

**University of Mysore**

**CURRICULUM VITAE**

**Dr. M. Komala**

**Sr. Assistant Professor in Human Development**

**Department of Studies in Food Science and Nutrition**

**Manasagangotri, Mysore**

**September 2012**

## **Dr. M. KOMALA**

<b>Designation</b>	Senior Assistant Professor In Human Development
<b>Department Address</b>	Department Of Studies In Food Science And Nutrition, University Of Mysore, Manasagangotri, Mysore – 570006
<b>Residential Address</b>	R1, 1 <sup>ST</sup> Cross, SJCE College Road, Mysore University Quarters, Manasagangotri, Mysore - 570006
<b>E mail Id</b>	<a href="mailto:komala_madaiah@yahoo.co.in">komala_madaiah@yahoo.co.in</a> <a href="mailto:komalagangadhar71@gmail.com">komalagangadhar71@gmail.com</a>
<b>Phone Number</b>	Office: 0821-2419631, Residence: 0821-2411331 Mobile: 09980425919

### **1. Academic Qualifications**

<b>Degree</b>	<b>Subject</b>	<b>University</b>	<b>Year</b>
Ph.D.	Human Development	University of Mysore	2008
M.Sc.	Human Development	University of Mysore	1996
B.Sc.	Home Science	University of Mysore	1994

### **2. Additional qualification and Training**

- ◆ Qualified at **State Level Eligibility Test (SLET)** held on 24-09-2000 in the subject Home Science
- ◆ Participated in **1<sup>ST</sup> Refresher Course in Home Science** held from 28<sup>th</sup> June to 18<sup>th</sup> July 2006 organized by U.G.C. Academic Staff College, Bangalore University, Bangalore
- ◆ Participated in 6 days workshop on “**Student Counselling**” held from 19<sup>th</sup> to 24<sup>th</sup> March 2012 organized by U.G.C. Academic Staff College, University of Mysore, Mysore

### **3. Teaching Experience: 16 years of experience**

<b>Program &amp; Institution</b>	<b>Position Held</b>	<b>Duration</b>	<b>No of Teaching Years</b>
P.G. Program in Human	<b>Senior Scale Assistant</b>	Aug 2008 -	4 years 1 month

Development at DOS in Food Science and Nutrition	<b>Professor</b>	To date	
	<b>Assistant Professor</b>	Feb 2003 – Aug 2008	5 years 6 months
	<b>Research Fellow in Human Development (UPG-JRF)</b>	2001 – Feb 2003	2 years
	<b>Temporary/Part-time/Guest Faculty</b>	1996-2001	4 years 8 months
Under Graduate Degree Program in Food Science and Nutrition at Yuvaraja's Science College, Mysore	<b>Temporary Faculty</b>	July – Oct 1997	4 Months

**Area of Specialization in Teaching**      Advanced Human Development, Theories of Human Development, Early Childhood Education, Marriage and Family Relationship, Mental Health of Children.

**4. Research Experience:** 14 years of Experience

<b>Title of Ph.D. Thesis</b>	“Impact of television on multidimensional aspects of personality in children from selected areas of Mysore”
<b>Title of M.Sc. Dissertation</b>	“A Comparative Study Of The Adjustment Problems Of Institutionalized And Non-Institutionalized Adolescent Girls”
<b>Research Areas of Interest</b>	Assessment of growth and development, Behaviour and emotional problems, Reproductive health, Geriatrics, Media Impact, Cognitive and Emotional Intelligence

**5. Research Project (On-going)**

Sl. No.	Position	Title of the Project	Funding Agency	Year
1	Co-Investigator	Bio-Anthropological, Bio-Chemical and Bio-Ethnical study among the tribal populations of Western Ghats Areas	MHRD, New Delhi (Institute of excellence scheme, University of Mysore)	2009-2012

## 6. Research Supervision

- ◆ Ph.D. Students : 07
- ◆ M.Sc. Students: 27
  - Dissertation: 23 students
  - Project work: 4 students

