

# **UNIVERSITY OF MYSORE**

## **CURRICULUM VITAE**



**Prof. KOMALA M.**

**PROFESSOR AND COURSE COORDINATOR**  
**PG PROGRAM IN HUMAN DEVELOPMENT AND FAMILY**  
**STUDIES**

**FORMER CHAIRPERSON**  
**DEPARTMENT OF STUDIES IN FOOD SCIENCE AND NUTRITION**

**COORDINATOR**  
**MYSORE UNIVERSITY DAY CARE CENTRE**

**MANASAGANGOTRI, MYSURU - 570006**

**&**

**MEMBER, DR B. R. AMBEDKAR FOUNDATION**  
**Ministry of Social Justice and Empowerment**  
**Government of India**

**January 2024**

## Dr. KOMALA M.

<b>Designation and Department Address</b>	<b>Professor of Human Development (AGP 10000/-)</b> (Since 15 <sup>th</sup> July 2019) Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore – 570006
	<b>Former Chairperson</b> (1 <sup>st</sup> March 2021 to 28 <sup>th</sup> Feb 2023) Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore – 570006
	<b>Coordinator</b> Mysore University Day Care Centre (Since Sept 2007 to till date) Manasagangotri Campus, Mysore – 570006
	<b>Course Coordinator</b> PG Program in Human Development and Family Studies (Since 2010-11 to till to date) Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore – 570006
<b>Residential Address</b>	#85, 1 <sup>st</sup> Cross, 1 <sup>st</sup> Main, Bank Employee Colony, Bogadi, Mysore – 570026
<b>E mail Id</b>	komalagangadhar71@gmail.com, mkomala@foodsci.uni-mysore.ac.in
<b>Phone Number</b>	Office: 0821-2419631 Residence: 0821-2411331 Mobile: 09980425919, 09448734996
<b>Date of Birth</b>	05-12-1971
<b>Nationality</b>	Indian

### 1. Academic Qualifications

Degree	Subject	University	Year
B.Sc.	Home Science	University of Mysore	1994
M.Sc.	Human Development	University of Mysore	1996
Ph.D.	Human Development	University of Mysore	2008

### 2. Additional qualification and Training

Sl. No	UGC NET/SLET, Refresher/Orientation Program, and Training program
1.	Qualified at <b>State Level Eligibility Test (SLET)</b> held on 24-09-2000 in the subject Home Science
2.	Participated in <b>1<sup>ST</sup> Refresher Course in Home Science</b> held from <b>28<sup>th</sup> June to 18<sup>th</sup> July 2006</b> organized by U.G.C. Academic Staff College, Bangalore University, Bangalore

3.	Participated in <b>6 days workshop on “Student Counseling”</b> held from <b>19<sup>th</sup> to 24<sup>th</sup> March 2012</b> organized by U.G.C. Academic Staff College, University of Mysore, Mysore
4.	Participated in <b>Refresher Course in Life Sciences</b> held from <b>Feb 12<sup>th</sup> to 4<sup>th</sup> March 2013</b> organized by U.G.C. Academic Staff College, University of Mysore, Mysore
5.	Participated in <b>Refresher Course in Life Sciences</b> held from <b>2<sup>nd</sup> Dec to 22<sup>nd</sup> Dec 2014</b> organized by U.G.C. Academic Staff College, University of Mysore, Mysore
6.	Participated in a <b>Two-day workshop on Academic Administration</b> held from 11 <sup>th</sup> and 12 <sup>th</sup> March 2020 organized by UGC- Human Resource Development, University of Mysore, Mysore

**3. Teaching Experience: 27 years 11 months** [Oct 1996 to date Jan 2024]  
(20 years 11 months as Permanent + 7 years as Temporary Lecturer/Guest faculty)

