



Dr. ANOOJA THOMAS K.

Co-ordinator

School of food science and
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CAREER RECORD

Coordinator school of Food Science and Technology Mahatma Gandhi University

12/3/2021 onwards

- ☞ **Principal**, Baker College for Women(Affiliated to MG University) from June 1st 2020 till 11/3/2021
- ☞ **Associate Professor**, Department of Home Science, C.M.S College, Kottayam, Kerala from 2010 to March 31st 2020
- ☞ **Assistant Professor**, Department of Home Science, C.M.S College, Kottayam, Kerala from 1998 June to November 2010
- ☞ **Dietitian** (1995 - 1997), Kannur District Hospital – Government of Kerala
- ☞ **Research Associate** (1993 – 1994), ICAR Project, Kerala Agricultural University (KAU), Trivandrum, Kerala
- ☞ **Junior Assistant Professor** (1987 – 1988), Tribal Area Research Centre (ICAR) College of Agriculture, Kerala Agricultural University, Trivandrum, Kerala
- ☞ **Lecturer** (1986 – 1987) , Dept. of Home Science, Vimala College, Trichur, Kerala

ACHIEVEMENTS

- ☞ **Best Poster Award** – Food Safety Measures Existing among Housewives (25-65yrs) at Poonjar Panchayath and the Impact of Nutrition Education, ICBPN 2012 (PhD scholar)
- ☞ **Best Poster Award** – Effect of income on nutritional status and folic acid profile of pregnant women (20-39 years), ICBPN 2012 (PhD Scholar)
- ☞ **Best Oral Paper** - Nutraceuticals – A home to manage Diabetes, UGC sponsored seminar, S N Women's College, Kollam September 2008 (PhD Scholar)
- ☞ **Best Poster Presentation** , Nutritional knowledge, attitude and practice level of selected female collegiate sports Persons of Kottayam District, 31st Annual Conference of NSI Sports Nutrition, 2019. (PhD scholar)
- ☞ **Best oral presentation :-** Home Science Association of India, 2021 (PhD Scholar)
- ☞ **UGC travel grant award:** International Union of Nutritional Science –IUNS. 20th international Congress of Nutrition-Granada (Spain) (15-20 September)
- ☞ **UGC travel grant award :-** 19th International Congress of Nutrition (4-9 October) Bangkok, **Thailand.**

RESEARCH

- ☞ Research Guide – Mahatma Gandhi University, Kottayam, Kerala
Mother Teresa Women's University, Kodaikannal, Tamil Nadu
Bharathiar University, Coimbatore, Tamil Nadu
- ☞ **Successfully completed 5 UGC Major Projects and 1 UGC Minor Project**
- ☞ **Ph. D awarded – 1; Submitted -1; Ongoing - 6**
- ☞ Post-doctoral Guidance - 1
- ☞ M. Phil Guidance - Awarded – 7
- ☞ P.G. Guidance - More than 20 till 2012
- ☞ **Research Panel Member** – Kerala Agricultural University, Avinashlingam University, Periyar University, Mother Teresa Women's University, Kodaikannal, Tamil Nadu, S.N.D.T. University for Women, Mumbai

