

Curriculum vitae

Puneetha P

W/o Rajesh B

LIG-06, 1st Ward

H S Mahadevprasad Nagara, Gundlupete Town

Gundlupet, Chamarajanagara, Karnataka

Pin code -571111



puneethap.26@gmail.com

+91 7795124302

Career Objective:

I define myself as a confident and creative person, and I do my best at whatever platform I occupy. And I assure you of my commitment to the position.

Education Qualification:

Course Name	School/ College Name	Board/ University	Percentage/ Aggregate	Year of passing
M.Sc (Food science and Nutrition)	Department of studies in Food Science and Nutrition, Mysore	University of Mysore	75.92% GPA (7.592)	2015
B.Sc in CCM (Chemistry, Clinical Nutrition and Dietetics, Microbiology)	Maharani's Science College for Women, Mysore	University of Mysore	71.63 %	2013
PUC in PCMB (Physics, Chemistry, Mathematics, Biology)	JSS PU College for Women, Saraswathipuram, Mysore	Pre-university	52.33 %	2010
SSLC	Government High School, Santhamarahally, Chamarajanagar Taluk, Chamarajanagar District	Karnataka Secondary Education Examination Board	66.56 %	2007

Software proficiency:

Office package: MS-Office 2013, Statistical Package for the Social Sciences (SPSS) version 19, and 25; Dietcal and Hint Expert software.

Operating system : Window 7, Windows 10

Life Membership:

1. Indian Dietetic Association: Mysore Chapter (IDA-MC) with the effect from 18/09/2015. life membership no: IDA/11968. Department of Studies in Food Science and Nutrition, Manasagangotri, University of Mysore, Mysuru

Annual Membership:

2. Nutrition Society of India: Student member (Annual subscription), Registered No: 125/1966. Member No: SM-2024-0125, period from 28/09/2024 to 27/09/2024.

Research experience:

1. Successfully completed the academic short-term course "**Internship Course**" as a dietician in Aadithya Adhikari Hospital for a period of thirty days (December 27, 2012-January 27, 2013) under the supervision of Dr. Charlotte Karunakaran, Consultant Clinical Nutritionist, Aadithya Adhikari Hospital,
2. Successfully completed an academic project entitled "**Dietary pattern and nutritional status of Soliga tribes in B.R. Hills, Karnataka.**" in M.Sc. under the guidance of Dr. Asna Urooj, Professor, Department of Studies in Food Science and Nutrition, Manasagangotri, University of Mysore, Mysuru.
3. Registration for a Ph.D. degree in department of studies in Food Science and Nutrition. The title of the thesis entitled "**Cardiovascular Risk Assessment and Nutritional Modulation in Type 2 Diabetes Mellitus.**" Enrollment No. 9.2/Ph.D/WF/PR476/2018-19 Dated: 25-02-2019. Registrar (Evaluation) Order No. DOR.9.2/Ph.D./PP/2018-19/P43/14, Dated: 17-11-2021.
4. Successfully completed Ph.D. **Course Work**, as per University of Mysore guidelines. On 26.02.2020.
5. Successfully obtained clearance from the Institutional Human Ethical Committee (IHEC), University of Mysore, Mysore, for conducting the study on "**Cardiovascular Risk Assessment and Nutritional Modulation in Type 2 Diabetes Mellitus.**" (IHEC-UOM No.174/Ph.D/2020-21). On 06.04.2021.

6. Successfully obtained clearance from the Clinical Trial Registry of India (CTRI) for to conduct the study on "**Cardiovascular Risk Assessment and Nutritional Modulation in Type 2 Diabetes Mellitus.**" Trial REF/2024/01/078323 and the registration number for the Trial is CTRI/2024/05/067227.
7. Successfully completed training under **National Diabetes Educator Program (NDEP)** to qualify as "**Diabetes Educator**". this course is run by Dr. Mohan's Diabetes Education Academy (DMDEA) Indian Collage of Physicians (ICP) and Indian Academy of Diabetes (IAD) of the batch of NDEP 2023-2024 from the Course trainer Dr. Praveen Gangadhar.

