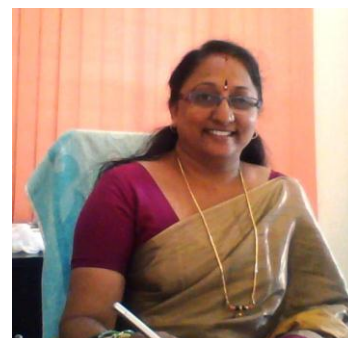




Dr.C. Anitha



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KARNATAKA STATE, INDIA

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Email: anithaksou@gmail.com

EDUCATION:

| | | | |
|----------------------|-------------|--------------------------------|----------------------------|
| KSET | 2013 | University of Mysore | Home Science |
| Ph.D. | August 2003 | University of Mysore | Food Science and Nutrition |
| Ph.d Qualifying Exam | 1996 | University of Mysore | Food Science and Nutrition |
| M.Sc | 1991 | University of Mysore | Food Science and Nutrition |
| B.Sc | 1987 | University of Mysore | Home Science |
| M.A | 1995 | ICC & CE, University of Mysore | English |

Title of the thesis

“Impact of ICDS on the beneficiaries from Mysore District – a Study”

TEACHING EXPERIENCE:

- 11 years, (both UG and PG, KSOU, Mysuru)
- 10 years, (UG, Yuvaraja’s College, Mysore)
- 04 years (PG, University of Mysore, Mysore)
- 4 years (UG, Maharani’s Science College for women, Mysore)

EMPLOYMENT HISTORY:

- **Assistant Professor:** From 10th May 2013, Assistant Professor, Department of Studies and Research in Food Science and Nutrition, Karnataka State Open University, Mukthagangothri, Mysore.
- **Lecturer and Coordinator:** From 27th August 2007, up to 10th May 2013, **Full time lecturer**, Department of Studies in Food Science and Nutrition (UG/PG), Karnataka State Open University, Mukthagangothri, Mysore.
- **Full time Guest lecturer:** 1998 – 2008, at Yuvaraja’s College, Mysore.
- **Part-time Lecturer :**1991-93 and 1995-98, at Maharani’s Science College for women, Mysore (UG).
- **Part-time Lecturer :**1993-94 and 1995-98, at Post-Graduate, Department of Food Science and Nutrition, Manasagangothri, University of Mysore, Mysore.
- **Lady Co-operative Education Instructor:** 1994 -1995, worked as Lady Co-Operative Education Instructor at Co-Operative Education Development Project for Women (NCUI, New Delhi), Shimoga, Karnataka.

CHAired / CO- CHAired THE ACADEMIC SESSIONS:

- **Chaired the Academic session** in **The International Conference** on “Innovative Techniques & Nutritional Demands in Food Security- Trends, Challenges and Perspectives” held on 8-9th February 2019, organized by the Department of PG & UG Studies in Food Science and Nutrition, Alvas’s College, Moodbidri.
- **Chaired the Academic session** in the Symposium on the theme “Clinical Nutrition and Dietetics- Current Practices and Future Trends” held on 6th September 2018, organized by the Department of Studies in Food Science and Nutrition, Manasagangothri, University of Mysore, Mysuru and Indian Dietetics Association, Mysore chapter, Mysore.
- **Co- Chaired the Academic session** in **Two days UPE Sponsored Silver Jubilee National Seminar on “Risks and Resilience across the life span”** held on 15th and 16th, March 2018, organized by the department of Studies in Human Development, the department of Food Science and Nutrition, University of Mysore, Mysuru.
- **Chaired & Co- Chaired two Academic sessions** at **XL Indian Social Science Congress- People’s Health and Quality of Life in India”** organized by **Indian Academy of Social Sciences and University of Mysore, Mysore**, from 19th to 23rd, December, 2016
- **Chaired & Co- Chaired two Academic sessions** at **The International Conference on “Advances in Home Science Studies”**, held on 20 and 21 February

2015, at Sri Padmavathi Mahila Vishvavidyalam (Women’s University), Tirupati, Andhra Pradesh, India.

- **Co- Chaired the Academic session at Two Days National Seminar on “Emerging Health Issues across the life stages”** held on 6 and 7 March 2014, at the department of Food Science and Nutrition, University of Mysore, Mysore.
- **Chaired the Academic session at The International Conference on “Quality Enhancement in Distance Education for Life Long Learning**, held on 26 and 27 March 2011, at Bharathidasan University, Tiruchirappali, Tamil Nadu, India.

COURSES TAUGHT: Food Science, Community Nutrition, Food Microbiology, Human Nutrition, Human Physiology, Food Service Management, Human Development, Family Resource Management and Clinical Nutrition and Dietetics.

ACADEMIC AWARDS AND HONORS

| Sl.No | Name of the Body / University / Association | Details of Award/Recognitions | Year |
|--------------|--|--|-------------------------------|
| 1 | University of Mysore, Mysore | Junior Research Fellowship award for two and half years | 1997-99 |
| 2 | Consultation meets on strategies for prevention of mal nutrition and micro nutrient deficiencies NIPCCD, Bangalore. | Best paper” award in poster session | 28- 30 th Nov 2007 |
| 3 | XXII Indian Convention of Food Scientists & Technologists (ICFoST-XXII) on SAFEST (Safety Assurance of Foods through Emerging Science & Technology) INNOVATIONSM, at CSIR-CFTRI, Mysore, India. | “First Prize” awarded | 6-7 December 2012, |
| 4 | The 6th International conference on Emerging Technologies in Food and Nutrition for health management organized by International Institute of Food and Nutritional Sciences, New Delhi and Southern Regional Station, ICAR – National Dairy Research Institute, Bengaluru. | “Consolation prize” awarded at the oral presentation | May 14-15, 2015 |
| 5 | 19th World Congress of Food Science and Technology , at Mumbai, India. | Selected Poster Award | 23-27 October, 2018 |

RAPPORTEUR

1. **9th NUTRA INDIA Summit – 2014, Rapporteur** for coverage of the Nutre Summit Conference and contribution to Nutra Sutra, the daily Conference Newsletter of Nutra India Summit 2014.
2. **National Seminar** on “Sustainable Rural Development Through Governmental Programmes- Vision and Action”, organized by Department of Studies and Research in Economics, KSOU, Mysuru, 28th & 29th July, 2017.

RESEARCH COMMITTEE:

- **XL Indian Social Science Congress - People’s Health and Quality of Life in India**” organized by **Indian Academy of Social Sciences and University of Mysore, Mysore**, from 19th to 23rd, December, 2016.