PROFESSIONAL AFFILIATION

- ☞ **Life Member, Nutrition Society of India**
- ☞ **Life Member, Home Science Association of India**
- ☞ **Life Member, Celiac Society of India**
- ☞ **Life Member, Indian Dietetic Association (Founder President -IDA Kerala Chapter)**
- ☞ **Member, Task force committee of DBT, Public Health Nutrition and Food fortification Government of India - 2017 onwards**
- ☞ Member Academic Council, Mahatma Gandhi University, Kottayam, Kerala - 2017-2021
- ☞ Chairman UG Board of studies, Mahatma Gandhi University, Kottayam, Kerala - 2017-2021
- ☞ Chairman PG Board of studies, Mahatma Gandhi University, Kottayam, Kerala – 2017-2021
- ☞ General coordinator of Star College Grant CMS College DBT 2017-2020
- ☞ **e content writer for ePG Pathshala under NMEICT (UGC)**
- ☞ Coordinator, UGC Sponsored Career Oriented course (Fashion Designing) - 2003 onwards
- ☞ Member, UGC Core committee for Add-on Courses, Mahatma Gandhi University, Kottayam, Kerala
- ☞ Convener Net Profan Keralam (FSSAI)
- ☞ National Executive Committee Member Indian Dietetic Association
- ☞ National Executive Committee Member Nutrition Society Of India 2016-2020
- ☞ Reviewer - Indian Journal of Research in Food Science and Nutrition
- ☞ Reviewer - Tata Mc Graw-Hill Publishers
- ☞ Speaker - All India Radio-1987-1998
- ☞ Coordinator-DBT Star College Scheme, CMS College-(2017-2020 March)
- ☞ Academic Council member CMS College 2016-2020.

EDUCATION

- ☞ B. Sc Home Science (1984) Vimala College, Thrissur, Calicut University –First class
- ☞ M. Sc Food Science and Nutrition (1986) Avinashlingham Home Science College, Bharathiar University, Coimbatore, Tamil Nadu-A grade
- ☞ M. Phil Food Science and Nutrition (1993) Avinashlingham Deemed University, Coimbatore, Tamil Nadu First class
- ☞ Ph. D Food Science and Nutrition (2002) Avinashlingham Deemed University, Coimbatore, Tamil Nadu -

TEACHING AND LEARNING PROCESS

- ☞ **Co-ordinator** Add-on Course Fashion Designing -MG University Kottayam
- ☞ **Member Academic Council** –CMS College Kottayam (Autonomous)
- ☞ **Member Syllabus Restructuring Committee 2017-18** MG University Kottayam
- ☞ **Member CBCS Model Question Paper Setting Committee 2017-18** MG University Kottayam
- ☞ **General Co-ordinator** –DBT Sponsored STAR College Scheme- CMS College Kottayam (Autonomous)
- ☞ Curriculum Restructuring workshop (UG and PG) MG University Kottayam
- ☞ **Advisory board committee member**, Institute of Food and Agricultural Ethics, Thamarassery.

PUBLICATIONS

Journal Papers

- ☞ **Anooja Thomas K** and Lincy P. Effect of Hypocholesterimic effect of *Curcuma amda* Roxb. *Journal of Nutritional Science and Vitaminology* (Accepted).
- ☞ **Anooja Thomas K.** and Dhanya Radhakrishnan. 2020. A study on the impact of the Novel Bio chemical Parameter – Calcium Score in preventing the progression of the cardio Vascular Diseases to invasive interventions. *Journal of Nutritional Science and Vitaminology* 66:S11-S17.

