

Floor No: 2 B3
Signet Heights Appartments
Palarivattom P. O
Alinchuvadu
Pincode: 682028
Official E- mail id: suryam@teresas.ac.in

SURYA M.KOTTARAM

OBJECTIVE

A healthy working environment with a scope to grow both professionally and personally for the betterment of the organization.

ACHIEVEMENTS

Qualified National Eligibility Test (NET) for Lectureship held on 30/06/2013.

Secured **Second Rank** in M. Sc Foods and Nutrition from Bharathiar University, Coimbatore in 2005.

Secured **Second Rank** in B.Sc. Clinical Nutrition and Dietetics from Mahatma Gandhi University, Kottayam in 2003.

Secured **Second Prize** for paper presentation in UGC Sponsored National Seminar on 'Rising Prevalence of Cancer among Women in Kerala' held at St. Joseph College for Women, Alappuzha.

Secured **Third Prize** for paper presentation in the Research Advancement Programme conducted by the Department of Family and Community Science, St.Teresa's College, Ernakulam.

TEACHING EXPERIENCE

Currently working as Assistant Professor in the Department Clinical Nutrition and Dietetics, Women's Study Centre, St.Teresa's College, Ernakulam since 2007.

Years of Experience: 14 years.

OTHER EXPERIENCE

Had an experience as Dietician at Amrita Institute of Medical Sciences and Research Centre (AIMS), Elamakkara, Kochi, a

1000-bedded super specialty hospital with an attached Medical College from 2005 to 2007.

Life member of Indian Dietetic Association

Life member of Nutrition Society of India

EXPERIENCE AS RESOURCE PERSON

- ◆ Functioned as a resource person for Guest Lecture Programme on the Topic ‘Nutrition – A Journey for a Better Life’ organized by the Department of Nutrition and Dietetics, Shri Sakthikailash Women’s College, Salem, Tamil Nadu on 13th October 2020.
- ◆ Functioned as a resource person in “**Bhojam 2018 – Capacity Building Programme for Faculties in Ayurveda Colleges**”, sponsored by the **Dept. of Ayush, Govt. of Kerala** and organized by the Dept. of Swasthavritta, **Govt. Ayurveda College Tripunithura** on 16th and 17th January 2018.
- ◆ Functioned as a Resource Person on the topic ‘**Nutritional Awareness on Lifestyle Diseases and Value addition of Fruits**’ to 50 Farmers of Ernakulam and Thrissur Districts under the scheme HRD 2016-17 held on 7th March 2017.
- ◆ Functioned as a Resource Person for the ‘**Teresian Lecture Series**’ on the topic ‘Life Style Diseases- A Threat to Mankind’ conducted by St. Teresa’s College, Ernakulam held on 12th January 2017.
- ◆ Functioned as a Resource Person for the Training Session on ‘**Health and Nutrition**’ as a part of ‘**UNARVU 2016**’ a 3 months soft skills training programme conducted by the Department of Research and Development, St. Teresa’s College, Ernakulam held on 17th August 2016.
- ◆ Functioned as a resource person **for the add-on certificate course** on ‘Health and Nutrition’ conducted by the Dept. of Zoology, **Bharata Mata College, Thrikkakara** from 2013 - 2016.
- ◆ Functioned as a Resource Person for class on **Nutrition for ICDS staff** at St. Joseph College Alappuzha in connection with State Level Nutrition Week Celebration organized by State Nutrition Bureau, Thiruvananthapuram on 01/09/2014.
- ◆ Functioned as a Resource Person in the ‘**Health and Nutrition**’ class at **St. Ambrose’s L.P School**, Edavanakkad, Ernakulam in the year 2012.
- ◆ Functioned as a Resource Person in **UGC Sponsored National Seminar** on ‘Women in Developmental Process- Role of Self Government: Strategies and Policies in the Changing Scenario’ organized by the Womens’ Cell, St.Teresa’s College, Ernakulam in 2012.

