

Name	Dr. Lakshmi Menon, M.Sc., Ph.D.
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Date of Birth	12/12/1985

EDUCATIONAL QUALIFICATION AND ACADEMIC PROFILE

YEAR	EXAMINATION	SPECIALIZATION	SCHOOL/ COLLEGE	BOARD/ UNIVERSITY	SCORES
2016	Ph.D.	Food Process Engineering	-	SRM University, Chennai	Commended
2009	UGC – NET	Home Science – Foods and Nutrition	-	-	Pass
2008	M.Sc.	Food Science and Nutrition	Post Graduate Dept. of Food Science and Nutrition	SNDT Womens' University, Mumbai	73%
2006	B.Sc.	Nutrition, Food Service Management and Dietetics	M.O.P. Vaishnav College for Women, Chennai	University of Madras, Chennai	86%
2003	XII standard Central Board of Secondary Education examination	Science	Vidya Mandir Senior Secondary School, Chennai	Central Board of Secondary Education	87%
2001	X standard Central Board of Secondary Education examination	-	T.O.C. H Public School, Cochin	Central Board of Secondary Education	87%

CAREER PROFILE

- February 2021 – Till date : Assistant Professor, Postgraduate Department of Clinical Nutrition & Dietetics, PG Diploma in Sports Science, Fitness Nutrition, Dr. BMN College of Home Science (Autonomous), affiliated to SNDT University, Mumbai
- December 2018 – January 2021 : Visiting faculty, Dr. BMN College of Home Science (Autonomous), affiliated to SNDT University, Mumbai
- July 2019 – December 2019 : School of Nursing, DY Patil University, Navi Mumbai
- January 2018 – October 2018 : Visiting faculty, Begum Jamila Haji Abdul Haq College of Home Science, Affiliated to SNDT Womens' University, Mumbai
- September 2017 – December 2020 : Visiting faculty, Nirmala Niketan College of Home Science, Affiliated to University of Mumbai, Mumbai
- December 2016 – January 2017 : Freelance Scientific Writer for Danone Nutricia, Mumbai
- June 2008 – October 2014 : Assistant Professor, School of Food Science, M.O.P. Vaishnav College for Women (Autonomous), Affiliated to the University of Madras, Chennai

SUBJECTS TAUGHT AT UNDERGRADUATE AND POSTGRADUATE LEVEL

- Nutrition
 - Physiology
 - Basic Nutrition
 - Applied Nutrition and Public Health
 - Health, Safety and Nutrition
 - Nutrition through Lifecycle
 - Advances in Human Nutrition
 - Clinical Nutrition
 - Sports and Exercise Science
 - Nutrition for Sports and Exercise
 - Advanced Nutrition
 - Pediatric Nutrition
 - Bridge course – Basics of Food Science & Nutrition
- Food Science and Processing
 - Advances in Food Science
 - Food Informatics and Packaging
 - Food Quality Assurance
 - Food Product Development and Analysis
 - Research Writing

ACADEMIC ACHIEVEMENTS AND ACCOLADES

- University first rank in Masters Degree in Food Science and Nutrition examinations conducted by S.N.D.T Women's University, Mumbai 2008.
- M.A. Master Memorial Prize for standing first in the Master of Science examination in Food Science and Nutrition, 58th Annual convocation of S.N.D.T Women's University, Mumbai 2009
- Dr. Dhirajlal Dhanjibhai Shah Memorial Prize for securing highest G.P.A in Food Science and

Nutrition Specialization at Master of Science examination, 58th Annual convocation of S.N.D.T Women's University, Mumbai 2009

