

UNIVERSITY OF MYSORE

CURRICULUM VITAE



Prof. KOMALA M.

CHAIRPERSON

DEPARTMENT OF STUDIES IN FOOD SCIENCE AND NUTRITION

**PROFESSOR AND COURSE COORDINATOR
PG PROGRAM IN HUMAN DEVELOPMENT**

**COORDINATOR
MYSORE UNIVERSITY DAY CARE CENTRE**

MANASAGANGOTRI, MYSURU - 570006

July 2021

Dr. KOMALA M.

Designation and Department Address	Chairperson (Since 1 st March 2021) Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore – 570006
	Professor of Human Development (AGP 10000/-) (Since 15 th July 2019) Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore – 570006
	Coordinator Mysore University Day Care Centre (Since Sept 2007 to till date) Manasagangotri Campus, Mysore – 570006
	Course Coordinator PG Human Development Programme (Since 2010-11 to till to date) Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore – 570006
Residential Address	#85, 1 st Cross, 1 st Main, Bank Employee Colony, Bogadi, Mysore – 570026
E mail Id	komalagangadhar71@gmail.com, mkomala@foodsci.uni-mysore.ac.in
Phone Number	Office: 0821-2419631 Residence: 0821-2411331 Mobile: 09980425919, 09448734996
Date of Birth	05-12-1971
Nationality	Indian

1. Academic Qualifications

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

2. Additional qualification and Training

◆ Qualified at State Level Eligibility Test (SLET) held on 24-09-2000 in the subject Home Science
◆ Participated in 1ST Refresher Course in Home Science held from 28th June to 18th July 2006 organized by U.G.C. Academic Staff College, Bangalore University, Bangalore

◆ Participated in 6 days workshop on “Student Counselling” held from 19th to 24th March 2012 organized by U.G.C. Academic Staff College, University of Mysore, Mysore
◆ Participated in Refresher Course in Life Sciences held from Feb 12th to 4th March 2013 organized by U.G.C. Academic Staff College, University of Mysore, Mysore
◆ Participated in Refresher Course in Life Sciences held from 2nd Dec to 22nd Dec 2014 organized by U.G.C. Academic Staff College, University of Mysore, Mysore
◆ Participated in a Two-day workshop on Academic Administration held from 11 th and 12 th March 2020 organized by UGC- Human Resource Development, University of Mysore, Mysore

3. Teaching Experience: 25 years 5 month of experience as of July 2021
(18 years 5 month as Permanent + 7 years as Temporary/ Guest faculty)

Program & Institution	Position Held	Duration	No of Teaching Years	Responsibilities
PG Human Development at DOS in Food Science and Nutrition	Professor (AGP-10000/-)	15 th July 2019 – till date	1year 8months	Postgraduate Teaching, Research and Guiding for Ph.D. and M.Sc. Dissertation work
	Associate Professor (AGP – 9000/-)	15 th July 2016 – 14 th July 2019	3 years	
	Assistant Professor (AGP-8000/-)	15 th July 2013 – 14 th July 2016	3 years	
	Assistant Professor (AGP-7000/-)	15 th July 2008 to 14 th July 2013	5 years	
	Assistant Professor	11 th Feb 2003 – 14 th July 2008	5 years 6 months	Postgraduate Teaching and Guiding for Dissertation work
	Research Fellow in Human Development (UPG-JRF)	2001 – Feb 2003	2 years	Postgraduate Teaching and worked for Ph.D.
	Temporary/ Part-time/ Guest Faculty	1996-2001	4 years 8 months	Postgraduate Teaching and Guiding for Dissertation work
UG Food Science & Nutrition at YCM Mysore	Temporary Faculty	July–Oct 1997	4 Months	Undergraduate Teaching
Area of Specialization in Teaching:		Life Span Development, Theories of Human Development, Early Childhood Care and Education, Family Stress, Mental Health, Marriage & Family Relations, Gerontology, Life Skills Education, Scientific Writing		

4. Research Experience: 23 years of Experience [1998-99 onwards]

Title of Ph.D. Thesis	“Impact of television on multidimensional aspects of personality in children from selected areas of Mysore” Awarded in 2008
Fellowship Awarded	University Post Graduate Research Fellowship (to SC/ST students), University of Mysore, Mysore Awarded to pursue Ph.D. in Human Development from 2000 to 2003
Title of M.Sc. Dissertation	“A Comparative Study of the Adjustment Problems of Institutionalized And Non-Institutionalized Adolescent Girls” During 1995-96
Research Areas of Interest:	Assessment of growth and development, Behaviour and emotional problems, Reproductive Health, Gerontology, Media Impact, Cognitive and Emotional Intelligence, Low birth weight children, Children of Teenage Mothers, High-risk behaviors of adolescents.

5. Research Project (completed)

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)	2009-2013

6. Research Supervision (Annexure – 1)

A. Post-Doctoral Fellow	01 (Submitted the report on 29 th Mar 2019)
B. Ph.D. Students	Awarded – 04 Working – 03 Enrolled – 04
C. M.Sc. Dissertation and Project:	56

7. Research Paper Publications (Annexure-2): 50

	International	National/State	Total
A. Books Published	-	01	01
B. Book Chapters	06	10	16
C. Full Papers Published in Proceedings of the Conference	-	05	05
D. Research Publications in Journals	20	13	33
Total	26	29	55

8. Research Paper Presentations (Annexure – 3): 127

	International	National/State	Total
Research Paper-Oral Presentation	10	56	66
Research Paper-Poster Presentation	04	58	62
Total	14	114	128

9. Participation in Seminars/ Workshops/Conferences at National/International level (Annexure – 4): 85

- International: 14 (Merely participated in – 03 + Papers Presented in – 09)
- National/State/Local: 114 (Merely participated in – 38 + Paper Presented in– 35)

10. Invited Talk/ Special Lecture (Annexure – 5) : 50

11. Awards: 05 with Co-authors

(Best paper presentation – 02, Best Poster Presentation -02, Mid Career Award-01)

UGC sponsored National Conference on ‘Recent Trends in Home Science’ organized by Avinashilingam University, Coimbatore. 6-7th March 2017

1. **Best Paper Presentation Award** for paper on “A Study on Youth Problems in Mysore City” presented by Ramya Bhaskar and **Komala, M.** (Co-author)

UPE Sponsored Silver Jubilee National Seminar on “Risks and resilience across the life span” organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore held on 15th and 16th March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangotri, Mysore

2. **Best Paper Presentation Award** for paper on “Teen Pregnancy – A Risk Factor for Physical Growth and Cognitive Abilities of School Children” presented by Ramya Bhaskar and **Komala, M.** (Guide)
3. **Best Poster Presentation Award** for paper on “Early Intervention Program As Resilience For Developmental Delays In Children” presented by Hemalatha, K.B. and **Komala, M.** (Co-author)
4. **Best Poster Presentation Award** for paper on “A Study on Risk Factors of Congenital Anomalies” presented by Priyanka A.G, Ramya Bhaskar and **Komala, M.** (Co-author)

33rd Biennial Conference of Home Science Association of India (HSAI) on “Trends for futuristic Development in Home science: Research and Innovation” Jointly organized by Home Science Association of India and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore held on Jan 22nd – 24th 2020

5. **Mid Career Award** for Paper “Physical, Cognitive and Behavioural outcomes of Children Born to Teenage Mothers” presented by Ramya Bhaskar and **Komala, M.** (Guide)

12. Foreign Visits

Year	Organized	Level of Participation	Title of the Program	Financial Assistance
2013	International Union of Anthropological and Ethnological Science organized World Congress – 2013 in the University of Manchester, 5 th –10 th August 2013	Delegate, Paper presented	“Evolving Humanity, Emerging Worlds”	University of Mysore
2016	At Best Western Elyon Colombo, Srilanka on 21 st & 22 nd Sept 2016	Delegate, Paper presented	“Science and Technology connecting Health, Management and Society”	Self

13. Administrative experience

Position held	Institution	Period
The Chairperson	Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore	1 st March 2021 onwards
The Coordinator	Mysore University Day Care Centre, Manasagangotri, Mysore	Sept 2007 – to date
The Course Coordinator	PG Human Development Program DOS in Food Science and Nutrition Manasagangotri, Mysore	2010-11 – to date

14. Member of Committees of University of Mysore and other Universities

Position held	Name of the Committee	Period/Date
Convener	Advisory Committee of Mysore University Day Care Centre	2008 – to date
Member	Hostel Food Monitoring Committee , University of Mysore, Mysore	2012 & 2019
Member	Advisory committee for Ladies Hostels and Woking Women’s Hostel, University of Mysore, Mysore	2013
Member	Selection Committee for selection of Assistant Professor for UGC sponsored B. Voc. Course JSS College, Mysore	Jan 2015
Member	The Review Committee , University of Mysore, Mysore for JSS Autonomous college, Mysore	Nov 2017
Member	Hostel Grievance Committee , University of Mysore, Mysore	2019
Member	Manasa Exhibition Committee University of Mysore, Mysore	2021

15. Member of Academic Bodies of University of Mysore and other Universities:
(Member – Faculty of Science, BOS, BOE)

Academic Bodies	Position Held	Period (From - To)	
		Faculty of Science and Technology, University of Mysore	Member
Board of Studies in Human Development, University of Mysore	Member	2006	till date
Board of Studies in Home Science (UG), University of Mysore	Member	2016	2019
Board of Studies in Home Science (UG) Maharani's Science College, Autonomous, Mysuru	Member	2018	2021
Board of Studies in Home Science Sri Padmavati Mahil University, Tirupati (PG)	Member	2019	2021
Board of Studies in Human Development Mount Carmel College, Autonomous, Bangalore	Member	2019	2019
Board of Studies in Home Science Bangalore University (UG & PG)	Member	2021	2024
Board of Appointment of Examiner in Human Development, University of Mysore, Mysore	Member	2009	2019
Board of Examination in Human Development (PG), University of Mysore, Mysuru	Chairperson 11 times	Jan 2007	Jan 2008
		Jan 2009	Jan 2010
		Jan 2011	Jan 2012
		Jan 2013	Jan 2021
	Member 5 times	Jan 2005	Jan 2006
		Jan 2006	Jan 2007
		Jan 2008	Jan 2009
		Jan 2010	Jan 2011
Board of Examination in Human Development, S.V. University, Tirupati	Chairperson	2016	2017

Board of Examination in Home Science (PG), Bangalore University	Member 2 times	2011	2012
		2014	2015

16. Membership in Academic Societies

- Indian Science Congress Association, Kolkata – Life Member
- Indian Association of Medical Anthropology – Life Member
- Home Science Association of India – Life Member
- Indian Academy of Social Science – Life Member
- Nutrition Society of India – Life Member

17. Member of Executive/Editorial Committee/Referee for Journal

- **Executive committee member** of Home Science Association of India, Baroda from 2021
- **Member of editorial committee** in Apoorv Knowledge – International journal of Multidisciplinary Research, Mumbai.
- **Member of editorial committee** in Pratibimba - Multidisciplinary Kannada Research Journal of Indian Institute of Multidisciplinary Research and Development , Mysuru
- **Referee for International Journal of Educational Sciences**, KRE publishers, New Delhi

18. Organization of Program (Seminar/Conference/Workshop)

2008	1. Organizing Committee Member and Registration Committee Chairperson - UGC Sponsored National Seminar on “Functional Food for Health Promotion and Diseases Prevention” held on 14 th -15 th February 2008, Mysore organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
2011	2. Organizing Committee Member – Institute of Excellence, University of Mysore sponsored Two day workshop on “Clinical Research Methods” held on 21 st – 22 nd Feb 2011, Mysore organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
2013	3. Organizing Committee Member – Institute Of Excellence, University of Mysore sponsored Two day workshop on “Clinical Research Methods” held on March 15 th – 16 th 2013, Mysore organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
2014	4. Organizing Secretary – University of Mysore sponsored Two day National Seminar on “Emerging Health Issues Across The Life Stages” held on March 6 th & 7 th 2014, Manasagangotri, Mysore organized by Human Development, Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
2015	5. Organizing Committee Member – UGC sponsored one day National seminar on “Changing Profile of Malnutrition in India” organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on 9 th January 2015