Program & Institution	Position Held	Duration	No of Teaching Years	Responsibilities
PG Human Development at DOS in Food Science and Nutrition, MGM	Professor (AGP-10000/-)	15 <sup>th</sup> July 2019 – till date	4 years 6 months	PG Teaching, Research, and Guiding for Ph.D. and M.Sc. Dissertation work
	Associate Professor (AGP – 9000/-)	15 <sup>th</sup> July 2016 – 14 <sup>th</sup> July 2019	3 years	
	Assistant Professor (AGP-8000/-)	15 <sup>th</sup> July 2013 – 14 <sup>th</sup> July 2016	3 years	
	Assistant Professor (AGP-7000/-)	15 <sup>th</sup> July 2008 to 14 <sup>th</sup> July 2013	5 years	
	Assistant Professor	11 <sup>th</sup> Feb 2003 – 14 <sup>th</sup> July 2008	5 years 6 months	PG Teaching and Guiding for Dissertation work
	Teaching as a Research Fellow in Human Development (UPG-JRF)	2001 – Feb 2003	2 years	PG Teaching and worked for Ph.D.
UG Food Science & Nutrition at YCM Mysore	Temporary Faculty	July–Oct 1997	4 Months	Undergraduate Teaching
<b>Area of Specialization in Teaching:</b>		Life Span Development, Gerontology, Theories of Human Development, Early Childhood Care and Education, Mental Health, Family Stress, Marriage and Family Relations, Life Skills Education, Scientific Writing, Special and Inclusion Education		

**4. Research Experience: 25 years of Experience** [1998-99 onwards]

Research at PG/Ph.D.	Research Title and Areas
<b>Title of Ph.D. Thesis</b>	“Impact of television on multidimensional aspects of personality in children from selected areas of Mysore” Awarded in 2008

<b>Fellowship Awarded</b>	University Post Graduate Research Fellowship (to SC/ST students), University of Mysore, Mysore Awarded to pursue Ph. D. in Human Development from 2000 to 2003
<b>Title of M.Sc. Dissertation</b>	“A Comparative Study of the Adjustment Problems of Institutionalized And Non-Institutionalized Adolescent Girls” During 1995-96
<b>Research Areas of Interest:</b>	Assessment of growth and development, Behaviour and emotional problems, Health and Nutritional Status, Reproductive Health, Gerontology, Media Impact, Emotional Intelligence, Low birth weight children, Children of Teenage Mothers, and High-risk behaviors of adolescents.

#### 5. Research Project (completed 01 and ongoing 01)

Sl. No.	Position	Title of the Project	Funding Agency	Year
1	Co-Investigator	Bio-Anthropological, Bio-Chemical, and Bio-Ethnic study among the tribal populations of Western Ghats Areas	MHRD, New Delhi (Institute of excellence scheme, University of Mysore)	2009-2013
2	Co-Investigator	Prevalence of Obesity and Selected Metabolic Risk Factors Among the Small Populations Tribes of South India	ICMR Regional Medical Research Centre, Bhubaneswar	2021-2024

#### 6. Research Supervision (Annexure – 1 )

A. Post-Doctoral Fellow	<b>02 Completed</b> [UGC – Radha Krishna Post Doctoral Fellowship (Submitted the report on 29 <sup>th</sup> Mar 2019) and ICSSR PDF from Jan 2021-Jan 2023, Submitted the report on 5 <sup>th</sup> Jan 2023] <b>01 Working (ICSSR PDF) Shortly submit the report</b>
B. Ph.D. Students	Awarded – 05, Submitted – 01, Working – 04, Enrolled – 02
C. M.Sc. Dissertation and Project:	<b>85</b>

#### 7. Research Paper Publications (Annexure-2): 70

	International	National/State	Total
A. Books Published	-	02	02
B. Book Chapters	06	12	18
C. Full Papers Published in Proceedings of the Conference	-	05	05
D. Research Publications in Journals	28	17	45
<b>Total</b>	<b>34</b>	<b>36</b>	<b>70</b>

#### 8. Research Paper Presentations (Annexure – 3): 140

Presentation	International	National/State	Total
Research Paper-Oral Presentation	11	67	78
Research Paper-Poster Presentation	04	58	62
<b>Total</b>	<b>15</b>	<b>125</b>	<b>140</b>

**9. Participation in Seminars/ Workshops/Conferences at National/International level (Annexure – 4):**

<b>Participation</b>	<b>International</b>	<b>National/State</b>	<b>Total</b>
Merely Participated	03	39	42
Paper presented	09	37	
<b>Total</b>	<b>14</b>	<b>86</b>	<b>100</b>

**10. Invited Talk/ Special Lecture (Annexure – 5): 60**

**11. Awards: 08 with Co-authors**

**(Best paper presentation – 02, Best Poster Presentation -02, Mid Career Award-01)**

UGC sponsored the National Conference on ‘Recent Trends in Home Science’ organized by Avinashilingam University, Coimbatore. 6-7<sup>th</sup> March 2017

- 1. Best Paper Presentation Award** for paper on “A Study on Youth Problems in Mysore City” presented by Ramya Bhaskar and **Komala, M.** (Co-author)

