

CURRICULUM VITAE

JOVITA CARROL SOANS

Assistant Professor Stage II
St Aloysius (Deemed to be University)
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CAREER OBJECTIVE:

To work for an organization that provides me the opportunity to explore my knowledge and enable me to excel in my skills and abilities along with the organization's objective.

EDUCATIONAL QUALIFICATIONS

Subject	Board/University	Institution	Year of Passing	Rating	Percentage
Pursuing PhD in Food Science at St Aloysius (Deemed to be University)					
UGC – NET qualified in-Home Science					
M.Sc. (Food Science and Nutrition)	Mangalore University	Mangalore University, Konaje	2018	Distinction	Sem1: 64% Sem2 : 75% Sem3 :77.5% Sem4:82%
B.Sc (Biotechnology, Chemistry, Zoology)	Mangalore University	St. Agnes College	2016	Distinction	75.1%
PUC	Karnataka Pre-University Education	Padua PU College, Nanthur	2013	First Class	64.3%
SSLC	Karnataka Secondary Education Examination Board	Padua High School, Nanthur	2011	First Class	83.04%

Experience:

- 2019 – till date Assistant Professor, Department of Food Science, St Aloysius (Deemed to be University, Mangalore)
- 2018– 2019 Lecturer, Food Science, P.A First Grade College, Konaje, Mangalore

Industrial experience:

- Completed technical Internship on **seafood processing, storage, distribution, and microbiological analysis at Karnataka Fisheries Development Corporation, Hoigebar, Mangalore**

Research publications:

- Mathew, Sherin, **Jovita Carol Soans**, R. Rachitha, M. S. Shilpalekha, Siddegowda Gopalapura Shivanne Gowda, Praneeth Juvvi, and Ashok Kumar Chakka. "Green technology approach for heavy metal adsorption by agricultural and food industry solid wastes as bio-adsorbents: A review." Journal of Food Science and Technology (2022): 1-10.
- **Soans, J.C.**, Pavithra, M. and Sridhar, K.R. 2023. Bioactive Potential of Ethnically Edible Banana Inflorescence. Apple Academic Press, Inc. USA. (2), 9781774912317
- **Soans, J.C.**, Pavithra, M. and Sridhar, K.R. 2023. Nutritional evaluation of banana inflorescence and development of food products. International Journal of Agricultural Technology. 19(6). 2651-2668(ISBN) 2630-0192(ISSN)

Research Experience

- Ongoing MJES project on Extraction and Characterization of Starch from Byproducts of local Crops: Modifications for Resistant Starch Enhancement, and *In Vitro* Digestibility Studies
- Ongoing MJES project on Shrimp oil extraction and encapsulation.
- Ongoing MJES project on " Non thermal modification of jackfruit starch: assessing nutritional, physicochemical, and film forming properties".
- Project on Analysis of Banana Inflorescence for Its Proximate, Bioactive and Functional Properties
- Characterizing the Nutritional Profile and Functional Attributes of Capsicum frutescens var.: Investigating Varietal Disparities, Antioxidant Activity and Value-added Product Formulation
- Composition and Method for Preparation of Instant Tea Mix Enriched with Micronutrient-Rich Lilac Tassel Flower Leaves (*Emilia Sonchifolia*)

Academic and research achievements:

- A patent titled "An Edible Composition and Method for Preparation of Instant Fish Soup Mix with Micronutrient Enriched Edible Plant Leaves" filed under application number 202441063705 A was published on September 6, 2024.
- A patent titled "A Process for Preparation of Mushroom Trimming powder with paste for production of nutrient rich Food Products" was filed under application number 202541011453 A was published on February 14, 2025.
- A patent titled "A composition and process for preparation of instant tea mix enriched with micronutrient-rich lilac tassel flower leaves was filed under application number 202541014563 A was published on March 07, 2025.

Scientific presentations in Seminars /Conferences/Workshops

- "Enhancing the taste, flavor, Quality and acceptability of Pineapple squash by blending with exotic spices: A study using Bird's Eye Chillies" at the International level 30th Indian Convention of Food Scientists and Technologist, ICFoST 2024, at D Y Patil Deemed to be University, Navi Mumbai, on 20th December, 2024.