PAPER PUBLICATIONS

- ◆ Presented a Paper on ‘Risk Assessment of Breast Cancer among Selected Obese Females’ in a **‘National Seminar on Home Science A Kaleidoscope of Life’** organised by the Department of Home Science, Government College for Women, Thiruvananthapuram on 16th and 17th November 2017.
- ◆ Paper on ‘Assessment of Nutritional Status of Old aged Females’ published in the proceedings of the UGC Sponsored **‘National Seminar on Food Safety and Quality Assurance – A Comprehensive Perpetual Perspective’** published by the Department of Home Science, Morning Star Home Science College, Angamaly. (ISBN 978-81-7255-072-1), Pp: 139.
- ◆ Paper on ‘Development of Risk Assessment Tool and Nutrition Education on Breast Cancer among Selected Obese Females’ 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:48
- ◆ Paper on ‘Creating Awareness on Natural Prescriptions to Reduce the Risk of Breast Cancer among Selected Obese Females’ 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), Pp:53
- ◆ Paper on ‘Assessment of the Risk of Breast Cancer among Selected Obese Females’ published in **the proceedings of the Research Advancement Programme** conducted by the Department of Family and Community Science, St.Teresa’s College, Ernakulam.Pp: 107

JOB RESPONSIBILITIES WITH THE CURRENT POSITION

- ◆ Member of Board of studies of Department of Home Science, St. Teresa’s College (Autonomous), Ernakulam
- ◆ Member of College Disability Cell, St. Teresa’s College (Autonomous), Ernakulam
- ◆ Member of College Mentoring Committee, St. Teresa’s College (Autonomous), Ernakulam
- ◆ Member of Board of studies of Department of Clinical Nutrition and Dietetics, Mahatma Gandhi University, Kottayam.
- ◆ **External Question paper setter** for M. Sc Home Science (Nutrition and Dietetics), University of Calicut, Kozhikode for March/ April 2019 Examinations.
- ◆ **External Question paper setter** for M. Sc Home Science Examination held in August 2014 at University of Kerala, Thiruvananthapuram.
- ◆ **External Question paper setter** for B.Sc Family and Community Science Examination held on March/ April 2013 at University of Calicut, Kozhikode.

- ◆ **External examiner** in the Board of Examination of both M.Sc and B.Sc Clinical Nutrition and Dietetics Course, M.G University, Kottayam in the year 2014.
- ◆ **Question paper translator** of the certificate course in Food and Nutrition, IGNOU, New Delhi in the year 2013.
- ◆ Functioned as **Answer Script Evaluator** for the certificate course in Food and Nutrition, IGNOU, New Delhi in the year 2011.
- ◆ **Counsellor** of M.Sc DFSM, IGNOU, New Delhi since 2008.

SEMINARS AND TALKS ORGANISED

- ◆ 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
- ◆ Functioned as **organizing committee member of International Webinar on ‘Covid- 19 – Understanding the Real Threat to Human’** organized by Department of Clinical Nutrition and Dietetics, Women’s Study Centre, St. Teresa’s College, Ernakulam on 3rd July 2020
- ◆ Functioned as an **organizing committee member in the International seminar on the topic ‘Poetics of Art and Media on Fashion’** organized by Department of Fashion Designing, Women’s Study Centre, St. Teresa’s College, Ernakulam held on 21st February 2019.
- ◆ Organized a Food Fest in the Science Campus of St. Teresa’s College, Ernakulam on 21st February 2019.
- ◆ Functioned as **Convenor of National Seminar on the topic ‘The Keto Fad: A Critical Approach to the Phenomenon’** organized by Department of Clinical Nutrition and Dietetics, Women’s Study Centre, St. Teresa’s College, Ernakulam held on 21st February 2019.
- ◆ Functioned as an **organizing committee member of two day Workshop on Mural Painting and Bead Loom Jewellery Making** organized by Department of Fashion Designing, Women’s Study Centre, St. Teresa’s College (Autonomous), Ernakulam held on 7th and 8th November 2018
- ◆ Organized a seminar on **‘Sports Nutrition’** in association with Medical Trust Hospital and Hexagon Nutrition at Medical Trust Hospital, Ernakulam held on 11th November 2017.
- ◆ Organized one day seminar on **‘Nutrition and Wellness Programme’** in association with Dhatri ABS Clinic on 28th July 2017 at Gym Plaza, Science Block, St Teresa’s college, Ernakulam.