2016	6. Coordinator – One day workshop on “Application of Statistics in the field of Food Science and Nutrition, and Human Development using Statistical Package for Social Sciences [SPSS]” was organized for Research Scholars and Master Degree Students on 19 th November 2016 at the department
	7. Local Convener – Home Science Session, 40 th Indian Social Science Congress organized by University of Mysore, Mysuru and Indian Academy of Social Science on 19 th – 23 rd Dec 2016
2017	8. Organizing Committee Member - National Conference on “Food Based Approaches for Translational Nutrition” organized by Nutrition Society of India, Mysore Chapter in Association with Dept. of Food Science and Nutrition, Yuvaraja’s College, (Autonomous) University of Mysore, Mysuru on 12 th and 13 th April 2017
	9. Coordinator - One day symposium on “High Risks Infants – Care and Management” organized by Human Development DOS in Food Science and Nutrition, Manasagangotri, Mysore in collaboration with BGS Apollo Hospital, Mysore on 23 rd November 2017
2018	10. Organizing Secretary – UPE Sponsored Silver Jubilee National Seminar on “Risks and resilience across the life span” organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore held on 15 th and 16 th March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangotri, Mysore
	11. Coordinator - Two day Workshop on “Basics of Statistics and Its Application using Statistical Package for Social Sciences [SPSS] organized at the DOS in Food Science and Nutrition, Manasagangotri, Mysore on 20 th and 21 st August 2018
2019	12. Organizing Secretary - Mysore Divisional Level Consultation on Early Childhood Care and Development” organized by UNICEF, Hyderabad, Karnataka Child Rights Observatory, Bengaluru, Human Development wing of DOS in Food Science and Nutrition, University of Mysore, Mysuru, Swami Vivekananda Youth Movement, Saragur and Triton Mysore on 5 th March 2019
	13. Coordinator - Two day Workshop on “Basics of Statistics and Its Application using Statistical Package for Social Sciences [SPSS] organized at the DOS in Food Science and Nutrition, Manasagangotri, Mysore on 6 th and 7 th December 2019
2020	14. Organizing Secretary - National webinar on “Challenges of Neonatal Care and Infant Protection” organized from Human Development wing of Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on 19 th and 20 th November 2020

19. Consultancy Services

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

20. 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.

21. Other Information

- Written lesson plans for the **certificate course in Pre-school Education (2009) and Diploma Program in Nutrition and Health Education (2013)** of Karnataka State Open University, Manasagangotri, Mysore
- As one of the authors, written the chapters for **Human Development Report – 2014 of Mandya District and Human Development Report – 2014 of Chamarajanagar District** during 2014
- **Recognized Guide for Ph.D. in Human Development** at University of Mysore (2009 onwards)
- **Chaired and Co-chaired the Scientific Sessions** at International conference and National Seminars organized by University of Mysore and Other Universities
- **Reviewed research papers** for the International Journal of Educational Sciences, KRE publishers, New Delhi
- Participated in **Board of Studies Meeting** for finalization of the syllabus of Certificate Programme in Infant Care of Karnataka State Open University, Mukthagangotri, Mysore
- As an examiner /Paper setter and/or as an invigilator involved with **M.Sc. Entrance examination work** of University of Mysore and Other universities.
- As an Examiner, involved in paper setting, valuation and practical examination, dissertation valuation work of **M.Sc. Human Development program** of University of Mysore and other universities.
- As an examiner involved in paper setting and valuation work of **M.Phil. Examination and adjudication** of M.Phil. thesis of other universities
- As an examiner, involved in setting of **Ph.D. entrance examination question papers and adjudication of Ph.D. thesis** of Mysore University and other universities.
- As a **Doctoral Committee Member** participated in the meeting of Ph.D. Registration and Pre-thesis submission of Human Development as well as Food Science and Nutrition Scholars of Mysore University and other Universities
- As a **representative member of University of Mysore**, participated in the meeting regarding formulating Child Rights Index organized by Karnataka State Commission for Protection of Child Rights on 8th Feb 2018 at Vikas Soudha Bangaluru.

S/d Dr. Komala M.

**Title of Research Studies Undertaken for Post-Doctoral Research, Ph. D. Program
and M.Sc. Dissertations/Projects**

A. Post Doctoral Fellowship – 01	
1.	Physical, Cognitive and Behavioural Outcomes of Children Born to Teenage Mothers (PDF) - Dr. Ramya Bhaskar , UGC – Radha Krishna Fellowship – Submitted the report on 29th March 2019
B. Ph. D. Awarded - 04	
2.	‘A Study on Reproductive Health and Related Problems among Young Girls of Gadag District’ Sudha S. Rayanagoudar – Awarded Feb 2016
3.	‘A Longitudinal Study on Growth and Development of Low Birth Weight Infants From Selected Areas of Mysore’ Arundhathy M.V. – Awarded Nov 2016
4.	‘Awareness, Attitude and Practices among Community Health Workers Regarding Early Identification of Developmental Delays In Young Children’ – Vidya L. Rao – Awarded Nov 2017
5.	‘Problem Behaviours, Interpersonal Relationship and Emotional Intelligence among Youth of Bangalore City’ – Sudha A. Rao – Awarded August 2018
Ongoing Ph.D. – 04	
1.	Physical and Cognitive Outcomes among School Children Born with Low birth weight (Ph.D.) – Divyashree H.R. Without fellowship, Registration Date: 27.02.2016
2.	The Relationship Between Mobile Phone Addiction, Mental Health Problems And Coping Skills Among College Students (Ph.D.) – Vijaya U. Patil Without fellowship Registration Date: 03-09-2016
3.	Factors Associated with Emotional and Behavioural Disorders in Preschool Children (Ph.D.) – Indresh S.M. UPG-JRF SC/ST Fellowship, Registration Date: 16.12.2016
4.	Risks and Resilience for children with Developmental delays – Pavan Kumar S.K. without fellowship, Enrolment Date: 17-07-2019
5.	Bystanders of cyber bullying - Iqra Mubeen Bala with UGC-JRF Fellowship, Enrolment Date: 3-02-2021
6.	Physical Growth and Cognitive development of Preterm babies – Deepashree P.L. without Fellowship, Enrolment Date: 3-02-2021
7.	Early Childhood Education – Swetha Anandakumar. without Fellowship Enrolment Date: 3-02-2021

C. M.Sc. Dissertations and Projects Guided – 56

1999	1. Impact of Non-formal Preschool Education on All-round Development of the Preschool Children in ICDS Centre – Anuradha K.
2000	2. An Evaluation of Use of Mass Media by Adult Women In Semi Urban Area – Deepu N.

	3. Impact of Television on Social Relations – A comparative Study of Rural and Urban Children – Poornima S.
	4. Impact of Television on Behavioural Pattern Of Adolescents At Rural And Urban Areas of Mysore – Roopa A.
2001	5. Evaluation of Fathers Role in Child Rearing – Latha M.V. 6. Impact of Cinema on Adolescents Attitude and Behaviour Pattern – Rekha G.
2002	7. Dietary Pattern and Personality Development of selected School Children In Rural Areas under “Jeevan Jyothi” – A Family Helper Project – Ramya Bhaskar
2003	8. Effects of Television Viewing on Personality of Teenagers of Mysore City - Mamatha H. 9. Television Viewing and Its Effects on Study Habits of Teenagers of Mysore City - Shobha S.
2004	10. Influence of Television Viewing on Anxiety of College Students – Jyothi S. 11. A Study on Learning Difficulty Among School Children in Mysore city – Kavitha 12. Impact of Television Viewing on Emotional Maturity And Emotional Competencies – Shayeera Khanum
2005	13. Relationship between Emotional Intelligence and Social Intelligence – Mahesh B.V. 14. Influence of Parenting Style on Problem of Adolescents – Priya M.
2006	15. Influence of Parenting style on Mental Health of Adolescents – Roopa S. Angadi 16. A study on Relationship Between Emotional Intelligence and Problem of Adolescents – Shashirekha D. Joshi 17. A Study on Mental Efficiency of Elderly – Shaila R. Bhat
2007	18. A Study on Low Birth Weight and Behavioural Problems in Children at 10 – 13 Years of age - Kokila A 19. A Study on Mental Health Status of Adolescents in Single Parent Family – Nandini M. 20. A Study on Nutritional Status and Cognitive Abilities of Hakkipikki Tribal Pre School Children – Shilpa R. Patil
2008	21. Nutritional Status and Cognitive Abilities: A Study on Medar Tribal Pre School Children – Arundhathy M.V. 22. A Study on Relationship of Low Birth Weight with Attention Deficit Hyper Active Disorder among School Children – Shruthyshree B.M.
2009	23. Personality and Low Birth Weight : A study on Children at 8 – 12 Years of age – Nanda 24. Mental Efficiency in Elderly: A Comparative Study between Institutionalized and Non - Institutionalized – Navya S. 25. A Study on Relationship Between Television Viewing, Physical Activity and Obesity among Teenagers – Rashmi Shankar
2010	26. A study on Domestic Violence Against Women in Rural Areas of Mysore – Divyashree H.R. [Project]

	<p>27. A study on Child Labour on Urban Slum Areas of Mysore – Sandeep T. [Project]</p> <p>28. Facilities for girl Child - A study on Awareness among Mothers of Urban Slum Areas of Mysore – Shek Asiya [Project]</p> <p>29. A study on Attitude and Awareness among Rural mothers Towards Gender Discrimination and Related Laws - Sindhu [Project]</p>
2011	<p>30. Relationship Between Smoking, Drinking, Alcohol and Cognitive function among Young Boys and Adult men of Mysore – Raghav Prasad</p> <p>31. A Study on Reproductive Awareness, Practice and Morbidities among Post Graduate Female Students – Sobiya Ameen</p> <p>32. Study on Problems of Adolescents born to Teenage mothers in Mysore city - Sumaiya Kouser</p>
2012	<p>33. Growth and Behavioural Pattern: A comparative Study Between Single and Siblinged Adolescents – Gifty Joel</p>
2013	<p>34. A Study on Impact of Internet usage on Growth and Multiple Intelligence of Adolescents – Sanatombi Chingangbam</p> <p>35. A Study on Emotional Intelligence of Teenagers Born to Teen and Adult Mothers – Sandeeparaju T.</p>
2014	<p>36. Mobile Phone Addiction and Mental Health of Youth – Vibha S. Tirumalai</p> <p>37. A Study on Health Risk Behaviour Problem Among College Girls – Arombam Sarju Bala Devi</p>
2015	<p>38. Physical growth, Nutritional status and Intelligence among Kunabi School children – Arfa Thabassum</p> <p>39. Physical growth, Nutritional status and Intelligence among Kunabi Pre-school children – Poornima Mathad</p>
2016	<p>40. Perceived Stress And Coping Resources in Families of Mentally Challenged Children – Rashmi, N.</p>
2017	<p>41. Life skills and Emotional Intelligence – Sayara Thabassum</p> <p>42. Life skills and Stress – Yashodha</p>
2018	<p>43. Family environment and Marital Adjustment among Young adults – Abhisheka D.L.</p> <p>44. Health and Nutritional Status of Women working in Garment Factories in Mysore - Aruna M.S.</p> <p>45. Obesity, Physical Activity and Sleep Problems among Adolescents of Hassan – Sridhara A.S.</p>
2019	<p>46. Relationship between Preschoolers sleep problem and Parenting Stress in Mothers – Bindushree N.</p> <hr/> <p>47. Personality, Attitude towards Traffic safety and Risk behaviours in Traffic among Youth – Kiran Kumar M.D.</p> <hr/> <p>48. Relationship between Depression and Resilience among Youth of Mysore – Pavan Kumar S.K</p> <hr/> <p>49. An Explorative Study on Selfie taking Behaviours and Attitude of Youth in Mysore – Srinivas</p>

	50. Somatic status, Competence skills, Problem behaviour: A comparative study between Low Birth Weight and Normal Birth Weight Children – Zeba Fathima
	51. Sleep problems and its Associated Factors Among Pre-Menopausal, Peri-Menopausal and Post-Menopausal Women in Mysuru – Amrutha S.S.
	52. Attitude towards Retirement, Health and Wellbeing among Adults during pre-retirement and post-retirement period – Ananda L
	53. Reproductive Health Problems of Obese and Non-Obese Married Young Women – Manasa M.T.
2020	54. Relationship between Body Image, Physical Activity, Problem behaviours and Resilience among Youth’ – Anusha Nijampuram
	55. Relationship Between Parenting Styles, Family Functioning And Parental Burnout Among Mothers Of School Children - Silveru Mounica
	56. Reproductive Health Problems of Jenu Kuruba Tribal Women of H D Kote – Suchithra S.