## 7. Research Publications: 9

## 8. Research Paper (Oral + Poster) presentation: 35

## 9. Invited Talk: 22

## 10. Administrative experience

Position held	Institution	Period
The Coordinator	Mysore University Day Care Centre, Manasagangotri, Mysore	Sept 2007 – to date

## 11. Member in University Committees:

Position held	Name of the Committee	Period
Convener	Advisory Committee of Mysore University Day Care Centre	2008 – to date
Member	Food Monitoring Committee for Hostels of University of Mysore	2012

## 12. Member in Academic Bodies of University of Mysore and other Universities:

Academic Bodies	Position Held	Period (From - To)
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Board of Examination in Human Development, <b>University of Mysore</b>	Chairperson	Jan 2007	Jan 2008
	3 times	Jan 2009	Jan 2010
		Jan 2011	Jan 2012
Board of Examination in Home Science (PG), <b>Bangalore University</b>	Member	2011	2012
	Member	2009	2012
Board of Appointment of Examiner in Human Development, <b>University of Mysore</b>	Member	2009	2012
Board of Studies in Human Development, <b>University of Mysore</b>	Member	2006	2012
Faculty of Science and Technology, <b>University of Mysore</b>	Member	2005	2011

### 13. Membership in Academic Societies

- Indian Science Congress Association, Kolkata – Annual membership
- Indian Association of Medical Anthropologist – Life member

### 14. Organization of Program (Seminar/Conference/Workshop)

Year	Position held	Program	Sponsor
2008	Organizing Committee Member and Registration Committee Chairperson	National Seminar on “Functional Food for Health Promotion and Diseases Prevention” held on 14 <sup>th</sup> - 15 <sup>th</sup> February 2008, Mysore	UGC Sponsored National Seminar
2011	Organizing Committee Member	Two day workshop on “Clinical Research Methods” held on Feb 2011, Mysore	IOE, University of Mysore

### 15. Consultancy Services

- As Coordinator of Mysore University Day Care Centre **Child guidance services** have been offering to the parents of young children.
- As a Human Developmentalist **counselling services** have been offering to the needy P.G. and Research students of University to overcome their personal, familial and vocational problems.

## **16. Faculty/Student Related Program Organized**

- **Recreational Programme** for Elderly Citizens at Little Sisters for Poor - Home for Aged, Gandhinagar, Mysore has been organizing every year as practical work.
- **Exhibition** on Pre-school education/Indigenous creative activities at schools and ICDS centres in and around Mysore city has been organizing every year as practical work and on request.
- **Parent Education Programme** for parents of under-privileged section on various issues such as growth and development, health and nutrition, social problems, rights for women and child has been organizing every year as practical work and on request.

## **17. Other Information**

- Participated in **Board of Studies meeting** for finalization of the syllabus of **Certificate Programme in Infant Care** of Karnataka State Open University, Manasagangotri, Mysore during March 2006
- Involved in **Lesson writing for certificate program in Infant Care** and **Certificate course in Pre-school Education** of Karnataka State Open University, Manasagangotri, Mysore.

## **Research Publications**

### **▪ 2002**

1. K.N. Anuradha and **M. Komala**, "Impact of Non-formal Education on All round Development of Preschool Children", Journal of Social Sciences Interdisciplinary Reflection of Contemporary Society, January, 2002, Volume 6, Number 1, 21-23.

### **▪ 2003**

2. K.N. Anuradha and **M. Komala**, "Influence of Infrastructural Facilities in Anganwadis on Promoting the All round Development of Preschool Children", Journal of Human Ecology, International Interdisciplinary Journal of Environment Relationship, July 2003, Volume 14, Number 4, 287-290.