- ◆ Functioned as an **organizing committee member of Kaleidoscope 2017- The Graduation Show** organized by Department of Fashion Designing, Women's Study Centre, St. Teresa's College (Autonomous), Ernakulam held on 12th July 2017.
- ◆ Functioned as an **organizing committee member in the UGC Sponsored National Seminar on 'Requisites of Design Intervention in Handicrafts Sector'** organized by Department of Fashion Designing, Women's Study Centre, St. Teresa's College, Ernakulam held on 18th February 2017.
- ◆ Organized an **Interdepartmental one day Seminar titled "Climate is changing, Food and Agriculture must too"** in association with the Dept. of Botany in connection with World Food Day Celebrations on 18th October 2016.
- ◆ Functioned as an **organizing committee member of the Fashion Show – KHADI FOR FREEDOM, NOW FOR FASHION'** organized by Department of Fashion Designing, Women's Study Centre, St. Teresa's College, Ernakulam in collaboration with Khadi and Village Industries Commission and Thiruvananthapuram Sarvodaya Sangh held on 7th September 2016.
- ◆ Functioned as **Co-ordinator in 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 3rd August 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 18th November 2013.
- ◆ Organized a **talk on 'Recent Trends in Diabetes Management'** by Dr. Binu P. Pillai, Consultant Endocrinologist, Silverline Hospital, Ernakulam on 13th November 2013.

- ◆ 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.
- ◆ Arranges **Nutrition related Extension Programmes** in various rural communities in collaboration with non-Governmental organizations every year.

SEMINARS, WORKSHOPS AND TRAINING PROGRAMMES 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 12th October to 17th October 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 Malaviya National Mission on Teachers and Teaching of MHRD and St. Teresa’s College (Autonomous), Ernakulam with ‘A Grade’ held from 05th October to 11th October 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 the National Level Webinar on ‘Inclusion of Persons with Disabilities in Higher Education and Employment’ organized by St. Xavier’s College for Women, Aluva and Youth 4 Jobs Foundation in a collaboration with University Center for Disability Studies, Mahatma Gandhi University, Kottayam held on 23rd and 24th July 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.
- ◆ Participated in two weeks Faculty Development Programme on ‘Managing Online Classes and Co- creating MOOCs’ organized by Teaching Learning centre, Ramanujan College, University of Delhi , sponsored by MHRD , Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching fro 20th April to 06th May 2020.