**MULTIMEDIA PRODUCTION AND E-CONTENT
DEVELOPMENT**

SUBJECT EXPERT/SCRIPT WRITER IN AUDIO-VISUAL BASED LECTURE PROGRAMMES AND MULTIMEDIA PRODUCTION E-CONTENT DEVELOPMENT UNDER NME-ICT PROJECT OF CEC-UGC (UG)

Development of e-learning delivery process / Material: 07 modules

| Sl. no | | TITLE |
|---------------|---|---|
| 1 | <i>Subject Expert/Script Writer in Audio-Visual Based Lecture Programmes and Multimedia Production E-Content Development Under NME-ICT Project of CEC-UGC (UG)</i> | Food and Nutrition |
| 2 | | Digestion, Absorption and Regulation of Food Intake |
| 3 | | Macro Nutrients- I (Carbohydrates and Fats) |
| 4 | | Macro Nutrients- II (Proteins) |
| 5 | | Micro Nutrients – I (Vitamins) |
| 6 | | Micro Nutrients – II (Minerals) |
| 7 | | Food Spoilage And Preservation |

SUBJECT EXPERT/SCRIPT WRITER IN AUDIO-VISUAL BASED LECTURE PROGRAMMES AND MULTIMEDIA PRODUCTION E-CONTENT DEVELOPMENT UNDER NME-ICT PROJECT OF CEC-UGC (PG), NEW DELHI (2015-2016 & 2016-2017)- 16 modules

| Sl. no | | TITLE |
|--------|--|---|
| 1 | <i>Subject Expert/Script Writer in Audio-Visual Based Lecture Programmes and Multimedia Production E-Content Development Under NME-ICT Project of CEC-UGC for PG</i> | F08MI08 History, Structure, chemistry, dietary sources, distribution and absorption, Utilization, transport, metabolism, storage and excretion of Thiamine. |
| 2 | | F08MI09 RDA, requirement, functions, deficiency diagnosis, assessment of availability of thiamine. |
| 3 | | F08MI10 History' Structure, chemistry, dietary sources, distribution and absorption, Utilization, transport, Metabolism, storage and excretion of riboflavin. |
| 4 | | F08MI11 RDA, requirement, functions, deficiency diagnosis, assessment of availability of Riboflavin |
| 5 | | F08MI15 History, Structure, chemistry, dietary sources, distribution and absorption, Utilization, transport, metabolism, storage and excretion of Niacin |
| 6 | | F08MI23 Distribution, absorption, utilization, sources, deficiency and toxicity of fluorine |
| 7 | | F08MI33 Distribution, absorption, utilization, sources, deficiency and toxicity of iodine |
| 8 | | F08MI25 Distribution, absorption, utilization, sources , deficiency and toxicity of phosphorus |
| 9 | | F08MI26 Distribution, absorption, utilization, sources , deficiency and toxicity of Magnesium |
| 10 | | F08MI27 Distribution, absorption, utilization, sources , deficiency and toxicity of Sodium |
| 11 | | F08MI28 Distribution, absorption, utilization, sources, deficiency and toxicity of potassium |
| 12 | | F08MI29 Distribution, absorption, utilization, sources , deficiency and toxicity of sulphur |
| 13 | | F08MI30 Distribution, absorption, utilization, sources, deficiency and toxicity of chloride |
| 14 | | F08MI36 Distribution, absorption, utilization, sources, deficiency and toxicity of Molybdenum manganese and selenium |
| 15 | | F08MI37 Distribution, absorption, utilization, sources , deficiency and toxicity of Nickel and cadmium |
| 16 | | F08MI38 Distribution, absorption, utilization, sources, deficiency and toxicity of chromium |

RESEARCH PROJECTS:

- Conducted 1 year (1991) Research on “**Effect of storage conditions and frying on chemical and sensory qualities of Palmolive oil, Niger seed oil and groundnut oil**” in the DOS in Food Science and Nutrition, University of Mysore, Manasagangothri,

Mysore, in collaboration with Sensory Analysis and Consumer Acceptance Department, CFTRI, Mysore.

- Worked as Research Assistant to **conduct immunization Coverage evaluation survey of Chikmangalur district**, during the year 1992 – 93.
- Worked as Research Assistant in the project for Assessing the **Impact of two decades of ICDS in T. Narasipura Taluk of Mysore District, sponsored by UNICEF** in the year 1995. The report has been published by The Department of Women and Child Development, Government of Karnataka.

RESEARCH, PUBLICATIONS AND ACADEMIC CONTRIBUTIONS:

A) Published Papers in Refereed Journals:

| Sl. No | Title of the Paper | Name of the Journal /National/International/Frequency | Refreed/ Non Refreed | ISBN Number | Volume & Issue | Indexing/ Abstracting with Impact Factor | Year of Publication | First /Co-Author |
|--------|---|--|------------------------|-------------|--------------------------|--|---------------------|------------------|
| 1 | <i>Nutritional Status of Beneficiaries of ICDS in Mysore district: A Situational analysis</i> | The Indian Journal of Nutrition and Dietetics | Refreed/ peer-reviewed | 0022-3174 | 45, 146. | ICI, UGC, no. 15612 NAAS rating 4.21 UGC, Journal no. 20824 | 2008 | First author |
| 2 | <i>Factors influencing performance of Anganwadi Workers: An Assessment of ICDS</i> | National Journal of Professional Social Works., | Refreed/ peer-reviewed | 2230-8768 | 45, 31-38. | ---- | 2008 | First author |
| 3 | <i>Ethical Perspectives in Open and Distance Education</i> | The Turkish Online Journal of Distance Education- TOJDE | Refreed/ peer-reviewed | 1302-6488 | 13, 193-201 | indexed and cited SCOPUS 0.684 | 2013 | First author |
| 4 | <i>Community's perception and the extent of their participation in ICDS programme</i> | The Journal of Humanities and social sciences. PHOTON | Refreed/ peer-reviewed | 8243-3265 | 112 , 191-200 | Indexed at Photon, Photon Impact index-3.17 | 2013 | First author |
| 5 | <i>Impact of nutrition knowledge on the nutritional status of school children</i> | International Journal of Food and Nutrition Science (IJFANS) | Refreed/ peer-reviewed | 2320-7876 | Vol.3, Iss.4 | UGC, no, 45543 Cite Factor Impact Factor: 1.021 | 2014 | First author |
| 6 | <i>Nutritional profile of pregnant women from rural Mysore-Karnataka</i> | International Journal of Health Sciences & Research (IJHSR) | Refreed/ peer-reviewed | 2249-9571 | Vol.5; Issue: 1; 260-269 | UGC, Journal no. 48593 Impact Factor: 3.624 Index Copernicus Value (ICV) for 2015: 70.20 | 2015 | First author |
| 7 | <i>Evaluation of anti-stress activity of Benincasa Hispida</i> | Prajnaam- Journal of Health Sciences | Refreed/ peer-reviewed | | Vol 2, Issue 1 | | 2016 | GUIDE |

