

RESUME

Name with Designation: Dr. Shilpa Jose

Assistant Professor

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PROFESSIONAL EXPERIENCE

- Assistant Professor -2005 onwards
- Guest Lecturer, Department of Home Science, St.Teresa's College, Ernakulam -2000 to 2005
- Academic Counsellor (Research Guidance) for M.Sc Food Service Management and Dietetics course of IGNOU-2006 till date

EDUCATIONAL QUALIFICATIONS

- Ph.D in Food Science and Nutrition from M.G University -2011
Topic: Nutritional Profile of Elderly in Kochi, Kerala
- M.Sc in Food Science and Nutrition from Avinashilingam Deemed University -2000
- Qualified UGC –NET with Junior Research Fellowship in 2000
- Tamil Nadu State Council for Science and Technology scholarship holder for M.Sc thesis on 'Geriatric Nutrition'(1999-2000)
- B.Sc Home Science from St.Teresa's College with First rank in M.G University-1998

I.RESEARCH PROFILE

Research Projects completed:

1. Principal Investigator of **UGC Minor project** on 'Food security among BPL families in coastal areas of Kochi'(2011-2013)
2. Principal investigator of **UGC Minor project** on 'Formulation of Intervention Strategies for combating malnutrition among elderly ' (2007-2009)
3. Co investigator of **UGC Minor Project** on Risk factors of Anemia among women of reproductive age and micronutrient enhancement of regional diets of Kerala'(2014-16)

Collaborative Research:

1. **Spices Board, Ministry of Commerce and Industry, Government of India.** as Principal investigator of the funded Project 'Traditional Foods of Syrian Christian Community of Kerala with special reference to Spice blends' as part of All India Cordinated Project on Indian Ethnic Cuisine (2011-2013)
2. Was an associating expert for the Project 'Responsible harvesting and utilisation of selected small Pelagics and Fresh Water Fishes', a National Agricultural Innovation Project (NAIP-ICAR) undertaken by **Central Institute Fisheries Technology, Kochi** funded by World Bank (2010-2013)

RESEARCH PUBLICATIONS:

1. Julia Sebastian and Shilpa Jose (2018) Anti diabetic and anti oxidant Profile of Three varieties of Passion Fruit, Food Sci: Indian Journal of Research in Food Science and Nutrition, Vol 5(1), pp:16-21. ISSN:2349-8897
2. L.R Rajani and Shilpa Jose (2018) Anti oxidant activity of Sea Buck Thorn Leaves and its industrial application in Oils, Asian Journal of Multidimensional Research, Vol .7, Spl. Issue-5, pp:236-240. ISSN:2278-4853
3. Shilpa Jose, Sreni C Antony and Betty Rani Isaac (2016) 'Impact of Knowledge, Attitude and Practice on Anemia status among women in coastal Kochi, Kerala' International Journal of Multidisciplinary and Current Research. Vol.4. March/April 2016. pp:295-298
4. Shilpa Jose and Kumari KS (2014) 'Validity Assessment of MNA among an elderly population in Kerala, South India'. International Journal of Advanced Research, Vol.2(2), pp:214-221. ISSN:320-5407. Impact factor:4.588
5. Shilpa Jose and Subhasree S (2015) 'Impact of Household Food Security on Maternal Nutritional Profile'. International Journal of Science and Research. Vol.4, Issue 10. ISSN:2319-7064 Impact Factor:5.611
6. Ramya R and Shilpa Jose (2014) 'Indigenous Food Formulations of Kerala used in Maternal Care-An exploratory study'. Int.J Pharma and Bio Sci, Vol 5(1), pp:325-331 ISSN 0975-6299 Impact Factor:0.67
7. Shilpa Jose and Kumari KS (2012) 'Food and Nutrient Intake among the elderly in Kochi, Kerala'. Proceedings of the UGC sponsored International Conference on Nutritional Medicine, Health and Wellness published by Dept. of Zoology, St. Teresa's College, Ernakulam. ISBN NO:978-81-924940-0-5. pp:120-132
8. Subhasree S, Shilpa Jose, Shimna Iqbal and Anupa Jose (2013) Household Food Security: Below Poverty Line (BPL) families in Kochi. Rajagiri Journal of Social Development. vol.5.No.2 Published by Rajagiri College of Social Sciences, Kalamassery. ISSN 0973-3086 .pp:135-147
9. Lidiya R and Shilpa Jose (2015) 'Physical Performance Parameters of Selected Sports persons' Proceedings of the UGC sponsored National seminar on Nutritional Strategies for enhancing Sports Performance. Published by Dept. of Home Science, Assumption college, Changanacherry. ISBN 978-93-85567-04-9 pp.87-93