Poster paper presented:

- a) Presented an original research paper authored by Puneetha, Sudha Sairam, Asna Urooj, and U.V. Mani and entitled "**Demographic characteristics, dietary habits, and health related practises in Soliga tribes of Karnataka**" under the theme of community nutrition at the **48th Annual National Conference of the Nutrition Society of India**, held at St. John's Research Institute, Bengaluru, 4th to 5th November 2016.
- b) Presented an original research paper authored by Puneetha P. and Asna Urooj and entitled, "**Comparison of body composition parameters between men and women with type 2 diabetes mellitus**", under the theme of Good Health, Well-being, and Nutrition in "**National E-Conference on Ensuring Sustainability in Food and Nutrition—POUSTICON 2023**"organised by the Nutrition Society of India, Mumbai Chapter, in collaboration with the College of Home Science, Nirmala Niketan, Mumbai MGM, School of Biomedical Sciences, MGMIHS, and Navi Mumbai Lifeness Science Institute, Mumbai, from 27th and 28th January 2023.
- c) Presented a original research paper in poster session on "**Impact of Cardiacare-DM Functional Food Formulation on Lipid Profile, Body Composition, and Blood Sugar Control in Type 2 Diabetes Patients**" during the 56th Annual National Conference of the Nutrition Society of India (NSI), held at Symbiosis International (Deemed University) (SIU), Pune, Maharashtra, India. From 14th and 15th November 2024.

Oral paper presented:

- a) Presented an original research paper authored by Puneetha P, Sudha Sairam, UV Mani, and Asna Urooj and entitled **"Assessment of anthropometric and nutritional status of Soliga tribes in BR Hills, Karnataka"** in the IDACON 2015 (Community Nutrition) Award session in the **"48th Annual National Conference of the Indian Dietetic Association, Nutrition in Transition-A Global Challenge"**, organised by the Bangalore chapter, 19th to 21st November 2015, at Lalit Ashok, Bengaluru, India
- b) An online oral presentation of a research paper entitled **"An exploratory study on quality of life using WHOQOL-BREF of patients with type 2 diabetes mellitus visiting the Mysore University Health Centre"** has been done in the **"3rd international conference on social science, management, and technology in the COVID era"**, organised by the Indian Academicians and Technology in Research Association (IARA) in association with the Institut Za Naučna Istraživanja I Razvoj, Montenegro, held on 28th August 2022.
- c) Presented an original research paper authored by Puneetha P. and Asna Urooj and entitled **"Cardiovascular disease risk assessment in asymptomatic type 2 diabetes mellitus subjects"** in the National Conference **"MY NUTRICON-2022"**, organised by the Department of Community Medicine, JSS Medical College, JSS AHER, Mysuru, India-570015, in association with the Department of Nutrition and Dietetics, School of Life Science, JSS AHER, Mysuru, and Department of Studies in Food Science and Nutrition, University of Mysore, Mysuru, held at JSS medical college, JSS AHER, Mysuru from 8th and 9th December 2022.

Paper published:

- a) An original research paper on **"Socio-Demographic Characteristics, Nutrition Profile, and Health Related Practices of Soliga Tribes in Karnataka, India"** was published in the Indian Journal of Public Health Research and Development, an international journal, in April-June 2021, Volume 12, Number 2.
- b) One of the original research papers, **"An exploratory study on quality of life using WHOQOL-BREF of patients with type 2 diabetes mellitus visiting the Mysore University Health Centre"** was published in the peer-reviewed journal International Journal of Advance and Innovative Research, Volume 9, Issue 3 (IV), July-September 2022, ISSN: 2394-7780.