- The Association of Scientists and Technologists (India), Bombay Chapter prize for standing first in Food Science and Nutrition Specialization at Master of Science examination, 58th Annual convocation of S.N.D.T Women's University, Mumbai 2009
- Awards for academic proficiency in Food Sciences and Nutrition, Department of Post Graduate Studies and Research in Home Science, Mumbai, 2007-08
- First rank in B.Sc. Degree in Nutrition, Food service management and Dietetics examination conducted by University of Madras, 2006.
- Shri P. Haridas prize for academic excellence in Nutrition and Dietetics, 2005-06
- Shri V.C. Parikh prize for Overall excellence in Nutrition and Dietetics, 2005 -06
- Shri. Rajalakshmi Narayanaswamy prize for University topper in Nutrition and Dietetics, M.O.P Vaishnav College for Women, Chennai 2005-06.
- Award for Overall proficiency in Nutrition and Dietetics, Department of Food Science, during the academic year 2004-05
- Awards for Overall proficiency in Nutrition and Dietetics, Department of Food Science, during the academic year 2003-04
- Completed certificate course in Clinical Nutrition and Advanced Dietetics offered by the University Grants Commission. (2006)
- Completed training programme in "Spectroscopy in Analysis of Food Constituents" conducted by Central Food Technological Research Institute, Mysore. (2010)

ASSOCIATED ACADEMIC ACTIVITIES

Continuing education

Completed Post Graduate Diploma in Technical Writing from Symbiosis Institute of Distance Learning, Symbiosis University, Pune, India – January 2021

Short courses completed through MOOC till date

- Child Nutrition and Cooking offered by Stanford University
- Nutrition and Lifestyle in Pregnancy offered by Ludwig-Maximilians-Universität München
- Essentials of Breastfeeding offered by Stanford University
- Nutrition & Food Systems by FAO (Food and Agriculture Organization of the United Nations) and Ageenium.

Internship Programs

- (1) In-plant Training in the Standards Department for Quality Assessment from Britannia Industries Ltd., Chennai in June, 2004.
- (2) Training in Production, Operation, Hygiene, Quality Control and Material Management from Taj Madras Flight Kitchen Pvt. Ltd, Chennai in May-June, 2005.
- (3) Internship in the Dietary department of Voluntary Health Services, Chennai in December 2005.
- (4) Nutrient estimation of traditionally tapped Palm sap for proximate principles and antioxidant content, National Agro Foundation, Anna University, Chennai, April 2007.
- (5) Public nutrition and community health project at Dahisar slum settlement, Mumbai for high risk pregnant women, done in association with Committed Communities Development Trust, Mumbai, May 2008.

RESEARCH

Research Publications

NATURE OF PUBLICATION	TYPE	NUMBER OF PUBLICATIONS
International	Journal	6
National	Journal	7
International	Conference proceedings	105
National	Conference proceedings	145

Details of Publications in International Refereed Journals

AUTHORS	TITLE OF PAPER	NAME OF THE JOURNAL	ISSUE NO.	ISSN NO.
Menon, L., Ravi, U. & Radhakrishnan, P.	Mango (<i>Mangifera indica</i>) – A novel Food Ingredient	Malaysian Journal of Nutrition	22 (3): 461 – 467, 2016	1394 - 035X
Menon, L., Majumdar, S. D., & Ravi, U.	Development and analysis of composite flour bread.	Journal of Food Science and Technology	52(7), 4156-4165, 2015	0975-8402 (Online)
Ghughre, P.S., Menon, L. & Udipi, S.A.	Effect of processing on Total Starch, Amylose and Resistant Starch Content of Sago	International Journal of Food and Nutritional Sciences	2 (4), 20 – 25, 2013	2320 - 7876
Ravi, U., Menon, L. & Madhavan, R.	Nutritional, Sensory and Physical Analysis of Pumpkin Flour: Incorporated into Weaning Mix.	Malaysian Journal of Nutrition	16(3), 379- 387, 2010	1394 - 035X
Ravi, U., Menon, L., Muthuraman, A., & Jananni, B. K.	Development of orange- white pumpkin crush and analysis of its physicochemical, nutritional and sensory properties.	American-Eurasian Journal of Agricultural and Environmental Sciences	8, 44-49, 2010	1818 - 6769