10. Lidiya R and Shilpa Jose(2014)'Energy balance of selected Sports Persons'Proceedings of Research Advancement Programme(REAP-2014)organised by Department of Home Science,St.Teresa's College,Ernakulampp:42-49
11. Shilpa Jose and Ramya Menon (2014)'Nutritional status of Pregnant and lactating women in the coastal areas of Kochi'.Souvenir of National Seminar on Emerging Health Issues across life stages.Published by Department of studies in Food Science and Nutrition,University of Mysore.p:46
12. Shilpa Jose(2014)Traditional Spices and it's Health Significance. Proceedings of the UGC sponsored National Seminar on Traditional Foods-A key to Comprehensive health and longevity.published by Morning Star Home Science College,Angamaly pp:6-12
13. Shilpa Jose and Sabari K (2014)A study on availability and consumer attitude towards organic foods. Proceedings of UGC sponsored National Seminar on Sustainable Resource Management:Tools and Techniques published by Department of Home Science, St.Teresa's College,Ernakulam ISBN No:978-81-7255-066-0 pp:221-226
14. Deepasree M and Shilpa Jose(2014)'Household Food Security among coastal families of Kochi with reference to child Nutrition' Proceedings of UGC sponsored national seminar on Food safety-Concerns and Issues. Published by Department of Home Science, St.Teresa's College, Ernakulam. ISBN no:978-8172550622.pp:152-164
15. Shilpa Jose,Jyothisree C and K Rajeswari (2012)Traditional foods of selected ethnic communities and the vegetarian cuisine of Kerala-An exploratory study. Proceedings of National workshop on Fast Food Trap-Issues,Problems and solutions. Department of Home Science, St.Teresa's College, Ernakulam..pp:117-120
16. Shilpa Jose and SaraswathyPS(2012)Determinants of child nutritional status in the coastal areas of Kochi.Proceedings of Research Advancement Programme (REAP-2012)published by Department of Home Science, St.Teresa's College, Ernakulam..pp:162-166
17. Shilpa Jose and Kumari KS (2013) Psycho Social Profile of older persons-A Comparative Analysis. Proceedings of UGC sponsored national seminar on Ageing and Society-A multidisciplinary Approachpublished by Excel India Publishers ISBN no:978-93-82062-84-4.pp:221-229
18. Shilpa Jose and SreelakshmiS(2012)Household Food Security and PDS usage among BPL families of coastal Kochi. Proceedings of UGC sponsored national seminar on 'Towards Green Consumerism-Innovative approaches and practices'ISBN 978-81-922091-5-9.pp:217-224
19. Shilpa Jose and Niveditha KJ (2009)'Health Benefits of Spices'. Spice India. Journal published by Spices Board, Cochin vol.22,No.8.pp:9-13
20. Shilpa Jose and Merry Kurian(2004)Evaluation of Fruit wastes as a source of pectin. Chemfrontiers 2K4.Souvenir of the national seminar on Current trends in chemistry organised by the post graduate department of Newman College,Thodupuzha pp:36-41
21. Shilpa Jose and Premakumari S(2001)'Nutritional Status of Elderly in Govt.aided and Private run old age homes of Kochi:A comparative study'Indian Journal of Nutrition and Dietetics,vol.38,no:109 pp:109-113

RESEARCH PRESENTATIONS

Oral presentations

- Best Oral Presentation Award secured for the presentation on 'Psycho social Profile of Older Persons -A comparative Analysis' at the UGC sponsored National Seminar on 'Ageing and Society: A multidisciplinary Approach. on 4-5th March,2012
- Chaired research paper presentation session in the UGC sponsored national seminar on Flavours to wellness-An approach through Spice Chemistry organised by Dept. of Chemistry, St.Peter's College, Kolencherry on 30th September,2014 held at St.Peter's College, Kolenchery
- Presented Paper on 'Nutritional Status of Pregnant and Lactating women in coastal Areas of Kochi' at the UGC sponsored National Seminar on Emerging Health Issues across Life Stages held at University of Mysore on 6th March,2014
- Presented Paper under the Goenka Award category on 'Feasibility study of a Geriatric Nutritional Assessment Tool' at the 43rd Annual National Conference of Indian Dietetic Association held at National Institute of Nutrition, Hyderabad on 4th December,2010

