



Contact

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#201, Shantha Residency
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Education

2021

M.Sc. Dietetics & Applied Nutrition
WGSMA, Manipal Academy of
Higher Education - GPA: 9.1

2018-19

B.Sc. Food, Nutrition and Dietetics
Besant Women's College, Mangalore
University- Grade: 80.04%

2015-16

Pre- University College (PCMB)
Karnataka Board- Grade: 67%

2013-14

SSLC
Karnataka Secondary Education
Examination Board - Grade: 86%

Languages

English

Kannada

Hindi

Tulu

Malayalam

Tamil

Ms. Aishwarya M

In pursuit of an academic role as a researcher and faculty specializing in Food Science, Nutrition, and Dietetics, I aim to engage in impactful research endeavors while concurrently delivering high-quality instruction and providing guidance to students in their academic assignments and research projects.

Competencies

• Successfully completed the **UGC-National Eligibility Test in the December 2020- June 2021 cycles**, earning qualification as an **Assistant Professor** and currently pursuing a **Ph.D. in Community Nutrition**.

• In my role as an Assistant Professor specializing in Food Sciences, Nutrition, and Dietetics, I **possess expertise in employing dynamic teaching methodologies and developing curricula in accordance with industry standards**.

• Demonstrating unwavering commitment, I engage in student mentoring, foster industry collaborations, and actively pursue continuous professional development through conference participation and the acquisition of relevant certifications.

• Within the field of Dietetics, I specialize in conducting comprehensive nutritional assessments, providing personalized counseling, and crafting therapeutic diets tailored to specific medical conditions.

• Additionally, I make significant contributions to **research endeavors**, utilizing robust data analysis to extract meaningful insights and practical applications for the field of Nutrition and Dietetics.

Work Portfolio and Participation

- Member of Task force committee and Curriculum committee of Yenepoya DU.
- Actively **developed the NEP curriculum** of B.Sc. Food Science, Nutrition and Dietetics and M.Sc. in Applied Nutrition and Dietetics.
- I am actively engaged in teaching M.Sc. Applied Nutrition and Dietetics, as well as B.Sc. in Food Science, Nutrition, and Dietetics.
- BOS member for the Department of Food Science and Nutrition YIASCMA, Yenepoya DU.
- Active member of several committees and cell like placement cell, Internship committee, Cultural Committee, Gender Sensitization cell of the University.
- Faculty Coordinator of YENASTRA-The Scientific Society of Yenepoya DU.

Experience

2024 June - Present

Assistant Professor- Department of Post-Graduate Studies and Research in Food Science, St Aloysius (Deemed to be University)

2021 October- 2024 May

Assistant Professor- in Department of Food Science and Nutrition, Yenepoya Institute of Art, Science, Commerce and Management. Yenepoya (Deemed to be University)

- Leading dynamic teaching sessions, providing comprehensive instruction in lectures and practical sessions characterizes the role of an Assistant Professor in Food Science and Nutrition.
- Mentoring students with guidance on academic assignments, conducting impactful research, and actively engaging in curriculum development contribute to the enhancement of both undergraduate and postgraduate programs.
- Additionally, fostering industry collaborations, pursuing continuous professional development, and leading community outreach initiatives emphasize the significance of Food Science and Nutrition.
- Active contributions to academic committees ensure a holistic and enriching academic experience.

2021 January - 2021 August

Internship and clinical posting with a specialization duration of 8 months (January 2021-August 2021) in Medical Nutrition Therapy conducted under the Department of Clinical Nutrition and Dietetics at Kasturba Hospital, Manipal, as part of my academic program during post-graduation

Dietetic Intern

- Key activities and responsibilities included providing dietary counseling on various clinical disorders, sports nutrition, pregnancy, lactation, bodyweight management, and healthy eating practices.
- Additionally, tasks involved planning Ryles tube feeding and oral liquid feeding, offering consultations in endocrinology clinics and the healthcare lounge, conducting daily ward rounds for inpatient nutritional assessments, providing nutritional interventions, and taking up case studies as part of the internship and specialization. Seminars and case studies were presented, and daily quality checks on meals served to patients, including taste, appearance, temperature, consistency, and texture, were meticulously recorded.
- Consultation of reference cases on dietary management was a routine part of the experience.

2018 February - 2019 August

Zuese Fitness Club

Consultant Nutritionist(Part-time)

- Offer nutrition and lifestyle counseling to clients at the gym.
- Develop personalized nutrition plans tailored to clients' health and fitness profiles, addressing their goals and medical conditions.
- Conduct body testing, including BMI, BMR, body fat percentage, and other relevant metrics.

Research Experience

PG Dissertation

Title of the Project: Impact of Covid-19 Pandemic on Exercise Regimen, Diet Regimen and Weight Changes in Athletes.

Type of Study: Observational

Study period-January 2020-August-2021

Currently pursuing a Ph.D. in Community Nutrition within the esteemed Department of Community Medicine at Yenepoya University.