Publications of Books/Book Chapters/Research Articles**Book - 01 & Book Chapters – 16**

A. Book Edited – 01	
2017	1. Jamuna Prakash and Komala M. (Editors) “Emerging Health Issues across Life Stages”. AAYU Publications, New Delhi. 2017, ISBN: 978-93-85161-50-6
B. Book chapters – 16	
2016	Book chapters in edited book by M. Aruna “ Advances in Home Science Studies ” Volume-1 , Prestige Book International, New Delhi 2016, ISBN: 978-93-82186-79-3
	1. Arundhathy, M. V. and Komala, M. , “Feeding Practices Among Low Birth Weight And Normal Birth Weight Infants”
	Book chapters in edited book by M. Aruna “ Advances in Home Science Studies ” Volume-2 , Prestige Book International, New Delhi 2016, ISBN: 978-93-82186-80-9
	2. Komala M. And Sandeeparaju, H.S. “A Study on Emotional Intelligence Of Teenagers Born To Teen And Adult Mothers” 16 - 21
	3. Ramya Bhaskar and Komala, M. , “Influence of Socio-Economic Status on Protecting Behavior of Parents” 22 - 27
	4. Sandeep, T. and Komala, M. “Child Labour In Urban Slum Areas Of Mysore City”, 28 - 33
	5. Gifty Goel and Komala M. “The Behavioural pattern of Singled and Siblinged Adolescents” 123 - 132
	6. Poornima, H.V., Prakash Padakannaya and Komala, M. “Relationship Between Reading Readiness, Socio-economic Status and Family Environment” 316 - 321
	2017
	7. Arundhathy M.V. and Komala M. , “A Longitudinal Study on Physical Growth Pattern of Low Birth Weight Infants” 28-43
	8. Sumaiya Kouser, Komala M. , Ramya Bhaskar and Poornima H.V. “Study on Problems of Adolescents Born to Teenage Mothers in Mysore City”, 82-89
	9. Sandeep T. and Komala M. “Health Risk Behaviors Among Adolescent Boys of Mysore”, 148-158
	10. Raghav Prasad, Komala M. and Poornima H.V. “Smoking and Cognitive Functioning: A Cross Sectional Study Among Males of 15 to 80+ Years of Age in Mysore City”, 211-222
	11. Sobiya Ameen, Komala M. and Sudha S. Rayanagoudar “A Study on Reproductive Morbidities Among Postgraduate Female Students of Mysore”,

	239-248
	12. Vibha Tirumalai and Komala M. “Mobile Phone Addiction and Mental Health of Youths: A Pilot Study”, 259-266
	13. Rima Ponnamma, A.S, Ramya Bhaskar and Komala, M “A Study on the Influence of School Environment on the Stress of Adolescents” , 278 – 292
2020	Book Chapters in edited book by N. Vasugi, K. Arockia Marichelvi and Ramya Bhaskar “ Development and Well-being across the Lifespan ”, Shanga Verlag, Coimbatore, 2020, ISBN: 978-9385604-11-9
	14. Deepashree P.L., Komala M. and Manasa M.T, “Relationship Between Obesity And Problems Of Menstrual Cycle Among Young Women”, 34-40
	15. Divyashree H.R. and Komala M. “Physical Growth And Nutritional Status: A Comparative Study Between Low Birth Weight And Normal Birth Weight School Children” 41- 49
	16. Pavan Kumar S.K. and Komala M. “Relationship Between Depression, Vice Habits And Resilience In Youth Of Mysuru City”, 130-137

C. Full papers Published in Proceedings of the Conference/Seminar/Symposium

2008	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 th , 13 th and 14 th November 2008 at Ernakulam
	1. Komala, M. and Rudramma, “A Study On Association Of Television Viewing With Stress And Academic Performance Of Children”
	2. Ramya Bhaskar, Komala, M. and Rudramma, “Study on Relationship between stress and adjustment among Adolescents”
2009	Proceedings of 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 rd and 24 th July 2009 at Jnanajyothi Auditorium, Central College campus, Bangalore.
	3. Komala M. and Rudramma, “Influence of Television viewing on Mental Health of Children”
	4. Ramya Bhaskar, Komala, M. Chaitra, K.V. and Shashikala Puttaraj, “The role of Mid Day Meal Programme in Promoting Health of School Children”
2020	E-proceedings of “33rd Biennial Conference of Home Science Association of India (HSAI) – Trends for futuristic Development in Home science: Research and Innovation” jointly organized by Home Science Association of India and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on Jan 22 nd -24 th 2020
	5. Pavan Kumar S.K. and Komala M. “Relationship Between Depression, Vice Habits And Resilience In Youth Of Mysuru City”,

D. Research Paper Publications in Journals – 33 [International–20 & National-13]

International Journals	
2003	1. 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.
2011	2. 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 Journal of Life Science And Medical Research , 2011:1(5) 99-109
2012	3. Shivaprasad H.S, Sreenivasa G, Gangadhar M.R. Komala M. Mohsen Najafi and Suttur S. Malini, “Phenythiocarbamide (PTC) as a Genetic Marker – A Comparative Taste Sensitivity Study Among Siddhi Tribes (African Descents) and Urban Group of South West Karnataka, India” Journal of Pharmacy Research – An International Peer Review Journal 2012: Vol. 5(12), 5350-5353 Impact Factor TM (India): 2.667
2014	4. Ramya Bhaskar, Rudramma and M. Komala , “Sexual Tendency and Adjustment among the Adolescents of Mysore City of India” International Journal of Interdisciplinary and Multidisciplinary Studies (IJIMS) , 2014, Vol. 2 (2), 39-42, UO Impact factor: 1.36
	5. Ramya Bhaskar, Rudramma and M. Komala , “Study on Relationship between Stress and Adjustment among Adolescents” International Journal of Interdisciplinary and Multidisciplinary studies , 2014: Vol. 2 (1), 62-67, UO Impact factor: 1.36
	6. Rashmi Shankar and M. Komala , “A Study on Relationship Between Lifestyle factors and Obesity Among teenagers of Mysore” Asian Mirror – International Journal of Research , 2014: Vol. 1(3), 99-111
2015	7. Sudha S. Rayanagoudar and Komala M. Parental Involvement in Dealing with Reproductive Health Issues among Young Girls, International Journal of Interdisciplinary and Multidisciplinary Studies , 2015: Vol 2 (10): 1-10 Impact Factor: 5.72
	8. Ramya Bhaskar and Komala M “Influence of socio economic status on protecting behavior of parents” International Journal of Multidisciplinary Research and Development , Oct 2015; Vol 2,(10): 648-651, Impact Factor: 5.742
	9. Aundhathy M.V. and Komala M. “Feeding Practices among Low Birth Weight and Normal Birth Weight Infants”, The Researchers’ – The international Journal of Research , November, 2015; Vol. 1 (1): 57-67
	10. Komala M. and Sandeeparaju H.S. “A Study on Emotional Intelligence Of Teenagers Born To Teen And Adult Mothers”, International Journal of Multidisciplinary Research and Development Nov. 2015, Vol 2 (11) : 382-387 Impact Factor: 5.72

	11. Sandeep T and Komala M. A Study on Child Labour in Urban Slum Areas of Mysore City, The Researchers' - International Journal of Research, Special Issue - December, 2015: Vol.1 (2): 31 – 38 Impact Factor 4.98
	12. Sudha S. Rayanagoudar and M. Komala , “Nutritional Status of Young Girls of Gadag District” Asian Mirror – International Journal of Research , February 2015: Vol. 2(1): 13-20
2016	13. Arundhathy, M.V. and Komala M. “Nutritional Status of Low Birth Weight Infants: A Longitudinal Study in Mysore City, Karnataka” Asian Mirror - International Journal of Research , March 2016; Vol 3(1): 59-70
	14. Vidya L. Rao. and Komala M. “The Awareness among Anganwadi Workers about Children with Developmental Delays” Asian Mirror - International Journal of Research , June 2016; Vol 3(2): 73-84
	15. Vidya L. Rao. and Komala M. “Attitudes of Community Health Workers toward Children with Developmental Delays” Asian Mirror - International Journal of Research , June 2016; Vol 3(2): 1-16
2017	16. Sudha A Rao and Komala M. Problem Behaviours and Associated Factors among Youth in Bangalore City, India. International Journal of Indian Psychology , July-September 2017. Vol. 4 (4): 149-161 Impact Factor: MIAR(Information Matrix for the Analysis of Journals)-3.6
	17. Sudha A Rao and Komala M. Emotional Intelligence and Gender Differences: A Study among the Youth in Bangalore City, India. International Journal of Indian Psychology , July-September 2017. Vol. 4 (4): 32-40, Impact Factor: MIAR(Information Matrix for the Analysis of Journals)-3.6
2018	18. Ramya Bhaskar and Komala M. A study on relationship between school environment and Academic performance of Adolescent students. Asian Journal of Multidimensional research [Double blind refereed and Reviewed International Journal, UGC approved journal] , February 2018, spl-2, ISSN:2278-4853, Vol 7(2): 642-650 Impact Factor: SJIF=4.708
2019	19. Vijaya U. Patil and Komala M. ‘Mobile Phone Usage And Mental Health Of College Students: A Literature Review’, International Journal of Research in Commerce, IT and Management , March 2019, Vol. 9 (3): 9-12, ISSN 2231-5756
	20. Ramya Bhaskar and Komala M. Children of Teen Mothers –Risks and Challenges, International Journal of Innovative Knowledge Concepts , March 2019, ISSN: 2454-2415, Vol 7(3): 147-150
Research Paper Publications – National Journals – 13	
2002	21. 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.
2008	22. 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	23. 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
	24. 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	25. Nandini M, Komala M. And Ramya Bhaskar, “A Study On Mental Health Status Of Teenagers In Single Parent Families” Man and Life 2010, Vol. 36 (3-4), Pp 157-164
	26. 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 2010, Vol. 36 (3-4), Pp 165-174
2012	27. Jyoth, R. And Komala M. “Influence of Television viewing on Anxiety of College students” Frontier Anthropology , 2012: Vol. 1, 73-78
	28. 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) 95-100
2013	29. M.R. Gangadhar, Komala M. and S.C. Jaiprabhakar, “Health Care Practices Among the Hakkipikkis: A Tribal Population of Mysore District, Karnataka” Man and Life , 2013: Vol. 39 (3-4), 23-30
2018	30. Deepashree P.L, Komala M. and Chandramati P., “Awareness among Physically challenged on their Rights, Provisions and Concessions” my Society, Biannual Refereed Arts journal of the University of Mysore, 2018-19, March-Aug, September-February, Vol. 12 (1-2): 18-25
	31. Divyashree H,R. and Komala M. , “Domestic Violence Against women in Rural Area of Mysore” my Society, Biannual Refereed Arts journal of the University of Mysore, 2018-19, March-Aug, September-February, Vol. 12 (1-2):26-36
2019	32. Sowmya, Komala M. and Gangadhar M.R. “Menarche and Menopause among the Hakkipikki Tribal Women of Pakshirajapura in Mysore District”, my Society, Biannual Refereed Arts journal of the University of Mysore, 2019-20, March-Aug, Vol. 13 (1):115-118
2020	33. Azhole Thirah, M.R. Gangadhar, Komala M. and Jai Prabhakar S.C. “Anemia and Hemoglobin level in Angamis Children of Kohima District, Nagaland” Indian Journal of Research in Anthropology, 2020, July–December, Vol 6 (2): 45-50