- "Assessing the Impact of Online Food Ordering Apps on Body Mass Index of Individuals in Dakshina Kannada: A Pilot study" at the National level 45th Annual Conference of Indian Association of Biomedical Scientists on November 8, 2024 at A. J. institute of Medical Sciences and Research Centre, Mangaluru.
- " Valorisation of Apple and Carrot Juice Processing Waste into Whey Protein-Fortified Jam: Nutritional, Functional, and Microbiological Assessment of Value-Added Product" at the International level 30th Indian Convention of Food Scientists and Technologist, ICFoST 2024, at D Y Patil Deemed to be University, Navi Mumbai, on 20th December, 2024.
- “Characterizing the Nutritional Profile and Functional Attributes of Capsicum frutescens var. : Investigating Varietal Disparities, Antioxidant Activity and Value-added Product Formulations” at St Aloysius College (Autonomous), Mangalore
- Optimization and Formulation of a product derived from Lilac Tassel Flower Leaves (Emilia sonchifolia) at the Two-day National Conference on Advances in Food Technology and Nutrition AFTN-2024, hosted by Kuvempu University in Shivamogga

Short-term courses attended:

- Completed Highfield Level 3 in HACCP for Food Manufacturing (RQF) training – 28th March to 31st March 2023
- Completed training on Food Safety Training (FOSTAC), FSSAI 1st April, 2023
- Completed Add- on Course on Mushroom Cultivation
- Completed Add- on Course on Vermitechnology
- Completed Add- on Course on Computers for Chemists
- Completed Add- on Course on Aquarium Managemen
- Completed Online course on Introductory to Human Physiology,
- Completed Online course on Science of Exercise
- Completed Online course on Bacteria and Chronic Infections

Membership in Academic Bodies:

- BOS member of St Agnes College (Autonomous), Health and Nutrition Department

Resource Person & Guest Lectures

- **Radio Talk:** "Mushroom and its Benefits" – Radio Sarang (2025).
- **Career Guidance Speaker:** Delivered a talk on “Career Guidance in Home Science” for PUC students, organized by DK District PU Home Science Lecturers’ Forum in association with DK District Principals Association and St Aloysius PU College, Mangaluru (03.09.2024).
- **Training Facilitator:** Hands-on training on Baking & Fruit Preserve Technology for St Aloysius PU College students (22nd September 2023).
- **Workshop Speaker:** “Indicators for Healthy Diets from Sustainable Food Systems” – St Aloysius College (14th July 2022).
- **Webinar Speaker:** "Nutrition and Health" – Webinar Series by St Aloysius College (Autonomous) in association with Pilikula Regional Science Center (19th December 2021).
- **Radio Awareness Campaigns:**
Nutritional Awareness Program on COVID-19 – Radio Sarang (2020).
Health and Hygiene Awareness Program – Radio Sarang (2021).
- **Video Awareness Initiative:** COVID-19 Awareness – Corona Mission (2020).

Coordination & Leadership Roles

- **Workshop Organizer:**
Organized a one-day workshop on Mushroom Cultivation on 10th Feb 2025.
One-day workshop on PCR Technique and Its Application for 2nd-year M.Sc. Food Science, Nutrition, and Dietetics students on 7th March 2025.
- **Nutrition Education Program Coordinator:**

Led a session on “Nutrition & Hygiene” for children at SAMAVEDANAA Home, Maroli (March 25, 2023).

Conducted an awareness program on “Eat Healthy, Stay Healthy, and Eating Disorders” for high school students at Besant English School, Mangalore (February 23, 2023).

➤ **Certificate Course Coordinator:**

Coordinated a 30-hour online certificate course on “Food Safety & Quality Control” on the SAC e-learning portal.

Coordinated a 30-hour online certificate course on “Holistic Nutrition & Wellness” on the SAC e-learning portal.

Coordinated a 30-hour online certificate course on “Processing Technology of Mushroom” on the SAC e-learning portal.

Training programs:

- NEP 2020 Orientation and Sensitization Programme under Malaviya Mission teacher training programme (MM-TTP) of University Grants Commission (UGC) organized by MMTTC, Kannur University.
- NPTEL- AICTE FDP on Intellectual Property Portfolio Management
- NPTEL- AICTE FDP on Developmental Research
- Development Programme on the topic Research & Publication Ethics and Intellectual Property Rights
- FDP on research
- Attended 5 days Outcome Based Education FDP at St Aloysius college (Autonomous) Mangalore from 22nd to 26th June to 2020
- The Road Ahead FDP 2020 organized by St Aloysius College (Autonomous), Mangaluru from 18th May to 20th May 2020
- Building Sustainable and resilient Food security and Food Processing systems organized by College of Food and Dairy Technology, Chennai from 25th to 29th October 2021
- Faculty Development Program on Underlying Threads of OBE organized by St Aloysius College (Autonomous) Mangaluru 11th to 13th March 2022.