- c) One of the original research paper. **“Development of functional food formulation; Cardiacre-DM by using Response Surface Methodology”** was published in the International Journal of Food and Nutritional Sciences, Volume 12, Issue 7, Page: 297-317, 2023, ISSN PRINT 2319 1775 Online 2320 7876.

Conference/Workshop/ Symposium/Lecture series attended:

2012:

1. Participated in the **"Open Lecture Series on Science: 2012–13"** organised by the Karnataka Science and Technology Academy, Department of Science and Technology, Govt. of Karnataka, in association with Maharani's Science Collage for Women, J.L.B. Road, Mysore. On 13th August 2012.

2013:

2. Participated in the **"Two day National Workshop on Ayurveda-Chintana Manthana-JIGNASA 13"** organised by the Department of Sanskrit Maharani's Science College for Women, Mysore, in association with NRHM, the Department of AYUSH, the Government of Karnataka, and the Government Ayurveda Medical College, Mysore. Held on 21st to 22nd January 2013.

2015:

3. Participated in the seminar on **"Changing profile of malnutrition in India,"** organised by the department of studies in Food Science and Nutrition (UGC-DRS II), on 9th January 2015, at the Rani Bahadur Auditorium, Manasagangotri campus, University of Mysore, Mysuru, Karnataka.
4. Participated in the 48th annual national conference of the Indian Dietetic Association, IDACON 2015, **"Nutrition in Transition: A Global Challenge."** organised by the IDA Bengaluru chapter and held on 19th to 21st November 2015 at Lalit Ashok, Bengaluru.

2016:

5. Participated in the **"103rd Indian Science Congress"** organised by the Indian Science Congress Association, 14 Dr.Biresh Guha Street, Kolkata-700017. Held at Dr. B.R Ambedkar Auditorium, adjacent to University Prasara, Hunsur Road, Mannasagangotri, Mysuru from 3rd to 7th January 2016.

6. Participated in the **"Parenteral Nutrition Management: Issues and Concerns"** workshop organised by the Indian Dietetic Association-Mysore Chapter, Fresenius Kabi Pvt Ltd, and Apollo BGS Hospital, Mysore, held on 21st May 2016.
7. Participated in the **"48th Annual National Conference of the Nutrition Society of India,"** held at St. John's Research Institute, Bengaluru, 4th to 5th November 2016.

2019:

8. Participated in a one-day symposium on **"Medical and Nutrition Interface in Pulmonary and Renal Diseases,"** organised by DOS in Food Science and Nutrition, Manasagangothri, Mysore, and the Indian Dietetic Association-Mysore Chapter on 15th March 2019 to commemorate World Kidney Day.
9. Participated in a **"short course on nutritional assessment techniques"** organised by the Center for Nutrition Studies, Yenepoya (deemed to be a university), Mangalore. Supported by UNICEF on 27th to 30th May 2019.
10. Participated in a national level workshop on **"Quality research methodology and writing, publishing skills for researchers,"** organised by the Department of Studies in Library and Information Science on 26th and 27th July, 2019.
11. Participated in a workshop on **"Critical appraisal skills for nutrition research"** (CNE program, 2 credits), organised by the Department of Studies in Food Science and Nutrition and held on 19th to 20th August 2019.
12. Participated in an ICMR-sponsored workshop on **"From nutrigenetics to personalised nutrition,"** organised by the Department of Studies in Food Science and Nutrition and held on 23rd to 24th August 2019.
13. Participated in the **"12th National Women's Science Congress,"** organised by Matru Vedike-Swadeshi Vijnana Andolana, Karnataka; **"Swadeshi Sadana,"** Guru Narayana Vidya Vihar, Hebbal, Bengaluru; SBRR Mahajana First Grade College (Autonomous), Jayalakshmiapuram, Mysore, on 7th to 9th November 2019.