UPE Sponsored Silver Jubilee National Seminar on “Risks and resilience across the life span” organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore held on 15<sup>th</sup> and 16<sup>th</sup> March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangotri, Mysore

- 2. Best Paper Presentation Award** for paper on “Teen Pregnancy – A Risk Factor for Physical Growth and Cognitive Abilities of School Children” presented by Ramya Bhaskar and **Komala, M.** (Guide)
- 3. Best Poster Presentation Award** for paper on “Early Intervention Program As Resilience For Developmental Delays In Children” presented by Hemalatha, K.B. and **Komala, M.** (Co-author)
- 4. Best Poster Presentation Award** for paper on “A Study on Risk Factors of Congenital Anomalies” presented by Priyanka A.G, Ramya Bhaskar, and **Komala, M.** (Co-author)

33<sup>rd</sup> Biennial Conference of Home Science Association of India (HSAI) on “Trends for futuristic Development in Home science: Research and Innovation” Jointly organized by Home Science Association of India and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore held on Jan 22<sup>nd</sup> – 24<sup>th</sup> 2020

- 5. Mid-Career Award** for Paper “Physical, Cognitive and Behavioural outcomes of Children Born to Teenage Mothers” presented by Ramya Bhaskar and **Komala, M.** (Guide)

National Conference MY NUTRICON 2022 on the theme “Public Health Aspects OF Nutrition Towards Sustainable Development Goals” held on 8th & 9th December 2022, at JSS Medical College, Mysuru.

- 6. Shivani Rao, Deepa Kannur, and Komala M. Best Paper – oral presentation** in session and overall 2<sup>nd</sup> prize in the Oral competition
- 7. Dr. Prabhavati S. N. and Komala M. – Appreciation Award for Best paper presentation in the session** and overall 1<sup>st</sup> prize in the Oral competition- Student category entitled “Somatic status and nutrient deficiencies in Jenu Kuruba children from ashrama schools of H.D Kote Taluk, Mysore district, at National Conference MY NUTRICON 2022 held on 8th & 9th December 2022, at JSS Medical College, Mysuru.

34<sup>th</sup> Biennial National Conference of Home Science Association of India on Innovation and incubation opportunities in Home Science for Self-Reliant India held on 15<sup>th</sup> – 17<sup>th</sup> December 2022 at St. Teresa’s College, Kochi organized by Home Science Association of India Kerala chapter.

8. Dr. Deepa Kannur and Dr. Komala M. – **Best paper presentation for the research paper entitled “Gender differences in the Nutrition status of under-five children in Jenu Kuruba Tribal Population”**

## 12. Foreign Visits

Year	Organized	Level of Participation	Title of the Program	Financial Assistance
2013	International Union of Anthropological and Ethnological Science organized <b>World Congress</b> – 2013 in the University of Manchester, 5 <sup>th</sup> –10 <sup>th</sup> August 2013	Delegate, Paper presented	“Evolving Humanity, Emerging Worlds”	University of Mysore
2016	At Best Western Elyon Colombo, Srilanka on 21 <sup>st</sup> & 22 <sup>nd</sup> Sept 2016	Delegate, Paper presented	“Science and Technology connecting Health, Management and Society”	Self

## 13. Administrative experience

Position held	Institution	Period
The Chairperson	Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore	1 <sup>st</sup> March 2021 To 28 <sup>th</sup> Feb 2023
The Coordinator	Mysore University Day Care Centre, Manasagangotri, Mysore	Sept 2007 – to date
The Course Coordinator	PG Human Development Program DOS in Food Science and Nutrition Manasagangotri, Mysore	2010-11 – to date

## 14. Member of Committees of the University of Mysore and other Universities

Position held	Name of the Committee	Period/Date
Convener	<b>Advisory Committee</b> of Mysore University Day Care Centre	2008 – to date
Member	<b>Hostel Food Monitoring Committee</b> , University of Mysore, Mysore	2012 -13 2019-20 2022-23
Member	<b>Advisory committee</b> for Ladies Hostels and Woking Women’s Hostel, University of Mysore, Mysore	2013
Member	<b>Selection Committee</b> for selection of Assistant Professor for UGC sponsored B. Voc. Course JSS College, Mysore	Jan 2015