### **▪ 2008**

3. **Komala, M.** and Rudramma “Physical Growth And Nutritional Status Of School Children Of Mysore” Man and Life, 2008, Vol. 34 (3-4), pp 79-84
- **2009**
4. Ramya Bhaskar and **M. Komala** , “A Study On The Quality Of Life And Life Satisfaction Among The Senior Citizens In Mysore City” Man and Life, 2009 , Vol. 35 (3-4), Pp 65-72
5. **Komala, M.** and Rudramma, “A Study On Association Of Television Viewing With Stress And Academic Performance Of Children” Man and Life. 2009, Vol. 35 (3-4), Pp 73-80
- **2010**
6. Nandini M, **Komala M.** And Ramya Bhaskar, “A Study On Mental Health Status Of Teenagers In Single Parent Families” Man and Life Man and Life. 2010, Vol. 36 (3-4), Pp 157-164
7. Shivaprasad, H.S., Gangadhar M.R. Malini, S.S., Shivabasavaih and **Komala M.** “An outlook on the health status of tribal population in India” Man and Life Man and Life. 2010, Vol. 36 (3-4), Pp 165-174
- **2011**
8. Shivaprasad, H.S. Gangadhar M.R. **Komala M.** And Malini, S.S. “Awareness and Significance of Health, Sexual diseases, Genetic Disorders and Dietetic issues among tribal women of India” World J Life Sci. And Medical Research 2011:1(5) 99-109
- **2012**
9. Ramya Bhaskar, Anjali B. U. and **Komala, M.** “A study on Sexual Attitudes of Youth in Mysore Taluk” J. Psychosoc. Res. 2012. Vol. 7(1) p. 95-100

### **Papers Presented (Oral) In Seminars/Symposium/Conferences**

#### **2002**

1. Deepu, N., **Komala, M.** and Rudramma, “An Evaluation of the Use of Mass Media by Adult Women in Semi-Urban Area of Mysore District”, UGC National Seminar on “Women and Development” held on March 14<sup>TH</sup> & 15<sup>TH</sup> 2002 at Tirupati organized by Department of Home Science And Centre for Extension Studies, Sri Venkateshwara University, Tirupati.

#### **2006**

2. **Komala, M.** and Roopa S. Angadi “Mental Health Status of Adolescents”, Southern Regional Consultation Meet on “Adolescent Guidance Services” organized by NIPCCD, Southern Regional Centre, Bangalore on 22<sup>nd</sup> -23<sup>rd</sup> March 2006 at NIPCCD premises, Bangalore.

#### **2007**

3. **Komala, M.**, Shobha S. and Rudramma “Television Viewing and Study Habits – A Study Among the College Students” National Conference on Quality assurance in

ODL institutions organized by Karnataka Open University, Manasagangotri, Mysore on 3<sup>rd</sup> – 5<sup>th</sup> March 2007.

4. **Komala, M.** and Roopa S. Angadi, “Relationship Between Adolescents’ Perceived Parenting Styles and their Mental Health Status”, Fifth Regional Conference of International Union for Health Promotion and Education – South East Asia Regional Bureau on theme “Youth’s Health – Nation’s Wealth” held on 21<sup>st</sup> – 22<sup>nd</sup> April 2007 at Bangalore.
5. **Komala, M.** and Shilpa R. Patil “Nutritional Status of Hakkipikki Tribal Preschool Children” in National Conference on “ Medical Anthropology and Health Sciences” organized by Society for Indian Medical Anthropology on 29<sup>th</sup> to 30<sup>th</sup> November 2007 at Anthropological Survey of India, Mysore.