2020:

14. Participated in a 4-day international e-conference on **"Novel Nutrition Approach and Emerging Opportunities to Sustain in a Pandemic Scenario,"** organised from Mount Carmel College, an autonomous university in Bengaluru, the DOS of Nutrition and Dietetics in association with Women's Polytechnic College, ITTB remote center, Panducherry from 15th to 18th June 2020

15. Participated in the National E-Conference on "**Nutrition and Physical Fitness for a Healthy Life,**" organised by the College of Horticulture, Bengaluru, Karnataka, India. Held on 15th September 2020 at 3.00 pm to 5.00pm. p.m.
16. Participated in the 3-day international webinar on "**Nutrition for Health and Disease: Exploring New Horizons for Sustenance,**" organised by the department of nutrition and dietetics at the Faculty of Life Sciences, JSS AHER, Mysuru, from 7th to 9th October 2020.
17. Participated in the 2-day national e-conference on "**Sustainable Strategies for Food Safety and Nourishment,**" organised by the Department of Studies in Food Science and Nutrition in association with the Indian Dietetic Association, Mysore Chapter, University of Mysore, Mysuru, Karnataka, on 22nd to 23rd October 2020.
18. Participated in the Golden Jubilee two-day national webinar on "**Challenges of Neonatal Care and Infant Protection.**" organised by the Human Development Wing, Department of Studies in Food Science and Nutrition, Manasagangothri, Mysuru, at the IOE auditorium, Vijnana Bhavan. held on 20th November 2020

2021:

19. Participated in the workshop on "**Patent & Prosper: Building Awareness on Intellectual Property Rights,**" organised by the Intellectual Property Rights Cell, University of Mysore, Mysuru, to be held on 19th February 2021 at the IOE Auditorium, Vignana Bhavan, Manasagangothri, Mysuru-570006.
20. Participated in a special talk on "**living well with kidney disease**" to commemorate World Kidney Day 2021, organised by the Indian Dietetics Association-Mysore Chapter and held on 27th March 2021 by DOS in Food Science and Nutrition, University of Mysore, Mysore-570006
21. Participated in a virtual special lecture on the topic "**Case Study Approach in Health Education and Research**" by Dr Chandan Vinay, on 23rd June 2021, organised by the DOS in Food Science and Nutrition, University of Mysore, Manasagangothri, Mysuru.
22. Participated in a special lecture on the topic "**personality development for career development,**" organised by Human Development, DOS in Food Science and Nutrition, University of Mysore, Mysore, held on 26th June 2021, 3:00pm to 5:00pm,
23. Participated in "**Food Safety: Everyone's Business,**" organised by the Department of Nutrition & Dietetics-FLS, JSS AHER, Mysuru, on 28th to 29th June 2021.
24. Participated in Special lecture on "**Nutrition and Mental Health**", held on 30th June 2021, 2:30pm

25. Participated in a slogan contest organised on the occasion of International PCOS Awareness Month for **"The PCOS Awareness Program—Connecting with the Unconnected"** by The PCOS Society of India, on 25th September 2021.
26. Participated in a webinar on **"Food Exchange List: Planning and Execution,"** organised by the Mumbai Chapter of the Nutrition Society of India to commemorate World Food Day. On 30th October 2021, 3:00 to 5:30pm.
27. Participated in a two-day workshop on **"Basic Statistics and its Application Using Statistical Package for Social Science (SPSS)"** organised by the Department of Studies in Food Science and Nutrition, Manasagangotri, University of Mysore, Mysore, on 26th and 27th November 2021.