- ☞ **Anooja Thomas K.** and Dhanya Radhakrishnan. 2019. Impact of the Novel Biochemical Parameter – Calcium Score in Preventing the Progression of Cardiovascular Diseases to Invasive Interventional Techniques. *Annals of Nutrition and Metabolism* Vol 75. Suppl 3. ISSN 0250 6807.
- ☞ Lincy P and **Anooja Thomas K.** 2019. Hypocholesterolemic Effect of *Curcuma Amada* Roxb. *Annals of Nutrition and Metabolism* Vol 75. Suppl 3. ISSN 0250 6807.
- ☞ **Anooja Thomas K.** 2019. Parboiling Induced Changes in The Morphological Aspects and Amylose-Amylopectin Ratio of Selected Rice Varieties. *Annals of Nutrition and Metabolism* Vol 75. Suppl 3. ISSN 0250 6807.
- ☞ Lincy P and **Anooja Thomas K.** 2018. Assessment of Nutritional status of mild Hypocholesterolemic adults in Kottayam .Asian journal of Multidimensional research Vol.7 Issue 2:111-114
- ☞ Lincy P and **Anooja Thomas K.** 2018. Effect of Supplementation of Mango Ginger (*Curcuma amada* Roxb.) on Mild hypercholesterolemic adults. *International Journal for Science and Advance Research in Technology*. Vol 4 Issue 10 p358-360. ISSN 2395 1052.
- ☞ Dhanya R and **Anooja Thomas K.** 2017. Impact of Homocysteine and Calcium Score Levels on the Risk Assessment of Percutaneous Transluminal Coronary Angioplasty (PTCA) undergone patients. *International Journal of Home Science*. Vol 3 Issue 3. p 29-32. ISSN 2395 7476
- ☞ Ramya R and **Anooja Thomas K.** 2016. Determination of socio-economic and dietary factors influencing anemia among the adolescent girls in Kottayam district. *Asian Journal of Home Science*. Vol11 Issue-2. December p306-311. ISSN 0973-4732.
- ☞ Ramya R and **Anooja Thomas K.** 2016. Iron folic acid rich biscuit supplementation to reduce anemia among adolescent girls. *Food science Research Journal*. Vol7, Issue 2 p217-222. ISSN 0976-1276.
- ☞ Ramya R and **Anooja Thomas K.** 2015. Nutritional status and dietary pattern of adolescent girls of Kottayam Taluk. *International Journal of Advanced Research*. Vol3, Issue 4, p949-955. ISSN 2320 5407.

- ☞ Neethu Ravikumar and **Anooja Thomas K.** 2015. Effect of Amylose-Amylopectin Ratio on the Structure of Starch Granules of Selected Rice Varieties. *foodSci: Indian Journal of Research in Food Science and Nutrition*. Volume 2 Issue 2, P 77-80. ISSN 2349 8897.
- ☞ Lincy P and **Anooja Thomas K.** 2014. Nutrition and life style of selected Mild Hypocholesterolemic patients. *foodSci- Indian journal of Research in Food Science and nutrition*. Vol 1, Issue 2, p30-32. ISSN 2349 8897.
- ☞ **Anooja Thomas K.** and Neethu Jose .2013. Value addition of fruits. *mRNA*. Vol 2 Issue 1&2 p3-7. ISSN 2319 2747
- ☞ **Anooja Thomas K.** 2009. Effectiveness of Daily Iron Supplementation and Energy Rich Pregame Bar on Selected Adolescent Sports Students. *Annals of Nutrition and Metabolism* Vol 55 P129-07 ISSN 0250 6807.
- ☞ Padmavathy C and **Anooja Thomas K.** 1995. Fish Consumption Pattern and Nutritional Status of the Women workers in the Marine Food Processing units of Cochin. *The Ind. J. Nutr. Dietet.* Vol 32 No 4 p 106 -108. ISSN 0022 3174
- ☞ Usha Chandrasekhar, G. Vasanthamani, **Anooja K. Thomas.** 1990. Infant Feeding and Weaning Practices among Irulas of Attapadi Hills and Lambas of Katchuvadi Hills. *The Ind. J. Nutr. Dietet* Volume 27, Issue 6, ISSN 0022 3174
- ☞ Rose Mary Francis, **Anooja Thomas K.**, and Irfana Parveen, Accommodation Status of Independently Living Elderly, *Journal of Scientific Research*, Volume 65, Issue 4, 2021

Books/Book Chapters

- ☞ **Anooja Thomas, K.** Ethnography of Kerala's food and its contribution to food and nutrition security.
Indian food anthropology and eat right movement. M.S University, Baroda. (Accepted)
- ☞ **Anooja Thomas, K.** 2020. Healthy Diets everywhere. In: Agarwal, P. and Mathur, P. (Eds.) *Eat Right: A food systems Approach*. Food future foundation, Eat Right Movement, FSSAI. P227-247.