## **2008**

6. **Komala, M.** and Rudramma, “Television Viewing – An Environmental Risk Factor For Childhood Obesity”, 3<sup>RD</sup> Indian Anthropological Inter-Congress on “Man and Environment: The South Asian Perspective” organized by Department of Anthropology, Punjab University, Chandigarh and Indian National Confederation and Academy of Anthropologists on 21<sup>st</sup> -23<sup>rd</sup> February 2008 at Chandigarh.
7. **Komala, M.** and Rudramma, “A Study On Association Of Television Viewing With Stress And Academic Performance Of Children” UGC Sponsored National Seminar on “Resolving Stress To Optimize Academic Achievement – The Innovative Role Of Teachers” organized by The Department of Family and Community Science, St. Teresa’s College, Ernakulam on 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> November 2008 at Ernakulam
8. Ramya Bhaskar, **Komala, M.** and Rudramma, “Study on Relationship between stress and adjustment among Adolescents”, UGC Sponsored National Seminar on “Resolving Stress To Optimize Academic Achievement – The Innovative Role Of Teachers” organized by The Department of Family and Community Science, St. Teresa’s College, Ernakulam on 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> November 2008 at Ernakulam
9. **Komala, M.** and Shaila R. Bhat, “A Study on Mental Efficiency of Elderly People of Mysore City”, International Symposium and Conference of Gerontology and Geriatrics and 14<sup>th</sup> Biennial Meeting of the Association of Gerontology (India) organized by the Centre for Research on Ageing, Department of Psychology, Sri Venkateshwara University, Tirupati on 16<sup>th</sup> – 18<sup>th</sup> December 2008 at Tirupati.
10. Ramya Bhaskar, and **Komala, M.**, “A study on quality of life and life satisfaction among Senior citizens of Mysore City” International Symposium and Conference of Gerontology and Geriatrics and 14<sup>th</sup> Biennial Meeting of the Association of Gerontology (India) organized by the Centre for Research on Ageing, Department of Psychology, Sri Venkateshwara University, Tirupati on 16<sup>th</sup> – 18<sup>th</sup> December 2008 at Tirupati.

## **2009**

11. **Komala M.** and Rudramma, “Influence of Television viewing on Mental Health of Children” UGC Sponsored National Conference on “Role Of Home Science Education And Interdisciplinary Subjects Towards Promoting Health For All” organized by Smt

V.H.D. Central Institute of Home Science on 23<sup>rd</sup> and 24<sup>th</sup> July 2009 at Jnanajyothi Auditorium, Central College campus, Bangalore.

12. Ramya Bhaskar, **Komala, M.** Chaitra, K.V. and Shashikala Puttaraj, “The role of Mid Day Meal Programme in Promoting Health of School Children” UGC Sponsored National Conference on “Role Of Home Science Education And Interdisciplinary Subjects Towards Promoting Health For All” organized by Smt V.H.D. Central Institute of Home Science on 23<sup>rd</sup> and 24<sup>th</sup> July 2009 at Jnanajyothi Auditorium, Central College campus, Bangalore.

## **2010**

13. Ramya Bhaskar, Anjali, B.U. and **Komala M.**, “A Study on Sexual Attitudes of Youth in Mysore Taluk”, National Conference on ‘Sexuality and Psychology’ organized by Dept of Post Graduation studies and Research in Psychology, Sri. Darmasthala Manjunatheshwara College (Autonomus), Ujjare, Dakshina Kannada on 29<sup>th</sup> and 30<sup>th</sup> January 2010
14. Ramya Bhaskar, Rudramma, Arundathy M V, and **Komala M.**, “Sexual Tendency and Adjustment among the Adolescents of Mysore City” National Conference on ‘Sexuality and Psychology’ organized by Dept of Post Graduation studies and Research in Psychology, Sri. Darmasthala Manjunatheshwara College (Autonomus), Ujjare, Dakshina Kannada on 29<sup>th</sup> and 30<sup>th</sup> January 2010
15. **Komala M.** and P. Kamakshi, “Mental Health Of Single-Adolescents In Single-Parent Families”, Second National Conference of SIMA organized by Society for Indian Medical Anthropology, Mysore and Department of Anthropology, Kannada University, Hampi on “India’s Health Care Challenges” on 1<sup>st</sup> -3<sup>rd</sup> February 2010 at Kannda University, Vidyaranya, Hampi.
16. Nandini, M., **Komala, M.** and Ramya Bhaskar, “A Study on Mental Health of Teenagers in Single Parent Families” Second National Conference of SIMA organized by Society for Indian Medical Anthropology, Mysore and Department of Anthropology, Kannada University, Hampi on “India’s Health Care Challenges” on 1<sup>st</sup> -3<sup>rd</sup> February 2010 at Kannda University, Vidyaranya, Hampi.
17. **Komala M.** and Arundhathy, “Economy and Development among Medar – A schedule Tribe Population of Mysore”, Indian Anthropological Congress 2010 jointly organized by Indian National Confederation and Academy of Anthropologists (INCAA) and Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS) on 21<sup>st</sup> -23<sup>rd</sup> February 2010 at Bhopal.
18. Ramya Bhaskar, M. R. Gangadhar and **Komala M.**, “Development Programmes for the Resettled Tribes – An Evaluation”, Indian Anthropological Congress 2010 jointly organized by Indian National Confederation and Academy of Anthropologists (INCAA) and Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS) on 21<sup>st</sup> -23<sup>rd</sup> February 2010 at Bhopal.

