

ANI THOMAS THOTTAN

H.No 41, **Karimalickal House**
Udaya Nagar, Kathrikadavu
Ernakulam
682017

e-mail: thomasani@teresas.ac.in

CAREER OBJECTIVE :

To succeed and venture professionally into the wide horizons of nutrition and to perform to my fullest potential and capability, contributing to the growth of the organization and eventually be an asset to the organization.

ACADEMIC CHRONICLE:

Name of Examination	College/School	Board/University	Year of Passing	Percent
M.Sc. Clinical Nutrition and Dietetics	Alphonsa College, Pala, Kottayam.	Mahatma Gandhi University	2010	76.8% (IInd Rank, MG University)
B.Sc. Clinical Nutrition and Dietetics	Alphonsa College, Pala, Kottayam.	Mahatma Gandhi University	2008	80.4% (IInd Rank, M.G University)
12 th	United Indian School Kuwait	Central Board of Secondary Education	2005	70%
10 th	United Indian School Kuwait	Central Board of Secondary Education	2003	67%

MAJOR SUBJECTS FOR M.Sc.:

- Therapeutic Nutrition I&II
- Micro & Macro Nutrients
- Research Methodology
- Food Science
- Food & Service Equipment and Layout
- Sanitation & Hygiene
- Entrepreneurship Development

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MAJOR SUBJECTS FOR B.Sc.:

- Human Physiology
- Advanced Dietetics and Community Nutrition.
- Food Microbiology and Sanitation and Hygiene.
- Quantity Food Production and Service and Food Service Equipment and Layout.
- Statistics, Personnel Management and Book Keeping and Accountancy

ADDITIONAL QUALIFICATION:

Qualified - National Eligibility Test (NET) of University Grants
Commission held on 24th June 2012

MEMBERSHIP:

Lifetime Member of Indian Dietetic Association

THESIS (M.Sc):

Formulation of Antioxidant rich recipes among young house wives.

PROJECT:

Survey on Nutritional Status Assessment of Malayali Obese housewives in
Kuwait.

SKILLS :

- **Computer Skills:** Computer Fundamentals, DOS, Windows, MS Word, MS Excel, FoxPro
- **Extra Curricular Skills:** Yoga, Dancing, Singing
- **Language Skills:** English, Malayalam, Hindi

POSTITONS HELD:

- Secretary, Alphonsian Dietetic Association
- Arts club secretary, Student Counsel, 2006-2007

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EXPERIENCE :

- **Lecturer,**
Department of Clinical Nutrition & Dietetics,
Women Study Centre, St. Teresa's College (2011 till date)

JOB RESPONSIBILITY WITH CURRENT POSITION

- Head of the Department (from 2020)
- Member of Board of studies/ subject expert for B.Sc and M.Sc Clinical Nutrition and Dietetics, Mahatma Gandhi University, Kottayam
- Member of Board of studies for Masters Programme in Clinical Nutrition and Dietetics, St. Teresa's College (Autonomous), Ernakulam
- Member of Board of studies for Post Graduate Diploma in Clinical Nutrition and Dietetics, St. Teresa's College (Autonomous), Ernakulam
- Member of Music club, St. Teresas College, Ernakulam
- Counsellor of M.Sc DFSM, IGNOU, New Delhi in the years since 2014

ACHIEVEMENTS:

- Presented a poster on Nutritional Status Assessment of Malayali Obese Housewives in Kuwait and won third prize for the UGC sponsored national seminar on Food Safety and Quality Assurance conducted by Department of Home Science, Morning star Home Science College on 11/08/16 and 12/08/16
- First prize for paper presented " A Nutrition Education Programme on Antioxidant Rich Natural Foods Among housewives" at the UGC sponsored national seminar on " Functional Foods: The current Perspective in Preventive Nutrition" November 2014
- Secured IInd Rank for M.Sc Clinical Nutrition and Dietetics, M.G University
- Secured IInd Rank for B.Sc Clinical Nutrition and Dietetics, M.G University
- Proficiency prize , M.Sc Clinical Nutrition and Dietetics for the year 2009-2010

SEMINARS/ TALKS ORGANISED

- Functioned as organizing committee member of International Webinar on 'Nutrition Care Process: A Systematic Approach ' organized by Department

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of Clinical Nutrition and Dietetics, Women's Study Centre, St. Teresa's College, Ernakulam on 17 th October 2020

