***Curriculum Vitae***

**MEGHANA A T**

**Ayitanahalli, H .H Bagilu (P)**

**Raavanduru(H), Periyapatna(T)**

**Mysore (D)**

**571107**

**MOBILE NUMBER - 6363974693**

**GMAIL:** **meghanameghu153@gmail.com**

**CAREER OBJECTIVE:**

To work in a vibrant environment while working as a team member in a reputed organization and to give the best I can do, to achieve the goals and objectives of the organization with full loyalty and zeal.

**EDUCATIONAL QUALIFICATION:**

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| **Examination Passed** | **University / Board** | **Institution** | **Year** | **Percentage** |
| M.Sc. in food science and NutritionSpecialization in clinical nutrition and dietetics | University of Mysore | Manasagangotri, Mysore  | 2019-2021 | **8.5 CGPA** |
| B.Ed.  | Bengaluru University  | Bengaluru University | 2022-2024 | **8.5 CGPA** |
| B. ScChemistry, Botany and food Science, and Nutrition | University of Mysore | Maharani’s college for women, Mysore  | 2016 -2019 | **84.12%** |
| PUC | Karnataka State pre university board | St Joseph's PU College, Mysore | 2014 -2016 | **69.83%** |
| SSLC | Karnataka Secondary Education and Examination | Sri D Thammayya Memorial Navodaya High School | 2013 -2014 | **88.61%** |

**EXPERIENCE:**

* Worked as guest faculty (part-time) at the university of Mysore from April 2022 till January 2023.
* Served as guest faculty at Nutrition and Dietetics Department, JSS, AHER, Mysore, from November 2022 till January 2023.
* Worked as ICMR JRF Nutritionist/Dietician for a project titled” Understanding the role of individualized nutrition and exercise intervention program on body composition in breast cancer patients undergoing antineoplastic treatment” at St John’s Research Institute, Bengaluru, from February 2023 to August 2023
* Worked as Assistant Professor in the department of Clinical Nutrition and Dietetics, Padmashree Institute of Management and Science, Bengaluru, from September 2023 to June 2024
* Currently working as an Assistant Professor Stage 1 in the department of Food Science, St. Aloysius (Deemed to be University)

**WORKSHOPS ATTENDED**

* Participated in the workshop conducted by the **Institutional Human Ethics Committee** (IHEC), University of Mysore, on “Clinical Research Methods” from Sept 28 to 30, 2022, at Vijnana Bhavan, Manasagangothri campus, sponsored by UoM, DST-SERB, and CSIR.
* Participated in workshop on “COMPLEMENTARY THERAPIES IN AUTISM SPECTRUM DISORDER: INTERPLAY BETWEEN DIET AND GUT MICRO-BIOTA” 15th February 2020, conducted by Department of Studies in Food Science and Nutrition, University of Mysore.

**TRAINING/ FDP/REFRESHER/ORIENTATION PROGRAMMES**

* Attended the Staff Induction Training Program for 21 days organized by the Human Resources Department of St Aloysius (Deemed to be University) from 15th June to 26th June 2024.
* Participated in 30-Hour Intensive Training in Teaching Excellence as part of FDP, organized by the Human Resources Department of St Aloysius (Deemed to be University)
* Attended TWO days of FDP organized bySt Aloysius (Deemed to be University) on June 27th & 28th, 2024
* Conducted Guest Interview on “Diabetes; Facts & Myths and the role of Nutrition” at Radio Sarang 107.8 FM

**CONFERENCES/SEMINARS/WEBINARS**

* Served as an organizing committee member of the Eco-economics national conference organized by the School of Life Sciences, St Aloysius (Deemed to be University) on 13th August 2024.
* Served as an organizing committee member in the National Nutrition Seminar on “Fuel Your Future: Promoting Health Through Sustainable Nutrition,” organized by the Department of PG & R in Food Science, St Aloysius (Deemed to be University) on September 5th 2024
* Served as an organizing committee member of the World Food Day Forum conducted by the Department of PG & R in Food Science, St Aloysius (Deemed to be University) on 16th October 2024.
* Participated in INTERNATIONAL CONFERENCE – INNOVATIVE TECHNIQUES AND NUTRITIONAL DEMAND – Date 8 & 9 February 2019
* Member of the organizing committee NUTRICON,2022, organized by JSS AHER in collaboration with the Department of Food Science and Nutrition, University of Mysore
* Member of organizing committee- Millet Confluence,2023, A national-level conference, conducted by Padmashree Institute of Management and Sciences, Bangalore, on December 7, 8, and 9th, 2023
* Participated in an Online Webinar on 'Nourishing a Healthier Tomorrow: The Role of Nutrition in Modern Lifestyles' conducted by PFNDAI and SNDT (Pune) on 31st January 2025
* Participated in the KSCST Golden Jubilee Webinar Series on the topic **“Application of Nanotechnology and Materials Engineering”**, held on 25th February 2025, conducted by Karnataka State Council for Science and Technology and Indian Institute of Science Campus, Bangalore.

**GUIDED PROJECTS**

* Guided MSc Dissertation on **“Comparative Study on low carbohydrate and Standard Diets: Assessing the Dietary habits, Fatigue, Muscle Soreness, Performance level Exertion in trainees using Questionnaires”**
* Guided a BSc Project titled **“Development of Vegan ice cream** **with flax seed and coconut milk”**
* Guided MSc Dissertation project titled” **Valorization of watermelon seeds: extraction, characterization and application of its oil”**

**MSc INTERNSHIP**

Bharath Cancer Hospital, Mysore

**Achievements**

KSET (Karnataka state eligibility test) for assistant professorship-2020

NET (NATIONAL ELIGIBILITY TEST) For assistant professorship-2022

**PERSONAL DETAILS:**

Name: Meghana A T

Father name: Thammegowda

Gender: Female

Nationality: Hindu

Date of Birth: 19th January 1998

Marital Status: Unmarried

Language Known: Kannada, English

**DECLARATION:**

**I hereby declare that the above information is correct to the best of my knowledge, and I take complete responsibility for any false information.**

Thanking you

Place: Mangaluru Yours Faithfully,

  **Meghana A T**