Papers Presented in Conference/Seminar/Symposium :**International: 14 [Oral-10+Poster-04]**

2005	1.	Participated and Presented a paper in <u>International conference on Health Sciences on theme “Integrated Healthcare towards Global Wellbeing”</u> organized by JSS Mahavidyapeetha, Mysore on 25 th – 26 th February 2005 at JSS Medical College Campus at Mysore.	
		1. Komala, M. and Jyothi R., “Anxiety Among College Students”	Poster
2007	2.	Participated and Presented a paper in <u>Fifth Regional Conference of International Union for Health Promotion and Education – South East Asia Regional Bureau on theme “Youth’s Health – Nation’s Wealth”</u> held on 21 st – 22 nd April 2007 at Bangalore.	
		2. Komala, M. and Roopa S. Angadi, “Relationship Between Adolescents’ Perceived Parenting Styles and their Mental Health Status”	Oral
2008	3.	Participated and Presented two papers in <u>International Symposium and Conference of Gerontology and Geriatrics and 14th Biennial Meeting of the Association of Gerontology (India)</u> organized by the Centre for Research on Ageing, Department of Psychology, Sri Venkateshwara University, Tirupati on 16 th – 18 th December 2008 at Tirupati.	
		3. Komala, M. and Shaila R. Bhat, “A Study on Mental Efficiency of Elderly People of Mysore City”	Oral
		4. Ramya Bhaskar, and Komala, M. , “A study on quality of life and life satisfaction among Senior citizens of Mysore City”	Oral
2013	4.	Participated and Presented a paper in <u>International Union of Anthropological and Ethnological Science organized 17th World Conference 2013 on “Evolving Humanity, Emerging worlds”</u> at University of Manchester, 5 th – 10 th August 2013	
		5. Komala M. and Rashmi Shankar, “A Study On Relationship Between Life Style Factors And Obesity Among Teenagers of Mysore”	Oral
2015	5.	Participated, Presented 6 papers and chaired a session in UGC Sponsored <u>International Conference on “Advanced Home Science Studies”</u> organized by Sri Padmavathy Mahila University, Tirupati on 20 th -21 st Feb 2015	
		6. Komala M. And Sandeeparaju, H.S. “A Study on Emotional Intelligence of Teenagers Born To Teen and Adult Mothers”	Oral
		7. Ramya Bhaskar and Komala, M. , “Influence of Socio-Economic Status on Protecting Behavior of Parents”	Oral

		8. Arundhathy, M. V. and Komala, M. , “Feeding Practices Among Low Birth Weight And Normal Birth Weight Infants”	Oral
		9. Sandeep, T. and Komala, M. “Child Labour In Urban Slum Areas Of Mysore City”	Oral
		10. Gifty Goel and Komala M. “The Behavioural pattern of Singled and Siblinged Adolescents”	Poster
		11. Poornima, H.V., Prakash Padakannaya and Komala, M. “Relationship Between Reading Readiness, Socio-economic Status and Family Environment”	Poster
2016	6.	Participated and Presented paper in 3rd International Conference on “Science and Technology connecting Health, Management and Society” organized by on 21 st – 23 rd September 2016 in Western Helyon, Colombo, Srilanka	
		12. Komala M. and Arundhathy M.V. “Maternal Risk Factors Associated with Low Birth Weight Infants of Mysore”	Oral
2018	7.	Participated and presented a paper in 50th Annual International Conference of the Nutrition Society of India on “India’s Transition from Food Security to Nutrition Security” organized by ICMR-National Institute of Nutrition, Hyderabad, Telangana State on 3 rd & 4 th November 2018	
		13. Komala M., Sridhara A.S. and Santhosh C.D. “The Relationship between Sleep duration and Obesity among Adolescents”	Poster
2021	8.	Participated as a Resource person and presented a paper in the international webinar on “Women and Family well-being” organized by PG Dept of Home Science, Berhampur University, Odisha on 13th March 2021 14. Komala M. “Reproductive Risks and Resilience factors for women”	Oral

National: 114 [Oral-56+Poster-58]

2002	9.	Participated and presented a paper in UGC National Seminar on “Women and Development” held on March 14 TH & 15 TH 2002 at Tirupati organized by the Department of Home Science And Centre for Extension Studies, Sri Venkateshwara University, Tirupati.	National
		15. Deepu N., Komala, M. and Rudramma, “An Evaluation of the Use of Mass Media by Adult Women in Semi-Urban Area of Mysore District”	Oral
2003	10.	Participated and Presented a poster in the 90th Indian Science Congress Section: Anthropological and Behavioural Sciences organized by Indian Science Congress, Bangalore University, Indian Space Research Organization, Confederation	National

		of Indian Industry, Bangalore, at Bangalore University on 3rd -7 th January 2003.	
		16. Komala, M. and Rudramma “Adjustment Problems of Adolescent: A Comparison Between Institutionalized and Non- Institutionalized Girls”	Poster
2004	11.	Participated and Presented Posters in 91 ST Indian Science Congress, Section: Anthropological and Behavioral Sciences organized by Indian Science Congress Association, Punjab University And Institute of Microbial Technology on 3 rd - 7 th January 2004 at Punjab University, Chandigarh.	National
		17. Komala, M. Shobha. S. and Rudramma “Influence of Television Viewing on Study Habits of College Students”	Poster
	12.	Participated and Presented a poster in XXXVI Annual meet of Nutrition Society of India organized by Nutritional Society of India and Department of Studies in Food Science and Nutrition, the University of Mysore at Mysore on 5 TH and 6 TH November 2004	National
		18. Ramya Bhaskar, Komala, M. Rudramma, and Shashikala Puttaraj, “Nutritional and Personality Assessment of School Children – The beneficiaries of A Family Helper Project”	Poster
2005	13.	Participated and Presented a poster in 92 nd 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, Ahmadabad on 3 rd -7 th January 2005.	National
		19. Kavitha, Komala, M, and Rudramma “Role of Home Environmental Stimulation in Child’s Learning”	Poster
		20. Ramya Bhaskar, Komala, M. and Rudramma “The Relationship between Body type and Personality: A Study on School Age Children of Chamarajanagar in Karnataka	Poster
2006	14.	Participated and Presented a poster in 93 rd Indian Science Congress, Section: ‘Anthropological and Behavioral Sciences held on 3 rd -7 th January 2006 at Hyderabad organized by The Indian Science Congress Association and N.G. Ranga Agricultural University, Hyderabad.	National
		21. Komala, M. and Mahesh Sharma B.V., “A Study on Emotional Intelligence in Relation to Gender Difference among the Adolescents of Mysore”	Poster
		22. Komala, M. and Jyothi, R., “Influence of Television Viewing on Anxiety of College Students.”	Poster
	15.	Participated and presented paper in <u>Southern Regional Consultation Meet on “Adolescent Guidance Services”</u> organized by NIPCCD, Southern Regional Centre, Bangalore on 22 nd -23 rd March 2006 at NIPCCD premises, Bangalore.	National

		23. Komala, M. and Roopa S. Angadi “Mental Health Status of Adolescents”	Oral
2007	16.	Participated and Presented a poster in 94 TH Indian Science Congress, Section: ‘Anthropological and Behavioural Science held on 3 rd -7 th January 2007 at Chidambaram organized by The Indian Science Congress Association and Annamalai Deemed University, Chidambaram.	National
		24. Komala, M. and Roopa S. Angadi, “Relationship between Parenting and Mental Health Status of Adolescents”	Poster
	17.	Participated and presented papers in <u>National Conference on Quality assurance in ODL institutions</u> organized by Karnataka Open University, Manasagangotri, Mysore on 3 rd – 5 th March 2007	National
		25. Komala, M., Shobha S. and Rudramma “Television Viewing and Study Habits – A Study Among the College Students”	Oral
	18.	Participated and presented paper in <u>National Conference on “Medical Anthropology and Health Sciences”</u> organized by Society for Indian Medical Anthropology on 29 th to 30 th November 2007 at Anthropological Survey of India, Mysore.	National
		26. Komala, M. and Shilpa R. Patil “Nutritional Status of Hakkipikki Tribal Preschool Children”	Oral
2008	19.	Participated and Presented posters 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 th – 15 th February 2008 at Mysore.	
		27. Komala M. and Rudramma, “A study on Environmental Factors Associated With Childhood Obesity”	Poster
		28. Shilpa R. Patil and Komala M., “Relationship between Nutritional Status and Cognitive Abilities: A Study on Hakkipikki Tribal Preschool Children”	Poster
	20.	Participated and presented paper in <u>3RD Indian Anthropological Inter-Congress on “Man and Environment: The South Asian Perspective”</u> organized by Department of Anthropology, Punjab University, Chandigarh and Indian National Confederation and Academy of Anthropologists on 21 st -23 rd February 2008 at Chandigarh.	National
		29. Komala, M. and Rudramma, “Television Viewing – An Environmental Risk Factor For Childhood Obesity”	Oral
	21.	Participated and presented papers in <u>UGC Sponsored National Seminar on “Resolving Stress To Optimize Academic Achievement – The Innovative Role Of Teachers”</u> organized by The Department of Family and Community Science, St.	National

		Teresa's College, Ernakulam on 12 th , 13 th and 14 th November 2008 at Ernakulam	
		30. Komala, M. and Rudramma, "A Study On Association Of Television Viewing With Stress And Academic Performance Of Children"	Oral
		31. Ramya Bhaskar, Komala, M. and Rudramma, "Study on Relationship between stress and adjustment among Adolescents"	Oral
2009	22.	Participated and presented papers in <u>UGC Sponsored National Conference on "Role Of Home Science Education And Interdisciplinary Subjects Towards Promoting Health For All"</u> organized by Smt V.H.D. Central Institute of Home Science on 23 rd and 24 th July 2009 at Jnanajyothi Auditorium, Central College campus, Bangalore.	National
		32. Komala M. and Rudramma, "Influence of Television viewing on Mental Health of Children"	Oral
		33. Ramya Bhaskar, Komala, M. Chaitra, K.V. and Shashikala Puttaraj, "The role of Mid Day Meal Programme in Promoting Health of School Children"	Oral
2010	23.	Presented papers in <u>National Conference on 'Sexuality and Psychology'</u> organized by Dept of Post Graduation studies and Research in Psychology, Sri. Darmasthala Manjunatheshwara College (Autonomus), Ujjare, Dakshina Kannada on 29 th and 30 th January 2010	National
		34. Ramya Bhaskar, Anjali, B.U. and Komala M. , "A Study on Sexual Attitudes of Youth in Mysore Taluk"	Oral
		35. Ramya Bhaskar, Rudramma, Arundathy M V, and Komala M. , "Sexual Tendency and Adjustment among the Adolescents of Mysore City"	Oral
	24.	Participated and presented papers in <u>Second National Conference of SIMA</u> organized by Society for Indian Medical Anthropology, Mysore and Department of Anthropology, Kannada University, Hampi on "India's Health Care Challenges" on 1 st -3 rd February 2010 at Kannda University, Vidyaranya, Hampi.	National
		36. Komala M. and P. Kamakshi, "Mental Health of Single-Adolescents In Single-Parent Families"	Oral
		37. Nandini, M., Komala, M. and Ramya Bhaskar, "A Study on Mental Health of Teenagers in Single Parent Families"	Oral
		38. Arundhathy, M.V. and Komala M. , "Nutritional Status of Medar Tribal Pre-School Children Of Mysore City"	Poster
	25.	Participated and presented papers in <u>Indian Anthropological Congress 2010</u> jointly organized by Indian National Confederation and Academy of Anthropologists (INCAA) and Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS) on 21 st -23 rd February 2010 at Bhopal.	National