- Functioned as organizing committee member of Webinar on 'Use Heart to Beat Heart diseases 'organized by Department of Clinical Nutrition and Dietetics, Women's Study Centre, St. Teresa's College, Ernakulam on 29 th September 2020
- Was organizing member for International Webinar " COVID-19: Understanding the Real threat to human" on 03/07/2020
- Functioned as organizing member for International seminar conducted by the Department of fashion Designing on the topic " Poetics of Art and Media on Fashion" on 21/02/19
- Functioned as organizing member for a National seminar on the topic " The Keto Fad: A critical Approach to the phenomenon" on 18/02/19 by the Department of Clinical Nutrition and Dietetics.
- Organized a food fest on 21/02/19
- Organized an Interdepartmental one day seminar titled "Climate is changing, Food and Agriculture must too" in association with Botany dept in connection with World Food Day Celebrations on 18th October 2016.
- Organized the National Nutrition Week 2016 celebration in collaboration with the State Nutrition Bureau celebrated on 5th September 2016.
- Organized an inter-collegiate quiz and poster competition in connection with Breast Feeding Week on 3/08/2016.
- Organized a talk on 'Recent Treatments of Diabetes Mellitus' by Dr. Arun S. Menon, Associate Professor, Amrita Institute of Medical Science, Kochi in connection with World Diabetes Day on 14th November 2014
- Arranged a **class on Family Farming and Nutrition** by Ms. Manju P. George, Chief Dietician, Lourde Hospital, Ernakulam in connection with World Food Day on 16th October 2014
- Organized **food fests** in the years 2014 and 2013.
- Organized a **Work Shop on Basic Life Support** by Dr. Girish Kumar, Associate Professor and HOD, Emergency Medicine, AIMS, Kochi on 17th January 2014
- Arranged **college level quiz programme and snack cooking competition** in connection with World Diabetes Day on 18/11/2013.
- Organized a **talk on 'Recent Trends in Diabetes Management'** by Dr. Binu P. Pillai, Consultant Endocrinologist, Silverline Hospital, Ernakulam on 13th November 2013.

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- Functioned as an **organizing committee member in the international seminar** on ‘Art, Language and Culture’ organized by Women’s Study Centre, St.Teresa’s College, Ernakulam held on January 2013.
- Arranged a **talk on ‘Food Safety- Consumer is an Inspector’** by Sri. Sasi Kumar, Food Safety Officer, Cochin Co-operation in connection with World Food Day on 16th October 2012.
- Organised Nutrition Education program at Kozhimala, Idduki in collaboration with National Rural Health Mission on 12th February 2012
- Arranges **Nutrition related Extension Programmes** in various rural communities in collaboration with non-Governmental organizations every year.

SEMINARS/ WORKSHOPS and TRAININGS ATTENDED

- Completed National Faculty Development Programme ‘Darshan – Fine Tuning Your Research with Online Research Tool’ jointly organized by Department of Computer Applications and Teresian Teaching Learning Centre, St. Teresa’s College (Autonomous), Ernakulam held from 12/10/2020- 17/10/2020.
- Completed Faculty Development Programme on ‘Capacity Building in Drafting Proposals for funded Research’ organised by Guru Angad Dev Teaching and Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malavya National Mission on Teachers and Teaching of MHRD and St. Teresa’s College (Autonomous), Ernakulam with ‘A+ Grade’ held from 05/10/2020- 11/10/2020.
- Attended International webinar on “Food Safety and Naturally Occuring Toxicants”, organised by Avinashilingam Institute for Home Science and Higher Education for Women on 21/07/2020
- Participated in 5 Day Interactive National Level Webinar on “ Tools and Techniques for an Excellent Doctoral Research” organised by Research Cell of Nagindas Khandwala College of Commerce Arts and Management Studies (Autonomous) from 01/07/2020- 05/07/2020
- Attended International Webinar on “ COVID-19 & Food and Nutrition Security: Scenario in South and South East Asia”, organised by Avinashilingam Institute for Home Science and Higher Education for Women on the 27/06/2020
- Attended International Webinar on “ Nutritional Genomics” by Seethalakshmi Ramaswami College (Autonomous), Affiliated to Bharathidasan University, Tiruchirappali on 13/06/2020

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- Attended webinar on “ Post Covid -19: Challenges and Opportunities for the Indian Food Industry” by M.O.P Vaishnav College for Women (Autonomous) Chennai, on 25/05/2020
 - Attended webinar on “ Role of Vitamin D in Preventing Respiratory Infection” organised by Dept. of Home Science, Vimala College (Autonomous) on 27/05/2020
 - Attended FDP “ Managing Online Classes and Co- Creating MOOCS” organised by Teaching Learning Centre Ramanujam College, University of Delhi from 20/04/2020- 06/May 2020
 - Participated in the National conference on “Intellectual Property Rights and Innovative Research- Challenges and Opportunities” organized by Teresian Research and Consultancy Cell on 23/11/18
 - Participated in the Faculty Enrichment Programme organized by the Post Graduate Department of Chemistry and Bhoomitra Sena Club of St.Teresa’s College (Autonomous), Ernakulam on 7/11/18
 - Participated in the Global Iodine Deficiency Disorder Prevention Day organized by the Directorate of Health Services, Thiruvananthapuram at General Hospital on 21/10/18
 - Participated in UGC sponsored national seminar on Food Safety and Quality Assurance conducted by Department of Home Science, Morning star Home Science College on 11/08/16 and 12/08/16
 - Attended UGC Sponsored National Work shop on Accreditation and Academic Audit on 11/06/16
 - Attended the state level conference of Kerala Chapter meeting of Indian Dietetic Association on 29/05/16
 - Research Advancement Programme (ReAP) conducted by Department of Home Science. St.Teresa’s College , Ernakulam on 25th November 2015
 - Served as resource person for Diafest- 2015 organised by Research Society for the study of Diabetes in India from 31/07/15 to 04/08/15
 - Completed the ‘Cardio Pulmonary Resuscitation and Trauma Care Course’ conducted by Department of Emergency Medicine, Amrita School of Medicine, Kochi.
 - Participated in the National Workshop on ‘Curriculum and Syllabus Restructuring’ organized by the Internal Quality Assurance Cell, St.Teresa’s College, Ernakulam held on December 2014.
 - UGC National Seminar on “Functional Foods – The Current Perspective in Preventive Nutrition” conducted by Dept. Of Clinical Nutrition and Dietetics, Alphonsa College, on 25/11/14 and 26/11/2014