- ◆ Participated in the National Conference on ‘Intellectual Property Rights and Innovative Research- Challenges and Opportunities’ organized by Teresian Research and Consultancy Cell held on 23rd November 2018.
- ◆ Participated in the Faculty Enrichment Programme organized by the Postgraduate Department of Chemistry and Bhoomitrasena Club of St. Teresa’s College (Autonomous), Ernakulam held on 7th 2018.
- ◆ Participated in the National Workshop on ‘Digital Learning with Web Cloud App and E-content Development’ organized by IQAC held on 3rd November 2018.
- ◆ Participated in the Global Iodine Deficiency Disorder Prevention Day organized by the Directorate of Health Services, Thiruvananthapuram held on 21st October 2018.
- ◆ Participated in the two day State Level Workshop on ‘Research Methodology, Writing Practices, Language and Soft Skills’ organized by the Department of Home Science, St. Teresa’s College (Autonomous), Ernakulam in association with KSCSTE held on 12th and 13th July 2018.
- ◆ Participated in the ‘Academic Orientation Programme’ organized by IQAC, St. Teresa’s College (Autonomous), Ernakulam held on 31st June 2018.
- ◆ Participated in the UGC sponsored one day National seminar on ‘Rising Cancer: A Raising Concern ’ conducted by the Community College of St. Teresa’s College (Autonomous), Ernakulam held on 15th December 2017
- ◆ Completed the ‘Cardio Pulmonary Resuscitation and Trauma Care Course’ conducted by Department of Emergency Medicine, Amrita School of Medicine, Kochi.
- ◆ Participated in the UGC sponsored workshop on ‘Educational Leadership and Teacher Wellness’ organized by the Community College and IQAC, St. Teresa’s College, Ernakulam held on 27th February 2017.
- ◆ Participated in the UGC sponsored seminar on ‘Palliative Care: Transforming Care Beyond Cure’ conducted by the Community College, St.Teresa’s College, Ernakulam held on 18th January 2017
- ◆ Participated in the Research Advancement Programme conducted by the Department of Home Science, St. Teresa’s College, Ernakulam held on 17th November 2016
- ◆ Participated in the UGC sponsored Workshop on ‘Accreditation and Academic Audit’ organized by the Internal Quality Assurance Cell and Audit Cell, St.Teresa’s College, Ernakulam held on 11th June 2016.

- ◆ Participated in the UGC sponsored Workshop on ‘Fourth Cycle Accreditation and Academic Audit’ organized by the Internal Quality Assurance Cell, St.Teresa’s College, Ernakulam held on 22nd June 2016.
- ◆ Participated in the Research Advancement Programme conducted by the Department of Family and Community Science, St.Teresa’s College, Ernakulam held on 25th November 2015.
- ◆ Participated in the National Workshop on ‘Curriculum and Syllabus Restructuring’ organized by the Internal Quality Assurance Cell, St.Teresa’s College, Ernakulam held on 9th and 10th December 2014.
- ◆ 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 7th and 8th 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 3rd and 4th July 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 11th February 2014.
- ◆ Attended in the UGC sponsored national seminar on ‘Indian Environmental Issues: Lessons from History’ organized by Dept of History, St. Teresa’s College, Ernakulam held on 25th and 26th November 2013.
- ◆ 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 3rd and 4th 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 16th and 17th August 2013.
- ◆ Participated in Indian Dietetic Association State Level conference Kerala Chapter held on May 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.

- ◆ 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 the Seminar on ‘Kalpavrish’ 11 organized by Dept. of Home Science, St.Teresa’s College, Ernakulam in collaboration with Coconut Development Board held on March 2011.
- ◆ Participated in a seminar on ‘Legal Awareness- A Catalyst to Promote Consumer Rights’ organized by the Consumer Club of St.Teresa’s College, Ernakulam held on February 2011.

ACADEMIC QUALIFICATION

- ◆ Currently pursuing Ph. D in Mahatma Gandhi University, Kottayam
- ◆ Qualified National Eligibility Test (NET) for Lectureship held on 30/06/2013.
- ◆ 2003 – 2005: M.Sc. Foods & Nutrition from Vellalar College for Women Erode, Bharathiar University, Coimbatore (Marks secured -78% with Second Rank)
- ◆ 2000 –2003: B.Sc. Clinical Nutrition & Dietetics from Alphonsa College, Pala, M.G University, Kottayam (Marks secured - 88% with Second Rank)
- ◆ 1998-2000: Pre-Degree, St.George College Aruvithura, M.G.University, Kottayam (Marks secured -77%)
- ◆ 1998: S.S.L.C: St. Michael’s H.S Pravithanam, Board of Examination, Kerala (Marks secured -84%)

Proficiency in Computer: Diploma in Office Management.

PERSONAL PROFILE.

Age, Date of birth	:	37, 28.02.1983.
Gender	:	Female.
Nationality	:	Indian.
Marital status	:	Married.
Religion	:	Hindu.

DECLARATION

I, Surya M.Kottaram hereby declare that all the information furnished above is true and correct to the best of my knowledge.

SURYA M.KOTTARAM