

Dr. Rashmi H. Poojara, M. Sc. HSM, Ph.D.

Designation and Address: Assistant Professor, Department of Home Science, St. Teresa's College, Ernakulam , Kerala, India - 682035

E-mail:rashmipoojara@rediffmail.com,rashmipoojara@gmail.com

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Orcid Id: 0000-0003-4906-7284

Phone: 0484-2380691, 919746400197

Expertise

Home Science – Food Science and Nutrition, Dietetics

Work experience

- St. Teresa's College 2000 — Present
- Visiting Faculty at College of Nursing, Amrita Institute of Medical Sciences, Kochi from 2003 to 2009
- Academic Counselor –IGNOU for Post basic B. Sc Nursing and M. Sc Dietetics and Food Service Management 2005 to 2010
- Visiting Faculty at College of Nursing, State Institute of Medical Education and Technology(SIMET), Kochi from 2010 to 2012
- Clinical Nutritionist at Ernakulam Medical Centre (EMC), Ernakulam from 1999 to 2001
- Clinical Nutritionist at Novartis Nutrition Ltd from 1998 to 1999

Education

- Ph.D. in Home Science – 2016, Mahatma Gandhi University, Kottayam
- M.Sc. in Food Science and Nutrition – 1997, Maharaja Sayajirao University, Vadodara ,Gujarat
- B. Sc. in Food Service Management and Dietetics -1995, Avinashilingam Institute for Home Science & Higher Education for Women, Coimbatore
- Honours Diploma in Systems Management(HSM)-1995,NIIT,Coimbatore

Research Projects Undertaken

- UGC Sponsored Minor Project -Identification of Microbiological Hazards in Street Vended Foods in Kochi, Kerala
Role: Principal Investigator
Year 2013, Amount Rs.1, 85, 000
- UGC Sponsored Minor Project -HACCP of street foods in Kochi
Role: Co- Investigator
Year 2009, Amount Rs.1, 00, 000

- UGC Sponsored Minor Project- Prevalence and Epidemiological factors associated with the prevalence of obesity among adults in Kochi
Role: Co- Investigator
Year 2007, Amount 75,000

Publications-

- Published original research articles in journals and seminar proceedings.
Google Scholar ID-
https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&q=Rashmi+H+Poojara&btnG

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Other Achievements

- Resource person at the National conference “Food Safety and Quality Assurance-A comprehensive perpetual perspective” at Morning Star Home Science College, Angamaly on 11th August 2016
- Resource person at the National conference “Oncon-2017” at Malabar Cancer Centre, Thalasserry, Kannur on 11th November 2017
- Resource person at the International Conference “Obesity – A multi-faceted Approach” at Amrita Institute of Medical Sciences, Kochi, Kerala on 1st December, 2017
- Scientific Paper Evaluator in the International Conference on “Obesity – A multi-faceted Approach” at Amrita Institute of Medical Sciences, Kochi, Kerala on 1st December, 2017
- Associate Editor for Journal of Nutrition Research published by the Indian Association of Parenteral and Enteral Nutrition
- Reviewer for the Journal - Current research in Nutrition and Food Science. Received certificate of recognition for excellent contribution as reviewer in 2017
- Judge for the CBSE Regional Science Exhibition held at Global Public School from 14th to 16th December. 2016
- Certificate of Appreciation For-Dedication, support to encourage green culture in Society and supporting various green protocol activities from the Government of Kerala
- Certificate of Appreciation from St. Teresa’s College, Ernakulam in recognition for the commendable service rendered to STEP and BMC during the academic year, 2016-17
- Convener UGC Sponsored National Seminar on Food Safety-Issues and Concerns 3rd and 4th October 2013
- Convener National Conference on Perinatal and Pediatric Nutrition(NCAPPN 2014) in association with IAPEN 3rd and 4th July 2014
- Organized a Workshop on Critical Care Nutrition in Association with Lourdes Hospital, Ernakulam on 9th July 2016.

Membership in Professional Societies-Life Member of

- Nutrition Society of India (NSI)
- Indian Dietetic Association (IDA)
- Indian Society of Parenteral and Enteral Nutrition (ISPEN)
- Action Council of Teresian Home Scientists (ACTH)
- Indian Association of Parenteral and Enteral Nutrition(IAPEN)
- Alumni Association of M S University, Vadodara