| | | | | | | | | |
|----|--|--|--|------------------|--|---|-------------|--------------|
| 8 | <i>Nutritional adequacy of school lunch box on nutritional status of children</i> | Journal of Farming Sciences | Refreed/peer-reviewed | 0972-1065 | 29 (5), 2016 645-649 | UGC, Journal no. 6464 NAAS rating 4.42 | 2016 | GUIDE |
| 9 | <i>Osteoporosis and its nutritional management among women working at textile industry, kumta</i> | Journal of Farming Sciences | Refreed | 0972-1065 | 29 (5), 2016 650-655 | UGC, Journal no. 6464 NAAS rating 4.42 | 2016 | GUIDE |
| 10 | <i>Prevalence of anemia in pregnant women w.s.r.t. socio-economic status :observational study</i> | International Journal of Food, Nutrition and Dietetics | Refreed | 2322-0775 | Vol. 5-no. 2, 2017 | NAAS rating 3.37 Index Copernicus Value 68.67 | 2017 | GUIDE |
| 11 | <i>Correlates of health and nutrition education component of ICDS with the nutritional status of the beneficiaries</i> | International Journal of Multidisciplinary Educational Research | Refreed | 2277-7881 | Vol. 6, Issue 7(9), 183-191 | UGC Journal, no 41602 Impact Factor: 4.527 Index Copernicus Value 5.16, ISI Value:2.286 | 2017 | GUIDE |
| 12 | <i>Assessment of prevalence and knowledge regarding Iron deficiency anemia among adolescent girls from semi-urban area of MYSORE</i> | International Journal of Multidisciplinary Educational Research | Refreed/peer-reviewed | 2277-7881 | Vol. 6, Issue 7(10), 82-88 | UGC, Journal no 41602 Impact Factor: 4.527 Index Copernicus Value 5.16, ISI Value:2.286 | 2017 | GUIDE |
| 13 | <i>Dietary habits among middle adolescent and their association with nutritional status</i> | Asian Journal of Multidimensional Research | Double Blind Referred & Reviewed International journal | 2278-4853 | Vol 7, issue 2 , p 287-294, February 2018, | UGC, Journal no 47638 Impact Factor: SJIF 4.708 | 2018 | GUIDE |
| 14 | <i>Food choice, food intake and nutrition adequacy among adolescents studying in Government and Private pre-university colleges</i> | Asian Journal of Multidimensional Research | Double Blind Referred & Reviewed International journal | 2278-4853 | Vol 7, spl issue 5 , p 360-365, December 2018, spl 2 | UGC, Journal no 47638 Impact Factor: SJIF 2017=5.443 | 2018 | GUIDE |
| 15 | <i>Effect of Diet Therapy and Guggulu (Commiphora Mukul) on Obesity- A Comparative Clinical Study</i> | International Journal of Health Sciences and Research www.ijhsr.org | Refreed/peer-reviewed | ISSN: 2249-9571 | Vol.9; Issue: 2; February 2019, 122-127 | UGC, Journal. no 48593 Impact Factor:3.56 Index Copernicus Value (ICV) for 2016: 53.40 | 2019 | GUIDE |

B) Publication other than Journal Articles:

| Sl. No | Title of the Paper | Name of the BOOK/National/International/Frequency | Refreed/ Non Refreed | ISBN Number | Volume & Issue | Year Of Publication | First /Co-Author |
|--------|---|---|----------------------|--------------------------|----------------|---------------------|------------------|
| 1 | <i>Etiological factors contributing to anaemia and its consequence on health status among adolescent girls</i> | ADOLESCENT HEALTH - A Trandisciplinary Perspective | Refreed | 978-93-81992-21-0 | Vol I | 2015 | First author |
| 2 | <i>Prevalence of hypocalcaemia among adolescents</i> | ADOLESCENT HEALTH - A Trandisciplinary Perspective | Refreed | 978-93-81992-21-0 | Vol I | 2015 | First author |
| 3 | <i>Nutritional Knowledge and Reproductive HEALTH OF School going adolescent girls of Hiriyur taluk, Chitradurga District, Karnataka</i> | ADOLESCENT HEALTH - A Trandisciplinary Perspective | Refreed | 978-93-81992-21-0 | Vol I | 2015 | Co-author |

C) Publication in conference proceedings with ISSN/ISBN No.:

| Sl. No | Title of the Paper | Conference | International/ National/ State/ University Level | ISBN Number | Place/Date/ Year | First /Co-Author |
|--------|---|--|--|---|--|---------------------|
| 1 | <i>“Information Literacy and Higher Education in Digital Environment”</i> | <i>Teaching Methods and Strategies in Information Literacy Education</i> | National | 978-81-921306-0-6 <i>Page no. 224-227</i> | <i>KSOU, Mysore,</i> <i>30 March,</i> 2011 | First author |
| 2 | <i>Interactive Multimedia Learning Modules vs Print Study Materials in Science Education for ODL System- Students Choice- A study</i> | <i>Quality Enhancement in Distance Education for Life Long Learning,</i> | International | 978-81-908078-7-6 <i>Page no. 96-98</i> | <i>Trichi, Tamil Nadu,</i> <i>26 and 27 March,</i> 2011 | Sole author |

ARTICLES PUBLISHED IN LOCAL LANGUAGES (KANNADA)

| Sl no. | Title of the paper | Name of the Book/Publisher | Year Of Publication | First /Co-Author |
|--------|-------------------------------|--|---------------------|------------------|
| 1 | Hormones | <i>Kannada for Shikshannashathra Vishaya Vishwakosha (Encyclopedia), Published by Karnataka State Open University, Mysore.</i> | 2012 | Sole author |
| 2 | Hereditary | | | |
| 3 | Mahali mathu Shikshana | <i>Sahakara weekly magazine, samputa-36, sanchika- 42-43, March 19, 1995, pp-17. Published by Karnataka State Government Mahamandala, Bangalore.</i> | 1995 | Sole author |

SELF LEARNING MATERIAL

Written Self Learning Material for-

1. ***M.Sc in Clinical Nutrition and Dietetics.***
2. ***Diploma in Food Preservation Technology.***
3. ***Diploma in Nutrition and Health Education.***
4. ***Certificate program in - Nutrition and Food.***
5. ***Certificate program in Processing and Value addition of Fruits and Vegetables***

VISITING FELLOW

- ❖ Sri Dharamasthala Manjunatheswara College of Naturopathy and Yogic Sciences, Affiliated to Rajiv Gandhi University of Health Sciences, Ujire, D. Kannada.
- ❖ Alva's College of Naturopathy and Yogic Sciences, Affiliated to Rajiv Gandhi University of Health Sciences, Moodubidri.