- This immersive academic journey involves in-depth exploration and analysis of community-level nutritional trends and interventions.
- Simultaneously, I am actively contributing to ongoing few research projects in the expansive field of nutrition and dietetics.
- These projects encompass a diverse range of topics, allowing me to apply theoretical knowledge in practical settings and contribute meaningfully to the advancement of nutritional science. This dual commitment to academic pursuit and hands-on research enhances my expertise and dedication to making impactful contributions in the field of community nutrition.

Certificate Courses

- Managing Asthma, Allergies, Diabetes, and Seizures in School - authorized by the University of Colorado.
- Managing ADHD, Autism, Learning Disabilities, and Concussion in School - authorized by the University of Colorado.
- Providing Social, Emotional, Behavioral, and Special Education Services in School - authorized by the University of Colorado.
- Healthy Practices: Nutrition, Physical Activity, Community and Family Participation - authorized by the University of Colorado.
- Introduction to the Biology of Cancer with Honors - authorized by Johns Hopkins University.
- Nutrition and Lifestyle in Pregnancy - authorized by Ludwig-Maximilians Universität München.
- Workshop on Advanced Methods in Systematic Review and Meta-analysis.
- SWAYAM course on Health Research Fundamentals and Academic Research Writing
- Coursera Course on Inferential Statistics and Basic Statistics.
- Value-Added course on EPICOLLECT and data capturing methods.
- Value-Added course of Data Analytics.

IT Skills

- Microsoft office: MS-Word, MS-Excel, MS-Power Point, MS-Publisher.
- Others:Tally,SPSS16.0,Dietcal,RevMan

Extra-Curricular activities

- Orchestrated numerous workshops, health checkup camps, and awareness talks within the field of Nutrition and Dietetics.
- Successfully completed a Community Health & Nutrition Assessment as a vital component of academic pursuits.
- Actively participated in a Health Screening and Diabetic Awareness Camp organized in observance of World Diabetes Day at WGSMA, Manipal.
- Delivered a seminar on "Building A Fairer, Healthier World" during World Health Day (7th April 2021) to students pursuing B.Sc in Clinical Nutrition and Dietetics at Manipal College of Health Professionals, Manipal Academy of Higher Education.
- Assumed the role of Festco-ordinator for Medhas-2019 at Besant Women's College, Mangaluru, while concurrently overseeing multiple student activities within the department.

Conferences/ Workshops

- Nutrition Update on Diabetes Mellitus- Justice K S Hegde Charitable Hospital- 18 November 2023.
- Workshop on Advanced Methods in Systematic Review and Meta-analysis- Department of Community Medicine, Yenepoya Medical College.
- Contributed to the Poshan Maah International E-Conference organized by the Department of Dietetics and Applied Nutrition on 23rd and 24th September 2020.
- Engaged in the "Nutrition Update-2016" conference organized by Kasturba Hospital on 3rd September 2016.
- Participated in the national conference on "Recent Advances Linking Future Prospects in Nutrition" organized by the Department of Post Graduate Studies and Research in Food Science, held on 14th March 2019 at St. Aloysius College, Mangaluru.
- NPTEL E-Awareness workshop on January 24, 2023
- "Investor Awareness Program" under BSE banner organized by The Yenepoya Institute of Arts, Science, Commerce and Management in association with Beams Outsourcing Services and United Training Services India held on 3rd December 2022.
- Awareness/Training program under on July 06, 2023 Intellectual Property Office, India.
- Poster Presentation on the Title "The Importance of Digital Education Transitioning India to digitalization for long term growth" during the International Conference's on "Exploring Digital Proficiency: A Platform for Enhancing Teaching & Research Skills " , on 20th & 21st January 2023 organized by S.D.M P.G. Centre for Management Studies & Research, Mangaluru.
- FDP Series on Fine tune your research objectives with tricks and turns- SSS Jain College for Women and London Business University.
- Active participation in the faculty development programme titled "TLEP Development" on 29/10/2022- Yenepoya (Deemed to be University).
- Actively participated in the faculty development programme titled "Curriculum Development" on October 08, 2022- Yenepoya (Deemed to be University).
- Active participation in the faculty development programme titled "Teaching Learning Blueprint" on 22/10/2022 - Yenepoya (Deemed to be University).
- Active participation in the faculty development programme titled "Outcome Based Education" - Yenepoya (Deemed to be University).
- Online training on Enhancing your Academic research's Identities using IRNIS/ VIDWAN/ Others- Yenepoya (Deemed to be University)

Personal Details

Name : M.Aishwarya
Father's name : B.Murugesan
Date of birth : 23-03-1998
Gender : Female
Nationality : Indian
Religion : Hindu
Marital status : Single

Declaration

I affirm that the information provided above is true and accurate to the best of my knowledge.

Place: Mangaluru

Yours faithfully,

M.AISHWARYA.