattambi	3-9 May 2023
9.	Faculty development programme on "academic writing for research"	Teaching learning centre Ramanujan College, University of Delhi under the aegis of ministry of education Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching	15 - 21 May, 2023
10.	National level Online Faculty Development Program on Research Methodology using ChatGPT and AI tools	PG Department of Computer Applications, The Internal Quality Assurance Cell (IQAC) and Lincoln University College Marian Research Centre (LUC MRC) of Marian College Kuttikanam (Autonomous) in association with The Kerala State Higher Education	21-29 September 2023



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**SEMINARS/CONFERENCES/WORKSHOPS / WEBINARS ATTENDED#**

<b>SL.N O</b>	<b>NAME OF THE PROGRAMME</b>	<b>NAME OF THE ORGANISER &amp; SPONSORING AGENCY</b>	<b>VENUE &amp; DATE</b>	<b>LEVEL *</b>
1.	National Conference of Home Science Association of India on Innovation and Incubation Opportunities in Home Science for Self Reliant India	HSAI	St. Teresa's College, Ernakulam  15-17 <sup>th</sup> December 2022	National
2.	Online Training for student entrepreneurs in association with FOSTAC-Insight, Kochi - 'FOSTAC- COVID 19 Preventive Guidelines	FOSTAC-Insight, Kochi	MSSH College Angamaly  17 <sup>th</sup> January 2021.	Regional
3.	Home Science "Academic Publishing and Research Prospects in Home Science"	Internal Quality Assurance Cell (IQAC) & the Research and Consultancy Cell, Vimala College (Autonomous), Thrissur - 9, Kerala, on, as part of "Explorigate", Research Webinar Series.	Webinar on 07 August 2020	National
4.	'Fundamentals of IPR'	Department of Zoology, Morning Star Home Science College, Angamaly	Webinar on 22 July, 2020.	National
5.	'How to submit a winning project proposal'	IQAC of St. Joseph's college, Irinjalakuda and Morning Star Home Science college, Angamaly	Webinar on 20 <sup>th</sup> July 2020.	State

6.	‘Who is a Great Teacher?’	the Internal Quality Assurance Cell of Morning Star Home Science College, Angamaly.	Webinar on 28 May 2020	National
7.	“Role Of Vitamin D In Preventing Respiratory Infection”	Department of Home Science, Vimala College (Autonomous), Thrissur, Kerala.	Webinar on 27th May 2020 .	National
8.	“Energy, Water & Resources Savings’ How to Go About Sustainability?”	Department of B.Voc., Sustainable Energy Management, Stella Maris College, Chennai, Tamilnadu.	Webinar on 23.05.2020	National
9.	‘Thy Food....Thy Medicine’	Department of Home Science, and Centre for Research in association with IQAC, St. Teresa’s College, Ernakulam	Webinar 22 <sup>nd</sup> May 2020.	National
10.	‘Nutrients to boost Immune function- Fight Covid 19’	Department of Home Science, Morning Star Home Science College, Angamaly Ernakulam	Webinar on 20 <sup>th</sup> May 2020	National
11.	‘Rethinking Sustainability and Development in times of Covid -19’	Department of Chemistry, Morning Star Home Science College, Angamaly in collaboration with Sustainable Futures in Africa	Webinar on 17 <sup>th</sup> May 2020.	International
12.	‘Nurturing Physical, Mental and Social Health: During and Post COVID 19’	INSTITUTE OF HOME SCIENCE, Dr.Bhimrao Ambedkar University, Agra	Webinar on 16 <sup>th</sup> May 2020.	International
13.	‘Molecular Docking Studies: A Paradigm Shift in Anticancer Research’	Department of Zoology, Morning Star Home Science College, Angamaly	Webinar on 16 <sup>th</sup> May 2020.	National