2022:

28. Participated in the **"International Conference on Metabolic Disease, SwasthyaCON 2022,"** from 7th to 9th January 2022, as a delegate. GMC has assigned 4 credit points for the programme on 7th January 2022, and 7 credit points for the programme on 8th and 9th January 2022, for all India levels, vide GMC Permission No. **GMC/CME/01144.**
29. Participated as a delegate in the International Virtual Conference on **"Biological Innovations and Computational Exploration for Pandemic Challenges (BICPAC'22)"** organised by the Department of Biotechnology and Bioinformatics, Bishop Heber College (autonomous), and sponsored by the Department of Biotechnology and Council of Scientific and Industrial Research, Ministry of Science and Technology, Government of India. On the 24th and 25th February 2022.
30. Participated as a delegate in the virtual 12th India Probiotic Symposium, **"Good Microbiome, Probiotics, and Good Health: The Evidence Gets Stronger,"** organised by the Gut Microbiota and Probiotic Science Foundation (India) on 5th and 6th March 2022.
31. Participated in the **"45th Gopalan Memorial Oration,"** organised by the Nutrition Society of India, on 21st April 2022.
32. Participated in a series of lectures on the topic **"Immune System: An Overview"** by Prof. S.R. Ramesh, chief scientist, Department of Life Science, Pooja Bhagavan Memorial First Grade Centre, KRS Road, Mysore. Organized by the Nutrition Society, Department of Studies in Food Science and Nutrition, Manasagangotri, University of Mysore, Mysore, from 21st, 22nd and 25th April 2022,
33. Participated in the 3rd one-day hands-on workshop on **"High Performance Liquid Chromatography,"** organised by the Department of Studies in Biochemistry, School of

Life Sciences, Pooja Bhagavat Memorial Mahajana Education Centre, SBRRMFGC (Autonomous) PG Wing, Metagalli, Mysuru, on 9th May 2022.

34. Participated as a delegate in the international conference on "**RSSDI Research Retreat**," held in the Hyatt Regency, Pune, and organised by the Research Society for the Study of Diabetes in India, from 28th and 29th May 2022
35. Participated in a one-day lecture programme on account of "**AZADI KA AMRIT MAHOTSAV**" held at the Defense Food Research Laboratory, Mysuru, on 15th June 2022
36. Participated in the "**Recent Advances in Enteral and Parenteral Nutrition**" webinar organised by the Department of Nutrition & Dietetics-FLS, JSS AHER, Mysuru, on 26th July 2022.
37. Participated in the "**3rd international conference on social science, management, and technology in the COVID era**," organised by the Indian Academicians and Technology in Research Association (IARA) in association with the Institut Za Naučna Istraživanja I Razvoj, Montenegro, held on 28th August 2022.
38. Participated in "**Annual conference of DiaCareCON 2022**", held on 9th to 11th September 2022.
39. Participated as a delegate in the seminar on "**Celebrating the Flavor of Herbs and Spices for Health**," organised by the Department of Nutrition & Dietetics, JSS AHER, Mysuru, in association with the Indian Dietetic Association-Mysore Chapter to celebrate National Nutrition Month 2022, held on 26th September 2022
40. Participated in a workshop on "**clinical research methods**" organised by the Institutional Human Ethics Committee, University of Mysore, in association with the Mysore Chapter of the Indian Dietetic Association, sponsored by SERB-DST and CSIR-HRDG, Govt. of India, held on 28th to 30th September 2022.
41. Participated in the one-day workshop on "**Drafting Research Report: Application of Tools and Techniques**" at the Manasa Media Centre, University Library, Manasagangothri, Mysuru, held on 14th October 2022
42. Participated in a two-day "**Training Program on Statistical Methods in Food Processing**" organised by the Association of Food Scientists and Technologists of India (AFSTI), held on 10th and 11th October 2022.
43. Participated in the national conference "**My Nutricon 2022**," organised by the Department of Community Medicine, JSS Medical College, JSS AHER, Mysuru, India, 570015, in association with the Department of Nutrition and Dietetics, the School of Life

Sciences, JSS AHER, Mysuru, and the Department of Studies in Food Science and Nutrition, University of Mysore, Mysuru, held at JSS Medical College, JSS AHER, Mysuru, from 8th and 9th December 2022.