Poster presentations

- Secured first prize for poster presentation on 'A study on availability and consumer attitude towards organic Foods' at UGC sponsored National Seminar on Sustainable Resource Management-Tools and Techniques held on 7th and 8th October,2014
- Presented poster on 'A comparative study of accessories for maximising Kitchen work efficiency' in the Research Advancement Programme' entitled 'Dimensions of Research-Perspectives and Innovations' on 25th November,2015 .
- Presented poster on 'Determinants of Child Nutritional Status in the coastal areas of Kochi' in the interdisciplinary Research Fair REAP 2012 organised by Dept.of Home science, St.Teresa's College, Ekm on 10th December,2012.Won third prize for the poster.

INVITED LECTURES

- Resource Person for the one day UGC sponsored National Seminar on 'Gender Concerns in Food Security'organised by the Department of Economics and Sociology,Mercy College,Palakkad on 20th August,2015
- Resource Person for the two day UGC sponsored National Seminar on 'Traditional Foods-A Key to Comprehensive Health and Longevity' organised by the Department of Home Science,Morning Star Home Science College,Angamaly On 7th August,2014
- Resource Person on 'Adolescent Nutrtrion-Concerns and Issues' for Staff training programme organised by National Rural Health Mission at AdhyapakaBhavan,Ernakulam on 14th March,2012
- Resource Person on 'Nutrition for Healthy Ageing' at the Certificate course in 'Basic issues in Geriatric care' organised by ARDSI, Cochin on April 8th,2009 at Ashirbhavan,Ernakulam

- Invited lecture on the topic ‘Nutrition for Life’ for students of Toc H Public School on 6th November,2013
- Delivered lecture on ‘Nutrition through Life cycle’ for Master Trainers of ICDS functionaries sponsored by Food and Nutrition Board,Ministry of Women and Child Development,Government of India held at St.Teresa’sCollege,Ernakulam on 19.6.2007

PROFESSIONAL TRAINING

Sl No.	Refresher/ Orientation Course	Organizing Agency	Sponsoring Agency	Duration & Date
1	Faculty Development Programme on Academic Leadership and Institution Building	DDU Kaushal Kendra,CUSAT	CUSAT	7days 12.11.2018- 18.11.2018
2	Orientation Course (IT oriented)	Academic Staff College,Trivandrum	UGC	28 days; 03.05.2008- 30.05.2008
3	Refresher Programme (Marine Biology, Microbiology and Biochemistry)	School of Marine Sciences,CUSAT	UGC	21 days; 09.11.2006- 30.11.2006
4	Refresher Programme in Human Rights	Academic Staff College,Trivandrum	UGC	21 days:22.5.2014- 11.6.2014
5	Baking Technology	Dept.of Home Science,St.Teresa’sCollege,Ernakulam	nil	1 week;
5	Training Course on Techniques of Food Analysis and Biochemistry	CMFRI, Kochi	nil	1 week;29.1.2001 -3.2.2001

SEMINARS AND WORKSHOPS ORGANISED

Sl.No.	Topic	Sponsoring Agency	Date	*Status
1	Research Advancement Programme 2018	KSCSTE	12-13 th July,2018	State
2	Research Advancement Programme	Dept .of Home Science, St.Teresa'sCollege,Ernakulam	19 th November,2014	State
3	National Conference on Advances in Perinatal and Pediatric Nutrition	IAPEN	3 rd to 4 th July,2014	National
4	National Seminar on Sustainable Resource Management-Tools and Techniques	UGC	7 th and 8 th October 2014	National
5	Food Safety-Concerns and Issues	UGC	3 rd and 4 th October,2013	National
6	Research Advancement Programme	Dept.of Home Science,St.Tersa'sCollege,Ernakulam	12 th December,2013	State
7	Ageing and Society:A Multidisciplinary Approach	UGC	4 th and 5 th October,2012	National
8	Towards Green Consumerism-Innovative Approaches and Practices	UGC	9 th and 10 th August,2012	National
9	National workshop on Fast Food Trap:Issues,Problems and solutions Train the Trainer Programme	UGC	12.1.2012	National