14.	'Impact of Covid-19 on the Indian Economy: Problems and Prospects'	Department of Economics, Morning Star Home Science College, Angamaly South, Ernakulam, Kerala	Webinar on 14 <sup>th</sup> May 2020.	National
15.	Staying strong and Positive in the time of Covid 19	Albertian Centre for Human Resource Development and Research, St..Albert's College (Autonomous), Ernakulam	Webinar on 4 <sup>th</sup> May 2020.	National
1.	IEDC Summit 2019	Kerala Start Up Mission	Sahrdaya of Engineering, Kodakara, Trichur on 19 <sup>th</sup> October 2019	National
2.	National Conference on Technology in telehealth care and dietetics	Organised by Dept. of FSMD ,Avinashilingam Institute for Home Science and Higher Education for Women, Sponsored by DST CURIE	27 <sup>th</sup> September 2019	National
3.	Workshop on Research Methodology	PG and research Department of Home Science, Morning Star Home Science College, Angamaly	Morning Star Home Science College, Angamaly 1 <sup>st</sup> and 2 <sup>nd</sup> August 2019	State
4.	Seminar on Online databases and Information Retrieval	IQAC and Library Morning Star Home Science College, Angamaly	Morning Star Home Science College, Angamaly on 12 <sup>th</sup> March 2019	Regional
5.	Conference on Air Pollution and Monitoring	School of Environmental Science, M G University, Kottayam	M G University, Kottayam on 9 <sup>th</sup> , 10 <sup>th</sup> and 11 <sup>th</sup> March 2019	International
6.	Workshop on statistics in practice	Community Medicine, AMALA hospital, Trichur	AMALA Hospital, Trichur on 21 <sup>st</sup> February 2019	State

7.	Seminar on Keto Fad: A critical approach in the phenomenon	Dept. of clinical nutrition and Dietetics, St. Teresa's college, Ernakulam	St. Teresa's college, Ernakulam on 18 <sup>th</sup> February, 2019	National
8.	Seminar on Current trends in Organic and computational Chemistry(CTROC-2019)	KSCSTE and Morning Star Home Science College, Angamaly	Morning Star Home Science College, Angamaly on 14 <sup>th</sup> and 15 <sup>th</sup> February 2019	National
9.	Workshop on how to generate wealth from waste	Bhoomithrasena club, Naipunnaya college, Trichur	Naipunnaya College, Koratty, Trichur on 7 <sup>th</sup> February 2019	Regional
10.	PG syllabus restructure workshop	M G university	CMS college, Kottayam on 6 <sup>th</sup> &7 <sup>th</sup> December 2018	State
11.	Intellectual property rights and Innovative research- Challenges and Opportunities	UGC and St. Teresa's college, Ernakulam	St. Teresa's College, Ernakulam on 23 <sup>rd</sup> November 2018	National
12.	IEDC Summit 2018	Kerala Start Up Mission	Amal Jyoti College of Engineering, Kanjirapilly on 3 <sup>rd</sup> November 2018	International
13.	No Night -2018, IEDC Nodal Officer's Meet Up	Kerala Start Up Mission	Amal Jyoti College of Engineering, Kanjirapilly on 2 <sup>nd</sup> November 2018	State
14.	Global Iodine deficiency disorder prevention day	IDD control cell	General hospital. Ernakulam on 21 <sup>st</sup> October 2018	Regional
15.	International Conference on Innovations and Challenges in Food Processing Sector	B. Voc Food Processing Technology, St. Teresa's College, Ernakulam  UGC	St. Teresa's College, Ernakulam  9-10 <sup>th</sup> February, 2018	International

<b>16.</b>	Workshop on Nanomaterials and Nanocomposites	Dept. of Physics, Morning Star College, Angamaly  IIT Kharagpur in association with makeintern.com	Morning Star College, Angamaly  29-30 <sup>th</sup> January, 2018	National
<b>17.</b>	2 <sup>nd</sup> International Conference on Innovative Food and Nutrition Technologies for Public Health Care, organised by Clinical Nutrition and Dietetics	Dept. of Clinical Nutrition and Dietetics, Periyar University, Salem  ICMR sponsored	Periyar University, Salem  4-5 <sup>th</sup> January, 2018	International
<b>18.</b>	Five Day Bakery and Confectionary Workshop “Deck The Halls”	Dept. of Home Science, Morning Star Home Science College, Ernakulam	Morning Star Home Science College, Ernakulam  12-16 <sup>th</sup> December, 2017	Regional
<b>19.</b>	A charity Baking Workshop on “Baking Spree at Cocoa Tree”	Guardians of Dreams Foundation in association with Avenue Regent, MG Road, Cochin	Avenue Regent, MG Road, Cochin  1 <sup>st</sup> November, 2017	State
<b>20.</b>	National Conference on Modern Trends in Research, 2017	Teresian Research and Consultancy Cell, St. Teresas’ College, Ernakulam  UGC	St. Teresas’ College, Ernakulam 19 <sup>th</sup> October, 2017	National
<b>21.</b>	Workshop on Restructuring of Curriculum and Syllabus of the Undergraduate Programme in Home Science	CMS College, Kottayam  MG University, Kpottayam	CMS College, Kottayam  7 <sup>th</sup> April 2017	Regional