Details of Publications in National Refereed Journals

AUTHORS	TITLE OF PAPER	NAME OF THE JOURNAL	ISSUE NO.	ISSN NO.
Menon L., Choudhury D.R., Ronto R., Sengupta R., Kansal S. & Rathi N.,	Transformation in culinary behaviour during the COVID-19 pandemic: In-depth interviews with food gatekeepers in urban India	Appetite	2022	https://doi.org/10.1016/j.appet.2022.105948 .
Sonani, P., Menon, L.	Assessment of nutritional status, body composition and fitness levels of women performing Zumba	The Indian Journal of Nutrition and Dietetics	57(4), 477- 485.	Print ISSN - 0022-3174 Online ISSN 2348-621X
Menon, L., Majumdar, S. D., & Ravi, U.	Mango (<i>Mangifera indica</i> L.) kernel flour as a potential ingredient in the development of composite flour bread.	Indian Journal of Natural Products and Resources (IJNPR) [Formerly Natural Product Radiance (NPR)]	5(1), 75-82, 2015	0976-0512 (Online) 0976- 0504 (Print)
Ravi, U., Menon, L. Hebzbah, M., & Saha, S.	Flour pretreatment on the quality characteristics and oil absorption of traditional South Indian festive snack.	Indian Journal of Traditional Knowledge	1(1), 139- 143, 2015	0975-1068 (Online) 0972- 5938 (Print)
Ravi, U., Menon, L., Madhavan, R., Priyadharshini , S., & Dhivya, E. M.	Determination of quality characteristics of indigenous organic Asian Indian rice variety- <i>Neelam Samba</i> .	Agricultural Science Digest-A Research Journal,	34(3), 177- 182, 2014	0976-0547 (Online) 0253- 150X (Print)
Ravi, U., Menon, L., Gomathy, G., Parimala, C., & Rajeshwari, R.	Quality analysis of indigenous organic Asian Indian rice variety- <i>Salem Samba</i> .	Indian Journal of Traditional Knowledge	11(1), 114- 122, 2012	0975-1068 (Online) 0972- 5938 (Print)

AUTHORS	TITLE OF PAPER	NAME OF THE JOURNAL	ISSUE NO.	ISSN NO.
Ravi, U., Menon, L., Anupama, M., Jananni, B. K., & Akilandeshwari , M. S,	Analysis of Rice GrainQuality of Indigenous Organic Rice Variety-- <i>Kappakar</i>	Indian Journal of Agricultural Research	45(2), 113 – 121,2011	0367 -8245
Ravi, U., Menon, L., Padmini, K., & Sangeetha, V.	Impact of Germination on Oligosaccharide Content in Select Asian Indian Minor Millets.	Agricultural Science Digest	31(1), 14- 19, 2011	0976-0547 (Online) 0253- 150X (Print)
Ravi, U., Menon, L., & Anupama, M.	Formulation and quality assessment of instant <i>dhokla</i> mix with incorporation of pumpkin flour.	Journal of Scientific andIndustrial Research	69, 956- 960, 2010	0022-4456

Research work conducted

- “Importance of breakfast for School going students in a Special Education School in Chennai” 2006
- “Study on the prevalence of Micronutrient deficiency in School going children residing in urban slums in Mumbai city” - 2008
- Dissertation for Masters Degree - “Effect of processing on Amylose, Total Starch and Resistant starch content of Sago” – 2008
- Research guide for students of M.Sc. Food Technology and Management at M.O.P. Vaishnav College for Women, Chennai - from 2009 – 2013
- Doctoral Research conducted on “Characterization of Mango (*Mangifera indica*) Stone Kernel Flour and Identification of its Food Applications” – 2016
- Research guidance to M.Sc. Food Processing and Preservations & M.Sc. Sports Nutrition students of College of Home Science, Nirmala Niketan, Mumbai – from 2017
 - Microgreens – Nutritional assessment and standardization of pre and post-harvest conditions
 - Dietary assessment and hydration strategies of Marathon runners with cardiovascular complications
 - Impact of Yoga and Zumba on the fitness parameters and dietary intake of women participants.
 - Implementation of Food Hygiene & Quality Management Systems in a Fine Dine Restaurant
 - Qualitative analyses of mustard (*Brassica nigra*) and fenugreek (*Trigonella foenum-graecum*) seeds, sprouts and microgreens grown by soilless cultivation method.
 - Development and Quality Assessment of Non Dairy Probiotic Yoghurt from Blended Nut Milk
- Research guidance to M. Sc. Clinical Nutrition & Dietetics students of Dr. BMN College of Home Science (Autonomous), affiliated to SNTD University, Mumbai – from 2020 till date
 - Ishita Juthani - Sleep patterns and its effect on dietary habits of young Indian adults residing in Mumbai city
 - Preeti Adhikari - Prevalence of Gastrointestinal Disorder Symptoms in Young and Middle Aged Adults
 - Aarti Konkane - Feeding behaviour and its effect on food consumption in healthy preschoolers aged 3 - 7 years residing in Mumbai city
 - Manali Desai - Traditional weaning versus baby led weaning practices amongst mothers of children aged (6 - 24 months) in Mumbai city
 - Shreya Belose - Consumption of Iron, Folic Acid and Vitamin B 12 in young and middle aged adult women in Mumbai city
 - Jayu Meghani - Assessment of dietary Vitamin D intake and calcium intake on middle aged women (35 - 55 years) residing in Mumbai city
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Research Presentations