INVITED LECTURES DELIVERED IN CONFERENCES/SEMINARS

| Sl.No | Title of the Invited Lecture at seminars/workshop/conferences | Organizing body/Place/date | International/National/State/ University Level |
|-------|--|---|--|
| 1 | Conference of Young Women on " <i>Better Status of Women-Better Society</i> " | Family planning association of India, Shimoga Branch, on 6 th October 1994 at Shimoga. | State Level |
| 2 | Four days Workshop for Middle school students on " <i>Balanced Diet</i> " | Family Planning Association of India, Shimoga, 28 th to 31 st October 1994. | State Level |
| 3 | Three days Workshop for high | Family Planning Association of | State Level |

| | | | |
|---|--|--|-------------------------|
| | school students on “Population and problems in Society-Foods and Nutrition” | India, Shimoga, 8 th to 10 th December 1994. | |
| 4 | “Women in the politics of Governance” | Urban Research Centre, Indian Social Institute, Bangalore, on 19-21, November 2012 | State level |
| 5 | Two days Workshop on “Clinical Nutrition & Dietetics” | K L E. UniShri B M Kankanawadi Ayurveda Mahavidhyalya, Belagavi, from 11-13 th February 2016 | University level |
| 6 | Seminar on “Health for all through Home Science | Government Home Science college, Holenarasipura, Hassan on 2 nd April | State level |
| 7 | Seminar on “Novel food processing technologies for enhanced nutrition security” | UGC Funded National Seminar, organized by Vellalar college for Women, Erode, on 17 th June 2016 | National level |
| 8 | One-day State Level Workshop on “Healthy Life – Healthy Practices” | Internal Quality Assurance Cell, Government Home Science College, Hassan on 02 nd March 2017 | State level |
| 9 | One-day State Level Workshop on “Nutrition and Wellness” | Teresian College, Mysuru on 31 st January 2018 | State level |
| 8 | Workshop on “Nutrition ” | Alva’s College of Naturopathy and Yogic Sciences, Affiliated to Rajiv Gandhi University of Health Sciences, Moodubidri, 12 th October 2018. | College level |

OTHER INVITED TALKS

- **“Importance of Women’s Education” – All India Radio Bhadravathi - 2/02/1995**
- **“Nutrition and Health Education” – All India Radio Bhadravathi – 21st January 1995**
- **“Nutrition and Health Education for Children” through CDSS for promoting Science Learning among the high school students at Hattahally, T.Narasipura, Mysore Dist on 28-08-07**
- **“Family Nutrition and Education” – Mysore FM Radio 105.6 MHz, KSOU, Mysore Radio talk on 3/03/08.**
- **“Nutrition for Women and Children”- Mysore-Chamarajanagar Dist. Co-operative Milk Producers’ Societies Union Ltd in academic years 2007-09.**
- **“Essential & Healthy Food for Women” – Live Phone in Programme at All India Radio, Mysore on 03-09-09 and KSOU, Mysore.**

- **“Healthy Food and Nutrition” – Live Phone in Programme at All India Radio,** Mysore at Gnanavani Radio Station, KSOU, Mysore.
- Invited Guest Lecture on **“Food and Nutrition”** at Sri Dharmasthala Manjunathaeshwara Mahila Maha Vidyalaya, Mysore on 17-09-2010
- Invited Lecture on **“Junk Foods”** at Aluminum Jubilee Science Meet, organized by **N M K Higher primary & High school. Jagalur, Davanagere,** on 24th and 25th January 2013.
- Invited Guest Lecture on **“Concepts of Dietetics and Wholesome Diet”** for BNYS students at Government Nature Cure and Yoga College, Mysore, Karnataka, in CME Programme on 10-11-2014.
- Invited Guest Lecture on **“Nutrition through Life Cycle”** for BNYS students at Sri Dharmasthala Manjunathaeshwara College of Naturopathy and Yogic Sciences, Ujire, Karnataka, from 12-02-2015 to 14-02-2015.
- Special lecture on **“Micro nutrients and adolescents “organized by Nutrition Society of India-Mysore Chapter,** at Yuvaraja Autonomous college, Mysuru, on 10/09/2016
- Special lecture on **“Nutrition and Hygiene “at Teresian college, Mysuru,** on 20/09/2016
- Special Lecture on **“Women: Health and Nutrition” organized by Mysuru Dasara Festival 2016- Women Dasara, on 3/10/2016 at Mysuru**
- Invited Guest Lecture on **“Dietetics, Nutrition and Herbs”** for BNYS students at **Sri Dharmasthala Manjunathaeshwara College of Naturopathy and Yogic Sciences, Ujire,** Karnataka, from 06-01-2017 to 08-01-2017.
- Invited Guest Lecture on **“Dietetics, Nutrition and Herbs”** for BNYS students at **Sri Dharmasthala Manjunathaeshwara College of Naturopathy and Yogic Sciences, Ujire,** Karnataka, 13.10.2018.

SCIENTIFIC PRESENTATIONS AND ABSTRASCTS PUBLISHED

- 1. “Pathway of Changes in Chemical and sensory properties of Pamolien Oil”,** National meet of food Science and Technologist CFTRI, Mysore on 10th April 1992
- 2. “Nutrition for better health status”,** Conference for young women on ‘Better status of Women, Better Society’ FPAI, Shimoga, 6th October 1994
- 3. “Nutrition profile of ICDS beneficiaries in T. Narsipura Taluk, Mysore District”.** XXIX annual conference on Nutrition Society of India, NIN, Hyderabad, 21st November 1997

4. “Nutrition significance of traditional food practice and dietary pattern of Karnataka”. Seminar on Traditional Foods, Department of Studies in Food Science and Nutrition, and Folk Culture Trust, University of Mysore, Manasagangothri, Mysore, 7th November 1997

5. Profile of ICDS with reference to health and nutrition in a Decade in T. Narsipura, Mysore, XXII Biennial conference of Home Science Association of India, New Delhi, 28th December 1997.