44. Participated in the one day workshop on **“Handling and Care of Laboratory Animals in accordance with Ethical Guidelines for Research”** conducted by the Department of Studies in Zoology, Central Animal Facility, University of Mysore, Manasagangothri, Mysore held on 26th December 2022.

2023:

45. Participated in the **"National E-Conference on Ensuring Sustainability in Food and Nutrition—POUSTICON 2023,"** organised by the Nutrition Society of India, Mumbai Chapter, in collaboration with the College of Home Science, Nirmala Niketan, Mumbai MGM, School of Biomedical Sciences, MGMIHS, Navi Mumbai Lifeness Science Institute, Mumbai, from the 27th and 28th of January 2023.
46. Participated in the 3 day workshop on **"Basic and advanced statistical analysis using SPSS"** organized by the Department of studies in Food Science and Nutrition, University of Mysore, Manasagangothri, Mysuru in collaboration with STATSPARKS, a statistical consulting company, J P Nagar, 8th Phase, Bengaluru-560076, from the 15th to 17th of February 2023.
47. Participated in the two days E- Workshop on **"Sample Size Calculation for Biomedical Research"** organized by Stat Studio India, from the 18th and 19th of March 2023.
48. Participated in the 13th India Probiotic Symposium on **"Science Based Evidence on the Benefits of Probiotics for Human Health"** organized by the Gut Microbiota and Probiotic Science Foundation (India), on 25th and 26th March 2023.
49. Participated in the three days E- Workshop on **"SPSS for Biomedical Research-Basics"** organized by Stat Studio India, from the 17th to 19th of April 2023.
50. Participated in the 9th Annual virtual conference on **“Living happily with diabetes - ADECON 2023”** organized in association of Diabetes Educators (India), from the 6th and 7th of May 2023.
51. Participated in the two days E- Workshop on **"SPSS for Biomedical Research-Advance"** organized by Stat Studio India, from the 13th to 14th of May 2023.
52. Participated in the National webinar on **"Advances in Food Technology and Clinical Nutrition”** organized by Department of nutrition and dietetics, MG road, JSS AHER, Mysuru. On 27th July 2023.

53. Participated in the two days E- Workshop on "**Literature review using Artificial Intelligence**" organized by Stat Studio India, from the 12th to 13th of August 2023.
54. Participated in the online short course on "**Recent Advances in Millets Crop Production, Processing, Value Addition and Marketing**" organized from ICAR- Indian Institute of Millets Research, Rajendranagar, Hyderabad, Telangana. From 16th to 25th August 2023.
55. Participated in the Webinar on "**Diabetes among indigenous peoples**", hosted by the International diabetes federation, on 24th August 2023.
56. Participated in the "**Short Course in Clinical Research**" organized by Institute of management sciences and research (IMSR) NAGPUR, from 20th to 24th September 2023.

2024:

57. Successfully completed 3 days E-workshop on "**Thesis Writing**" from 19th to 21st January 2024 organized by stat studio India.
58. Participated in the webinar on "**Hint Expert- A user-Friendly Nutrition App for Indian Dieticians**" on 24th February 2024 organized by Department of Studies in Food Science and Nutrition and Indian Dietetic Association, Mysore Chapter.
59. Participated in the Five days workshop on "**Advanced Food Analytical Techniques**" theory and practical applications on 8th to 12th July 2024 organized by Department of Food Process Engineering, National Institute of Technology, Rorkela.
60. Participated in the one day National seminar on "**Fuel your Future: Promoting Health Through Sustainable Nutrition**" Eating with purpose, Living with Impact-Sustainable Nutrition for All on 5th September 2024 organized by ST Aloysius, Deemed to be University, Mangaluru, India.
61. Participated as Delegate in "**DIACareCon 2024**" Annual conference of Dia Care 2024, held from 28th and 29th September 2024, Ahmedabad. **CGM has granted 6 credit hours.**
62. Participated in the awerness program of the PCOS Society, India, organized a **National Seminar** on "**Unlipping PCOS, lets talk about it!**" on 3rd October 2024 from 2 pm to 4 pm, organized from Nirmala Nikethana Institute's collage of Home Science Nirmala Nikethana, The department of Foods, Nutrition and Dietetics and Wellness, Fitness and Holistic Health and Women Development Cell in collaboration with Vijayeetha, the winners.