- ☞ **Anooja Thomas, K.** 2019. Diet and Cancer. In: Proceedings of International Seminar on Cancer: Diet, lifestyle links and newer management. Shanlax Publications, Madurai. ISBN 978-93-8839-83-81.
- ☞ **Anooja Thomas. K.** 2015. Current concepts in pre and post competition meal in enhancing sports performance. In: *Proceedings of the UGC Sponsored National seminar on Nutritional strategies for enhancing sports performance.* Prathibha Publications. ISBN 978-93-85567-04-9.
- ☞ **Anooja Thomas. K.** 2012. *Low sodium Recipes for Hypertensive patients.* ISBN 978-81-923850
- ☞ **Anooja Thomas. K.,** Thomas M., Cheriyan T., Hari N. and Thomas R.P 2012. *Basics of Microbiology.* BulBul Scientific Services. ISBN978-81-923850-1-3
- ☞ **Anooja Thomas. K.** 2012. Nutrition Support in family Health –reducing micro nutrient deficiencies. In: Chandra V., Regi RSF.,Anna R C. and Suba G.(Eds.) *Optimizing Nutritional Support in Health And Disease.* Today Publishers, Chennai ISBN 978-93-81992-02-9.
- ☞ **Anooja Thomas K.,** Thomas R.P., Hari N. 2012. *Proceedings of International conference on bio active Natural components from plant food in Nutrition and health –ICBPN 2012.* BulBul Scientific Services ISBN 978-81-923850-5-1.
- ☞ Bulbin Jose and **Anooja Thomas K.** 2012. Effect of micro nutrient supplementation among anaemic adolescent girls in Kottayam. In: Anooja Thomas K. Thomas R.P., Hari N.(Eds) *Proceedings of International conference on bio active Natural components from plant food in Nutrition and health –ICBPN 2012.* BulBul Scientific Services ISBN 978-81-923850-5-1. P101-104.
- ☞ Remya R and **Anooja Thomas K.** 2012. Effect of micro nutrient supplementation among anaemic adolescent girls in Kottayam. In: Anooja Thomas K. Thomas R.P., Hari N.(Eds) *Proceedings of International conference on bio active Natural components from plant food in Nutrition and health –ICBPN 2012.* BulBul Scientific Services ISBN 978-81-923850-5-1. P141-145.
- ☞ Teena Kurian and **Anooja Thomas K.** 2012. Effect of micro nutrient supplementation among anaemic adolescent girls in Kottayam. In: Anooja Thomas K. Thomas R.P., Hari

N.(Eds) *Proceedings of International conference on bio active Natural components from plant food in Nutrition and health –ICBPN 2012*. BulBul Scientific Services ISBN 978-81-923850-5-1. P195-201.

- ☞ **Anooja Thomas K.** 2011. *Health Risks from processed food*. In: A compilation of Technical Presentations during the One day awareness programme on Science and Technology in transforming women's lives. ISBN 8186366857.

Conference/Seminar Papers – Presented

International

- ☞ **Anooja Thomas K.** and Dhanya Radhakrishnan. 2019. Impact of the Novel Biochemical Parameter – Calcium Score in Preventing the Progression of Cardiovascular Diseases to Invasive Interventional Techniques. 13th Asian Congress of Nutrition (ACN 2019), Bali, Indonesia (August 4-7).
- ☞ **Anooja Thomas K.** A study on the impact of the Novel Bio chemical Parameter – Calcium Score in preventing the progression of the cardio Vascular Diseases to invasive interventions. 13th Asian Congress of Nutrition (ACN 2019), Bali, Indonesia (August 4-7).
- ☞ **Anooja Thomas. K.** 2019. Hypocholesterolemic effect of *Curcuma amada* Roxb. 13th Asian Congress of Nutrition (ACN 2019), Bali, **Indonesia** (August 4-7).
- ☞ **Anooja Thomas. K.** and Ramya R. 2015. Impact of intervention strategies on anemic adolescent girls. 12th Asian Congress of Nutrition – CAN 2015 (14-18 May), organized by Japan Society of Nutrition & Food Science and Federation of Asian Nutrition Societies, held at Yokohama, **Japan**.
- ☞ **Anooja Thomas K.** and Rajasalim, R. 2013. Effect of supplementation of Iron-Folic Acid biscuits on anaemic adolescent girls. International Union of Nutritional Science –IUNS. 20th international Congress of Nutrition-Granada (Spain) (15-20 September).
- ☞ **Anooja Thomas K.,** M Manikuttan, N Jose. 2013. Hypocholestrlemic effect of Mango Ginger (*Curcuma amada* Roxb) on Hypocholestrlemic adult patients. International

Union of Nutritional Science –IUNS. 20th international Congress of Nutrition-Granada (Spain) (15-20 September).