## **2011**

19. **Komala M.**, Ramya Bhaskar and M.V. Arundhathy “Impact Of Globalization On The Socio-Economic Conditions Of Medar – A Schedule Tribe Population Of Mysore,

Karnataka” held on 7<sup>th</sup> – 9<sup>th</sup> Feb 2011, organized by SIMA, at Andaman And Nicobar Islands, India

## **2012**

20. **Komala M.** and Priya M. ‘A study on Parenting Styles and Problems of Adolescents’ presented in UGC Sponsored National Seminar on A holistic approach towards Health and Well being” held on 21<sup>st</sup> – 22<sup>nd</sup> Feb 2012 organized by Dept of Home Science, Sri Padmavathi Mahila Visvavidyalayam, Tirupati
21. **Komala M.** Ramya Bhaskar and M.V.Arundhathy “Relationship Between Emotional Intelligence and Problems of Adolescents” presented in UGC Sponsored National Seminar on A holistic approach towards Health and Well being” held on 21<sup>st</sup> – 22<sup>nd</sup> Feb 2012 organized by Dept of Home Science, Sri Padmavathi Mahila Visvavidyalayam, Tirupati
22. Ramya Bhaskar, Rudramma, **Komala, M** and Sandeep T, “A Comparative Study on the Perceived Stress of Adolescents of Government and Private Pre-University Colleges’ presented in UGC Sponsored National Seminar on A holistic approach towards Health and Well being” held on 21<sup>st</sup> – 22<sup>nd</sup> Feb 2012 organized by Dept of Home Science, Sri Padmavathi Mahila Visvavidyalayam, Tirupati
23. Ramya Bhaskar, Syeda Misbah Fathima and **Komala, M.** ““Study on the Mental Health of Teenage Mothers With Reference To the Religion” presented in UGC Sponsored National Seminar on A holistic approach towards Health and Well being” held on 21<sup>st</sup> – 22<sup>nd</sup> Feb 2012 organized by Dept of Home Science, Sri Padmavathi Mahila Visvavidyalayam, Tirupati

## **Poster Presented In Seminars/Symposium/Conferences**

### **2003**

24. **Komala, M.** and Rudramma “Adjustment Problems of Adolescent: A Comparison Between Institutionalized and Non- Institutionalized Girls”, 90<sup>th</sup> Indian Science Congress Section: Anthropological and Behavioral Sciences organized by Indian Science Congress, Bangalore University, Indian Space Research Organization, Confederation of Indian Industry, Bangalore, at Bangalore University on 3<sup>rd</sup> -7<sup>th</sup> January 2003.

### **2004**

25. **Komala, M.** Shobha. S. and Rudramma “Influence of Television Viewing on Study Habits of College Students”, 91<sup>ST</sup> Indian Science Congress, Section: Anthropological and Behavioral Sciences organized by Indian Science Congress Association, Punjab University And Institute of Microbial Technology on 3<sup>rd</sup> - 7<sup>th</sup> January 2004 at Punjab University, Chandhigarh.
26. Ramya Bhaskar, **Komala, M.** and Rudramma “The Relationship between Body type and Personality: A Study on School Age Children of Chamarajanagar in Karnataka”, 91<sup>ST</sup> Indian Science Congress, Section: Anthropological and Behavioral Sciences

organized by Indian Science Congress Association, Punjab University And Institute of Microbial Technology on 3<sup>rd</sup> - 7<sup>th</sup> January 2004 at Punjab University, Chandhigarh.