22.	48th Annual National Conference of NSI on Nutrition Risk Management And Communication	NSI	St.Johns' Research Institute,Bangalore, 4-5 <sup>th</sup> November 2016.	National
23.	Preconference Workshop on 'Principles of Ethics in Nutrition Research	NSI	St.Johns' Research Institute, Bangalore.	3 <sup>rd</sup> November 2016
24.	Sixth Euro-India International Conference on Holistic Medicine (ICHM-2016)	Institute for Holistic Medical Sciences (IHMS), Kottayam, Kerala, India and the Ayurveda-Und Venen-Klink, St. Primus Weg 68, A-9020, Klagenfurt, Austria.  IHMS	Excaliber Hotel, Kottayam.  10-11, September 2016	International
25.	National Seminar on Nutritional Perspectives in Bone Health: Recent Advances.,	The Nutrition Society of India(Mumbai Chapter) Research Centre and Dept. of Foods, Nutrition and Dietetics, College of Home science, Nirmala Niketan, Mumbai NSI	Nirmala Niketan, Mumbai on 26 <sup>th</sup> and 27 <sup>th</sup> August 2016.	National
26.	Seminar on 'Food Safety and Quality Assurance -A Comprehensive Perpetual Perspective	Department of Home Science, Morning Star Home Science College Angamaly, UGC	Morning star college,Angamaly -11 <sup>th</sup> and 12 <sup>th</sup> August 2016.	<b>National</b>
27.	Seminar on Importance And Relevance Of Hygiene For A Food Handler	Dept. of HOTEL Management,Naipunnya Institute of hotel Management,Koratty, in Association with Holiday Inn,	Naipunnya Institute of hotel Management,Koratty	National

28.	Seminar on Cyber Crimes in india	Dept. of Business Administration, MES Collge,Marampilly UGC	MES College, Marampilly 14 <sup>th</sup> & 15 <sup>th</sup> October 2015	National
29.	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
30.	Seminar on Food Safety in India – Current Issues and Career Prospects	Dept. of Biotechnology,St.PetersCollege,Kollencherry UGC	St.PetersCollege, Kollencherry 8 & 9 <sup>th</sup> October,2015	National
31.	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
32.	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
33.	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
34.	Seminar on, “Green Chemistry and Environmental Conservation”.	Dept. of Chemistry, M.S.H.S. College, Angamaly UGC	Morning star college,Angamaly -18 <sup>th</sup> and 19 <sup>th</sup> July, 2013	NATIONAL
35.	Seminar on ‘Life style Diseases-An Emerging Issue’	Dept. of Zoology,M.S.H.S. College, Angamaly UGC	Morning star college,Angamaly -16 <sup>th</sup> and 17 <sup>th</sup> August 2012.	NATIONAL
36.	Seminar on ‘Ageing and Society-A multidisciplinary Approach’	Dept. of HomeScience,St.Terasas College, Ernakulam UGC	St.Teresa,s college,ernakulam ,4 <sup>th</sup> and 5 <sup>th</sup> October 2012.	NATIONAL
37.	Seminar on Environmental Diseases	Dept. Of Zoology,KKTMCollege, Kodungalloor UGC	KKTM College,Kodungalloor 26-2-2013.	NATIONAL