- ☞ **Anooja Thomas.K.** 2011. International conference on food and nutraceuticals for nutrition and health- Periyar University. Salem Food safety: current scenario and future trends
- ☞ **Anooja Thomas.K.** 2009. Effectiveness of daily Iron supplementation and energy rich pregame bar on selected adolescent sports students. 19th International Congress of Nutrition (4-9 October) Bangkok, **Thailand**.
- ☞ **Anooja Thomas K.** 2021 Elder friendly life space design-Evoking community and government intervention, International Webinar On Perceived Anxiety, Social Support And Coping Strategies Of Elderly During Covid-19 Pandemic, Dept. of Sociology, University of Kerala, Thiruvananthapuram-695581.
- ☞ **Anooja Thomas K.,** Rose Mary Francis and Magna Raison ,Augmenting Kerala's Medical Tourism for Senior Citizen– A Perspective on the Scope of Ayurveda, International Conference on Sustainable Globalization January 09-11, 2020, Kochi.
- ☞ Anitha Begum and **Anooja Thomas K.** A Study on the Relation between Lifestyle Diseases and Food Habits of Regular Eatery Consumers in Malappuram District, International Conference on Sustainable Globalization January 09-11, 2020, Kochi.

National

- ☞ **Anooja Thomas. K,** Indulekha. G. 2007. Effect of supplementation of lemon pectin on selected Hypocholesterolemic patients. 39th Annual National Conference of NSI 2007
- ☞ **Anooja Thomas.K,** Meghana. M. Study on the Hypocholesterolemic effect of the selected herb on adult patients suffering from Mild hypercholesterolemia. 43rd National conference of NSI-NIN,Hyderabad
- ☞ Sarimol.K.S, **Anooja Thomas.K.** Nutritional profile and effect of folic acid supplementation on pregnant women. 41st Annual National conference of NSI.2009.
- ☞ Deepa Sebastian and **Anooja Thomas.K.** Effect of cinnamon supplementation on blood glucose and lipid levels in gestational diabetes mellitus

- ☞ Ramya R, **Anooja Thomas.K.** Nutritional status of adolescent girls (15-18 years), individual and environmental influence on eating behavior.
- ☞ **Anooja Thomas.K,** Ramya. R. 2010. Development, acceptability and keeping quality of folic acid rich biscuit for adolescent girls. 42nd Annual National conference of NSI, Mumbai (19-20 November).
- ☞ **Anooja Thomas.K,** Assessment of the knowledge attitude and practice of mothers regarding weanling diarrhea. 43RD Annual National Conference OF IDA 2010NIN,Hyderabad
- ☞ Nutritional status and effectiveness of nutrition Education programme of selected adolescent girls (12-19years)
- ☞ Teena Kurian and **Anooja Thomas. K.** 2012. Food safety measures existing among House wives (25-65) years of Poonjar Panchayath and the impact of nutrition education. In: *Proceedings of International conference on bio active Natural components from plant food in Nutrition and health –ICBPN 2012.* Pp.195-201. ISBN 978-81923850-5-1.
- ☞ Bulbin Jose and **Anooja Thomas. K.** 2012. Assessment of the knowledge, attitude and practice of mothers regarding Weanling diarrhea. In: *Proceedings of International conference on bio active Natural components from plant food in Nutrition and health –ICBPN 2012.* Pp.101-104. ISBN 978-81923850-5-1.
- ☞ Ramya R. and **Anooja Thomas. K.** 2012. Effect of micronutrient supplementation among anemic adolescent girls in Kottayam. In: *Proceedings of International conference on bio active Natural components from plant food in Nutrition and health –ICBPN 2012.* Pp.141-145. ISBN 978-81923850-5-1.
- ☞ **Anooja Thomas K.** 2012. Study the status of the Thyroid functions in adult women after salt iodization. 45th Annual National conference of IDA 2012, Mumbai.
- ☞ **Anooja Thomas.K** and Jazna Naushad. 2013. Assessment of Knowledge and behavior on Nutritional labeling and food safety among adolescents. 45th Annual National conference of Nutritional Society of India, Hyderabad (21-22 November).
- ☞ Neethu Ravikumar. And **Anooja Thomas K.** 2014. Effect of Amylose–Amylopectin Ratio on Maltese cross pattern of selected rice varieties. 46th Annual National conference of NSI 2014, (6-8 November) Ludhiana, Punjab.