		39. Komala M. and Arundhathy, “Economy and Development among Medar – A schedule Tribe Population of Mysore”,	Oral
		40. Ramya Bhaskar, M. R. Gangadhar and Komala M. , “Development Programmes for the Resettled Tribes – An Evaluation”	Oral
2011	26.	Participated and presented paper in <u>National Seminar on “Cultural Change in Tribal Life”</u> organized by Department of Anthropology, Kannada University, Hampi, Karnataka, Folkland- International Centre for Folklore and Culture, Kerala, SIMA, Mysore, CIIL Mysore, Anthropological Survey of India and Tagore Govt. College of Education, Partblair at Andaman And Nicobar Islands, India held on 7 th – 9 th Feb 2011	National
		41. 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” (Oral)	Oral
2012	27.	Participated and presented papers in <u>UGC Sponsored National Seminar on “A Holistic approach towards Health and Well being”</u> held on 21 st – 22 nd Feb 2012 organized by Dept of Home Science, Sri Padmavathi Mahila Visvavidyalayam, Tirupati	National
		42. Komala M. and Priya M. ‘A study on Parenting Styles and Problems of Adolescents’ (Oral)	Oral
		43. Komala M. Ramya Bhaskar and M.V. Arundhathy “Relationship Between Emotional Intelligence and Problems of Adolescents” (Oral)	Oral
		44. Ramya Bhaskar, Rudramma, Komala, M and Sandeep T, “A Comparative Study on the Perceived Stress of Adolescents of Government and Private Pre-University Colleges’ (Oral)	Oral
		45. Ramya Bhaskar, Syeda Misbah Fathima and Komala, M. ““Study on the Mental Health of Teenage Mothers With Reference To the Religion” (Oral)	Oral
2013	28.	Participated and Presented papers in <u>Two Day National Seminar on “Tribal Health in India: Issues and Challenges”</u> held on 11 th - 12 th Feb 2013 organized by Karnataka Tribal Research Institute Mysore	National
		46. Komala, M. Shilpa Patil and Arundhathy M.V. “Socio Demography and Nutritional Status of Hakkipikki and Medar Tribal Preschool Children of Mysore District”	Oral
		47. Arundhathy, M.V. and Komala M. “Relationship of Nutritional Status and Cognitive Abilities among Medar Tribal Pre-School Children of Mysore City	Oral
		48. Ramya Bhaskar, Komala M. and Gangadhar M.R. “Socio Demographic Status of Jenukuruba Tribal Population of Mysore District”	Oral

2014	29.	Participated, presented papers and co-chaired a session in <u>Two Day National Seminar on “Emerging Health Issues across the Life Stages”</u> organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore, sponsored by University of Mysore held on 6 th and 7 th March 2014 at Rani Bhadur Auditorium, Manasagangotri, Mysore	National
	49.	Arundhathy, M.V. and Komala, M. “A Longitudinal Study On Physical Growth Pattern of Low Birth Weight Infants”	Oral
	50.	Deepa Devi, Arundhathy M.V. and Komala. M. “Incidence And Factors Associated With Low Birth Weight”	Poster
	51.	Sumaiya Kouser, Komala M, Ramya Bhaskar and Poornima H. V. “Study on Problems of Adolescents Born to Teenage Mothers in Mysore city”	Oral
	52.	Vidyashree N, Ramya Bhaskar and Komala M. “Youth Problems – Issues and Challenges”	Poster
	53.	Sudha A. Rao and Komala, M. “Prevalence of Problem Behaviors among Youth In India”	Poster
	54.	Arambam Sharjoobala Chanu, Komala, M. and Sandeep, T. “Health Risk Behaviours Among Adolescent Girls”	Poster
	55.	Sandeep, T. and Komala, M. “Health Risk Behaviours Among Adolescent Boys of Mysore”	Poster
	56.	Vidya L. Rao, Komala, M. and Poornima H.V. “The Advantages of Exposure of Germs During Childhood”	Poster
	57.	Shivaprasad H,S Gangadhar M.R Suttur S. Malini and Komala, M. “An Emerging High Risk Group in Relation With Knowledge About Health and Health Care Aspects among Siddi Tribes”	Poster
	58.	Raghav Prasad, Komala M. and Poornima, H.V. “Smoking and Cognitive Functioning: A Cross Sectional Study Among Males Of 15 To 80+ Years Of Age In Mysore City”	Poster
	59.	Sudha S. Rayangoundar and Komala M. “A study on Problems of Menstruation Among Young: Girls of Gadag District, Karnataka”	Oral
	60.	Sobiya Ameen, Sudha S. Rayangoundar and Komala, M. “A Study On Reproductive Morbidities Among Post Graduate Female Students of Mysore”	Poster
61.	Nishtha Bhatt, Ramya Bhaskar and Komala M. “Sexual Health Status of Adolescents”	Poster	
62.	Vibha Tirumali and Komala M “Mobile Phone Addiction and Mental Health of Youths – A Pilot Study”	Oral	

		63. Malsawmtluangi, Ramya Bhaskar and Komala M. “Effects of Life Events Stress on Physical and Psychological Health of Young Adults”	Poster
		64. Khwairakpam Usharani Devi, Ramya Bhaskar and Komala, M. “Mental Illness Among Adolescents”	Poster
		65. Rima Ponnamma, A.S., Ramya Bhaskar and Komala M. “A Study on Influence of School Environment on Stress of Adolescents”	Poster
	30.	Participated and presented paper in <u>Two Day National Seminar on Dr. P.R.G. Mathur and His Contributions to Anthropology</u> organized by Folkland International Centre for Folklore and Culture, Kerala Institute of Local Administration (KILA), Anthropological survey of India, Kolkata, Kerala Folklore Academy and the Department of Anthropology, Kannur University on 11 th and 12 th November 2014 held at KILA, Thrissur	National
		66. Komala M. and Sobiya Ameen, “Reproductive Morbidities and Health Care Practices among the Female of Mysore” (Oral)	Oral
		67. Gangadhar M.R., Shivaprasad H.S. Malini S.S. and Komala M. “ Bioanthropological study among the Siddi’s of Western Ghats, Karnataka, India ”	Oral
2015	31.	Presented paper in <u>National Seminar on Science and Technology for Human Development</u> held on 23 rd – 25 th February 2015 organized by The Indian Science Congress Association, Bangalore chapter in Association with Department of Life Sciences, Kristu Jayanti College, Bangalore	National
		68. Gangadhar M.R. and Komala M. “Livelihood Patterns And Resource Base Of Iruligas: A Tribal Population of Karnataka”	Oral
	32.	Presented paper in <u>National Seminar on Tribal development in Karnataka: Issues and Challenges</u> organized by Centre for Multi-disciplinary Development Research, Dharwad on 26 th & 27 th March 2015	National
		69. Shivaprasad HS, Gangadhar MR, Komala M and Suttur S. Malini “Socio-Economic, Life style and Health Status of Siddi Tribal Population, Karnataka”	Oral
		70. Komala M. , Shivaprasad HS, Gangadhar MR, and Suttur S. Malini “Physical growth and Nutritional Status of Children of Siddi tribe of Western ghats of Karnataka”	Oral
		71. Ramya Bhaskar and Komala M. “Socio, Demographic and Economic Conditions of Tribes in Kodagu District”	Oral
2016	33.	Participated and Presented posters in 103 rd Indian Science Congress organized by University of Mysore and ISCA, Kolkata held on 3 rd – 7 th January 2016	National

	72. Ramya Bhaskar and Komala M “Demanding Behaviour of Parents of different Socio-Economic groups”	Poster
	73. Poornima H.V. Komala M and Ramya Bhaskar “Determinants of Teenage Pregnancy in India”	Poster
34.	Participated and presented paper in 5 th <u>Women Science Congress - 2016, 103rd Indian Science Congress</u> organized by University of Mysore and ISCA, Kolkata held on 3 rd – 7 th January 2016 in Mysuru	National
	74. Komala M. Ramya Bhaskar and Sobiya Ameen “Nutritional Status among Married and Unmarried Women”	Oral
35.	Participated and presented papers in 31 st <u>Biannual Conference of Home Science Association of India on “Science and Technology for reaching the unreached”</u> organized by Home Science Association Dharwad chapter, Rural college of Home Science, University of Agricultural Sciences, Dharwad on 28 th – 30 th Jan 2016	National
	75. Komala M and Sudha S. Rayanagoudar “Knowledge Empowerment of Young Girls through Reproductive Health Educational Intervention Programme”	Oral
	76. Ramya Bhaskar, Komala M. and Shaik Asiya “Facilities for Girl Child – Need Assessment of Knowledge Empowerment among Mothers	Oral
	77. Poornima H.V. Komala M. and Sindhu S. “Knowledge Empowerment among the Mothers towards Gender Discrimination”	Poster
36.	Participated and presented papers in 5 th <u>National Conference of Society for Indian Medical Anthropology on ‘Policy of Traditional knowledge and Ethnomedicine’</u> organized by SIMA, Mysore and Vivekananda Research centre, Puttur held on 6 th – 8 th Feb 2016	National
	78. Komala M. and Poornima Mathad “Nutritional status and Health Practices among Kunabi children of Joida Taluk of Uttara Kannada”	Oral
37.	Participated and presented papers in <u>48th Annual National Conference on “Nutrition Risk Management and Nutrition”</u> organized by Nutrition Society of India and St John’s Hospital and Research Institute, Bangalore on 4 th & 5 th November 2016	National
	79. Komala M., Arfa Thabassum and Ramya Bhaskar, “Nutritional Status of Children of Kunabi of Joida Taluk”	Oral
	80. Ramya Bhaskar, Megha B.P. and Komala, M., “Nutritional Status of Young Women of Mysore City”	Poster
38.	Papers presented in <u>9th National Women's Science Congress</u> organized by Matru Vedike-Women Scientists Forum and	National

