



ಮೈಸೂರು ವಿಶ್ವವಿದ್ಯಾನಿಲಯ  
UNIVERSITY OF MYSORE

## DEPARTMENT OF STUDIES IN FOOD SCIENCE AND NUTRITION

Manasagangotri, Mysuru-570 006

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HUMAN DEVELOPMENT

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FOOD SCIENCE AND NUTRITION

### GENESIS

M.Sc. Home Science started in 1970 at the palatial mansion in Manasagangotri campus, grew as a Department of Studies in Food Science and Nutrition (formerly Department of Studies in Home Science until 6th February 1994) offering Postgraduate and Doctoral degree programs in Food Science and Nutrition. A new Master's and Doctoral degree program in Human Development was started in 1993-94, which is an interdisciplinary subject that focuses on the development of human beings at different stages of life. Specialization in Clinical Nutrition and Dietetics was introduced in 2013, to meet the growing demands of dietitians and clinicians. In 2020, two new courses were introduced – PG Diploma in 'Food Safety, Hygiene and Applied Nutrition' and Certificate Course in 'Nutrition and Health' in collaboration with IIHMR, Bangalore. The Department is also involved in online SWAYAM MOOC program for Food and Nutrition.

The department is housed in its own building since 1976, an extension wing under UGC VIII plan was added in 1993-94. The department has well-equipped and furnished classrooms, staffrooms, instrument room, computer facility, Nutritional biochemistry and Food science laboratories. A new building for housing Human Development Program was constructed in 1999-2000 by generous fund given by Prof. P. Selvi Das, then Member of Parliament, Government of India and former Vice-Chancellor, University of Mysore, Mysuru. In 2009, the Day Care Centre was established, adjacent to the department, to cater to the research and practical needs of M.Sc. Human Development. A new wing was inaugurated in the Golden Jubilee year – 2020, on the 1st floor which has Nutrition research laboratories, Sensory evaluation booths and Experimental Food Lab with state-of art equipment.

The department was inducted by UGC in Special Assistance program – DRS-I (2007-12) and DRS-II (2013-18). It has received grants from National and International funding agencies.

## Academic Programs

Program	Duration	About the course
M.Sc.- Food Science and Nutrition	4 semesters (2 years)	The program covers concepts of Food Science and Nutrition and its applications in food processing and safety, product development, clinical nutrition, communication for health promotion and food service management.
M.Sc.- Food Science and Nutrition with specialization in Clinical Nutrition and Dietetics.	4 semesters (2 years)	
M.Sc.- Human Development	4 semesters (2 years)	The program provides a broad study of the intellectual, emotional, social and moral development of individuals and families, Early childhood care and education, children with special needs among many other topics.
PG Diploma - Food Safety, Hygiene and Applied Nutrition	2 semesters (1 year)	The course imparts comprehensive knowledge on the issues of food safety and quality assurance in food processing, regulatory mechanisms, supported by internship in Food industries.
Certificate Course in Nutrition and Health	6 months	The course enables health care professionals to augment their knowledge on Public Health Nutrition and offer better services in the community

**Ph.D. in Food Science and Nutrition** (with coursework)

**Ph.D. in Human Development** (with coursework)

**Admission:** National Fellowship, KSLET or through University entrance exams

## Endowments Instituted

### Food Science and Nutrition

1. Dr K Padma Umapathy Gold Medal
2. Prof Dr Rudramma Gold Medal
3. Smt Padma Narayanaswamy Endowment Cash Prize
4. Manjula Suma Memorial Cash prize
5. Late Dr. S G Srikantaiah Cash Prize
6. President Nutrition Society, Silver Jubilee Endowment Cash Prize
7. Prof. Shashikala Puttaraj Cash Prize
8. Prof. G. Saraswathi Felicitation Cash Prize
9. PFNDAI Prof Jamuna Prakash Felicitation Cash Prize

### Human Development

1. Prof Dr Rudramma Gold Medal
2. Late Smt. Lakshmi Jayagopal Endowment Cash Prize
3. Prof Selvi Das Cash Prize

### Infrastructure Facilities



## Thrust Areas of Research

### Food Science and Nutrition

- **Product development-** Formulation of functional foods, disease specific formulations, microencapsulation of nutrients and bio-actives, Food fortification
- **Community nutrition-** formulation of weaning food, health and nutritional status, health and awareness related.
- **Clinical nutrition-** Chronic diseases (CVD, DM and other lifestyle related disorders), CKD, pancreatitis,.
- **Phytomedicine-** Chemistry, mechanism of action.
- **Women's Health-** Maternal Iodine Status and their thyroid status, PCOS.

### Human development

- Early Childhood Education & Developments
- Mass Media and Parenting– its effects on Child Development & Behaviour Problems.
- Nutritional Status and Cognitive, Behaviour & Personality.
- Family Dynamics, Reproductive Health Problems and its associated factors.
- Emotional Intelligence – Adjustments and Problems,
- Gerontology – Cognitive, Adjustment & Health Problems.
- Tribal Children – Health and Development.

