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**DEPARTMENT** : Home Science  
**DESIGNATION** : Assistant Professor  
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**QUALIFICATION** : MSc, MBA, Ph.D, NET-JRF  
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**DATE OF JOINING SERVICE** : 04-09-2018  
**AREA OF EXPERTISE** : Food Science, Nutrition and Dietetics

**AWARDS/ RECOGNITIONS** : First Rank with Distinction and Gold Medal in M.Sc. (Food Service Management and Dietetics) from Avinashilingam Institute for Home Science and Higher Education for Women-Deemed University, Coimbatore in 2003.  
Second Rank with Distinction in B.Sc. (Clinical Nutrition and Dietetics) from St' Joseph's College for Women, Alappuzha in May 2001.

**ACADEMIC ACHIEVMENTS** :II Rank, B.Sc, University of Kerala, I Rank with Gold Medal and Distinction ,M.Sc, Avinashilingam Deemed University, Coimbatore, Best outgoing student during B.Sc and M.B.A.; in Human Resource Management from IGNOU in First Class

#### **RESEARCH ACHIEVEMENTS/**

:Best Paper Award in the 29thKerala Science Congress 2017 held at Marthoma College, Thiruvalla on 28-30 January 2017, Nominated for Young Scientist Award (Senior) in Community Nutrition in the 48th Annual National Conference of Nutrition Society of India held at St.Johns Research Institute, Bangalore, Second Best Oral Paper Award in the Three Days International Seminar held at Govt.College for Women, Thiruvananthapuram on 14-16 November 2018. Ø Nomination for Best Paper Award in the 30thKerala Science Congress 2018 held at Govt. Brennen College, Thalassery on 28-30 January 2018., Research Assistant in a UNFPA sponsored Partnership Coastal Health Programme titled "A Targeted Intervention Programme on Reproductive and Child Heath Development in 2005.