- ☞ Lincy P and **Anooja Thomas.K.** 2014. Nutrition and lifestyle selected mild Hypocholesterolemic patients. 46th Annual National conference of NSI 2014, (6-8 November) Ludhiana, Punjab.
- ☞ **Anooja Thomas.K.** 2014. Current concepts in pre and post competition meal in enhancing sports performance. UGC sponsored national seminar on nutritional strategies for enhancing sports performance, Assumption College,Chaganacherry-Nov20,21,2014
- ☞ Lincy P, **Anooja Thomas.K.** 2015. Impact of Mango ginger supplementation on mild Hypercholesterolemic adult patients. 47th Annual national conference of NSI-2015.
- ☞ Dhanya Radhakrishnnan and **Anooja Thomas. K.** 2016. Impact of dietary habits on the lipid profile of selected PTCA patients. IDACON 2016. 49th Annual National Conference of Indian Dietetic Association (23-25 September 2016), Mumbai.
- ☞ Dhanya Radhakrishnnan and **Anooja Thomas. K.** 2017. Impact of Diet counseling in preventing the progression of the cardiovascular patients to Percutaneous Transluminal coronary angioplasty and coronary artery bypass grafting. 49th Annual National Conference of the Nutrition Society of India, (2-4 November) organized by Nutritional Society of India and Assam Agricultural University.
- ☞ Anitha Begum, A.S. and **Anooja Thomas. K.** 2017. A study on relationship between food quality and lifestyle diseases among adults in Manjeri Municipality. 49th annual Conference of the Nutrition Society of India, (2-4 November) organized by Nutritional Society of India and Assam Agricultural University.
- ☞ Rajimol K.C. and **Anooja Thomas. K.** 2019. Nutritional knowledge, attitude and practice level of selected female collegiate sports Persons of Kottayam District, 51st annual Conference of the Nutrition Society of India, (7-9 November) organized by Nutritional Society of India and Rajiv Gandhi Centre for Biotechnology, Trivandrum.

Popular Articles

- ☞ GrihaLakshmi Food Special issue –Nutritious Food February 2000 p 30
- ☞ Food Adulteration –Mangalam News Paper Daily 07 Nov-1993

CONFERENCES/SEMINARS – CO-ORDINATED/ORGANIZED

- ☞ Academic counselor –IGNOU-1993-1994
- ☞ Guest faculty, certificate course in Home Management, School of Distance Education 1993-1995
Mahatma Gandhi University, Kottayam
- ☞ State Level Seminar on Medical Nutrition Therapy in Renal disorders, 2003
- ☞ UGC Sponsored National Seminar on Food - Role in Prevention and Management of Cancer, 2005
- ☞ UGC Sponsored National Seminar on Evolving Trends in Enteral And Parenteral Nutrition, January, 2006
- ☞ XL Annual National Convention of Indian Dietetic Association 2007 funded by ICMR
- ☞ Coordinator National level Mid-Day Meal Recipe Competition (Sponsored by DST, New Delhi), 2007
- ☞ Co-organizing Secretary, International Conference “Sustainable Agriculture”, February, 2008
- ☞ Coordinator DBT star college scheme Outreach Program.(CMS COLLEGE)
- ☞ International Conference on Bioactive Natural Compounds from Plant Foods in Nutrition and Health – ICBPN 2012, September 2012 funded by ICMR, KSCTE, UGC.
- ☞ Organizing Secretary, 51st National conference of Nutrition Society of India 2019 Held at Trivandrum.