- d) Participated in the **56th Annual National Conference** of the Nutrition Society of India (NSI), held at Symbiosis International (Deemed University) (SIU), Pune, Maharashtra, India. From 14th and 15th November 2024.

Professional Experience:

- 1) Worked as a National Service Scheme (NSS) volunteer for a period of two years during 2011–2013 at the University of Mysore, Mysuru.
- 2) Worked as a **Dietician** (employee number: VHPL 4121) from 17/08/2015 to 31/01/2016 in Vikram Hospital Private limited, # 46, Vivekananda Road, Yadavagiri, Mysore- 570 020.
- 3) Worked as an "**Extension Service Executive**" at the Muguru RSK T. Narasipura Taluk, Mysore District. for two months, from February 16 to March 16, 2016, under the PPP Project of the Government of Karnataka Agriculture Department, Mysore District. Under the NGO of "Centre for Rural Education, Development, and Innovative Technologies of India," # 449, J.L.B. Road, Opp. Hardwick P.U. College, Mysore-570005.
- 4) Successfully completed the "**short course on nutritional assessment techniques**" organised by the Center for Nutrition Studies, Yenepoya (deemed to be a university), Mangalore. Supported by UNICEF on 27th to 30th May 2019.
- 5) Worked as a **skilled assistant** in the food preservation practical exam duty for M.Sc. 3rd semester, Batch 1 of March 2022, from 10.00 am to 2.00 pm.
- 6) Successfully completed the "**Short Course in Clinical Research**" organized by Institute of management sciences and research (IMSR) NAGPUR, from 20th to 24th September 2023.
- 7) Pursuing a **Ph.D.** under **Dr. Asna Urooj**, Professor, Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangothri, Mysuru, from February 2019 - till date.
- 8) **Testimonial:** A recommendation letter from Asna Urooj, Senior Professor in the Department of Studies in Food Science and Nutrition at the University of Mysore, Mysuru. It highlights five years of research and teaching experience, covering both practical sessions and tutorials for postgraduate students.
- 9) **Experience with Laboratory Instruments:** Proficient in operating a wide range of laboratory equipment, including protein estimators, dietary fiber analyzers, freeze dryers, drum dryers, double-beam spectrophotometers, viscometers, double and single distillation units, shaker water baths, centrifuges, and multi-frequency body composition analyzers (InBody 770), and many more.

10) Cleared the **Karnataka State Eligibility test for Assistant Professor (K-SET)** held on 13th January 2024 in the subject of “**HOME SCIENCE**”. Conducted by Karnataka Examination Authority, Government of Karnataka. Certificate issued on 22nd July 2024

Personal Skills:

Good communication skills, ability to work with individuals and groups, hard worker, loyal, and time management skills, positive thinker, quick learner.

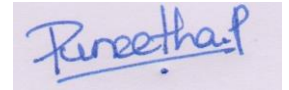
Personal profile:

Name : Puneetha P
Date of birth : 26th Jan 1992
Husband name : Rajesh B
Father's name : Puttaswamy D
Mother's name : Nirmala H M
Nationality : Indian
Religion : Hindu
Caste : Scheduled caste (Adhi karnataka)
Hobbies : Writing, Reading, Drawing, Singing, Photography, Gardening,
Community Service
Languages known : English, Kannada, Hindi, Tamil

Declaration: I, Puneetha P hereby declare that the above information mentioned by me is true up to my knowledge.

Place: Mysuru

Date: 05.12.2024



(Puneetha P)