	Conference	Paper	Co-authors
1.	Intercollegiate Seminar REPLICA 2005 conducted by the Department of Biochemistry, Ethiraj College for Women, Chennai- MARCH 2005	Mutants in Biochemical Research	-
2.	Intercollegiate Seminar “Drucker’s Progeny” conducted by Department of Business Administration, M.O.P.Vaishnav College for Women, Chennai – FEBRUARY 2006	Change Management	-
3.	National conference on Portrayal of values in classical languages conducted by School of Languages, M.O.P Vaishnav College for Women, Chennai – SEPTEMBER 2008	Lessons for life from the <i>Mahabharatha</i>	-
4.	IFCON 2008 - 6th International Food Convention 'Newer challenges in Food Science and Technology: Industrial Perspective' at CFTRI, Mysore – DECEMBER 2008	Effect of processing on amylose, total starch and resistant starch content of Sago	Dr. Padmini Ghugre, Dr.Shobha A. Udipi
5.	National workshop on Research design at PSG College of Nursing, Coimbatore – JUNE 2009	Ex-post facto research design for an interdisciplinary research on Nutrition and psychology	Dr. Usha Ravi
6.	International conference on Food Technology at Institute of Crop Processing and Technology, Thanjavur- AUGUST 2009	Qualitative and Quantitative Assessment of Biscuits in The Market	Gomathy.G, Ranjani Madhavan
7.		A Quantitative Study on Ice Cream Production Through Aging, Freezing, Hardening and Temperature Monitoring	Anupama.M, Jananni.B.K, Lakshmmi Prabha.T, Parimala.C
8.	National seminar on A Road Map to Emerging Trends in Food Processing and Marketing - Karaikal, SEPTEMBER 2009	Development of an instant Adai mix with incorporation of Cauliflower leaf incorporation	Poornima.G, Amrita Menon
9.		Development of Multi Grain Sevai	Gomathy G., Dhanalakshmi. M
10.	National Conference - ICFOST 2009 - Specialized Processed Foods for Health and Nutrition: Technology & Delivery,	Formulation and quality assessment of an extruded product (macaroni) with germinated cow pea flour incorporation	Sindhu.S