SEMINARS / WORKSHOPS/CONFERENCES ATTENDED

- ☞ Health Science in Current Scenario –A Two day National Level Seminar-10 & 11 January 2007 Kasthurba Gandhi Auditorium Vellalar College for Women, Erode
- ☞ 40th Annual national conference of NSI November 2008, Chennai

- ☞ 45th Annual National Conference IDA 2012, NIN Hyderabad
- ☞ Mahatma Gandhi University Kottayam Post Graduate Curriculum Restructuring workshop 14-16 December 2011.
- ☞ National Seminar on Life style related Diseases Prevention Education and Intervention 06 January 2012 Quaid-E-Millath Government College for Women(Autonomous)Chennai
- ☞ 48th Annual National conference of IDA-19-21st Nov.2015, Bangalore
- ☞ 49th Annual National conference of IDA 2016
- ☞ 48TH Annual National conference of NSI-2016
- ☞ National Conference Shakthi 2016 ICSSR, ICMR sponsored 7 & 8 March 2016 MMM College of Health Science Chennai
- ☞ Introductory course on Stable Isotopic Techniques in Human Nutrition-St. Johns Bangalore 12th-13th 2017
- ☞ 49th Annual National conference of NSI 2017, Assam, Jorhat
- ☞ Molecular Techniques in Food BioTechnology,5-9, March 2018 IIFPT- Thanjavur
- ☞ India International Science Festival (05-08- October 2018) Organized by Ministry of Science and Technology Ministry of Earth Science and Vijnana Bharathi held at Lucknow
- ☞ Training course on coconut food products 14 march 2019, Coconut Development Board
- ☞ International Seminar on cancer: Diet, lifestyle links and newer management, Holy cross Home Science College, Tirunelveli Feb 2019.
- ☞ International Conference on Sports Nutrition (08-09- March 2019) Organized by Avinaslingam Deemed University, Coimbatore.
- ☞ 51st Annual conference of NSI 2019, RGCB, Trivandrum.
- ☞ 52nd Annual National conference of IDA 19-21ST DEC 2019, Ahmadabad, Gujarat.
- ☞ Workshop on Redesigning of Courses for Outcome Based Education (OBE) (17-19 January 2019) Organized by Kerala State Higher Education Council and Mahatma Gandhi University, Kottayam held at Mahatma Gandhi University.

- ☞ International Webinar On Perceived Anxiety, Social Support And Coping Strategies Of Elderly During Covid-19 Pandemic, Dept. Of Sociology, university of kerala ,Kariavattom Campus, Thiruvananthapuram-695581

RESOURCE PERSON

- ☞ National Seminar on “Health Sciences in Current Scenario, Bionut, 2007 “ Vitamin and Mineral Status- Effects on Physical Performance” , Vellalar College for Women, Erode, Tamil Nadu
- ☞ Diet and Diabetes, World Diabetic Day - 2007, Amrita Institute of Medical Sciences, Cochin
- ☞ Vitamin and Minerals Status-effects on Physical Performance- Health Science in Current Scenario –A Two day National Level Seminar-10 & 11 January 2007 Kasthurba Gandhi Auditorium Vellalar College for Women, Erode
- ☞ Scientific session “Food Safety” for the participants of Training of trainers programme organized by Food and Nutrition Board, Govt. of India, Medical College, Kottayam, 2008
- ☞ Scientific Session on Food Safety Organized by Department of Community Medicine Medical College Kottayam (21-February 2008).
- ☞ World Nutrition Day, 2010
- ☞ National Seminar on Lifestyle Diseases, St.Joseph’s College, Alleppy, 2011
- ☞ International Conference on Food and Nutraceuticals in Nutrition and Health, Technology and Delivery, ICFAN, Periyar University, 2011
- ☞ National Conference on Optimizing Nutritional Support in Health and Disease, January 2012, Nutritional support in Family Health ,Queen Mary’s College, Chennai
- ☞ National seminar on Lifestyle Related Diseases- Prevention, Education and Intervention, January, 2012, Quaid-E-Millath Government College for Women, Chennai
- ☞ Symposium on Oil & Metabolic Syndrome Saffola & IDA Kerala chapter 19 January 2013 Trivandrum.