		Swadeshi Vijnana Andolana, Karnataka on Nov 5th-7th 2016 in Doddaballapur, Bangalore Rural District.	
		81. Divyashree H.R. and Komala M. , " Domestic Violence Against Women in Rural Area of Mysore"	Oral
		82. Deepashree P.L. Chandramathi, P. and Komala M. , "Awareness among Physically Challenged on Their Rights, Provisions and Concessions".	Oral
	39.	Participated, Presented papers, Chaired a session and Local Convener of Home Science Session in <u>40th Indian Social Science Congress on focal theme "People's Health and Quality of Life In India"</u> organized by Indian Academy of Social Sciences and University of Mysore, Mysuru on 19-23 rd Dec. 2016.	National
		83. Ramya_Bhaskar, Malsawmtluangi and Komala, M. "Perceived Stress and Copying Styles among Young Adults of Mysore City" in Home Science Session	Oral
		84. Ramya Bhaskar and Komala, M. "Socio-economic status, Age at Maturation and Adjustment among Adolescents" in Anthropology Session	Oral
2017	40.	<u>Participated, Presented Papers and Chaired a session in UGC sponsored National Conference on 'Scientific Perspectives of Home Science' organized by Avinashilingam University, Coimbatore. 6 -7th March, 2017.</u>	National
		85. Ramya Bhaskar, Divyashree, H.R. and Komala, M. , "Children of Teen Mothers – Risks and Challenges"	Poster
		86. Krishna Kumar, L. D., Ramya Bhaskar and Komala, M. , "Mental Health of Adolescents"	Poster
		87. Inchara, R, Divyashree, H.R. and Komala, M. , "Social Media Usage Among Adolescents"	Poster
		88. Sayara Tabassum, Komala, M. and Ramya Bhaskar, "Families under Stress – Stressors and Consequences"	Poster
		89. Yashodha M. , Deepashree P.L. and Komala M. "Secular trends and Factors Associated with age at Menarche"	Poster
		90. Ramya Bhaskar and Komala, M. "A Study on Youth Problems in Mysore City"	Oral
		91. Komala, M. , Deepashree, P.L. and Ramya Bhaskar, "Abdominal Obesity among Young Women of Mysuru"	Oral
		92. Komala, M. and Rashmi, N. "Perceived Stress and Coping Resources in Families of Mentally Challenged Children"	Oral
	41.	Participated and presented a paper in <u>49th Annual National Conference of the Nutrition Society of India on "Biodiversity, Traditional Food Systems and Wellness: Connecting Global Priorities"</u> jointly organized by Nutrition	National

		Society of India, Hyderabad and Assam Agricultural University, Jorhat, Assam on 3 rd & 4 th Nov 2017”	
		93. Komala M. and Arundhathy, M.V. “Magnitude and Maternal Factors Associated with Low Birth weight: A Hospital based study in Mysore city”	Oral
		94. Divyashree H.R. and Komala M. “Binge eating behaviours among young girls in Mysore city”	Poster
		95. Gifty Joel, Komala, M. and Deepashree, P.L. “Growth and Nutritional status of Single and Siblinged Adolescents of Mysore”	Poster
		96. Ramya Bhaskar, Komala, M. and Poornima Mathad, “Nutritional status and intelligence of Preschool children of Kunubis of Joida Taluk”	Poster
2018	42.	Participated, presented papers and co-chaired a session in <u>UPE Sponsored Silver Jubilee National Seminar on “Risks and Resilience Across the Life Span”</u> organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore held on 15 th and 16 th March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangotri, Mysore	National
		97. Sudha A. Rao and Komala M. , “Emotional Intelligence As Resilience To Problem Behaviours Among Youth”	Oral
		98. Bindushree, Deepashree P.L and Komala M. “Risks Of Being Single Child in Families”	Poster
		99. Divyashree, H. R. and Komala M. “Cognitive Outcomes of Low Birth Weight Children”	Poster
		100. Sharath Kumar D.S., Komala M. and Chandramati P. “Peer relationship as Risk and Protective Factors in Child Development”	Poster
		101. Kiran Kumar M.D. Deepashree P.L and Komala M. “Child Marriage As A Risk Factors For Health Status Of Mothers And Their Offspring”	Poster
		102. Shreedhara R, Divyashree H.R. and Komala M. “Risk Factors of Child Labour In India”	Poster
		103. Indresh S. M. and Komala M. , “Risks Factors For Emotional And Behavioral Disorders In Children”	Poster
		104. Hemalatha, K.B. and Komala, M. “Early Intervention Program As Resilience For Developmental Delays In Children”	Poster
		105. Sridhar, A. S and Komala, M. “Risk Factors Of Sleep Problems Among Adolescents – A Review	Poster
		106. Vijaya U. Patil and Komala M. “Mobile Phone Usages And Mental Health Of College Students: A Review”	Poster

		107. Zeba Fathima, Deepashree P.L and Komala M. “Malnutrition as A Risk Factor For Behaviour Problems In Children”	Poster
		108. Srinivasa, Dechi Kaveriappa and Komala M. , “Television Viewing And Its Effects On Behavioural Issues Of School Children”	Poster
		109. Ananda.L, Divyashree H.R. and Komala M. “Risk Factors Associated With The Mentally Challenged Children”	Poster
		110. Deepashree P.L and Komala M. “Risk Factors Of Attention Deficit Hyperactivity Disorder”	Poster
		111. Manasa M. T and Komala M. “Cyber Bullying As A Risk Factor For Mental Health Of Young People”	Poster
		112. Poornima, S. and Komala, M. , “Television Viewing As A Risk Factor For Mental Health Of Adolescence”	Poster
		113. Ramya Bhaskar and Komala M. “Teen Pregnancy – A risk Factor for Physical Growth and Cognitive Abilities of School Children ”	Oral
		114. Priyanka, A.G, Ramya Bhaskar and Komala, M. “A Study on Risk Factors of Congenital Anomalies”	Poster
		115. Pavan Kumar S.K., Dechi Kaveriappa and Komala M. , “Preeclampsia – Risk Factors And Management”	Poster
		116. Mahendra Swamy M.J., Dechi Kaveriappa and Komala M.”Environmental Risk Factors For Male Infertility”	Poster
		117. Amrutha S.S, Divyashree H. R and Komala M. “Infertility Among Women Of Reproductive Age”	Poster
		118. Krishna Murthy K., Komala M. and Chandramati P., “Family Constellation As Risk And Resilience Factors For Sibling Relationship”	Poster
		119. Aruna, G.V. and Komala, M. “Risk Factors For Reproductive Health In Women Of Urban Slum Areas In India”	Poster
		120. Abhishek D.L, and Komala M. “Risks And Protective Factors For Marital Adjustments”	Poster
2019	43.	Participated and presented papers in <u>51st Annual National Conference of the Nutrition Society of India on “Nutrition Security: Blending Tradition with Modern Technology”</u> jointly organized by Nutrition Society of India, Hyderabad and Rajiv Gandhi Centre of Biotechnology, Thiruvananthapuram Kerala on 8 th & 9 th Nov 2019”	National
		121. Komala M. and Aruna, G.V., Prevalence of Overweight and Obesity among Young Women Working in Garment Factories of Mysore.	Oral

		122. Divyashree H.R., Komala M. and Zeba Fathima, “Physical Growth And Nutritional Status: A Comparative Study Between Low Birth Weight And Normal Birth Weight School Children”	Oral
		123. Deepashree P.L., Manasa M.T. and Komala M. , “The Prevalence of Overweight and Obesity among Young Married Women”	Oral
		124. Pavan Kumar S.K., Shreedhara R. and Komala M. “Prevalence of Malnutrition among Adolescents of Hassan”	Oral
2020	44.	Participated and presented papers in “33 rd Biennial Conference of Home Science Association of India (HSAI) – Trends for futuristic Development in Home science: Research and Innovation” jointly organized by Home Science Association of India and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on Jan 22 nd -24 th 2020	National
		125. Ramya Bhaskar and Komala M. “Physical, Cognitive and Behavioural outcomes of Children Born to Teenage Mothers”	Oral
		126. Pavan Kumar ,S.K. and Komala M. “Relationship Between Depression, Vice Habits And Resilience In Youth Of Mysuru City”	Oral
		127. Deepashree P.L., Komala M. and Manasa M.T. “Relationship Between Obesity And Problems Of Menstrual Cycle Among Young Women”	Oral
		128. Divyashree H.R. and Komala M. “Physical Growth And Nutritional Status: A Comparative Study Between Low Birth Weight And Normal Birth Weight School Children”	Oral
	45.	129.	

Participation in Seminars/ Workshops/ Conferences
at International Level – 12

2005	1. International conference on Health Sciences on theme “Integrated Healthcare towards Global Well being” organized by JSS Mahavidyapeetha, Mysore on 25 th – 26 th February 2005 at JSS Medical College Campus at Mysore	Presented a poster
	2. International Seminar on “Multicultural Spain: Catalonia” on 22 nd and 23 rd July 2005 organized by Department of Studies in English, University of Mysore, Manasagangotri, Mysore	Merely participated
	3. Workshop on “Neuroscience-based Interventions to Address Learning Disabilities” held on 10 th October 2005 jointly organized by UGC Innovative Programme on LD, DOS in Psychology, University of Mysore, Mysore and Scientific Learning Corporation, Oakland, California, USA	Merely participated
2007	4. 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 st – 22 nd April 2007 at Bangalore.	Presented a Paper
2008	5. International Symposium and Conference of Gerontology and Geriatrics and 14 th 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 th – 18 th December 2008 at Tirupati.	Presented 2 Paper
2013	6. International Union of Anthropological and Ethnological Science organized 17 th World Conference 2013 on “Evolving Humanity, Emerging worlds” at University of Manchester, 5 th – 10 th August 2013	Presented a Paper
2015	7. UGC Sponsored International Conference on “Advanced Home Science Studies” organized by Sri Padmavathy Mahila University, Tirupati on 20 th -21 st Feb 2015	Presented 4 papers, 2 poster & Chaired technical sessions
2016	8. 3 rd International Conference on “Science and Technology Connecting Health, Management and Society” organized by on 21 st – 23 rd September 2016 in Western Helyon, Colombo, Srilanka	Presented paper and Chaired technical session
2018	9. 50 th Annual International Conference of the Nutrition Society of India on “India’s Transition from Food Security to Nutrition Security” organized by ICMR-National Institute of Nutrition, Hyderabad, Telangana State on 3 rd & 4 th November 2018	Presented a poster

2020	10. International Webinar on ‘Nurturing Physical, Mental and Social Health: During and Post COVID 19’ organized by Institute of Home Science, Dr. Bhimrao Ambedkar University, Agra held on 16 th May, 2020	Merely participated
	11. Two day International Webinar on “Different minds – Flip from suffer to sustain” organized by Department of Human Development, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamilnadu on 3 rd and 4 th July 2020	Merely Participated
	12. International webinar on “Women and Family well-being” organized by PG Dept of Home Science, Berhampur University, Odisha on 12 th and 13 th March 2021	Participated as Resource Person

Participation in Seminars/Workshops/Conferences at National/State/Local Level – 67

2002	13. UGC National Seminar on “Women and Development” held on March 14 TH & 15 TH 2002 at Tirupati organized by Department of Home Science And Centre for Extension Studies, Sri Venkateshwara University, Tirupati.	Presented a paper
2003	14. 90 th 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 rd -7 th January 2003.	Presented a poster
2004	15. 91 ST Indian Science Congress, Section: Anthropological and Behavioural Sciences organized by Indian Science Congress Association, Punjab University And Institute of Microbial Technology on 3 rd - 7 th January 2004 at Punjab University, Chandigarh.	Presented a poster
	16. MHRD, New Delhi sponsored two day National Seminar on “Intellectual Property Rights – A Public Awareness Programme” held at University of Mysore, Mysore on 28 th and 29 th August 2004 organized by Department of Studies in Law, University of Mysore, Manasagangotri, Mysore	Merely Participated
	17. XXXVI Annual meet of Nutrition Society of India organized by Department of Studies in Food Science and Nutrition, University of Mysore, CFTRI and DFRL Mysore at Mysore on 5 TH and 6 TH November 2004	Presented a poster
2005	18. 92 nd Indian Science Congress, Section: Anthropological and Behavioural Sciences organized by Indian Science Congress Association, Nirma University And National Institute of Occupational Health, Ahmedabad at Nirma University, Ahmadabad on 3 rd -7 th January 2005.	Presented a poster