Member	<b>The Review Committee</b> , University of Mysore, Mysore for JSS Autonomous college, Mysore	Nov 2017
Member	<b>Hostel Grievance Committee</b> , University of Mysore, Mysore	2019-20 2022-23
Member	<b>Manasa Exhibition Committee</b> University of Mysore, Mysore	2021
Member	<b>Member</b> , Selection Committee for the promotion of Faculty Members under <b>CAS [Associate Professor (Level-13A) to Professor (Level-14)]</b> in the Department of <b>Home Science</b> , HNB Garhwal University, Srinagar Garhwal, Uttarakhand	February 2023

**15. Member of Academic Bodies of the University of Mysore and other Universities:**

(Member – Faculty of Science, BOS, BOE)

Academic Bodies	Position Held	Period (From-To)	
Faculty of Science and Technology, <b>University of Mysore</b>	Member	2005	till date
Board of Studies in Human Development, <b>University of Mysore</b>	Member	2006	till date
Board of Studies in Home Science (UG), <b>University of Mysore</b>	Member	2016	2019
Board of Studies in Home Science (UG) <b>Maharani's Science College,</b> Autonomous, Mysuru	Member	2018 2023	2021 2
Board of Studies in Home Science <b>Sri Padmavati Mahila University,</b> Tirupati (PG)	Member	2019	2021
Board of Studies in Human Development <b>Mount Carmel College,</b> Autonomous, Bangalore	Member	2019	2019
Board of Studies in Home Science <b>Bangalore City University</b> (UG, PG, Ph.D)	Member	2021	2024
Board of Appointment of Examiner in Human Development, <b>University of Mysore, Mysore</b>	Member	2009	2019
Board of Examination in Human Development (PG), <b>University of Mysore,</b> <b>Mysuru</b>	Chairperson 11 times	Jan 2007	Jan 2008
		Jan 2009	Jan 2010
		Jan 2011	Jan 2012

		Jan 2013	Jan 2021
	Member 5 times	Jan 2005	Jan 2006
		Jan 2006	Jan 2007
		Jan 2008	Jan 2009
		Jan 2010	Jan 2011
Board of Examination in Human Development, <b>S.V. University, Tirupati</b>	Chairperson	2016	2017
Board of Examination in Home Science (PG), <b>Bangalore University</b>	Member 3 times	2011	2012
		2014	2015
		2023	2024

**16. Membership in Academic Societies**

- Indian Science Congress Association, Kolkata – Life Member
- Indian Association of Medical Anthropology – Life Member
- Home Science Association of India – Life Member
- Indian Academy of Social Science – Life Member
- Nutrition Society of India – Life Member

**17. Member of Executive/Editorial Committee/Referee for Journal**

- **Executive committee member** of Home Science Association of India, Baroda from 2021
- **Member of editorial committee** in Apoorv Knowledge – International journal of Multidisciplinary Research, Mumbai.
- **Member of editorial committee** in Pratibimba - Multidisciplinary Kannada Research Journal of Indian Institute of Multidisciplinary Research and Development, Mysuru
- **Referee for International Journal of Educational Sciences**, KRE publishers, New Delhi

**18. Member of National level committee**

- Member, Dr. B. R. Foundation, Dept of Social Justice and Empowerment, Government of India, New Delhi (2023 -2026)

**19. Organization of Program (Seminar/Conference/Workshop)**

<b>2008</b>	<b>1. Organizing Committee Member and Registration Committee Chairperson</b> - UGC Sponsored National Seminar on “Functional Food for Health Promotion and Diseases Prevention” held on 14 <sup>th</sup> -15 <sup>th</sup> February 2008, Mysore organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
<b>2011</b>	<b>2. Organizing Committee Member</b> – Institute of Excellence, University of Mysore sponsored Two-day workshop on “Clinical Research Methods” held on 21 <sup>st</sup> – 22 <sup>nd</sup> Feb 2011, Mysore organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
<b>2013</b>	<b>3. Organizing Committee Member</b> – Institute Of Excellence, University of Mysore sponsored Two-day workshop on “Clinical Research Methods” held