6. “Acceptability of dishes incorporated with gurabean and seed flour”, IFCON-98, **4th international Food Convention**, C.F.T.R.I, Mysore, 24th November 1998.

7. Prevalence of malnutrition among preschoolers from rural and urban area from Mysore District a profile, XXXIII Annual conference NIN, Hyderabad, 1-2 December 2000.

8. “Influence of distance of anganwadi center from the headquarters and the year of inception on success of anganwadi centre”, XXXIII Annual conference NIN, Hyderabad, 1-2 December 2000.

9. “Community’s perception about ICDS and the extent of their Participation”, XIX Annual conference of Indian Society of professional social work and I state level congress of the Indian Academy of Social Sciences, Mysore, 8-10th December 2000

10. “Factors influencing performance of Anganwadi workers: An Assessment of ICDS”, National Seminar on Economics of Health care services with reference to India and Karnataka, Mysore, December 2000, 14- 15

11. “Factors influencing acceptance of ICDS by the community”, XXXVI Annual meet of the Nutrition Society of India, 5th – 6th Nov 2004.

12. “Nutritional status of beneficiaries of ICDS in Mysore District”, Consultation meet on strategies for prevention of mal nutrition and micro nutrient deficiencies NIPCCD, Bangalore, 28- 30th Nov 2007

13. “Tradition Foods “Honey the Wonderful”, National Seminar on Function Foods for Health Promotion and Disease Prevention, University of Mysore, Mysore, February 14-15, 2008

- 14. “Functional Foods and Health and Disease Specific”,** National Seminar on Function Foods for Health Promotion and Disease Prevention, University of Mysore, Mysore, February 14-15, 2008.
- 15. “Health and Disease Specific Food”,** National Seminar on Function Foods for Health Promotion and Disease Prevention, University of Mysore, Mysore, February 14-15, 2008.
- 16. “Health and Disease Specific food – GARLIC”,** National Seminar on Function Foods for Health Promotion and Disease Prevention, University of Mysore, Mysore, February 14-15, 2008.
- 17. “Traditional Functional Foods – Spices and Herbs”,** National Seminar on Function Foods for Health Promotion and Disease Prevention, University of Mysore, Mysore, February 14-15, 2008.
- 18.” Traditional Functional Foods – - Ginger’s Healing Properties”,** National Seminar on Function Foods for Health Promotion and Disease Prevention, University of Mysore, Mysore, February 14-15, 2008.
- 19. “Wonders of Turmeric as Functional Foods – Spices and Herbs”,** National Seminar on Function Foods for Health Promotion and Disease Prevention, University of Mysore, Mysore, February 14-15, 2008.
- 20. “Malnutrition-present Scenario”,** VIII Karnataka Sociology Conference on “Globalization, Social Exclusion and Equity”, KSOU Mysore, March 30, 31 & April 1, 2009.
- 21. “Factors Influencing the Nutritional Status of Pregnant Women-A Study”,** U.G.C sponsored National Conference on “Quality Health Care for Better Living”, at Besant Women’s College, Mangalore, 20 and 21 January, 2011.
- 22. “Teaching Methods and Strategies in Information Literacy Education”,** National Conference on “Information Literacy and Higher Education in Digital Environment”, Mysore, 30 March, 2011
- 23.” Interactive Multimedia Learning Modules Vs Print Study Materials in Science Education for ODL System- Students Choice- A study”, International Conference** on “Quality Enhancement in Distance Education for Life Long Learning, Trichi, Tamil Nadu, 26 and 27 March, 2011
- 24. “Ethical Perspectives in Open and Distance Education System”, International Conference** on “Open and Distance Learning in Global Environment: Issues and Challenges, Mysore, 21 to 23 September, 2011

25. “Distance Education is cost effective and convenient mode of education”, International Conference on “Open and Distance Learning in Global Environment: Issues and Challenges, Mysore, 21 to 23 September, 2011

26. “Food Science and Technology Programme through Distance Education”, International Conference on “Open and Distance Learning in Global Environment: Issues and Challenges, Mysore, 21 to 23 September, 2011

27. “Public Private Partnership in Distance Education an Experience of KSOU”, International Conference on “Open and Distance Learning in Global Environment: Issues and Challenges, Mysore, 21 to 23 September, 2011

28. “Digital reservation Strategies”, The KLA National Seminar, Thiruvananthapuram, 14 – 16 July 2011

29. “Nutritional Significance Of Traditional Food Practices And Dietary Pattern In Mysoru District-Karnataka”, 45th Annual National Conference of IDA-2012, NIN (ICMR), Hyderabad 29th November to 1st December 2012.

30. “Case studies involving dietary management in improving health of Celiac patients”, XXII Indian Convention of Food Scientists & Technologists (ICFoST-XXII) on SAFEST (Safety Assurance of Foods through Emerging Science & Technology) INNOVATIONSM, 6-7 December 2012, at CSIR-CFTRI, Mysore, India.

31. “Impact of rising food costs on food consumption pattern in Urban poor households of Mysore”, 7th International Food Convention (IFCON - 2013), on NSURE – Healthy Foods, during 18-21 December, 2013 at CSIR-CFTRI, Mysore.

32. “Efficacy of Cocumm (*Garcinia indica*) juice in lowering Obesity, International Conference on Yoga & Naturopathy – 2014, Healing and Happiness within – Return to Nature, at Sri Dharmasthala Manjunathaeshwara College of Naturopathy and Yogic Sciences, Ujire, Karnataka, from 12- 14, December, 2014.

33. “Effect of administration of Barley water for UTI during pregnancy” International Conference on Yoga & Naturopathy – 2014, Healing and Happiness within – Return to Nature, at Sri Dharmasthala Manjunathaeshwara College of Naturopathy and Yogic Sciences, Ujire, Karnataka, from 12- 14, December, 2014.

34. “Etiological factors contributing to anaemia and its consequence on health status among adolescent girls”, UGC Sponsored National Conference on Adolescent Health (AHCON - 2015) 23rd & 24th January 2015 at Madras School of Social Work

(Autonomous), Chennai-8.