	19. “Intellectual Property Rights” held on 15 th & 16 th January 2005 organized by University of Mysore and National Law School of India Universities, Bangalore at Mysore	Merely Participated
	20. One day workshop on “Stress Management” organized at UGC-Academic Staff College, University of Mysore, Manasagangotri, Mysore on 16 th July 2005	Merely Participated
	21. Two day workshop on “Civil Rights & Employees” on August 23 rd & 24 th 2005 organized by Dr. B.R. Ambedkar Research & Extension Centre, University of Mysore, Mysore	Merely Participated
	22. Three Day National Seminar on “Intangible Cultural Heritage of Karnataka” organized by Department of Studies in Anthropology, University of Mysore, Mysore in collaboration with Indira Gandhi Rashtriya Manav Sangrahalay, Bhopal on 13 th to 15 th December 2005	Merely Participated
2006	23. 93 rd Indian Science Congress, Section: ‘Anthropological and Behavioural Sciences held on 3 rd -7 th January 2006 at Hyderabad organized by The Indian Science Congress Association and N.G. Ranga Agricultural University, Hyderabad.	Presented a poster
	24. Two Day National Conference on “Tribal Policy for India” held on 6 th & 7 th January 2006 organized by Mahatma Gandhi National Institute of Research and Social Action, Hyderabad	Merely Participated
	25. Southern Regional Consultation Meet on “Adolescent Guidance Services” organized by NIPCCD, Southern Regional Centre, Bangalore on 22 nd -23 rd March 2006 at NIPCCD premises, Bangalore.	Presented a paper
	26. Seminar on “Health and Nutrition Awareness” held on 27 th March 2006 organized by Centre for women’s studies and DOS in Food Science and Nutrition, University of Mysore, Mysore	Merely Participated
	27. Workshop on “Recent Applications of Remote Sensing and GIS” organized by DOS in Geology, University of Mysore, Mysore on 4 th April 2006	Merely Participated
	28. National Seminar on “Equity and Excellence in Higher Education” on 7 th and 8 th April 2006 organized by St. Philomena’s college, Mysore	Merely Participated
2007	29. 94 TH Indian Science Congress, Section: ‘Anthropological and Behavioural Science held on 3 rd -7 th January 2007 at Chidambaram organized by The Indian Science Congress Association and Annamalai Deemed University, Chidambaram.	Presented a poster
	30. One Day Workshop on “Conflict Management Tools and Skills” organized by Mysore University School of Justice, University of Mysore and Department of Law,	Merely Participated

	Manasagangotri, Mysore on 20 th January, 2007 at CIST Auditorium, Manasagangotri, Mysore.	
	31. National Conference on Quality assurance in ODL institutions organized by Karnataka Open University, Manasagangotri, Mysore on 3 rd – 5 th March 2007.	Presented a paper
	32. National Seminar on “Policies and Issues in the Bio-Cultural Development of Scheduled Tribes” organized by Anthropological Association, Mysore on 26 th – 28 th November, 2007.	Merely Participated
	33. National Conference on “Medical Anthropology and Health Sciences” organized by Society for Indian Medical Anthropology on 29 th to 30 th November 2007 at Anthropological Survey of India, Mysore.	Presented a paper
2008	34. 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 th – 15 th February 2008 at Mysore.	Presented a poster
	35. 3 RD 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 st -23 rd February 2008 at Chandigarh.	Presented a paper
	36. 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 th , 13 th and 14 th November 2008 at Ernakulam	Presented a paper
2009	37. Two - Day National Workshop on “Rooftop Rain Water Harvesting and Ground water Recharge” organized by Department of Studies in Geology, University of Mysore, Manasagangotri, Mysore on 20 th and 21 st February 2009 at Department of Studies in Geology, University of Mysore, Manasagangotri, Mysore.	Merely Participated
	38. “Silver Jubilee State Level CME” organized by JSS Medical College and Hospital, Mysore, Department of Pulmonology, JSS University on 14 th July 2009.	Merely Participated
	39. 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 rd and 24 th July 2009 at Jnanajyothi Auditorium, Central College campus, Bangalore.	Presented a paper
	40. One Day Faculty Development Program on “Data Analysis using SPSS 17.0” organized by Department of Studies in Statistics, University of Mysore, Manasagangotri, Mysore in	Merely Participated

	collaboration with SPSS South Asia Private Limited, Bangalore on 14 th September 2009.	
	41. National Conference on “Recent Trends in Animal Physiology” organized by Department of Studies in Zoology, University of Mysore, Manasagangotri, Mysore on 29 th and 30 th October 2009 at Department of Studies in Zoology, University of Mysore, Manasagangotri, Mysore.	Merely Participated
	42. National Seminar on “Cultural Pluralism – the Indian Scenario” organized by Anthropological Association, Mysore in collaboration with Central Institute of Indian Languages, Mysore, Anthropological Survey of India, Kolkata and Department of Studies in Anthropology, University of Mysore, Mysore on 5 th - 6 th December 2009.	Merely Participated
2010	43. 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 st -3 rd February 2010 at Kannada University, Vidyanarya, Hampi.	Presented a paper
	44. Indian Anthropological Congress 2010 jointly organized by Indian National Confederation and Academy of Anthropologists (INCAA) and Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS) on 21 st -23 rd February 2010 at Bhopal.	Presented a paper
2011	45. National Seminar on “Cultural Change in Tribal Life” organized by Department of Anthropology, Kannada University, Hampi, Karnataka, Folkland- International Centre for Folklore and Culture, Kerala, SIMA, Mysore, CIIL Mysore, Anthropological Survey of India and Tagore Govt. College of Education, Partblair at Andaman And Nicobar Islands, India held on 7 th – 9 th Feb 2011	Presented paper
	46. Institute of Excellence, University of Mysore sponsored Two day workshop on “Clinical Research Methods” held on 21 st - 22 nd Feb 2011, Mysore organized by DOS in Food Science and Nutrition, University of Mysore, Mysore	Merely Participated
	47. One Day State Level Seminar on “Problems and Prospects of Dalit’s in Higher Education” organized by Mysore University SC/ST Employee’s Association (Regd.) Mysore on 7 th October 2011.	Merely Participated
2012	48. UGC Sponsored National Seminar on “A Holistic Approach towards Health and Well being” held on 21 st – 22 nd Feb 2012 organized by Dept of Home Science, Sri Padmavathi Mahila Visvavidyalayam, Tirupati	Presented papers and Chaired technical session
2013	49. Two Day National Seminar on “Tribal Health in India: Issues and Challenges” held on 11 th - 12 th Feb 2013 organized by Karnataka Tribal Research Institute, Mysore	Presented papers

	50. Institute of Excellence, University of Mysore sponsored Two day workshop on “Clinical Research Methods” held on March 15 th – 16 th 2013, Mysore organized by DOS in Food Science and Nutrition, University of Mysore, Mysore	Merely Participated
2014	51. Two Day National Seminar on “Emerging Health Issues across the Life Stages” organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore, sponsored by University of Mysore held on 6 th and 7 th March 2014 at Rani Bhadur Auditorium, Manasagangotri, Mysore	Presented papers and Co-chaired technical session
	52. Two day Workshop on Multimedia Teaching – Learning Resource Creation For On-Line Access” organized by Multimedia Learning Resource Creation Centre, University of Mysore, Mysore in connection with UPE scheme of UGC at Vijnana Bhavan on 18 th and 19 th March 2014 .	Merely participated
	53. Two Day National Seminar on “Empowerment of Tribal Women in India with Special Reference to Karnataka” organized by Karnataka State Tribal Research Institute, Mysore on 28 th and 29 th March 2014 at Central Institute of Indian Languages, Manasagangotri, Mysore.	Merely Participated
	54. One day seminar on Mental Health organized by DOS in Psychology, University of Mysore, Manasagangotri, Mysore on 24 th October 2014	Merely Participated
	55. Two Day National Seminar on Dr. P.R.G. Mathur and His Contributions to Anthropology organized by Folkland International Centre for Folklore and Culture, Kerala Institute of Local Administration (KILA), Anthropological survey of India, Kolkata, Kerala Folklore Academy and the Department of Anthropology, Kannur University on 11 th and 12 th November 2014 held at KILA, Thrissur	Presented paper
2015	56. UGC sponsored one day National seminar on “Changing Profile of Malnutrition in India” organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on 9 th January 2015	Merely Participated
	57. Two days National seminar on Life Rituals among Siddi – A scheduled tribe community in Karnataka held on 21 st and 22 nd Sept 2015 organized by Karnataka State Tribal Research Institute Mysore held at Karnatak University, Dharwad	Merely Participated
	58. one day seminar and panel discussion on “Genetics Today” organized by Department of studies in Genetics and Genomics, University of Mysore, Mysore held on 10 th October 2015	Merely Participated
2016	59. 103 rd Indian Science Congress at “Anthropological and Behavioural Sciences” Section held at University of Mysore, Mysore from 3 rd to 7 th January 2016.	Presented 2 posters

	60. 5 th Women Science Congress – 2016 of 103 rd Indian Science Congress held at University of Mysore, Mysore from 3 rd to 7 th January 2016.	presented a paper
	61. 31 st Biannual Conference of Home Science Association of India on “Science and Technology for reaching the unreached” organized by Home Science Association Dharwad chapter, Rural college of Home Science, University of Agricultural Sciences, Dharwad on 28 th – 30 th Jan 2016	Presented 2 papers & a poster
	62. 5 th National Conference of Society for Indian Medical Anthropology on ‘Policy of Traditional Knowledge and Ethno-medicine’ organized by SIMA, Mysore and Vivekananda Research centre, Puttur held on 6 th – 8 th Feb 2016	Presented a paper
	63. Participated in a focus group discussion as a part of Research project entitled “Women Employees of Higher Education in Karnataka: Struggles and Success” held on 4 th October 2016 at University of Mysore, Manasagangotri, Mysore	Merely Participated
	64. 48 th Annual National Conference on “Nutrition Risk Management and Nutrition” Nutrition Society of India. St John’s Hospital and Research Institute, Bangalore on 4 th & 5 th November 2016	Presented a paper & a poster
	65. 40 th Indian Social Science Congress on focal theme “People’s Health and Quality of Life In India” organized by Indian Academy of Social Sciences and University of Mysore, Mysuru on 19-23 rd Dec. 2016.	Presented 2 papers, Chaired technical session
2017	66. one day State level Seminar on “Healthy life and Healthy Practice” organized by Internal Quality Assurance cell, Govt. Home Science College, Hassan on 2nd March 2017	Participated as a resource person
	67. UGC sponsored National Conference on ‘Scientific perspectives of Home Science’ organized by Avinashilingam University, Coimbatore. 6-7 th March, 2017.	Presented Papers and Chaired a session
	68. National Conference on “Food Based Approaches for Translational Nutrition” organized by Nutrition Society of India, Mysore Chapter in Association with Dept. of Food Science and Nutrition, Yuvaraja’s College, (Autonomous) University of Mysore, Mysuru on 12 th & 13 th April 2017	Merely Participated and Chaired session
	69. Two day national seminar on “Constitution-Democracy-Equality: Karnataka A Role Model” organized by Govt of Karnataka during Mysore Dasara Festival 2017 on 26 th & 27 th Sept 2017 at Senate Bhavan, Manasagangotri, Mysore	Merely participated
	70. 49 th Annual National Conference of the Nutrition Society of India on “Biodiversity, Traditional Food Systems and Wellness: Connecting Global Priorities” jointly organized by	Presented paper & posters

