

DEEPASHREE P.L

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Personal Details:

Date Of Birth : 12-02-1988.

Marital Status : Married

Religion : Hindu

Nationality : Indian.

Academic Qualification:

- **Master of Science in Human Development (2010)**
Department of studies in Food Science and Nutrition, University of Mysore.
- **Bachelor of Science (2008)**
Food Science and Nutrition, Chemistry and Microbiology, University of Mysore.

Academic Details:

- I had undergone project work on the topic “**A study on Awareness of Physically Challenged on their rights, Provisions and Concessions**”.
- Completed 2 month of block placement as intern at All India Institute of Speech and Hearing (AIISH).
- Working experience with special children at Rotary west deaf and dumb school as intern as a part of practical and internship.

Awards and Achievements:

- Best Seminar Award for the academic year 2009-10 by Human Development Welfare Association, DOS in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore.

Experience Summary:

- November 2015- May 2017: Guest Faculty (on part time basis) and Aug 2017 to till date: Guest Faculty (on full time basis) at DOS in Food Science and Nutrition, University of Mysore.
- Teaching M.Sc Human Development students at Department of Food Science and Nutrition, University of Mysore.

Experience in Handling papers-

- Advanced study in Human Development-1.
- Childhood Behavioural problems.
- Children with developmental challenges.
- Advanced family studies.
- Gerontology-Challenges and care.
- Women and children in difficult circumstances.
- Methods and Techniques of Assessment in Human Development.
- Early childhood – Health, Nutrition and Education.
- Legislation and policy issues in family and child welfare.
- Guidance and counselling,
- Adolescence-Problems and Guidance.
- Children with Specific needs.
- Human Rights from child and woman’s perspective.
- Genetic Disorder and Counseling
- Seminar-Current issues and trends in Human Development.
- Handling practical classes- Advanced study in Human Development-Prenatal to adolescence.

-Advanced study in Human Development-Adulthood.

- Dissertation Work.

Research Publications:

- Deepashree P L, Komala M, Chandramathi P. “Awareness among physically challenged on their rights, provisions and concessions” My Society, University of Mysore, ISSN 2394-5982, Volume XII, Issue No. 1-2, 2018-19, page no. 18-25., 2018-19.
- Deepashree P L, Komala M, Manasa M. T “Relationship between Obesity and

Problems of Menstrual Cycle among Young women” Development and well-being across the lifespan, Department of Human Development, School of Home Science, Avinashilingam Institute for Home Science and Higher Education for women, Coimbatore, ISBN 978-9385604-11-9, 2020

Presented papers at conferences:

- Oral presentation on **“Awareness among Physically Challenged on their rights, Provisions and Concessions”** at 9th National Women’s Science Congress- Doddaballapur, November 2016.
- Oral presentation on **“Abdominal obesity among young women of Mysuru”** National Conference at Avinashlingam University, Coimbatore-March 2017.
- Participated and presented a poster on **“Growth and Nutritional Status of Single and Siblinged adolescents of Mysore”** at 49th Annual National conference of Nutritional society of India, held on 2nd, 3rd and 4th - November 2017 at Assam Agricultural university, Assam.
- Participated and presented a poster on **“Risk Factors for Attention Deficit Hyperactivity Disorder”** at UPE sponsored silver jubilee national seminar on risks and resilience across the life span held on March 15-16th 2018, organized by Human development, DOS in Food Science and Nutrition, Manasagangothri, Mysore.
- Participated and presented a poster on **“Malnutrition as a risk factor for behavior problems in children”** at UPE sponsored silver jubilee national seminar on risks and resilience across the life span held on March 15-16th 2018, organized by Human development, DOS in Food Science and Nutrition, Manasagangothri, Mysore.
- Participated and presented a poster on **“Child Marriage as a risk factors for Health status of mothers and their offspring”** at UPE sponsored silver jubilee national seminar on risks and resilience across the life span held on March 15-16th 2018, organized by Human development, DOS in Food Science and Nutrition, Manasagangothri, Mysore.
- Participated and presented a poster on **“Risk of being Single Child in Families”** at UPE sponsored silver jubilee national seminar on risks and resilience across the life span held on March 15-16th 2018, organized by Human development, DOS in Food Science and Nutrition, Manasagangothri, Mysore.
- Oral presentation on **“The Prevalence of Overweight and Obesity among young married women”** 51st Annual National Conference of Nutrition Society of India held on 08-09 November 2019.

