

A.General Information

- a) Date of Birth:27.09.1972
- b) Address (Residential): Bismi Gardens, Edapally.
- c) Area of Specialization: Food Service Management
- d) **Date of Appointment :**

In the Institution (Permanent): 01.11.1996

PROFESSIONAL EXPERIENCE

22 years of Teaching experience at St Teresa's College for both Undergraduate and Postgraduate.

EDUCATIONAL QUALIFICATIONS

- **PhD**(Food Science and Nutrition) Avinashilingam Deemed University, Coimbatore, 2011
- **Diploma in Front Office Procedures** awarded by the American Hotel and Motel Association (AHMA), 1995.
- **Diploma in Hospitality Supervision** awarded by the American Hotel and Motel Association(AHMA), 1995.
- **MPhil** in Food Service Management and Dietetics, Avinashilingam Deemed University, Coimbatore, 1995
- **M.Sc.** in Food Service Management and Dietetics from Avinashilingam Deemed University, Coimbatore, 1994.
- **BSc.** in Food Service Management and Dietetics from Avinashilingam Deemed University, Coimbatore, 1992

SCHOLARSHIPS AWARDED

- Indian Council for Agricultural Research (ICAR) Junior Fellowship, 1992 for M.Sc
- UGC JRF and Eligibility for Lectureship (NET), December 1993

EXTENSION ACTIVITIES

Conducting extension activities like talks, obesity, body composition and bone health assessment camps, diet counselling, obesity clinic, healthy recipe demonstration, education programme on food adulteration etc. at community level in urban and coastal areas of Kochi for kudumbasree workers, anganwadi workers, parents of school children, teaching and non teaching staff of the college, students , sports persons etc.

PROGRAMMES ORGANISED

Organised seminars, exhibition, health assessment camps, workshops and talks on Food Adulteration, Bureau of Indian Standards (BIS), Obesity, Intellectual Property Rights, Entrepreneurship and Research in the college.

EXAMINERSHIP

Various Capacities as question paper setter of universities, PSC tests, Chairperson - Question paper scrutiny board, Chairperson - Board of Studies, Member of BOS, External Evaluator of Ph.D thesis, Chairman, Chief and Additional examiner .

RESEARCH AND PUBLICATIONS

- Ph.D Research Guide
- Guiding M.Sc. dissertations of students of M.G. University (St. Teresa's college)
- Full Paper Publications (3 International and 5 National)
- Publications in Proceedings of Seminars, conferences and workshops (11 National and 1 International)
- Poster presentations (Have been awarded 3 best poster awards)

RESOURCE PERSON

Acted as resource person for various talks, seminars, demonstrations, on various topics related to Health and Nutrition, consumer awareness, in colleges, schools, anganwadis, parish, Regional Agricultural Training Institute, Supplyco. Was judge of various competitions related to food and nutrition in various schools, colleges, food research institutes etc.

PROJECTS

- **Principal Investigator of the UGC funded Major project** titled “Sensitizing Consumers On Food Adulteration: A Sustainable Health Approach” (Rs. 14, 93,000/-) July **2015- 2018**.
- Was sanctioned a major project on ‘Prevalence of Obesity and Epidemiological Risk Factors in different age groups’ by the Kerala State Council for Science and Technology and Education (KSCSTE) in June 2009 for 7 lakhs in 2008, but had to be dropped since it coincided with the Faculty Development Programme.
- **Principal Investigator of UGC Sponsored Minor Project Entitled** “A Study on Prevalence and Epidemiological Factors Associated With Obesity in Adults Ernakulam district, Kerala” with a funding of Rs.95, 000/- during the period **2004-2006**.

E –PATSHALA

- Was content developer and presenter for 5 E-Modules in Home Science (Food and Nutrition) for Production of Coursework E content development for post graduates(e PGPatshala) – **an IHRD project under National Mission on Education through Information and Communication Technology** through UGC, New Delhi, **September 2016**.

Awards Received

- Was awarded the **Sr. Mar Cecil Prize for 2017-18** for **Outstanding Research Publications** instituted by the Staff Association, St.Teresa's College.
- Was awarded the **Best Poster** at the International Conference on Obesity –A Multifaceted Approach conducted at **Amritha Institute of Medical Sciences, Kochi** on 1st December 2017.
- Was awarded the IDA organising committee award for **Best Poster** at the 43rd **Annual Conference of the IDA at National Institute of Nutrition, Hyderabad** on the topic 'Prevalence of Overweight and Obesity and Occurrence of Metabolic Syndrome Among Adults in Ernakulam District, Kerala'

Involvement in College Activities

- Member of college **NAAC Committee**
- Member of **RUSA Committee**
- Presently **Co ordinator of Career Guidance Cell (2017-19)**
- **Student Dean** of the College (2016-17)
- TROP (Teresian Rural Outreach Program) Co ordinator (2015-16)
- **Staff Advisor of the following Clubs**
 - Entrepreneurship Development Club (2005-2008)
 - Fine Arts Club (2008 -2009)
 - Consumer Club (2011-13)
- Member of Admission Committee of College from 2004-2009 and from 2018.
- Member of the Internal Quality Assurance Cell (IQAC) of the College (2011-14)
- Member of the UGC Cell (2011-14)
- Member of the Research Cell of the College - Teresian Research and Consultancy Cell (TRACC) (2011-17)

PROFESSIONAL AFFILIATIONS

- Life member, Nutrition Society of India (NSI)
- Life member, Indian Dietetic Association (IDA)
- Life member of Home Science Association of India (HSAI)
- Life member of the Action Council for Teresian Home Scientists (ACTH)