35. “Prevalence of hypocalcaemia among adolescents”, UGC Sponsored National Conference on Adolescent Health (AHCON - 2015), 23rd & 24th January 2015 at Madras School of Social Work (Autonomous), Chennai-8.

36. “Nutritional Knowledge and Reproductive health of School going adolescent girls of Hiriyur taluk, Chitradurga District, Karnataka”, UGC Sponsored National Conference on Adolescent Health (AHCON - 2015), 23rd & 24th January 2015 at Madras School of Social Work(Autonomous), Chennai-8.

37. “Impact of education programme on consumption of Junk foods in adolescents”, in The International Conference on “Advances in Home Science Studies”, held on 20 and 21February 2015, at Sri Padmavathi Mahila Vishvavidyalam (Women’s University), Tirupati, Andra Pradesh, India.

38. “Factors influencing knowledge and practice regarding antenatal diet among expectant mothers” at The International Conference on “Advances in Home Science Studies”, held on 20 and 21February 2015, at Sri Padmavathi Mahila Vishvavidyalam (Women’s University), Tirupati, Andra Pradesh, India.

39. “A Clinical study on the efficacy of Barely with dried gooseberry diet on obesity” at the 6th International conference on Emerging Technologies in Food and Nutrition for health management organized by International Institute of Food and Nutritional Sciences, New Delhi and Southern Regional Station, ICAR – National Dairy Research Institute, Bengaluru held on May 14-15, 2015.

40. “Efficacy of Ragi porridge on iron deficiency anemia among early adulthood girls “at 103rd INDIAN SCIENCE CONGRESS 2016, WOMEN’S SCIENCE CONGRESS, held on 3-7 January 2016, at University of Mysore, Mysuru.

41. “A Comparative study on the nutritional status of rural and urban school children of Hassan District”103rd INDIAN SCIENCE CONGRESS 2016, WOMEN’S SCIENCE CONGRESS, held on 3-7 January 2016, at University of Mysore, Mysuru.

42. “Impact of Nutrition Intervention in Managing Osteoporosis among women working at Textile industry”103rd INDIAN SCIENCE CONGRESS 2016,

WOMEN'S SCIENCE CONGRESS, held on 3-7 January 2016, at University of Mysore, Mysuru.

43. "To Assess Nutritional Adequacy of School Lunch Box on Nutritional Status of Children", 31st Biennial Conference of the Home Science Association of India, held on 28-30 January 2016, at University of Agricultural Sciences, college of Rural Home Science, Dharwad

44. "Osteoporosis and Its Management Among Women Working at Textile Industry, Kumta", 31st Biennial Conference of the Home Science Association of India, held on 28-30 January 2016, at University of Agricultural Sciences, college of Rural Home Science, Dharwad.

45. Impact of somatic status of pregnant mothers on the birth weight of babies from rural and urban Davanagere, 31st Biennial Conference of the Home Science Association of India, held on 28-30 January 2016, at University of Agricultural Sciences, college of Rural Home Science, Dharwad.

46. "Learning science through Distance Education- A Challenge" at **The International Conference** on Advances in Collaborative Research for Economics, Management, Humanities, Social Sciences and Computer Technology organized by University of Mysore, Mysore, Karnataka State Planning Board, Development Research Foundation. Mysore, ISBR, Bangalore and crest, Bangalore, at University of Mysore, Mysore, from 25th & 26th June, 2016.

47. "The potential role of ginger and turmeric in osteoarthritis management", at 48th National Conference of Nutrition Society of India held at The St. John's National Academy of Health Sciences, Bangalore, on 4-5 November, 2016.

48. "value addition of flaxseeds in selected South Indian dishes and the level of acceptability", at 48th National Conference of Nutrition Society of India held at The St. John's National Academy of Health Sciences, Bangalore, on 4-5 November, 2016.

49. "Factors affecting the somatic status of pregnant mothers and birth weight of infants- A Study", at 48th National Conference of Nutrition Society of India held at The St. John's National Academy of Health Sciences, Bangalore, on 4-5 November, 2016.

50. “Efficacy of moringa leaves and curry leaves in treating iron deficiency anaemia among adolescent girls” at 49th Annual National conference of Indian Dietetic Association, 23-25th September, 2016, Mumbai,

51. “A study on the body mass and haemoglobin status among adolescent girls at orphanage home” at 49th Annual National conference of Indian Dietetic Association, 23-25th September, 2016, Mumbai,

52. “Correlating the body composition with the risk of developing chronic disorders like diabetes Mellitus and hypertension using bioelectrical impedance analyzer” at 49th Annual National conference of Indian Dietetic Association, 23-25th September, 2016, Mumbai,

53. “Impact of nutrition Intervention programme on Diabetes Mellitus Patients” at XL Indian Social Science Congress organized by Indian Academy of Social Sciences and University of Mysore, Mysore, from 19th to 23rd, December, 2016.

54. “Correlates of health and nutrition education component of ICDS with the nutritional status of the beneficiaries” at ICSSR sponsored National seminar on Sustainable rural development through Governmental programmes, organized by, KSOU, Mysuru on 28-29th July, 2017.

55. “Assessment of prevalence and knowledge regarding iron deficiency anaemia among adolescent girls from semi-urban area of Mysore” at ICSSR sponsored National seminar on Sustainable rural development through Governmental programmes, organized by, KSOU, Mysuru on 28-29th July, 2017.

56.” Impact of dietary and life style education programme on body composition status in obese persons” at ICMR and NSI sponsored International conference on Advances in Nutrition and Health Communication, organized by Avinashilingam University, Coimbatore, on 3-4th August, 2017.

57.” Influence of Television viewing on children’s conceptions about nutrition and health” at ICMR and NSI sponsored International conference on Advances in Nutrition and Health Communication, organized by Avinashilingam University, Coimbatore, on 3-4th August, 2017.

58. “Flaxseed a potential functional food for obesity” at 26th Indian Convention of Food Scientists and Technologists organized by AFST-HQ in association with Hyderabad Chapter, from 7th to 9th, December, 2017.

59. “Efficacy of asparagus racemosus (Shatavari) on malnutrition” at 26th Indian Convention of Food Scientists and Technologists organized by AFST-HQ in association with Hyderabad Chapter, from 7th to 9th, December, 2017.

60. “Effect of wheat grass juice on the hemoglobin levels of adolescent girls in Urban cities” at 26th Indian Convention of Food Scientists and Technologists organized by AFST-HQ in association with Hyderabad Chapter, from 7th to 9th, December, 2017.