10	International seminar on Psychosocial and Lifestyle based intervention in Geriatric/Dementia care	British Biologicals	12.12.2011	International
11	Diet in Lifestyle Diseases- Rationale and Applications	British Biologicals	7 th October, 2011	State
12	KalpaVriksh 11 – One day seminar on Coconut and Coconut Products	Coconut Development Board		Regional
13	Nutri Saga 11 – Awareness Programme on Health and Nutrition for Adolescent girls	British Biologicals		Regional
14	ReAP – Research Advancement Programme – One day seminar on Research Aptitude Building in Home Science	UGC		Regional
15	Adding life to Added years	UGC	13.10.2008	Regional

EXTENSION ACTIVITIES

- Collaborated with National Rural Health Mission(2017-18)in campaign against ‘Lifestyle Diseases’ .
- Actively participated in DIAFEST-2015 ORGANISED BY Research Society for the study of Diabetes in India(RSSDI)Kerala Chapter from July 31st –August 4th 2015 at Rajiv Gandhi Indoor Stadium,Kochi
- Collaborated with National Rural Health Mission(2013-14) campaign against ‘Anemia and Malnutrition’ carried out by National Rural Health Mission (NRHM) at Pizhala Health block of coastal Kochi(2013-14).
- Collaborated with NRHM(2011-12)for special BCC Campaign on ‘Prevention of Anemia and Malnutrition’ in three coastal wards of Kochi.
- Organised Health and Nutrition assessment Camp for Elderly at Geriatric Medical Centre, Kakkanad, Kochi in collaboration Red Cross Society, Kochi.(2009-10)
- Organised NHE sessions on Anemia Awareness at the following coastal areas as part of Teresian Rural Outreach Programme Programme.(TROP) :
 - ElankunnapuzhaPanchayath,(2016);Moolampilly(2015);Pizhala(2014)
 - Nutrition for school going children and adolescents at Vallarpadam(2011) and
 - Anemia Awareness Programme atPanangad(2013)

CONTRIBUTION TO CURRICULUM DEVELOPMENT, IMPLEMENTATION & EVALUATION

a) Memberships in academic boards, Involvement in syllabus restructuring, Memberships in University Inspection commissions, University panels

Date	Nature of duty	Subject	University	Remarks
10-2-2019	Subject Expert	M.Sc Home Science	M.G University	
10-3-16	Syllabus restructuring	B.Sc and M.Sc Home Science(CBCS 2016)	M.G University	
30-12-2015	Expert committee member to scrutinize complaints in PSC exam answer key	Home Science	Kerala Public Service Commission	
17-11-15	Expert committee member to scrutinize complaints in PSC exam answer key	Home Science	Kerala Public Service Commission	

RESEARCH EXPERIENCE

i) Details of Guideship

Name of University : M.G University

Year of Approval of guideship : 2017

Presently guiding two Ph.D scholars.

a) M. Sc thesis

No. of thesis completed :35 M.Sc. theses (M.Sc Food and Nutrition course)

Areas of Interest : Geriatric Nutrition, Community Nutrition, Traditional Knowledge, Food Analysis

PROFESSIONAL AFFILIATIONS

- Life Member – Nutrition Society of India
- Life Member – Home Science Association of India
- Life Member - Action Council for Teresian Home Scientists

Sl.No.	Programme	Date & Venue	Beneficiaries/ Target group	Funding/ collaborating agency	Remarks
1	Health camp for elderly	01.10.2011 Gujarati Samajam School Auditorium, Fort Kochi	Elderly	National Rural Health Mission (NRHM)	Participated in conduct of nutrition and health awareness
2	Prevention of Anemia and Mal Nutrition – Special BCC Campaign	2011-12	Women of Reproductive age	National Rural Health Mission (NRHM)	IEC Material Production
3	Nutrition for school going children and adolescents	22.03.2011, Parish Hall of St.Mary'sBaslica, Vallarpadam	Mothers	Teresian Rural Outreach Programme (UGC Funded)	Nutrition Education Programme
4	Nutrition and Health Education Programme for Adolescents	20.03.2011, St. Teresa's college, Auditorium	Adolescent Girls	-	Nutrition Education Programme