	Conference	Paper	Co-authors
11.	Bangalore, DECEMBER 2009	Development and quality assessment of pumpkin incorporated sponge cake and butter cookies	Raja Rajeshwari. S
12.		Formulation and quality assessment of germinated fenugreek pickle	T.Sushmitha Nayar
13.		Quality assessment of pumpkin powder enriched weaning mix	Ranjani Madhavan
14.		Physicochemical and sensory evaluation of Indian breads supplemented with pumpkin flour	Lakshmmi Prabha T.
15.		Development of Instant oats soup mix with incorporation of dehydrated cauliflower leaf powder	Parimala. C
16.	International Conference – INCOFTECH 2010 – Indian Institute of Crop Processing Technology, Thanjavur	Indigenous Technology and Knowledge – Germinated Brown Rice	-
17.	International Conference – ICFAN 2011 – Periyar University, Salem, JANUARY 2011	Physicochemical properties and nutritional value of jackfruit seed flour	K.L.Pravallika
18.	National Conference – Agro food Processing Technologies – Pondicherry University – NOVEMBER 2011	Utilization of Pearl Sago (<i>Metroxylon Sagu</i>) and Buckwheat (<i>Fagopyrum Esculentum</i>) in the Formulation of Non- Dairy Yogurt	Maria Hepzibah
19.	National Conference – ICFOST 2012, AFSTI, Mysore – JANUARY 2012	Quality analysis of ragi (Eleusine coracana) koozh and bajra (Pennisetum glaucum) koozh - spontaneously fermented indigenous south Indian gruels	Jayashree Ramakrishnan, Yamini K.T.
20.	National Seminar – “Quality Initiatives in Making Higher Education Learner Centric” – National Assessment and Accreditation Council, Chennai – MARCH 2012	Novel Curriculum Assessment Tools in Food Science Education	-
21.	International Conference – INCOFTECH 2013 – IICPT, Thanjavur – JANUARY 2013	Development and quality assessment of mango kernel flour based frozen dessert	Akshaya S.
22.	International Conference – IFCON 2013 – AFSTI, Mysore – DECEMBER 2013	Preparation and analysis of Stone Kernel Flour from selected Indian Mango (<i>Mangifera indica</i>) varieties.	-
23.	International Food Safety Conference – Dubai – NOVEMBER 2014	A study on the Effectiveness of Social Media as an educational tool for Food Safety	Dr.Usha Ravi, Manasa C, C.A. Deepa

	Conference	Paper	Co-authors
24.	Training for RD Examinations – Prince Aly Khan Hospital, Mumbai – JANUARY 2018	Preparation for Anatomy and Physiology	-
25.	Avishkar 2018 – Research Competition at University of Mumbai – DECEMBER 2018	Microgreens – A homestead approach towards nutritional security	Grishma Doshi Tasmiya Ansari
26.	Dietetics Day Celebrations – Global Hospitals Mumbai -JANUARY 2019	Preparatory class on Physiology for Dietetic aspirants	-
27.	Webinar Series on Pediatric Nutrition – Dr BMN College of Home Science, Mumbai, Sponsored by RUSA – JULY 2020	Complications and Management of Very Low Birth Weight and Preterm Neonates	-
28.	Webinar Series on Pediatric Nutrition – Dr BMN College of Home Science, Mumbai, Sponsored by RUSA – AUGUST 2020	Pediatric Feeding Disorders	-
29.	Webinar Series on Pediatric Nutrition – Dr BMN College of Home Science, Mumbai, Sponsored by RUSA – SEPTEMBER 2020	Nutritional management for Inborn errors of metabolism	
30.	Invited as resource person for the UJJWAL Refresher course paper on Physiology for RD Exam organized by Indian Dietetic Association on 14.12.2020	Preparation for Physiology for the RD exam	
31.	Invited as Guest Speaker for a online lecture to Third Year Food Science and Nutrition students of Begum Jamila Haji Abdul Haq College of Home Science, Mumbai on 01.02.2021	Management of Diabetes Mellitus with Diet	
32.	Participant in NCQM – BEQET 2022 competition on 15.01.2022	Nutrishiksha – Class to Community Approach	Dr. Rupali Sengupta, Ms. Sonu Mishra, Ms. Bhavisha Sancheti, Dr. Mala Pandurang

PROJECTS UNDERTAKEN – CONSULTANCY & RESEARCH

TITLE	NAME OF AWARDING/ FUNDING AGENCY	ROLE	PROJECT LOCATION	PERIOD
Planet Earth for Women and Children through the Community Radio	Commonwealth Educational Media Centre for Asia	Project Assistant	PSG College of Technology, Coimbatore	May 2009
Planet Earth for Women and Children through the Community Radio	Commonwealth Educational Media Centre for Asia	Project Assistant	Anna University, Chennai	November 2010

TITLE	NAME OF AWARDING/ FUNDING AGENCY	ROLE	PROJECT LOCATION	PERIOD
Science for Women's' Health and Nutrition	Commonwealth Educational Media Centre for Asia	Project Assistant	Radio Mattoli, Wayanad , Kerala	December 2011
"COVID19: Culinary behaviors and nutrient intake of Indian household food gatekeepers".	MOU between Dr. BMN College of Home Science & IIT Bombay – CTAARA – No Financial Assistance Sought	Co – PI with Dr. Rupali Sengupta as PI	Online mode from Mumbai – due to COVID restrictions	August 2020
Developing Digital Media content on Immunity Building Nutrition	Radhee foundation - No financial assistance - NGO	Co – PI with Dr. Rupali Sengupta as PI	Online mode from Mumbai – due to COVID restrictions	December 2020