61. “Effect of supplementing wheat grass juice on the blood glucose level of diabetic patients” at IUFOST 2018 INDIA, 19th World Congress of Food Science and Technology, October 23-27, at Mumbai, India.

62. “Efficacy of moringa oleifera in treating iron deficiency anemia among adolescents” at IUFOST 2018 INDIA, 19th World Congress of Food Science and Technology, October 23-27, at Mumbai, India.

63. “Effect of okra (Ladies finger) on blood sugar level in Diabetes Mellitus patients” at IUFOST 2018 INDIA, 19th World Congress of Food Science and Technology, October 23-27, at Mumbai, India.

64. “Effectiveness of Weight Management Intervention on Women with Polycystic Ovarian Syndrome” at Golden Jubilee Celebration, 50th Annual International Conference, Nutrition Society of India, November 15- 17, 2018, at Hyderabad, India.

65. “Evaluation of Indian Amaranthus Leaves on Anemia Affected Adolescents” at Golden Jubilee Celebration, 50th Annual International Conference, Nutrition Society of India, November 15- 17, 2018, at Hyderabad, India.

66. “Determination of Psychopharmacological Effect of Benincasa Hispida Using Invitro Model” at Golden Jubilee Celebration, 50th Annual International Conference, Nutrition Society of India, November 15- 17, 2018, at Hyderabad, India.

67. “Correlation of Economic Status and Level of Nutrition Knowledge Aptitude Practices with Nutritional Adequacy Among Adolescents from Private and Government College Studying Different Streams” at Golden Jubilee Celebration, 50th Annual International Conference, Nutrition Society of India, November 15- 17, 2018, at Hyderabad, India.

68. “Food choice, food intake and nutrition adequacy among adolescents studying in government and private pre-university colleges” at National Conference on Challenges and sustainable Approaches towards Food and Nutrition Security- A Global Perspective, organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamilnadu, India on 7-8th December 2018.

69. “Effect of storage conditions and frying on chemical and sensory quality of oil” at The International Conference on “Innovative Techniques & Nutritional Demands in Food Security- Trends, Challenges and Perspectives” held on 8-9th February 2019, organized by the Department of PG & UG Studies in Food Science and Nutrition, Alvas’s College, Moodbidri.

70. “Effectiveness of nutrition intervention programme and its impact on nutritional behavior among adolescents”, at the National Conference on “Science and Technology: Rural Development”, held at Center for Materials Science and Technology, Vijnana Bhavan, University of Mysore, Manasagangothri, Mysuru on 17-18 October, 2019.

71. “Asparagus racemosus (Shatavari) – A remedy for malnutrition”, at the National Conference on “Science and Technology: Rural Development”, held at Center for Materials Science and Technology, Vijnana Bhavan, University of Mysore, Manasagangothri, Mysuru on 17-18 October, 2019.

72. “Ficus carica” (fig fruit) - a remedy in treating iron deficiency anemia”, at 12th National Women’s Science Congress, held at SBRR Mahajana First Grade College (PG campus), KRS road, Metagalli, Mysuru on 7-9 November, 2019.

73. “An education intervention based study on adolescent anemic girls residing in rural area of Bellary district”, at 12th National Women’s Science Congress, held at SBRR Mahajana First Grade College (PG campus), KRS road, Metagalli, Mysuru on 7-9 November, 2019.

ORIENTATION PROGRAMME:

- Participated in 12th UGC Sponsored **REFRESHER COURSE** IN INNOVATION IN LIFE SCIENCES organized by UGC Academic Staff College, University of Mysore from 03.11.2016 to 23.11.2016 and obtained 'A' grade.
- Participated in 102nd UGC Sponsored **ORIENTATION PROGRAMME** organized by UGC Academic Staff College, University of Mysore from 28.12.1013 to 24.01.2014 and obtained 'A' grade.
- Attended **two weeks TRAINING COURSE** from 18-27th June 1997 in *Domestic Preservation of Fruits & Vegetables and Nutrition*, conducted by The Community Food and Nutrition Extension Unit, Bangalore, Ministry of Human Resource Development, Government of INDIA, Department of Women & Child Development and Food & Nutrition Board, Bangalore.
- Participated in the **ORIENTATION PROGRAMME** for *Lady Mobilisers and Project Personnel of New Co-operative Education Field Projects*, conducted by National Centre for Cooperative Education, New Delhi from 20-03- 1995 to 23-03-1995.

International/National seminar/Symposium/Workshops Participated:

1. National Conference on Food Based Approaches for Translational Nutrition, organized by Nutrition Society of India, Mysore Chapter and Yuvaraja’s College (Autonomous), Mysuru, on 12th & 13th, April, 2017 at the department of Food Science and Nutrition, Yuvaraja’s College (Autonomous), Mysuru, Mysore.
2. Workshop on “Nutrition Intervention in Gastrointestinal Diseases and Disorders – Practical Aspects”, organized by The Society for Clinical Nutrition and Metabolism (IAPEN) and Indian Dietetics Association (IDA) – Mysore Chapter on 6th September 2014, at the department of Food Science and Nutrition, University of Mysore, Mysore.
3. Two days National Seminar on “Emerging Health Issues across the life stages” held on 6 and 7 March 2014, at the department of Food Science and Nutrition, University of Mysore, Mysore.
4. Two days’ workshop on “Self-Learning Material Development” held on 7th and 8th October 2013, Organized by Karnataka State Open University, Mysore.
5. One-day National Conference on “*Information Literacy and Higher Education in Digital Environment*” held on 30th March 2011, organized by the Dept. of Studies in Library and Information Science, Karnataka State Open University, Mysore.