Sl.No.	Programme	Date & Venue	Beneficiaries/ Target group	Funding/ collaborating agency	Remarks
5	Health Camps for Elderly	April and May 2009, Providence Old Age Kacheripady and	Elderly	UGC Minor Project funding	Clinical and Biochemical Health Camps

		Government Old Age Home Thevara			
6	Health Camp for Elderly	March 2008, Udaya Colony Gandhi Nagar and Geriatric Medical Centre, Kakkanad, Kochi	Elderly	UGC Minor Project funding, collaborated with Red Cross Society, Kochi	Clinical and Biochemical Health Camps
7	Educational Programme for Elderly	17.03.2007, Moolampally Island, Kochi	Elderly	St.Teresa's College, Ernakulam	Nutrition Education Programme

b) Details of Examinership

Year	Exam	Subject	University	*Remarks
4-5-2016	B.Sc Home Science Practical exam	Clinical Nutrition and Dietetics	M.G University	External examiner
10-12-015 to 16-12-2015	B.Sc Home Science(V sem)C.V camp	Home Science	M.G University	Additional examiner
11-9-2015	IV sem.M.Sc Home Science examinations	Food Science and Nutrition	M.G University	Additional examinaer
22-9-2015	II semester M.Sc Home Science	Home Science	M.G University	Additional examiner
2010-2011	IIIrdB.ScHomescience	Food and Nutrition	M.G.University	Additional Examiner
2010-2011	III SemM.Sc Clinical Nutrition and Dietetics	Food Micro Biology	M.G.University	Additional Examiner
2010-2011	III SemM.ScHomescience	Public Health Nutrition	M.G.University	Additional Examiner
2010-2011	III year B.Sc Clinical Nutrition	Food Commodities, Service and Layout	M.G.University	Additional Examiner

2010-2011	I semM.Sc Home Science	Food Science	M.G.University	Additional Examiner
2010-2011	I semM.Sc Home Science	Principles of Nutrition	M.G.University	Additional Examiner
2010-2011	Viva Voce	M.Sc Food and Nutrition	M.G.University	Viva Board Member
2010-2011	Food Analysis and Experimental Cookery Practicals	M.Sc Food and Nutrition	M.G.University	Internal Examiner
2010-2011	III B.Sc Food and Nutrition Practicals	Food and Nutrition (Morning Star Homescience College, Angamaly)	M.G.University	External Examiner
2010-2011	III B.Sc Food and Nutrition Practicals	Food and Nutrition (BCM College Kottayam)	M.G.University	External Examiner
2009-2010	III SemM.Sc Home Science	Public Health Nutrition	M.G.University	Additional Examiner
2009-2010	II SemB.Sc Home Science Core Paper	Physiology and Microbiology	M.G.University	Additional Examiner
2009-2010	I SemB.Sc Home Science Core Paper	Methodology of Home Science and Applied Food Science	M.G.University	Additional Examiner
2009-2010	I SemB.Sc Home Science Practicals	Methodology of Home Science and Applied Food Science	M.G.University	Internal Examiner
2009-2010	II SemB.Sc Home Science Practicals	Physiology and Microbiology	M.G.University	Internal Examiner

Year	Exam	Subject	University	*Remarks
2009-2010	II SemB.Sc Home Science Practicals	Physiology and Microbiology (Morning Star Home Science, Angamally)	M.G.University	External Examiner
2009-2010	I SemB.Sc Home Science Practicals	Methodology of Home Science and Applied Food Science (Morning Star Home Science, Angamally)	M.G.University	External Examiner
2009-2010	M.Sc Home Science	Food Biotechnology, Applied Physiology, Food Microbiology and Sanitation	M.G.University	Revaluation of Papers