- ☞ Symposium ‘Oils and Metabolic Syndrome’ organized by Indian Dietetic Association Kerala chapter and Saffola, January 19, 2013
- ☞ UGC sponsored National seminar ‘Food security: freedom from hunger’ Ethiraj College for Women, Chennai, 31st January 2014.
- ☞ Reach Nutrition Expo 2016
- ☞ IUCOFOSA Programme, April 18,2016
- ☞ Resource person ICMR ,ICSSR sponsored National seminar MMM college of Health Sciences 7th march 2016
- ☞ Dietary Pattern on Womens Health National Conference Shakthi 2016 ICSSR ,ICMR sponsored 7&8 March 2016 MMM College of Health Science, Chennai
- ☞ International Seminar on Cancer, Diet life style links and newer management, Holy cross Home Science College ,Thoothukudi, TamilNadu, 8th Feb 2019
- ☞ Seminar on Nutrition and Food Habits St Joseph’s College for Women Alappuzha
- ☞ Panel Member Inter National Symposium on Wheat related disorders ISWD2019 Organized by Celiac Society of India ,in collaboration with WHO,ICMR,UNICEF FSSAI and Ministry of Health and family welfare (12-13 January 2019)held at India Habitat Centre New Delhi.
- ☞ Webinar-Ethnography of Kerala food and its impact on Nutrition Security, Sept 4th 2020,
- ☞ M.S University Baroda Dept. Food Science Nutrition.
- ☞ World Breast feeding Day 4th August 2020 (Webinar)
- ☞ E-counselling for ICDS Supervisors (Poshan Abhiyan- National Nutrition Month 26th September 2020)

INTERNATIONAL EXPOSURE

- ☞ International Congress of Nutritional Sciences, Bangkok, Thailand - 4-9 October 2009
- ☞ International Congress of Nutritional Sciences, Granada, Spain - 15-21 September 2013
- ☞ 12th Asian Congress of Nutrition (CAN 2015), Yokohama, Japan - 14-18 May 2015
- ☞ 13th Asian Congress of Nutrition (ACN 2019),Bali, Indonesia - August 4-7 2019

PROJECTS COMPLETED

- ☞ Reappraisal of Mid Day Meal in India: Recommending Sustainable region based Mid Day Meal recipes, 2009 Funded by department of Science and technology Govt. of India, in collaboration with Avinaslingam Deemed University, Coimbatore.
- ☞ Assessment of consumption of processed and non processed foods in India (2009-2011) funded by World Bank in collaboration with National Institute of Nutrition Hyderabad.
- ☞ Study on the Hypo Cholestrolemic effect of selected herb on Adult patients suffering from mild Hypercholesterolemia (2012-2015) funded by UGC New Delhi.
- ☞ Effect of Income on Nutritional Status and Folic acid profile of pregnant women (20-39yrs) (2007-10) funded by UGC New Delhi.
- ☞ Development of Low Sodium recipes with locally available foods for Hypertensive Patients (2005-2006) funded by UGC New Delhi.
- ☞ Capacity building project on food safety and quality control of drugs(2004-2006) funded by World Bank in collaboration with Food and Drug Toxicology Research Centre ,National Institute of Nutrition.

DR. ANOOJA THOMAS K.