38.	Seminar on ' <i>Hypertension</i>	Dietary Department of General Hospital,Ernakulam	General Hospital,Ernakulam 8-4-2013.	State
39.	Seminar on Enteral Feeding in Clinical Practice	Sresenius-KABI at hotel Presidency,Ernakulam	Hotel Presidency,Ernakulam 18-4-2013	Regional
40.	Seminar on global economy and environmental sustainability	Dept. of economics M.S.H.S Angamaly.	Morning star college,Angamaly 23 <sup>rd</sup> -24 <sup>th</sup> February 2012	International
41.	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 <sup>th</sup> -27 <sup>th</sup> August 2011.	National
42.	Workshop on Fast Food trap	Dept. of Home Science, St.Terasas college, Ernakulam	St.Terasas college, Ernakulam 14-01-2012.	National
43.	Xaviour Board	Morning star college,Angamaly	Morning star college,Angamaly	Regional
44.	Pre conference Workshop on Epidemiological Tools in Assessment of Nutritional Status	National institute of Nutrition,Hyderabad	National institute of Nutrition,Hyderabad	National
45.	Annual Conference	National institute of Nutrition,Hyderabad	National institute of Nutrition,Hyderabad	National
46.	Workshop on Patent Awareness and Intellectual Property Rights	Avinashilingam Deemed University, Coimbatore	Avinashilingam Deemed University, Coimbatore 27-10-2004	Regional
47.	Workshop on Camel Creative Workshop on Fabric Painting	Morning star college,Angamaly	Morning star college,Angamaly 6-9-2002	Regional
48.	Seminar on Planning,Preparing and Presenting Project Work	Dept. of Economics, Morning Star College ,Angamaly	Morning Star College, Angamaly 21 <sup>st</sup> and 22 <sup>nd</sup> November 2002	International



49.	Conference on Impact of Women's Empowerment on the Modern Society	Dept. of Home Science Morning Star College ,Angamaly	Morning Star College, Angamaly 21 <sup>st</sup> and 22 <sup>nd</sup> November 2002	National
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### **SEMINARS ORGANIZED**

SL.NO	NAME OF THE SEMINAR	NAME OF THE ORGANISER & SPONSORING AGENCY	VENUE & DATE	POSITION HELD	LEVEL *
1	Seminar on Burnout syndrome-Prevention and coping strategies	Dept. of Home Science M.S.H.S. College, Angamaly UGC	Morning star college,Angamaly-16th - 17 <sup>th</sup> August 2013	Organizer	NATIONAL
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 & 13 <sup>th</sup> August 2015	Organizer	NATIONAL
3.	Food Safety and Quality Assurance -A Comprehensive Perpetual Perspective,	Dept. of Home Science M.S.H.S. College, Angamaly UGC	Morning star college,Angamaly-12th & 13 <sup>th</sup> August 2016	Organizer	NATIONAL
4.	National Webinar on Nutrients to Boost Immune Function-Fight Covid 19 through Google Meet on 20 <sup>th</sup> May 2020	PG and Resesearch Dept. of Home Science M.S.H.S. College, Angamaly	Morning star college,Angamaly-through Google Meet on 20 <sup>th</sup> May 2020	Organizer	NATIONAL