27. Ramya Bhaskar, **Komala, M.** Rudramma, and Shashikala Puttaraj, “Nutritional and Personality Assessment of School Children – The beneficiaries of A Family Helper Project”, XXXVI Annual meet of Nutrition Society of India organized by Nutritional Society of India and Department of Studies in Food Science and Nutrition, University of Mysore at Mysore on 5<sup>TH</sup> and 6<sup>TH</sup> November 2004

## **2005**

28. **Komala, M.** and Jyothi, R., “Influence of Television Viewing on Anxiety of College Students.”, 92<sup>nd</sup> Indian Science Congress, Section: Anthropological and Behavioral Sciences organized by Indian Science Congress Association, Nirma University And National Institute of Occupational Health, Ahmedabad at Nirma University, Ahmedabad on 3<sup>rd</sup>-7<sup>th</sup> January 2005.
29. Kavitha, **Komala, M.** and Rudramma “Influence of Television Viewing on Anxiety of College Students.”, 92<sup>nd</sup> Indian Science Congress, Section: Anthropological and Behavioral Sciences organized by Indian Science Congress Association, Nirma University And National Institute of Occupational Health, Ahmedabad at Nirma University, Ahmedabad on 3<sup>rd</sup>-7<sup>th</sup> January 2005
30. **Komala, M.** and Jyothi R., “Anxiety Among College Students”, International conference on Health Sciences on theme “Integrated Healthcare towards Global Well being” organized by JSS Mahavidyapeetha, Mysore on 25<sup>th</sup> – 26<sup>th</sup> February 2005 at JSS Medical College Campus at Mysore.

## **2006**

31. **Komala, M.** and Mahesh Sharma B.V., “A Study on Emotional Intelligence in Relation to Gender Difference among the Adolescents of Mysore”, 93<sup>rd</sup> Indian Science Congress, Section: ‘Anthropological and Behavioral Sciences held on 3<sup>rd</sup>-7<sup>th</sup> January 2006 at Hyderabad organized by The Indian Science Congress Association and N.G. Ranga Agricultural University, Hyderabad.

## **2007**

32. **Komala, M.** and Roopa S. Angadi, “Relationship between Parenting and Mental Health Status of Adolescents”, 94<sup>TH</sup> Indian Science Congress, Section: ‘Anthropological and Behavioral Science held on 3<sup>rd</sup>-7<sup>th</sup> January 2007 at Chidambaram organized by The Indian Science Congress Association and Annamalai Deemed University, Chidambaram.

## **2008**

33. **Komala, M.** and Rudramma “A Study on Environmental Factors Associated With Childhood Obesity” in UGC National Seminar on “Functional Food for Health Promotion and Diseases Prevention” organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on 14<sup>th</sup> – 15<sup>th</sup> February 2008 at Mysore

34. Shilpa R. Patil, and **Komala, M.** “Relationship between Nutritional Status and Cognitive Abilities: A Study on Hakkipikkis tribal preschool children” UGC National Seminar on “Functional Food for Health Promotion and Diseases Prevention” organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on 14<sup>th</sup> – 15<sup>th</sup> February 2008 at Mysore

## **2010**

35. Arundhathy, M.V. and **Komala M.**, “Nutritional Status Of Medar Tribal Pre-School Children Of Mysore City”, Second National Conference of SIMA organized by Society for Indian Medical Anthropology, Mysore and Department of Anthropology, Kannada University, Hampi on “India’s Health Care Challenges” on 1<sup>st</sup> -3<sup>rd</sup> February 2010 at Kannada University, Vidyanaraya, Hampi.