6. Two days' workshop on "Development of Self Learning Material" held on 2nd and 3rd June 2011, Organized by Karnataka State Open University, Mysore.
7. National Seminar on "Catalyzing entrepreneurship in Food Processing & Information – communication technology & Expo 2010" from 20th to 22nd, December 2010, at SJCE- Science & Technology Entrepreneurs Park, JSS Technical Institutions Campus, Mysore- 570 006.
8. Three days Training Programme on "Audio-Visual Learning Aid Development" held from 12-14 June, 2010, Organized by Karnataka State Open University, Manasagangothri, Mysore at Electronic Multi Media Research Centre (EMMRC), Mysore.
9. One-day Workshop on "Distance Education- New Trends" on 21 and 22 May, 2009, organized by Distance Education Council, New Delhi and KSOU, Mysore, at Karnataka State Open University, Manasagangothri, Mysore
10. 6th International Food Convention on "*Newer Challenges in Food Science & Technology: Industrial Perspective*" held on 15-19 December 2008 at CFTRI, Mysore.
11. One-day Audio Workshop on "*Production of Audio Lessons*", held on 15th July 2008, at Karnataka State Open University, Manasagangothri, Mysore.
12. "*Basic Audio-Video Production Workshop*", held from 3rd to 8th November 2008, at Karnataka State Open University, Manasagangothri, Mysore.
13. "*Building bridges for wellness through counseling & psychotherapy- an International Conference*" held on January 9-11th, 2008 at Sampurna Mountfort College, Bangalore, India.
14. National workshop on *Self Instructional Material Development* at Regional centre Patna held from October 25-27, 2007 organized by Staff Training Research Institute of Distance Education (STRIDE) & IGNOU Regional Centre Patna.
15. Seminar on "*Nutrition and Health*" conducted on 14th September 2006, organized by the Department of Home Science, Family Resource Management, Human Development & Psychology, Teresian College, Mysore.
16. UGC sponsored Regional Level Seminar on "*Biodiversity for Food Security*" conducted on 24-25th June, 2005 at the Department of Chemistry and Food Science & Nutrition, Yuvaraja's College, University of Mysore, Mysore.
17. State Level Seminar on "*Frontiers of Science and Technology*" at Yuvaraja's College, Mysore, on 5th January 2004.
18. Workshop on UG Syllabus on 4-5th January 2004, held at the DOS in Food Science & Nutrition, Mansagangothri, Mysore.

19. UGC sponsored Symposium on “*Processed Foods and Health Concerns- Newer Aspects*” held on 30-31st July, 2004, conducted at Maharani’s Science College for Women, Mysore.
20. Symposium on “*Role of Functional Foods in Health and Disease*” held on 24-25th April, 2000, at The National Institute of Nutrition, Hyderabad.
21. Workshop on “*Applied Research*” organized by Samahita Sahitya Vedika in collaboration with University of Mysore, & Desi Trust on 31st March to 2nd April 1998.
22. Workshop on *Food Science & Nutrition for Teachers of Karnataka* held on 3-4 November, 1997 at DOS in Food Science & Nutrition, University of Mysore, Manasagangothri, Mysore.
23. Symposium on “*Trends in the Management of Diabetes Mellitus*” organized by the Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangothri, Mysore on 24th and 25th January 1997.
24. *Brain Storming Workshop on the Performance of Students in National Education Tests and Other Competitive Examination*” sponsored by the Department of Sciences & Technology and University of Mysore held on 18th and 19th 1996.
25. *XXVII Annual National Conference of the Indian Dietetic Association* held in December 1995 at the Y.B. Chavan Auditorium, Bombay.

RESPONSIBILITIES CARRIED OUT TILL DATE:

- Worked as coordinator for **Faculty Development Programme** for UG teachers in the subjects Biochemistry, Biotechnology and Microbiology in KSOU funded by VGST, DST, GOK, Bangalore
- Worked as Chief Superintendent and Deputy Chief Superintendent for PG/UG/Diploma/Certificate Examinations of Karnataka State Open University.
- Worked as Coordinator for Evaluation of PG/UG/Diploma/Certificate Examinations of Karnataka State Open University.

ORGANISING COMMITTEE

- **Organizing member**-UGC sponsored Regional Level Seminar on “*Biodiversity for Food Security*” conducted on 24-25th June, 2005 at the Department of Chemistry and Food Science & Nutrition, Yuvaraja’s College, University of Mysore, Mysore.
- **Organizing member** -Workshop on “*Nutrition Intervention in Gastrointestinal Diseases and Disorders – Practical Aspects*”, organized by The Society for Clinical Nutrition and Metabolism (IAPEN) and Indian Dietetics Association (IDA) – Mysore

Chapter on 6th September 2014, at the department of Food Science and Nutrition, University of Mysore, Mysore.

- **Organizing member** - One Day National conference on “Human Rights – A Natural and positive Edict” organized on 3rd February 2015, by the Department of Studies and Research in Law, Karnataka State Open University, Muktaganagothri, Mysuru.
- **Convener (Out station)**-XL Indian Social Science Congress- People’s Health and Quality of Life in India” organized by Indian Academy of Social Sciences and University of Mysore, Mysore, from 19th to 23rd, December, 2016.
- **Organizing Member**-National conference on “*Food Based Approaches for Translational Nutrition*” Organized by Nutrition Society of India- Mysore Chapter in association with Department of Food Science & Nutrition, Yuvaraja’s College, University of Mysore, Mysore, on 12-13th April, 2017.

MEMBERSHIP (IN SCIENTIFIC ORGANIZATION):

- Life Member, **National Nutrition Society of India**, NIN, Hyderabad, India (**LM-1997-040**)
- Life Member, **Indian Science Congress Association**, Kolkata, India (**L 25231**)
- Life Member, **India Dietetics Association**, NIN, Hyderabad, India (**IDA/08842**)
- Life Member, **Association of Microbiologists of India (AMI)**, New Delhi, India (**2953-2013**)
- Life Member, **Home Science Association of India(HSAI)**, Karnataka, India (**15/KA/A-2/LF**)
- Life Member, **Association of Food Science and Technology of India (AFST)**, New Delhi, India (**AFST/LM/5-2018/HQR/1987**)

ACADEMIC MEMBERSHIP:

- ❖ Chairperson / Member, **Board of Studies/ Board of Examination** in Food Science and Nutrition (UG/PG), **KSOU, Mysore.**
- ❖ Chairperson / Member, **Board of Studies/ Board of Examination** in Food Science and Nutrition, **Yuvaraja’s Autonomous College, Mysore.**

- ❖ Member, UG **Board of Studies/Examination** in Home Science, **University of Mysore, Mysore.**
- ❖ Member, PG **Board of Studies/Examination** in Food Science and Nutrition, **University of Mysore, Mysore.**
- ❖ Chairperson / Member, **Board of Examination/ Board of Studies** in Food Science and Nutrition, **St Philomena's Autonomous College, Mysore.**
- ❖ Member, **Board of Examination/ Board of Studies** in Home Science, **Smt VHD Central Institute of Home Science, (Autonomous College), Sheshadri Road, Bengaluru.**

(C. Anitha)