## Research Projects

- CSIR(1995-99)
- MoFPI (2001-03)
- UNICEF (2002-03)
- ICMR (2006-11) (2016-18)
- UGC-MRP (2006-09,2010-13, 2011-14)
- UGC-SAP (DRS- I & II) ( 2007-12, 2013-18)
- BBSRC-India Partnering award UK (2011-12)
- KSCST- (2016-18)
- Medical Research Council, UK (2018-19)
- DST (2006-07, 2007-10, 2016-18)
- UOM-North-Western University (2019-21)

## Research Output

Ph.D. awarded	90
Publications	600+
Paper presentations	650+
Patents	02
Research Projects	34

## Infrastructure Facilities

### Food Science & Nutrition

Automated nutrient composition analyzers, Spectrophotometers, Semi-Auto analyzer, Automated moisture analyzer, Viscometer, Freeze dryer, Rotary evaporator, Deep freezers, Drum dryer, Spray dryer, HPLC, ELISA, Gel electrophoresis, Total Body composition analyzer.

### Human Development

Anthropometric tools,  
Developmental screening tools,  
Psychological scales.  
Laboratory for Child Development.

## Research Collaboration – M.Sc. & Ph.D. Projects

### Food Science and Nutrition

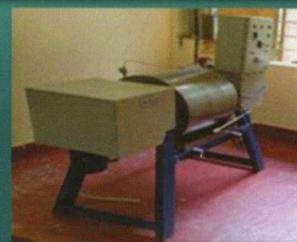
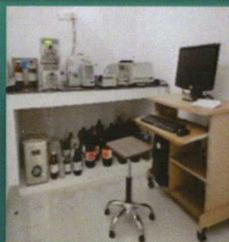
CSIR-CFTRI, DFRL, Hospitals, Dept of Women & Child Development, University of Manchester (UK), University of Reading (UK), North Western University(US), Ball state University (US), NIST Thiruvananthapuram, AIISH, Mysuru

### Human Development

National Institute of Mental Health and Neurosciences, All India Institute of Speech and Hearing, Family Planning Association of India, Department of Women and Child Development, Spastic society, Early Childhood Care and Education (ECCE) centres, Special Education Centres, NGOs working for the welfare of women, children and elderly, Old age homes and Hospitals

## Outreach programs

The department is actively involved in creating awareness on Food science & Nutrition and Human Development aspects by conducting street plays, dramas, skits, in schools, Special Schools, PHCs, Old age homes, rural areas and hospitals as part of their curriculum and community activities

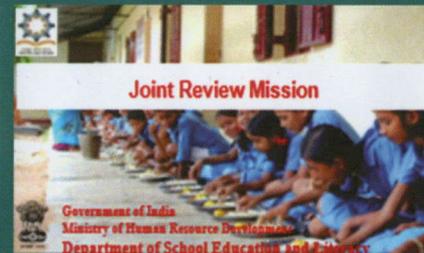


## Best Practices

- Developing novel food products to combat nutritional deficiency disorders in target populations.
- Students have won laurels at various national (AFST, FSSAI) and International forums (DuPont) for their innovative and creative ideas and styles in developing novel food products
- Indigenous creative activities, learning and play materials for young children and organizing training program for Anganwadi workers, Stree Shakti workers, trainees of crèche management on various issues of early childhood education, health and nutrition, periodically.
- Consultancy services- in Food sciences, Nutrition and Health on Product development, research on new food products, dietary supplements.
- Counselling Services: Nutrition counselling, Parental guidance, child and student counselling to University employees and public.

## Achievements

- MHRD- Joint Review Mission of Mid-Day meal scheme in Karnataka
- Indian Dietetic Association found its Mysore Chapter Headquarters at the department
- Several radio talks, Television programs aired, live programs, community outreach activities in collaboration with Indian Dietetic Association, Mysore chapter in schools, colleges, Women and Child Development Department, various NGO's, BEML, Health centers and hospitals etc.
- Swayam MOOC Courses CEC programs, SWAYAM-MOOC courses through EMMRC.
- Scientific documentary for Rundfunk Berlin-Brandenburg (RBB), Berlin, Germany
- Research documentary for Discovery Channel



Outreach Programs

Mid-day Meal Evaluation



National Webinar 2020



Golden Jubilee- National e-conference 2020



Inauguration of Nutrition Research Laboratories 2020



National Workshop on Nutrigenomics 2019



Workshop on Autism 2020



Silver Jubilee- National Seminar 2018



**Dr. Asna Urooj, M.Sc., Ph.D.,**

Professor in Food science & Nutrition

**Specialization:** Health effects of Natural antioxidants, Antidiabetic, hypolipidemic potential of medicinal plants, disease specific & immune enhancing enteral formulations, clinical trials, DM, CVD.

**Awards:** Special recognition award for research in Diabetes, Dr. Rajammal P. Devadas Memorial Award, Academician Award, Dr Kalpana Chawla award KSCST, Prof G.S. Bains Lifetime achievement award. IDA Young scientist award



**Dr. Komala M., M.Sc., Ph.D.,**

Professor in Human Development

**Specialization:** 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 behaviours of adolescents.

**Awards:** Mid-Career award, Best paper and poster presentation awards, at various conferences.

Academic programs are supported by Guest Faculty, Invited faculty and Visiting professors

**Contact**

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