CONFERENCES ATTENDED AND ORGANIZED

Conferences attended as Delegate and Research Presenter

SL. NO.	CONFERENCE/SEMINAR ATTENDED	YEAR
1.	Continuing Nutrition Education program conducted by the department of Clinical Nutrition, Sri Ramachandra Medical College and Research Institute, Chennai.	2004
2.	‘Food Fortification: Health and Nutrition Security’ , Nutrition Society of India, Mumbai Chapter, Mumbai	2008
3.	National workshop on “Mentoring” conducted by ICFAI Business School, Chennai	2008
4.	‘Evidenced based diet for a healthy nation’ , Indian Dietetic Association and National Institute of Nutrition, Hyderabad	2008
5.	Continuing Nutrition Education, Department of Clinical Nutrition, Sri Ramachandra Medical College and Research Institute, Chennai	2008
6.	International Conference on Food Technology (INCOFTECH) and International workshop on HACCP, Indian Institute of Crop Processing Technology, Thanjavur	2009
7.	National Conference on A Road Map to Emerging Trends in Food Processing and Marketing jointly organized by Indian Institute of Crop Processing Technology, Thanjavur and PAJANCOA, Karaikal	2009
8.	National seminar on Food quality & Safety, Ministry of Micro, Small & Medium Enterprises Development Institute, Chennai	2009
9.	National seminar on Quality Education: Scalable with Inclusiveness, CII Institute of Quality, Chennai	2009
10.	National Conference on Specialized Processed Foods for Health and Nutrition: Technology & Delivery, AFSTI, Bangalore	2009
11.	International Conference on Traditional Foods by Association of Food Scientists and Technologists (India) and Department of Food Science and Technology, Pondicherry University.	2010
12.	International Conference on “Food and nutraceuticals for Nutrition and Health – technology and Delivery” by Periyar University, Salem, India	2011
13.	National Conference on Agro Food Processing Technologies, Pondicherry University, Pondicherry, India	2011
14.	National conference on “Innovations in Food Science and technology to fuel the growth of the Indian Food Industry” by Association of Food Scientists and Technologists (India), Pune, India	2012
15.	National conference on “Opportunities for biotechnologists in Food processing industries” by Loyola College, Chennai, India	2012
16.	National conference on “Safety Assurance of Food through emerging science and technology innovations” by Association of Food Scientists and Technologists (India), Central Food Technological Research Institute and Defence Food Research Laboratory, Mysore, India	2012

