

RESUME

NAME : L.R RAJANI

ADDRESS : RAJANI BHAVAN,
MELE PERUKAVU
PERUKAVU P.O
TRIVANDRUM
PIN: 695573

EDUCATIONAL QUALIFICATION

COURSE	YEAR	INSTITUTION (UNIVERSITY/BOARD)	PERCENTAGE
M.Sc Food Science and Nutrition	2014-2016	St. Teresa's College, Ernakulam, M.G.University, Kerala	90
B.Sc Home Science	2011-2014	N.S.S College Neramankara , trivandrum, Kerala University, Kerala	85.5
Class XII	2008	Kendriya Vidyalaya Pangode , Trivandrum, CBSE Board, Kerala	68
Class X	2006	Kendriya Vidyalaya Pangode , Trivandrum, CBSE Board, Kerala	72

WORK EXPERIENCE

- Working as Lecturer at **St. Teresa's College** Ernakulam, Kerala (3 years)
- Worked as dietician Trainee at Regional Cancer Centre, Trivandrum Kerala
- Worked as dietician at **SP Fort Hospital** Trivandrum , Kerala
- * Completed **One** month Hospital internship at **Christian Medical College (CMC)**, vellore, Tamil Nadu
- * Completed training at Synthite Industries limited, kolenchery, Kerala
- * Completed internship at **CGH Earth Experience**, Willington Island, Cochin, Kerala
- * Completed food analysis internship at **Sea Labs**, Aroor, **Kerala**

- * Completed workshop on microbial analysis of food by **Food Astha Technology Consultant**, Kochi, Kerala 2015

Awards and honours/Recognition

- * **First rank holder in M.Sc Food Science and Nutrition** under autonomous system St. Teresa's college Ernakulam, M.G University, March 2016.
- * **Third Rank holder of B.Sc Home Science** under CBCS system during April 2014, University Of Kerala
- * **Third rank in BSc.Home Science** at N.S.S College Neramankara Trivandrum, 2011-14
- * **Third prize in Intercollegiate quiz competition 'Nutritia-2016'** on March 11th 2016.
- * **Secured second prize in Maggi creative kitchen** contest on January 2018
- * **Functioned as judge** for ICDS sponsored recipe competition at Chellanam, Ernakulam
- * **Presented as article on "Antioxidant activity of sea buck leaves and its industrial application in oils"** at Avinashlingam university for home science on 8/12/2018

Projects undertaken

- Comparative study of antioxidant activity of selected green leaves and its industrial application in oils and fats at Synthite industries private limited, Kolenchery
- Study of status and problems of old age at N.S.S College Neramankara, Trivandrum

Seminars and Conference

- Functioned as organizing committee member of International Webinar on 'Nutrition Care Process: A Systematic Approach' organized by Department of Clinical Nutrition and Dietetics, Women's Study Centre, St. Teresa's College, Ernakulam on 17th 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 29th September 2020
- Was organizing member for International Webinar "COVID-19: Understanding the Real threat to human" on 03/07/2020
- 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.