2009-2010	Viva Voce	M.Sc Food and Nutrition	M.G.University	Viva Board Member
2009-2010	II SemM.Sc FCS	Nutrition and Dietetics Practicals (Morning Star Home Science College, Angamaly)	M.G.University	External Examiner
2009-2010	I SemM.Sc Home Science	Community Nutrition (CMS College, Kottayam)	M.G.University	External Examiner
2009-2010	I SemM.Sc Food and Nutrition	Food Analysis and Experimental Cookery Practicals	M.G.University	Internal Examiner
2008-2009	I SemM.Sc Home Science	Food Science	M.G.University	Additional Examiner
2008-2009	I SemM.Sc Food and Nutrition	Food Analysis and Experimental Cookery Practicals	M.G.University	Internal Examiner
2007-2008	I SemM.Sc Food and Nutrition	Food Analysis and Experimental Cookery Practicals	M.G.University	Internal Examiner
2007-2008	III SemM.Sc Nutrition and Dietetics	Clinical Nutrition and Dietetics Practicals (Alphonsa College, Pala)	M.G.University	External Examiner
2007-2008	IV SemM.Sc Home Science	Food and Nutriition	M.G.University	Additional Examiner
2007-2008	III SemM.Sc Home Science	Food Science	M.G.University	Additional Examiner
2007-2008	II SemM.Sc Home Science	Dietetics, Normal and Therapeutic Nutrition	M.G.University	Additional Examiner
2006-2007	I SemM.Sc Food and Nutrition	Food Analysis and Experimental Cookery Practicals	M.G.University	Internal Examiner

* chairman/ chief/ addl. examiner/ member - viva board

ii) Details of question paper setting

Year	Exam	Subject	University	*Remarks
18.10.2015	B.Sc Family and Community Science	Family and Community Science	Calicut University	Chairman,Board of question paper setters
2015-16	B.Sc CBCSS Home Science iv and ii sem	Human Physiology	Kerala University	Question paper setter
2015-16	M.Sc Home Science	Nutritional Bio Chemistry	Kerala University	Question paper setter
2014-15	II and IV semester B.Sc Home Science Degree Exam,June/July 2014	Home Science	M.G University	Question paper setter
2010-2011	M.Sc Home Science	Bio Chemistry	Kerala University	Question paper setter
2010-2011	M.Sc Home Science	Physiology	Kerala University	Question paper setter
2009-2010	Entrance exam for M.Sc Food and Nutrition	Food and Nutrition	M.G.University	Question paper setter
2005-2006	State Level Eligibility Test for Lecturership	Home Science	SLET Committee	Question paper setter

* chairman/ question paper setter

PARTICIPATION IN SEMINARS AND CONFERENCES

S l n o	Topic	Organising Agency	Sponsoring agency	Date	Status
1	Autonomy and Quality Assurance	IQAC,St.Joseph's College,Devagiri	UGC	27 th February 2016	National
2	Jackfruit Pro 2016	Directorate of Industries and Commerce, Govt.of Kerala	Directorate of Industries and Commerce, Govt.of Kerala	5 th February 2016	National
3	Problem Formulation in Social Science Research	Department of Home Science,St.Teresa's College,Ernakulam	UGC	30 th Nov.,2015	Regional
4	Tools and Techniques in	Department of Zoology , St.Teresa's College, Ernakulam	UGC	11 th Nov.,2015	Regional

	Microbiology and Biotechnology- Hands on training programme				
5	Flavours to wellness- An approach through spice chemistry	Dept.ofChemistry,St.PetersCollege, Kolenchery	UGC and MG University, Kottayam	30 th Sept.- 1 st October,2014	National
6	National workshop on Curriculum and Syllabus Restructuring	IQAC,St.Teresa'sCollege,Ernakulam	-	9 th and 10 th Dec.,2014	National
7	Nutritional Strategies for enhancing Sports Performance	Assumption College,Changanacherry	UGC	20 th and 21 st November,2014	National
8	Rising Prevalance of Cancer among women in Kerala	St.Joseph's College for women,Alappuzha	UGC	4 th Feb.,2014	National
9	National workshop on functioning as an autonomous college	IQAC,St.Teresa'sCollege,Ernakulam	UGC	11 th Feb,2014	National

Sl no	Topic	Organising Agency	Sponsoring agency	Date	Status
10	Emerging Health Issues across the life stages	University of Mysore,Dept.of studies in Food Science and Nutrition	University of Mysore,Myso re	6 th -7 th March,2014	National
11	Microbiology and Microbial Technology	Dept.ofBotany,St. Teresa'sCollege, Ernakulam	UGC	7 th and 8 th October,2013	National