SL. NO.	CONFERENCE/SEMINAR ATTENDED	YEAR
17.	International Conference on Food processing technologies – challenges and solutions for sustainable food security solutions, Indian Institute of Crop Processing Technology, Thanjavur, India	2013
18.	National conference on “New trends, developments and opportunities in food processing sectors” by SRM University, Chennai, India	2013
19.	National conference on “Nutritional Security through Sustainable Development, Research & Education for Healthy Foods” by Association of Food Scientists and Technologists (India), Mysore, India	2013
20.	International Seminar on “Wheat and Wheat Products – New Technologies & Marketing Opportunities” by Wheat products Promotion Society & Society of Indian Bakers, Chennai, India	2014
21.	National Conference on “Fostering Innovative Research and Entrepreneurship for Indian Foods” by Association of Food Scientists and Technologists (India), NIFTEM, Kundli, Haryana	2014
22.	National Webinar on “Safe Food for Strong Health” by Nutrition Society of India , Mumbai Chapter, Mumbai	2020
23.	National Web series workshop on Nutritional Status Assessment by Nutrition Society of India , Mumbai Chapter, Mumbai	2020
24.	National Webinar on Nutrition Communication for Today by Nutrition Society of India , Mumbai Chapter, Mumbai	2020
25.	National Webinar on G.R.O.W -Goals, Reality, Opportunities & the Way forward with Nutrition and Dietetics organized by Dr. BMN College of Home Science, Mumbai	2020
26.	National Webinar on “Food and Nutrition during the times of COVID-19” organized by Dept. of Biochemistry, VELS University, Chennai	2020
27.	International Webinar titled " Grains for Gut Microbiome Health- A Dietary Perspective" organised by " Nutrition Society of India, Mumbai Chapter" in collaboration with Kellogg's Nutrition.	2020
28.	National webinar on "Lifelong Health-Exclusive Breast Feeding and Nutrition during First 1000 Days" organized by Nutrition Society of India, Mumbai Chapter.	2020
29.	International webinar on "Translational Research in Nutrition & Dietetics" organized by Nutrition Society of India, Mumbai Chapter	2020
30.	Attended a 5-day webinar series on “Nutritional Assessment” organised by NSI (Nutrition Society of India) Mumbai Chapter. 12th- 18th June 2020	2020
31.	Attended a webinar organised by NSI (Nutrition Society of India) Mumbai Chapter on Topic: RDA 2020: A way forward to tackle Malnutrition in India 19.10.2020	2020
32.	Attended a 4 day Workshop on developing and uploading e content organised by Dr. BMN College of Home Science MMP Shah College 9th, 12th, 22nd December 2020 and 19th January 2021	Dec. 2020, January 2021
33.	Attended Alumna led E conference on Recent advances in Diabetes Management during Pandemic (RUSA SPONSORED) organized by Dr. BMN College of Home Science	2020

	21.12.2020	
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Member of Organizing Committee in the conduct of National and International Conferences

National

- **2005** - Nutrition and Health exposition – “**Health Express**” at M.O.P. Vaishnav College for Women, Chennai
- **2006** - Symposium “**Obesity – The weight of being fat**” at M.O.P. Vaishnav College for Women, Chennai
- **2008** – “**Complementary and Alternative Medicine**”, conducted by S.N.D.T Women’s University, Mumbai
- **2010 - FOODS 2010** - ‘**Emerging Trends and Opportunities in Food Processing Sector**’ in association with National Institute of Food Technology Entrepreneurship and Management, Haryana and Indian Institute of Crop Processing Technology, Thanjavur at M.O.P. Vaishnav College for Women, Chennai
- **2011 - FOODS 2011** – ‘**Processed foods: A Trend Beyond Boundaries**’ at M.O.P. Vaishnav College for Women, Chennai
- **2021 – Ready Set Go – RUSA sponsored webinar organized by** Post graduate Department of Sports Science & Fitness Nutrition – May 2021

International

- **2012 - FOODS 2012** – ‘**Food Web: A Global Connect**’ in association with Council for Scientific and Industrial Research, Tamil Nadu Council for Science and Technology, National Bank for Agricultural and Rural Development

WORKSHOPS FOR SELF HELP GROUPS

- **2010** –
 - Preparation of processed fruit and vegetable products conducted in association with National Institute of Food Technology Entrepreneurship and Management, Haryana and Indian Institute of Crop Processing Technology, Thanjavur.
 - Nuances of starting a food business
- **2012** - Preparation of ready to eat foods for small food business ventures

MEMBERSHIPS IN PROFESSIONAL SOCIETIES

- Life Member of the Association of Food Scientists and Technologists (India)
- Life Member of the Indian Dietetic Association
- Life Member of Nutrition Society of India, Western Chapter.

LANGUAGE PROFICIENCY

English	Full Professional Proficiency
Malayalam	Native Proficiency
Hindi	Professional Working Proficiency
Tamil	Professional Working Proficiency

German	Completed Basic Level 1 and Basic Level 2 in German Language course from Max Mueller Bhavan – Goethe Institute, Chennai (2005)
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COMPUTER SKILLS & INTERESTS

Able to use computers and programmes related to

- Preparation of educational content
- Delivery of classes using effective presentations
- E-based searches for research and teaching

An ardent fan of classical arts. Sought training in Carnatic Music and Bharatanatyam. Currently pursuing a Bharatanatyam. Enjoys reading and experimenting with new culinary ideas.

References – On request
(Lakshmi Menon)