- Completed Faculty Development Programme on 'How Teachers can Make a Difference' conducted by Teaching Learning Centre, IIT Madras, organized by The Teresian Teaching Learning Centre, St. Teresa's College (Autonomous), Ernakulam held from 3rd August to 7th August 2020
- Participated in two days National Webinar on "Addressing the challenges of health and nutrition during COVID -19, A holistic approach" organized by Smt. VHD Central institute of Home science, Bengaluru held on 27th and 28th July 2020
- Attended International webinar on "Food and well being challenges of the 21st century", organised by Department of Home science and Psychology, Sophia Girls College Ajmer Rajasthan on 17th and 18th July 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 Webinar on "How to submit a winning project proposal" organized by St. Teresas college Ernakulam, Kerala held on 21st July 2020
- Attended National Webinar on "Diet, Epigenetics and cognitive Performance", organised by Avinashilingam Institute for Home Science and Higher Education for Women on the 14/07/2020
- Participated in Webinar on "Paediatric Critical Care Nutrition" organized by CMS College, Kottayam Kerala held on 07th July 2020
- Attended National Webinar on "Blooms Taxonomy based higher order and automatic assesment tool", organised by The Maharaja Sayajirao University of Baroda on the 18/06/2020
- Completed one week national level online Faculty Development Programme on 'Online Teaching – Learning processes using ICT Tools for education 4.0' conducted by Department of Information Technology, SVP CET Nagpur held from 8th June to 13th June 2020
- Attended International Webinar on "Social innovations in Public health nutrition", organised by The Maharaja Sayajirao University of Baroda on the 17/06/2020
- Participated in the National Webinar Series on 'Academic Quality Enhancement through Outcome Based Education' organized by IQAC, St. Teresa's College, Ernakulam as a part of Paramarsh Scheme and sponsored by NAAC held from 7th May to 12th May 2020
- Delegated at International seminar on the topic "Poetics of art and Media on Fashion" at St.Teresa's college Ernakulam on 21st February 2019
- Delegated as committee member for two workshop on Mural Panting and bead loom jewellery making at St.Teresa's college Ernakulam on November 7th and 8th 2018

- Delegated as organising committee on National seminar on the topic “ The Keto Fad: A Critical approach to the phenomenon “ at St Teresa’s college Ernakulam on 18th February 2019
- Delegated at International workshop on ‘*SPSS Data Analysis*’ at St. Teresa’s College Ernakulam (July 6th 2015).
- Delegated at National seminar on ‘*Flavours To Wellness – An Approach Through Spice Chemistry* ’at St. Peters College, Ernakulam(September 30th to 1st October 2014)
- Delegated at National seminar on ‘*Life Style Diseases : A Multidisciplinary Approach*’ at St. Teresa’s College Ernakulam , (January 14th to January 15th 2015)
- Delegated at ‘*DIAFEST – 2015*’ which was organized by Research Society for the Study of Diabetes in India (RSSDI), at Kadavanthra, Kochi (July 31st to August 4th 2015).
- Participated IDA Kerala Chapter meeting on ‘*Paediatric Nutrition In General And Hospitalised*’ on 12th March 2015.
- Presented a poster on ‘*Study of status and problems of old age*” Research Advancement Programme (ReAP) conducted by St.Teresa’s college , November 19th 2014.
- Delegated at KSCSTE Sponsored seminar on ‘ *Healing the ozone layer – Protecting life on earth*’ at St. Teresa’s College Ernakulam September 16th 2015.
- Delegated at Research Advancement Programme (ReAP) on ‘*Dimensions of Research- perspectives and innovations*’ conducted by St.Teresa’s college , November 25th 2015.``
- Delegated at Merit Bio labsSponsored seminar on the topic “ corporate fitness a key to corporate world .November 28th 2015.

Other Activities

- **Actively participated** in community programmes held at Anganwadi’s near Kochi.

- **Co-ordinated** a Public Health Nutrition program on ‘Awareness And Risk Factor Analysis Of Anaemia Among Reproductive Age Women’ on 19-1-2016 at Elamkunnappuzhapunchayath hall, Puthuvypin, Cochin
- Conducted four days public health counselling programme by providing diet counselling for public as part of ‘DIAFEST 2015’ which was organized by Research Society for the Study of Diabetes in India (RSSDI), at Kadavanthra, Kochi.

PERSONAL DETAILS

NAME OF FATHER : M.RADHAKRISHNAN NAIR
NATIONALITY : INDIAN
STATE. : KERALA
RELIGION & CASTE : HINDU, NAIR
MARITAL STATUS : MARRIED
DATE OF BIRTH :05-01-1994
E MAIL ID :lrrajani@teresas.ac.in

WORKING AT : ST.TERESAS COLLEGE ERNAKULAM ,KERALA

EDUCATIONAL QUALIFICATION: POST GRADUATED IN FOOD SCIENCE AND NUTRITION

I hereby declare that the above mentioned details are true to the best my knowledge and belief.

PLACE:

SIGNATURE :

DATE :