	Nutrition Society of India, Hyderabad and Assam Agricultural University, Jorhat, Assam on 3 rd & 4 th November 2017	
2018	71. 4 th Early Childhood Education Conference – 2018 for Early childhood Teachers, Parents, Educational Administrators, Doctors, Counsellors was organized by Pre-School Teacher Training, International Montessori and Kindergarten Training Academy in Association with VHD Central Institute of Home Science, Bangalore on 21 st Jan 2018 at Adeline International Hotel, Mysore	Participated as a Resource person
	72. UPE Sponsored Silver Jubilee National Seminar on “Risks and resilience across the life span” organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore held on 15 th and 16 th March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangotri, Mysore	Presented 2 papers. 22 posters and Co-chaired a session
	73. UPE sponsored National Seminar on “Tribal Development in Contemporary India: Issues and Challenges” organized by Department of Studies in Anthropology in Collaboration with EMMRC, Manasagangotri, Mysore held on 20 th and 21 st March 2018 at EMMRC auditorium, Manasagangotri, Mysore	Merely participated and Chaired a Session
	74. Brainstorming workshop on Adoption of UGC-MOOCs SWAYAM courses organised by SYAM- Digital Learning Monitoring Cell, Manasagangotri, University of Mysore, Mysuru held on 28 th April 2018 at Seminar Hall, Vijnana Bhavan Manasagangotri, University of Mysore, Mysuru.	Merely Participated
2019	75. Mysore Divisional Level Consultation on Early Childhood Care and Development” organized by UNICEF, Hyderabad, Karnataka Child Rights Observatory, Bengaluru, Human Development wing of DOS in Food Science and Nutrition, University of Mysore, Mysuru, Swami Vivekananda Youth Movement, Saragur and Triton Mysore on 5 th March 2019	Participated as Resource Person and Organizing Secretary
	76. 51 st Annual National Conference of the Nutrition Society of India on “Nutrition Security: Blending Tradition with Modern Technology” jointly organized by Nutrition Society of India, Hyderabad and Rajiv Gandhi Centre of Biotechnology, Thiruvananthapuram Kerala on 8 th & 9 th Nov 2019”	Presented 4 papers
2020	77. “33 rd Biennial Conference of Home Science Association of India (HSAI) – Trends for futuristic Development in Home science: Research and Innovation” jointly organized by Home Science Association of India and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on Jan 22 nd -24 th 2020	Presented 5 papers and chaired a Session
	78. One day Workshop on “Complementary Therapies In Autism Spectrum Disorder: Interplay Between Diet And Gut Micro-Biota” organized by Department of Food	Merely participated

	Science and Nutrition, Manasagangotri, Mysore on 15 th February, 2020 at IOE Auditorium, Vigyan Bhavan, Manasagangotri, Mysore	
79.	Two day workshop for Academic Administration on 11 th and 12 th March 2020 organized by UGC- Human Resource Development, University of Mysore, Manasagangotri, Mysore	Merely participated
80.	One day webinar on “Home Science for being Self Reliant: Challenges and opportunities” organized by Department of Home Science, Isabella Thoburn College, Lucknow on 23 rd May 2020	Merely participated
81.	Webinar on “Psychosocial Impact of covid 19 on education and its stakeholders – Students, Teachers and Parents ” organized by Home Science Association of India Karnataka State Branch, Bangalore on 26 th June 2020	Merely Participated
82.	National Webinar on “Psychological Resilience and Physical health Management: Respond, Recover and Thrive in the Phase of New Normal” organized by IQAC in Association with Dept of Education, St. Vincent Pallotti College, Raipur, Chhattisgarh on July 14, 2020	Merely Participated
83.	National online seminar on “Effects of Balanced Diet on Mental and Physical Health During Covid-19 Pandemic” jointly organized by Department of Home Science, Arts and Science College, Dhareshwar Shikshan Sanstha Sanchalit and Apoorv Knowledge, Aurangabad, Maharashtra on 27 th September 2020	Merely Participated
84.	National Webinar on “Entrepreneurship in ECCE” organized by Department of Human Development and Family Studies, College of community Science, University of Agricultural Sciences, Dharwad and ICAR-NAHEP-Institutional Development Plan on 5 th October 2020	Merely Participated
85.	National e-conference on "Sustainable Strategies for Food Safety and Nourishment" organized by Department of Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore and Indian Dietetic Association, Mysore chapter on 22 nd and 23 rd October 2020	Merely Participated
86.	One day National webinar on “Home Science for being Self Reliant: Challenges and opportunities” organized by Department of Home Science, Isabella Thoburn College, Lucknow on 23 rd May 2020	Merely participated
87.	National webinar on “Psychosocial Impact of covid 19 on education and its stakeholders – Students, Teachers and	Merely participated

	Parents ” organized by Home Science Association of India Karnataka State Branch, Bangalore on 26 th June 2020	
88.	Two day national webinar on “Different minds – Flip from suffer to sustain” organized by Department of Human Development, Avinashilingam Institute of Home Science and Higher Education for women, Coimbatore on 3 rd and 4 th July 2020	Merely participated
89.	National Webinar on “Psychological Resilience and Physical health Management: Respond, Recover and Thrive in the Phase of New Normal” organized by IQAC in Association with Dept of Education, St. Vincent Pallotti College, Raipur, Chhattisgarh on July 14, 2020	Merely participated
90.	National online seminar on “Effects of Balanced Diet on Mental and Physical Health During Covid-19 Pandemic” organized by Department of Home Science, Arts and Science College, Dhareshwar Shikshan Sanstha Sanchalit and Apoorv Knowledge, Aurangabad, Maharashtra on 27 th September 2020	Merely participated
91.	National Webinar on “Entrepreneurship in ECCE” organized by Department of Human Development and Family Studies, College of community Science, UAS, Dharwad and ICAR-NAHEP-Institutional Development Plan on 5 th October 2020	Merely participated
92.	National e-conference on "Sustainable Strategies for Food Safety and Nourishment" organized by Department of Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore and Indian Dietetic Association, Mysore chapter on 22 nd and 23 rd October 2020	Merely participated

**Invited Talk/Special Lecture in Seminar/Training Program/Orientation Program/
Contact class/NGOs – 47**

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. Invited talk 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 “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
	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 “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
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 th and 8 th 2006
2007	10. Delivered a Special lecture on “Human Growth and Nutrition” in Workshop organized by KMF Unit Mysore Training Centre, Mysore for Rural Women on 19 th September 2007 at Alanahalli, Mysore

	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 th July 2007.
	12. 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 23 rd July 2007.
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 th 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 th June 2008
2009	15. 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 th May 2009
	16. 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 th May 2009.
2010	17. 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 th July 2010
	18. 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 th 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 th Nov 2011
2012	20. Delivered a special lecture on Communication at Organizations for the Development of People (ODP) NGO at Bannimantap, Mysore on 09 th Jan 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 nd April 2012
	22. Delivered a 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 nd April 2012
	23. 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 th June 2012
2013	24. Delivered a lecture on “Negative Consequences of Child Marriage” in Training Programme for PDO organized by Department of Women and Child Development, Mysore District in collaboration with JSS Law college, Mysore on 10 th January 2013
	25. Delivered a special lecture on “ Human Development – Higher Studies and Career opportunities ” in orientation programme for Under Graduate Students by Govt. Home Science college, Hassan on 8 th March 2013
	26. 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 20 th April 2013
	27. Delivered a lecture on “Approaches in Nutrition and Health Education” in Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 20 th April 2013
	28. Delivered a special lecture on “Early Stimulation and Development Activities for Children of Early years” in Summer camp for Parents of Special Children held on 17 th May 2013 organized by Dept of Special Education, AIISH, Manasagangotri, Mysore.
2014	29. Delivered a 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 1 st April 2014
	30. Delivered a lecture on “Approaches in Nutrition and Health Education” in Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 1 st April 2014
	31. 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 1 st April 2014
2015	32. Delivered an invited talk on “Low Birth Weight” at Dept of Human Development, Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University, Coimbatore on 28 th Sept 2015
2016	33. Delivered an invited talk on “ Research Methods ” in the Research convention entitled “Research Ethics, Methods and Post Research Methods” held on 18 th to 20 th February 2016 at Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University, Coimbatore on 19 th Feb 2016.

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34. Delivered an invited talk on “**Opportunities and New Avenues in Home Science**” at **Govt. Home Science College, Hassan** on 31st March 2016.
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- 2017** 35. Delivered an Invited talk on “**Importance of Early Childhood Years for Healthy Life**” in one day State level Seminar on “Healthy life and Healthy Practice” organized by Internal Quality Assurance cell, **Govt. Home Science College, Hassan** on 2nd March 2017
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36. Delivered an invited talk on “**Early Identification of Disabilities and Child Rearing Practices**” at Maharani’s Science College for Women, Mysuru to commemorate ‘National Science Day’ on 28th Feb 2017 organized by Science club of **Maharani’s Science College for Women, Mysuru**
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- 2018** 37. Delivered an invited talk on “**Prospectus of Human Development**” at Department of Human Development, **Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University, Coimbatore** on 6th Jan 2018.
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38. Participated as a resource person and delivered a lecture on “**Early Childhood Stimulation**” in 4th Early Childhood Education Conference – 2018 for Early childhood Teachers, Parents, Educational Administrators, Doctors, Counsellors was organized by Pre-School Teacher Training, International Montessori and Kindergarten Training Academy in Association with VHD Central Institute of Home Science, Bangalore on 21st Jan 2018 at Adeline International Hotel, Mysore
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39. Participated as a resource person and delivered an invited lecture on “**How to write Academic articles**” for teachers organized by Research Motivation Committee, Govt. First Grade College for Women, Hassan on 29th Jan 2018
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40. Participated as a resource person and delivered a lecture on “**How to write Academic articles**” and “Review of Literature” in Indian Council of Social Science Research sponsored Research Methodology Course for Ph. D. students and Teachers pursuing Ph.D in Social Sciences organized by Centre for Multi Disciplinary Developmental Research, Dharwad on 7th March 2018.
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41. Delivered an invited talk on “**Early Childhood Stimulation**” at Department of Human Development, **Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University, Coimbatore** on 6th June 2018.
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42. Participated as a resource person and delivered a lecture on “**Sampling and Survey Instruments, Methods and Design**” on 26th October 2018 at DOS in Anthropology, Manasagangotri, Mysore in ICSSR Sponsored Ten Day Research Methodology Course for M.Phil/Ph.D./PDF Scholars in Social Sciences held during 22nd – 31st October 2018
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- 2019** 43. Participated as a Resource Person and delivered lecture on “**Parenting and Home Environment**” in **Mysore Divisional Level Consultation on Early Childhood Care and Development**” organized by UNICEF, Hyderabad, Karnataka Child Rights Observatory, Bengaluru, Human Development wing of DOS in Food Science and Nutrition, University of Mysore, Mysuru,
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	Swami Vivekananda Youth Movement, Saragur and Triton Mysore on 5 th March 2019
	44. Participated as a Resource person 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 26 th Nov 2019
	45. Participated as a Resource person 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 26 th Nov 2019
	46. Delivered a special lecture on “ Family Stress–Coping and Adaptation ” at Department of Human Development, Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University, Coimbatore on 20 th December 2019.
2020	47. Delivered an invited talk on “ Immediate And Long Term Developmental Outcomes of Low Birth Weight Infants ” in Senior Scientists award session in “33 rd Biennial Conference of Home Science Association of India (HSAI) – Trends for futuristic Development in Home science: Research and Innovation” jointly organized by Home Science Association of India and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on Jan 22 nd -24 th 2020
	48. 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 12 th June 2020
	49. 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 13 th June 2020
2021	50. Delivered a lecture on “Reproductive Risks and Resilience factors for women” in International webinar on “ Women and Family well-being ” organized by PG Dept of Home Science, Berhampur University, Odisha on 13 th March 2021

S/d. Dr. Komala M