### **PROFESSIONAL AFFILIATIONS/MEMBERSHIPS**

- Nutrition Society of India
- Home Science Association of India

### **INVITED TALKS/IN MEDIA/ANY OTHER**

<ul style="list-style-type: none"> <li>• Resource person on the topic fast foods at Govt.Higher Secondary School ,Nayathodu,Angamaly on 19<sup>th</sup> January 2012</li> </ul>
<ul style="list-style-type: none"> <li>• Nutrition awareness class at Parakkadavu L P School,nearAngamaly under the project of SPED(Sustainability through Participation ,Empowerment and Decentralisation) Save a Plan at Kanjoor,and Social Action Forum of Irinjalakuda on 29<sup>th</sup> August 2013.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person on the topic “Importance of nutrition to the adolescent girls” on 4<sup>th</sup> January under Kisori Yojana Project , ICDS of Parakkadavu panchayat.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person on the topic “geriatric nutrition” on 18<sup>th</sup> March 2015 for elderly people at Aluva.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person on the topic Contribution of Science to the Health Sector: Food Security with special reference to ‘Pulses’ at St. Sebastians’ High School ,Kanjoor as part of International Year of Pulses, organised by Rajagiri college of social Sciences on 29th September 2016.</li> </ul>
<ul style="list-style-type: none"> <li>• Energy Management’ at Grama Panchayat of 7<sup>th</sup> ward at Vappaalassery church on 27<sup>th</sup> July 2016.</li> </ul>
<ul style="list-style-type: none"> <li>• Importance of Nutrition for Preschoolers CSW and St. Jude Family Counselling Centre, 6<sup>th</sup> October 2016.</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert for Cooking competition held at Block Panchayat, Parakkadavu on 2<sup>nd</sup> September, 2017 conducted by ICDS.</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert for Cooking competition held at Angamaly Municipality on 23<sup>rd</sup> September, 2017, conducted by ICDS.</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert for Cooking competition held at Block Panchayat on 27<sup>th</sup> September, 2017, conducted by ICDS.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource Person for conducting pudding class for students of Fathima Matha School and St. Josephs’ school, Piravom in Grahadarshan training program for women on 7<sup>th</sup> October 2017.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource Person for conducting preservation class for students and faculty of Home Science on 10<sup>th</sup> October 2017</li> </ul>
<ul style="list-style-type: none"> <li>• Resource Person for Pudding Preparation, organised by Women Cell, Morning Star College, Angamaly on 31<sup>st</sup> January 2018.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource Person for Short course students in Morning Star Home Science College, on the topic ‘Life style Diseases’ on 10<sup>th</sup> January 2018</li> </ul>

<ul style="list-style-type: none"> <li>• Resource person for NSS students on the topic Awareness on Nutritional significance of jackfruit organised by NSS, Morning Star Home Science College, Angamaly on 12<sup>th</sup> July 2018.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person at Carmel College, Mala on the topic nutritional aspects of Mushroom organised by KSCSTE in association with Dept. of Botany, Carmel college on 5<sup>th</sup> December, 2018 as a part of science popularisation programme.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person at Vaapalasey Anganvadi on the topic ‘food security and dietary habits of children’ as part of World food day celebrations on 16<sup>th</sup> October 2019.</li> </ul>
<ul style="list-style-type: none"> <li>• Radio talk in Aakasavani Koch FM in ‘samakaalikam programme’ as part of International Children’s day on 20<sup>th</sup> November 2019 at 7.40 am on the topic dietary habits of school children</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person on the topic for ‘Canning, Food preservation and Nutrition’ for the Guest House Cooks, Tourism Department, Govt. of Kerala who are undergoing a training programme in Food Craft Institute, Thrissur on 17<sup>th</sup> December 2019.</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert in Workshop on cake making: Cake it and bake it by SreeSankara College, Kalady on 10/01/2020</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person in Technology Management Development Programme on Food Sector conducted by District Industries Centre, Ernakulam at MSHS College, Angamaly. 7<sup>th</sup> February 2020.</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert in Board of Studies, Vimala College, Thrissur, dt 25.09.2020</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert in Inspection of New Generation Interdisciplinary Programmes under MG University, Kottayam UO.No: 4699/AC A 1/2020/MGU dtd. 13/10/2020.</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert in ZOOFIE selfy competition conducted as part of International Animal Day organised by Bhoomithrasena Club, Naipunnya Institute of Management and Information Technology, Koratty, Trichur on 4th October 2020.</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert in Inspection of New Generation Interdisciplinary Programmes under MG University, Kottayam UO.No: 4935/AC A 7/2020/MGU dtd. 23/10/2020</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person on Campaign 12, Awareness on Anaemia webinar conducted by ICDS Angamaly Additional on 12<sup>th</sup> June 2021,</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert on Webinar on Sustainable food habits for a healthy living in connection with World Food Safety Day by St. Xavier’s College, Aluva on 12/06/2021</li> </ul>