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- Participated in the UGC sponsored seminar on ‘Sustainable Resource Management – Tools and Technologies’ conducted by Department of Home Science, St. Teresa’s College, Ernakulam, on October 2014.
- Attended in the ‘National Conference on Advances in Perinatal and Pediatric Nutrition’ organized by the Society for Clinical Nutrition and Metabolism(IAPEN) – Kochi Regional Centre in collaboration with Department of Home Science, St. Teresa’s College, Ernakulam on July 2014.
- Attended UGC sponsored national seminar on ‘Rising Prevalence of Cancer among Women in Kerala’ organised by the Dept of Home Science, St. Joseph College for Women, Alappuzha on 04/02/2014
- Participated in the National Workshop on ‘Functioning as an Autonomous College’ organized by the Internal Quality Assurance Cell, St.Teresa’s College, Ernakulam held on February 2014.
- Participated in the UGC sponsored National Seminar on ‘Food safety – Concerns and Issues’ organized by Dept. of Home Science, St.Teresa’s College, Ernakulam held on October 2013.
- Participated in the UGC sponsored National Seminar on ‘Burnout syndrome - Prevention and coping strategies’ organized by Dept. of Home Science, Morning Star Home Science College, Angamaly held on August 2013.
- Attended UGC sponsored National Seminar on ‘Ageing & Society: A Multidisciplinary Approach’ organized by Dept. of Home Science, St.Teresa’s College, Ernakulam held on October 2012.
- Attended national workshop on Fast Food Trap at St.Teresa’s College, Ernakulam on 12 January 2012
- Participated in seminar on “Diet in Lifestyle Diseases Rationale & Applications” at St.Teresa’s college, Ernakulam 7th October 2011
- Participated in the Inter Collegiate Seminar on ‘The Art of Healthy and Holistic Living’ organized by the Post Graduate Department of Clinical Nutrition and Dietetics and Alphonsa Society for Science and Religion, Alphonsa College, Pala held on August 2011.
- Participated in Continuing Nutrition Education(CNE), on “ Nutrition during Pregnancy” organized by British Biologicals on July 30th 2011
- Underwent 1 month dietary internship training at Bangalore Baptist Hospital, Hebbal, Bangalore in the year 2009
- Underwent 1 month dietary internship training at Mallya Hospital, Bangalore in the year 2007
- Has completed Milk Product Training at Kerala State Dairy Development Department from 18/09/06 to 29/09/06

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PUBLICATION

- Paper on “Nutritional Status Assessment of Malayali Obese Housewives in Kuwait City” published in the proceedings of National seminar on ‘Food Safety and Quality Assurance- A comprehensive Perpetual Perspective’ published by Department of Home Science, Morning Star Home Science College, Angamaly. Pg:95 (ISBN 978-81-7255-072-1)
- Paper on “A Nutrition Education Programme On Antioxidant Rich Natural Foods Among Housewives’ published in the proceedings of National Seminar on ‘Functional Foods: The Current Perspective in Preventive Nutrition’ published by the Department of Clinical Nutrition and Dietetics, Alphonsa College, Pala. Pp:41
- Paper on ‘Formulation of foods as preventive nutrition: A Nutrition Education Program’ published in the proceedings of UGC sponsored National Seminar on ‘Rising Prevalence of Cancer among Women in Kerala’ published by the Dept of Home Science, St. Joseph College for Women, Alappuzha. (ISBN 978-93-84648-33-6)

PERSONAL DETAILS :

Date of Birth : 16th June 1987
Age : 29
Gender : Female
Nationality : Indian
Religion : Christian
Marital Status: Married

REFERENCES :

- Dr. Tony Daniel
Chairman, Athletic Committee
Athletic Fedration, New Delhi
Mob: 9846042630
- Ms. Lekha Sreenivas
Head of the Department
Women’s Study Centre
St.Teresa’s College

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DECLARATION

I hereby declare that the above written particulars are true to the best of my knowledge and belief.

Date : 06/11/2020

Ani Thomas Thottan