12	National Level Orientation Programme in Academic Research	Teresian Research and Consultancy Cell	St.Teresa's College, Ernakulam	3 rd Sept, 2013	National
	Burnout Syndrome-Prevention and Coping Strategies	Morning Star Home Science College, Angamaly	UGC	16 th and 17 th August, 2013	Natioanl
	Equipping New Era Practitioners: Teaching-Learning and Evaluation	IQAC, St.Teresa's College, Ernakulam	NAAC	20 th and 2 st June, 2013	National
	Data Analysis using SPSS	Dept.of Home Science, St.Teresa's College, Ernakulam	-	24 th and 25 th Sept, 2012	Regional
	Intellectual Property Rights- Concepts, Policies and Guidelines	St.Teresa's College,	Patent Information Centre, KSCSTE	11 th July, 2012	State
	Focus on Food Safety in Globalised Markets	Dietary Dept, General Hospital Ernakulam	Dept.of Health Services, Kerala	16 th October, 2012	State
	Women in Developmental Process	Women's Cell, St.Teresa's College, Ernakulam	UGC	6 th to 8 th August, 2012	National
	Nutritional Medicine, Health and Wellness	Dept.of Zoology, St.Teresa's College, Ernakulam	Dr.Rath Research Institute, USA	7 th to 8 th June, 2012	International

Sl no	Topic	Organizing Agency	Sponsoring Agency	Date	*Status
	Best Practices in Research and Consultancy: Opportunities and Challenges	St.Teresa's College	IQAC, St.Teresas College	20.10.2011	National
	Behind every successful Woman is herself-strategies for the workplace woman	The Indus Entrepreneurs & St.Teresas College	TiE, Kerala	19.10.2011	State
	Holistic Maternal and child Nutrition	ADU, Coimbatore	Nestle Nutrition Institute	22.9.2011	National
	The Art of Healthy and Holistic Living	Alphonsa College, Pala	ASSR, Alphonsa College, Pala	17.8.2011	State
	International training on Cellular Nutrition and Health	Dept. of Zoology, St.Teresa College	Dr.Rath Health Foundation, Santa Clara, USA	12.7.2011-22.7.2011	International
	Dietetics-Widening Horizons	National Institute of Nutrition, Hyderabad	ICMR	3.12.2010-4.12.2010	National
	Train the Trainers-Pre-conference Workshop of 43rd annual conference of IDA	National Institute of Nutrition, Hyderabad	ICMR	2.12.2010	National

	Foods – 2011	MOP Vaishnav College for Women, Chennai	-	-02.2011	National
	First Kerala Women's Science Congress	St.Teresa's College, Ernakulam	Shakthi and Swadeshi Science Movement	10.08.2010-12.08.2010	National
	Nutritional Medicine	St.Teresa's College, Ernakulam	World Health Alphabetization Programme (WHA)	08.12.2010	International

	Orientation programme on Student Welfare Activities	St.Teresa's College, Ernakulam	Department of Student Services, M.G.University Kottayam	10.11.2011	Regional
	Maximizing student potential in the changing scenario	St.Teresa's College, Ernakulam	M.G.University Kottayam	29.09.2008-30.09.2008	State
	Resolving Stress to optimize academic achievement – The innovative role of Teachers	St.Teresa's College, Ernakulam	UGC	12.11.2008-14.11-2008	National
	Biospectrum 2007 – International Symposium on advances in Food Biotechnology and Nutrition	School of Biosciences, MACFAST, Thiruvalla	MACFAST, Thiruvalla	30.11.2007 – 01.12.2007	International
	Diabetes- A better understanding	Department of Zoology, St.Teresa's college Ernakulam	-	21.11.2007	Regional
	3 day Enterpreneuership Development Programme on Soy Based Products	St.Teresa's college, Ernakualm	American Soybean Association	24.10.2007 – 26.07.2007	State
	Environmental Biotechnology	St.Teresa's college, Ernakualm	-	23 rd Jan.,2007	State

	Environment and Human Health	Rajiv Gandhi Chair, CUSAT, Kochi	CUSAT, Kochi	10 th Oct.,2006	State
	Women's Drudgery and Ill Health-A Human Rights Perspecctive	Dept.of Home Science,St.Teresa'sCollege,Ernakulam	UGC	9 th and 10 th Nov.,2006	

* State level/ National/ International