## **Invited Talk/Lecture**

### **1998**

1. Delivered a lecture and demonstration on “Creative Activities for Pre-school Children” in Nutrition Awareness Training for the **Staff of Kiriya Pushpa: A Family Welfare Project, Mysore** during April 1998

### **2001**

2. Guest speech on “Importance of Pre-Nursery School Education” in Parent Education Programme held at **Shreya Nursery School and Play home, Siddharthanagar, Mysore** during August 2001

### **2002**

3. Delivered a lecture on “Breast Feeding and Dangers of Bottle Feeding” in **Orientation Training course on Integrated Nutrition Education for ICDS Functionaries** organized by Food and Nutrition Board, Bangalore held at Dept. of studies in Food Science And Nutrition, Manasagangotri, Mysore during February, 2002
4. Delivered a lecture on “Conveying Messages to the Community” in **Orientation Training course on Integrated Nutrition Education for ICDS Functionaries** organized by Food and Nutrition Board, Bangalore held at Dept. of studies in Food Science And Nutrition, Manasagangotri, Mysore during February, 2002

### **2004**

5. Delivered a lecture on “Common teenage problem” in **Orientation Training Programme for employees of Mandya Milk Union Limited** organized by Agni Abhishek Mahila Empowerment Society held at RTDC, Mysore during April 2004
6. Delivered a lecture on “Common teenage problem” in **Orientation Training Programme for employees of Mandya Milk Union Limited** organized by Agni Abhishek Mahila Empowerment Society held at RTDC, Mysore during August 2004

7. Delivered a lecture on “Role of Audio-Visual-Aids in Communication” in **Karnataka State Open University Contact Class Programme for students of Certificate course in Nutrition** at Manasagangotri, Mysore during September 2004

### **2005**

8. Delivered a lecture cum Demonstration on “Creative Activities for Physical and Mental growth of the child” in **Orientation Training course for Anganwadi Teachers and Supervisor** held at MYRAD/PLAN, Hand post, H.D. Kote, organized by MYRAD/PLAN H.D.Kote Programme Unit during October 2005

### **2006**

9. Delivered a lecture on “Role of Preschool education on overall development of children” in **Orientation Programme for Anganwadi Supervisors** organized by Dept. of Women and Child Development, and MYRAD, Mysore held at Bal bhavan, Bannimantap, Mysore during February 6<sup>th</sup> and 8<sup>th</sup> 2006

### **2007**

10. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in **Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education** at Manasagangotri, Mysore on 23rd July 2007.
11. Delivered a lecture on “**Approaches in Nutrition and Health**” in **Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education** at Manasagangotri, Mysore on 28<sup>th</sup> July 2007.
12. Delivered a Special lecture on “Human Growth – Nutrition” in **Workshop** organized by KMF Unit Mysore Training Centre, Mysore for Rural Women on 19<sup>th</sup> September 2007 at Alanahalli, Mysore

### **2008**

13. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in **Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education** at Manasagangotri, Mysore on 17<sup>th</sup> June 2008.
14. Delivered a lecture on “Approaches in Nutrition and Health” in **Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education** at Manasagangotri, Mysore on 17<sup>th</sup> June 2008

### **2009**

15. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in **Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education** at Manasagangotri, Mysore on 6<sup>th</sup> May 2009.
16. Delivered a lecture on “Approaches in Nutrition and Health” in **Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education** at Manasagangotri, Mysore on 7<sup>th</sup> May 2009

## **2010**

17. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in **Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education** at Manasagangotri, Mysore on 7<sup>th</sup> July 2010.
18. Delivered a lecture on “Approaches in Nutrition and Health” in **Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education** at Manasagangotri, Mysore on 8<sup>th</sup> July 2010

## **2011**

19. Delivered a special lecture on “Child Labour in India: Prevalence, causes, Consequences and Legislations” organized for students by **JSS Law College, Mysore** on 4<sup>th</sup> Nov 2011

## **2012**

20. Delivered a special lecture on “**Themes and Messages in Nutrition and Health Education**” in **Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education** at Manasagangotri, Mysore on 22<sup>nd</sup> April July 2012
21. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in **Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education** at Manasagangotri, Mysore on 22<sup>nd</sup> April 2012
22. Delivered a lecture on “Physical, Psychological and Sociological Consequences of Child Marriage” in **Training Programme for PDO** on Celebration of International Day against substance abuse, illicit Trafficking of Women and children and prevention Child Marriage organized by Department of Women and Child Development, Mysore District in collaboration with Zilla Panchayat, Mysore and JSS Law college, Mysore on 30<sup>th</sup> June 2012

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