Seminars/ Conferences/Workshops/ attended:

- Participated in a National Level Workshop on “Science In Action” at St. Agnes College.
- Participated in the workshop on “Food Safety: Issues and Concerns” held at Nitte University.
- Participated in the workshop on Kannada Wikipedia.
- Participated in a health workshop on “FIGHT THE FEAR: BE AWARE,” held at Mangalore University Konaje.
- Novel Nutrition Approach and Emerging Opportunities to Sustain in Pandemic Scenario (International e-Conference, Bangalore) organized by Mount Carmel College, bangalore from 15th to 18th June 2020
- Integration of modern and traditional nutrition approaches towards health and wellbeing - Importance, Challenges and Future organized by Sri Devaraj URS Academy of Higher Education and Research 28th & 29th April, 2021
- National webinar on lifestyle and immunity during covid19 organized by Avinashilingam Institute for Home Science and Higher Education for Women 12th June 2020
- Breast Cancer organized by Mizoram University Aizawl 28th May 2020
- Potential and diverse application of atmospheric cold plasma for inactivation and mitigation of corona virus organized by AFSTI 30th April 2020
- “Diversity of Macrofungi in the Forests and Plantations of Southwest India” organized by St Aloysius college (Autonomous) Mangalore 8th July 2020
- ‘History and Biology of the Corona viruses and Reflections on a Post-COVID World’ organized by St. Joseph’s college (autonomous), Bengaluru 11th July 2020

- Grow Nourish Sustain Together - world food day seminar organized by St Aloysius college (Autonomous) Mangalore 1st & 2nd July 2020
- Sports Nutrition and Immunity organized by St Aloysius college (Autonomous) Mangalore and Indian Institute of Sports Medicine 29th & 30th June 2020
- Integrating health and longevity with super foods organized by Hindustan Institute of Technology and Science, Chennai-603103 (T.N), India. 29th & 30th November 2021.
- “Transformation in Indian Education through New Education Policy- Challenges and Opportunities” (2021)
- AICTE Training And Learning (ATAL) Academy Online Elementary FDP on "Building Sustainable and resilient Food security and Food Processing systems" (2021)
- Completed 4-hour certificate course on “Energy Literacy Training” from Energy Swaraj Portal.
- Participated in Faculty Development Program on Underlying Threads of OBE at St Aloysius College (Autonomous) Mangaluru, 2022-03-11 to 2022-03-11
- Participated in FDP Programme on Research roadmaps, at St Aloysius college (Autonomous), Dept of PGSR Food Science, 11/08/2023-17/08/2023
- Completed hands-on Workshop on OBE and Question Bank preparation using QnSmart I Organised by the IQAC of St Aloysius College (Autonomous) Mangaluru and The Office of Registrar and Controller of Examinations in association with IPSR solutions limited on 14 July 2023
- Workshop on Research to Start Up at St Aloysius college (Autonomous), Mangalore on 10th August, 2023
- Participated in 2-day hands on training workshop on Nurturing Beginnings: Lactation Techniques and Infant/ Young Child Feeding Practices on for 180 participants 16th -17th September 2023.
- National Seminar on “Millets for healthy Living” At St. Aloysius College (Autonomous) on March 16, 2023
- One day webinar on “Nutrition Digitalization- Introducing NSR-NutriCal” by IDA Mysore Chapter November 8, 2022.
- Webinars on “Sensory feeding challenges: Not just a childhood experience” by Dietitian Connection, July 2022
- Webinar on Nutrition Digitalisation – introducing NSR – Nutrical organized by JSS Academy of Higher Education & Research, on 8th November 2022.
- Webinar on Intellectual Property Right organized by St Francis Institute of Management & Research in collaboration with CIPR, Anna University, Chennai, on 25th February 2023.
- International seminar on RESEARCH, WRITING AND PUBLISHING IN REPUTED JOURNALS at PA College of Engineering 3rd to 5th August 2023.

Technical skills:

- Excellent in equipment handling.
- Hands-on experience in food storage, nutritional analysis, product preparation, microbiological analysis, microbiological laboratory techniques.
- Skilled in research writing, manuscript preparation, literature review, and data interpretation.
- Basic knowledge of MS Word, MS Excel, MS Power point and Internet.

Extra-curricular activities:

- Won first place in Chemistry you can Dance in intercollegiate fest held at St. Agnes College (Autonomous).

PERSONAL DETAILS:

Date of Birth : 24th August, 1995
Address : D/o Mr. Robert Soans
 D. No. 2-240/11
 Frad Saib Colony

Nadumane Kudupu Mangalore-
575028

Languages known :

Languages	Speak	Read	Write
English	✓	✓	✓
Hindi	✓	✓	✓
Kannada	✓	✓	✓
Tulu	✓		

DECLARATION:

I hereby declare that the above-mentioned information is correct up to my knowledge and I bear the responsibility for correctness of the above-mentioned particulars.

Place: Mangalore

Date: 27.03.2025

(JOVITA CARROL SOANS)