<ul style="list-style-type: none"> <li>• Subject expert on Staff selection committee of guest lecturer in food science and quality control at St Xavier’s college, Vaikom on 4/8/2021.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person on Faculty Exchange Programme in collaboration with Naipunnya Institute and Information Technology (NIMIT), Koratty on 27th September 2021.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource Person in Community Lab at Pakalveedu – Workshop on 'Empowering Women for a Better Tomorrow' on 26th November 2021.</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert for a training programme for cooks on Food Service and Nutrition at 88BN BSF Kainoor Campus, Thrissur, Kerala on 1/10/2022.</li> </ul>
<ul style="list-style-type: none"> <li>• Subject expert on the topic “Anaemia” for Psycho social counsellors in connection with quarterly review meeting held at PriyadarsiniHall ,Kakkanad Kerala on 24/01/2023.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person for PoshanPakhodaProgramme: A talk on millets for anganwadi workers in coordination with Local Self Government of KanjoorGrama Panchayat on</li> </ul>
<ul style="list-style-type: none"> <li>• Resource person for nutrition class on ‘Sustainable food habits for healthy living’ was conducted for students in Govt. Vocational HSS, Kunnumpuram, North Edapally, Kunnumpuram on 15 September 2023.</li> </ul>
<ul style="list-style-type: none"> <li>• Resource Person for a class on nutrition awareness for Beneficiaries of ICDS organized by Angamaly Municipality and Angamaly Additional ICDS on 26 September 2023 at Angamaly Municipality as part of Poshan Utsav- National Nutrition Month Celebration.</li> </ul>

<b>POSITIONS HELD IN COLLEGE</b>
<ul style="list-style-type: none"> <li>• Union and Arts,Staff In charge (2012-13)</li> </ul>
<ul style="list-style-type: none"> <li>• College Magazine, Staff in charge (2013-14,2014-15)</li> </ul>
<ul style="list-style-type: none"> <li>• Staff Secretary (2015-16)</li> </ul>
<ul style="list-style-type: none"> <li>• Union and Arts Staff in Charge 2016-17</li> </ul>
<ul style="list-style-type: none"> <li>• Women Cell Co-ordinator-2017-18</li> </ul>
<ul style="list-style-type: none"> <li>• Youth Red Cross Co-ordinator-2017-18</li> </ul>
<ul style="list-style-type: none"> <li>• Co-ordinator Alumni Association 2018-19</li> </ul>
<ul style="list-style-type: none"> <li>• Women Cell Co-ordinator-2018-19</li> </ul>
<ul style="list-style-type: none"> <li>• Youth Red Cross Co-ordinator-2018-19</li> </ul>

• Co-ordinator Alumni Association 2018-19
• IEDC Assistant Nodal Officer 2018-19
• Union and Arts Staff in Charge 2019-20
• Co-ordinator Alumni Association 2019-20
• IEDC Nodal Officer 2019-20
• WWS mentor 2017-2020
• Project coordinator of Star Entrepreneurship Centre 2020-23
• Public Relations Officer 2021-22
• MGNCRE coordinator in entrepreneurship 2021-22
• Media Coordinator of IIC 2023-24
• Mendor of MOOC course on Organic farming for IBSc FCS 2022-24
• NSS Programme Officer 2020-23
• SamoohyaSannadhaSena Nodal Officer 2021-23
• University Nominee in Governing Body 2022-24
• College fest Coordinator 2023-24
• Nodal officer ERP IPSR portal 2023-25
• Public Relations Officer 2022-25
• Coordinator of Engagement Committee/Inductionprogramme for freshers 2024-25

### **PG PROJECTS GUIDED**

<b>SL.N O</b>	<b>TITLE</b>	<b>MONTH/ YEAR</b>
1.	<i>Factors Influencing Obesity among North Indians and South Indians</i> Factors Influencing Obesity among North Indians and South Indians.	2023-24
2.	The impact of outdoor play on children's cognitive and social development.	2023-24
3.	Comparative study on the health impacts of natural menopause and induced menopause.	2022-23
4.	Study of mothers' dietary choices, knowledge and practices of exclusivebreastfeeding.	2022-23