- Oral presentation on **“Relationship between obesity and problems of Menstrual cycle among young women”** National Conference held on Jan 23, 2020, Avinashlingam University, Coimbatore.
- Oral presentation on **“Physical Growth and Nutritional status of preschool children of Pandavapura Town”** National Conference held on 8th and 9th December 2022.
- Oral presentation on **“Health Status of young women working in Garment Factories in Mysore”** National seminar on Gender sensitization and its impact on Health, Nutrition and Education Prospects and challenges held on 29th and 30th May 2023.

▪ **Attended Seminars and Webinars:**

- Participated in the International webinar on **“Nurturing Physical, Mental and Social Health: During and Post COVID 19** held on 16th May 2020 organized by Institute of Home Science. Dr. Bhimrao Ambedkar University, Agra.
- Participated in Two day International Webinar on **Different minds- Flip from suffer to sustain**, held on 3rd and 4th July 2020, organized by Department of Human Development, Avinashilingam Institute for Home Science and Higher Education for women, Coimbatore.
- Participated in the National e-Conference on **“Sustainable Strategies for Food Safety and Nourishment”** held on 22nd and 23rd of October, 2020 jointly organized by Department of Studies in Food Science and Nutrition, University of Mysore and Indian Dietetics Association.
- Participated in the Golden Jubilee two day National Webinar on **“Challenges of Neonatal care and Infant Protection”** held on 19th and 20th November 2020 organized by Human Development wing, Department of Studies in Food Science and Nutrition, Manasagangothri, Mysuru.
- Attended the special lecture on the topic **“ Creating a healthy and sustainable food environment”** held on 16th June 2021 organized by Department of Studies in Food Science and Nutrition, Manasagangothri, Mysore.
- Attended the special lecture on the topic **“Yoga for a healthy life style and Wellbeing”** held on 25th June 2021 organized by Indian dietetic Association-Mysore Chapter.
- Attended the special lecture on the topic **“Personality development for career development”** held on 26th June 2021 organized by Department of studies in Food Science and Nutrition, Manasagangothri, Mysore.
- Attended the special lecture on the topic **“Nutrition and Mental Health”** held on 30th June

2021 organized by Department of studies in Food Science and Nutrition, Manasagangothri, Mysore.

Training and Workshops attended:

- National Seminar on Functional foods for Health Promotion and disease prevention conducted by University of Mysore.
- Participated in two day workshop on “**Basic Statistics and Its Application using Statistical Package for Social Sciences [SPSS]**” organized by Human Development and Welfare Association in collaboration with Nutrition Society on 20th and 21st August 2018 at the Department of Studies in Food Science and Nutrition, Manasagangothri, Mysuru.
- Participated in Mysore Divisional Level Consultation on “**Early Childhood care and Development**” organized by Karnataka Child Rights Observatory, Human Development, Department of Studies in Food Science and Nutrition, University of Mysore and Swami Vivekananda Youth Movement Mysuru held on March 5th 2019, DOS in Food Science and Nutrition, Manasagangothri, Mysuru.
- Participated in two day workshop on “**Basic Statistics and Its Application using Statistical Package for Social Sciences [SPSS]**” organized by Human Development and Welfare Association in collaboration with Nutrition Society held on 6th and 7th December ,2019 at the Department of Studies in Food Science and Nutrition, Manasagangothri, Mysuru.
- Participated in the workshop on “**Complementary therapies in Autism Spectrum Disorder: Interplay between Diet and Gut Micro-biota**” held on 15th February, 2020 at IOE Auditorium, Vijnana Bhavan, Manasagangothri, Mysuru-06.
- Participated in three days workshop on ”Basic and Advanced Statistical Analysis using SPSS “ organized by DOS in Food Science and Nutrition , Manasagangothri , Mysuru in collaboration with statsparks, statistical consulting company, JP Nagar, 8th phase, Bengaluru-560076 (15th-17th February 2023)

Skill Set:

Proficient with MS Office applications, Statistical Analysis using SPSS, Typing and basic desktop publishing.

Declaration:

I Deepashree P L, hereby declare that the information furnished above is true to the best of my knowledge and belief

Date: 10/01/2024

Place: Mysuru

(Deepashree P.L)