5.	Effect of dietary habits and lifestyle changes on the health status during Covid-19 outbreak	2021-22
6.	Nutritional Challenges Among Elderly in Old Age Homes During Covid 19 Outbreak	2021-22
7.	A Study on Association Between Haemoglobin Levels and Nutritional Status Among Adolescent Girls	2021-22
8.	Impact of emotional behaviors on the quality of life of women with breast cancer	2020-21
9.	Difficulties faced by the workers during covid-19 pandemic period	2020-21
10.	Impact of Home and Gym Based Fitness Activities and its Associated Dietary Habits Among Adult Women.	2019-20
11.	Influence of Physical Activity Level on Lifestyle Diseases 2019-20	
12.	Comparison of nutritional status among government and private school N.C.C students	2018-19
13.	Awareness on cooking oils among rural and urban consumers	2017-18
14.	Influence of body image on self- esteem among adolescent girls	2016-17
15.	Assessment of nutritional status among housewives	2016-17
16.	A comparative study on the nutritional status of breakfast skipping & non-skipping Adolescent girls	2016-17
17.	Effect of exclusive breast feeding on maternal nutritional status and infant motor development	2015-16
18.	Meat tenderization by using Natural Enzyme, Papain	2015-16
8.	Food Quality Awareness and Quality Assessment of Fruit Juices and Drinking Water	2014-15
9	A Brunt of Cut in Nutrition of Tribal People inKandampara Area	2013-14
10	Assessmentof Feeding Problems and Effect of Nutrient Ball onBehaviour Improvement and Performance of Children with Autism Spectrum Disorder	2013-14
11	Ethnomedicinal Knowledge ofKarkidaka Kanji and The Consumption Pattern Among the Rural Communities of Kannur	2013-14
12	Development of An Education Modules of Menopause to Create Awareness Among Middle Aged Women	2012-13
13	A Study on The Nutritional Profile of Elderly People in Rural and Urban Areas.	2011-12

### **UG PROJECTS GUIDED**

<b>SL.NO</b>	<b>TITLE</b>	<b>MONTH/ YEAR</b>
<b>1.</b>	Development of laddu with millet	2023-24
<b>2.</b>	Development of different types of squash using banana stem	2023-24

3.	Development of recipes with butterfly pea flower	2023-24
4.	Development of murukku with millets	2023-24
5.	Development and evaluation of upcycled denim products	2022-23
6.	A study on acceptability of menstrual cupover sanitary napkins	2022-23
7.	Development of Terrariums with Low-Cost Materials	2021-22
8.	Challenges Faced and Survival Measures Adopted byChendamangalam Handloom Industry	2021-22
9.	Product development using banana stem	2020-21
10.	Development of recipes using nutmeg	2020-21
11.	Product development using drumstick flower	2020-21
12.	To study the budget of a society before Corona and during a pandemic scenario	2020-21
13.	The Side effects of Online classes Among school students	2020-21
14.	Designing nutritious breakfast for preschool children	2020-21
15.	Lifestyle and food pattern of working and non-working women's who suffer from GERD	2019-20
16.	Preferable Colours Of Adolescents in Choosing Their Daily Use Materials	2019-20
17.	Antibacterial properties of honey	2019-20
18.	Women's challenges and problems in Industrial area	2018-19
19.	Varieties of Idli	2018-19
20.	Impact of fantasy film on school going children	2017-18
21.	Nutritional foods for school going children	2017-18
22.	Development of recipes with shoe flower	2017-18
23.	Comparitive study of changes in reheated cooking oils	2017-18
24.	Development of recipes with egg fruit	2016-17
25.	Development of nutritious recipes for lactating mother	2016-17
26.	Development of recipes with rambutan	2016-17
27.	Nutritional Status of persons having diabetes mellitus with hypertension	2016-17
28.	Healthy tiffin dishes for preschoolers	2016-17
29.	Nutritional Status of Nurses	2016-17
30.	Prevalence of malnutrition among alcoholics andnon-alcoholics	2015-16
31.	The relation of Vegetables and fruits in take aaaaaaat the risk of Cardio vascular diseases	2015-16
32.	Major concerns that women and men have about quitting smoking	2015-16
33.	Comparison of Self Esteem Among Adolescent boys and girls	2014-15
34.	Impact of stress among adolescent girls	2014-15
35.	Comparative study of play activities of children in urban and rural areas	2014-15
36.	Role of Adolescence in Family Welfare	2014-15
37.	The Impact of Cartoon in children	2014-15

38.	Nutrition Fast Food Recipes for Adoloscents	2013-14
39.	Development of Fibre Containing Recipes for Pregnant Ladies	2013-14
40.	Dietary habits of bank employees and their health problems	2013-14
41.	Development of iron and vitamin C rich food recipe	2012 – 13
42.	Development of iron rich food recipes	2012 – 13

## REFERENCES

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