	on March 15 <sup>th</sup> – 16 <sup>th</sup> 2013, Mysore organized by the Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
<b>2014</b>	<b>4. Organizing Secretary</b> – University of Mysore sponsored Two-day National Seminar on “Emerging Health Issues Across The Life Stages” held on March 6 <sup>th</sup> & 7 <sup>th</sup> 2014, Manasagangotri, Mysore organized by Human Development, Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
<b>2015</b>	<b>5. Organizing Committee Member</b> – UGC sponsored one-day National seminar on “Changing Profile of Malnutrition in India” organized by the Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on 9 <sup>th</sup> January 2015
<b>2016</b>	<b>6. Coordinator</b> – One-day workshop on “Application of Statistics in the field of Food Science and Nutrition, and Human Development using Statistical Package for Social Sciences [SPSS]” was organized for Research Scholars and Master Degree Students on 19 <sup>th</sup> November 2016 at the department
	<b>7. Local Convener</b> – Home Science Session, 40 <sup>th</sup> Indian Social Science Congress organized by University of Mysore, Mysuru, and Indian Academy of Social Science on 19 <sup>th</sup> – 23 <sup>rd</sup> Dec 2016
<b>2017</b>	<b>8. Organizing Committee Member</b> - National Conference on “Food-Based Approaches for Translational Nutrition” organized by Nutrition Society of India, Mysore Chapter in Association with Dept. of Food Science and Nutrition, Yuvaraja’s College, (Autonomous) University of Mysore, Mysuru on 12 <sup>th</sup> and 13 <sup>th</sup> April 2017
	<b>9. Coordinator</b> – One-day symposium on “High Risks Infants – Care and Management” organized by Human Development, DOS in Food Science and Nutrition, Manasagangotri, Mysore in collaboration with BGS Apollo Hospital, Mysore on 23 <sup>rd</sup> November 2017
<b>2018</b>	<b>10. Organizing Secretary</b> – UPE Sponsored Silver Jubilee National Seminar on “Risks and resilience across the life span” organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore held on 15 <sup>th</sup> and 16 <sup>th</sup> March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangotri, Mysore
	<b>11. Coordinator</b> – Two-day Workshop on “Basics of Statistics and Its Application using Statistical Package for Social Sciences [SPSS] organized at the DOS in Food Science and Nutrition, Manasagangotri, Mysore on 20 <sup>th</sup> and 21 <sup>st</sup> August 2018
<b>2019</b>	<b>12. Organizing Secretary</b> - Mysore Divisional Level Consultation on Early Childhood Care and Development” organized by UNICEF, Hyderabad, Karnataka Child Rights Observatory, Bengaluru, Human Development wing of DOS in Food Science and Nutrition, University of Mysore, Mysuru, Swami Vivekananda Youth Movement, Saragur and Triton Mysore on 5 <sup>th</sup> March 2019
	<b>13. Coordinator</b> – Two-day Workshop on “Basics of Statistics and Its Application using Statistical Package for Social Sciences [SPSS] organized at the DOS in Food Science and Nutrition, Manasagangotri, Mysore on 6 <sup>th</sup> and 7 <sup>th</sup> December 2019
<b>2020</b>	<b>14. Organizing Secretary</b> - National webinar on “Challenges of Neonatal Care and Infant Protection” organized by the Human Development wing of the Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on 19 <sup>th</sup> and 20 <sup>th</sup> November 2020

<b>2021</b>	<b>15. Organizing Chairperson</b> - Two-day Workshop on “Basics of Statistics and Its Application using Statistical Package for Social Sciences [SPSS] organized at the DOS in Food Science and Nutrition, Manasagangotri, Mysore on 26 <sup>th</sup> and 27 <sup>th</sup> November 2021
<b>2023</b>	<b>16. Organizing chairperson:</b> Three-day workshop on Basic and Advanced Statistical analysis using SPSS on <b>15<sup>th</sup> – 17<sup>th</sup> Feb 2023</b> at the DOS in Food Science and Nutrition, Manasagangotri, Mysore in collaboration with STATSPARKS, Bengaluru
	<b>17. Coordinator:</b> One day workshop on ‘Life Skills – Learning to design life’ for high school students on 16 <sup>th</sup> Sept 2023 at DOS in Food Science and Nutrition, Manasagangotri, Mysuru

## 20. Consultancy Services

- As a Co-ordinator of Mysore University Day Care Centre, **Child guidance services** have been offering to the parents of young children.
- As a Human Development specialist **counseling services** have been offered to the needy P.G. and Research students of the University to overcome their personal, familial, and vocational problems.

## 21. Faculty/Student Related Program Organized

- **Recreational Programme** for Elderly Citizens at Little Sisters for Poor - Home for Aged, Gandhinagar, Mysore has been organized every year as practical work.
- **Exhibitions** on Preschool education/Indigenous creative activities at schools and ICDS centres in and around Mysore city have been organized every year as part of practical work and on request.
- **Parent Education Programme** for parents of the underprivileged section on various issues such as growth and development, health and nutrition, social problems, and rights for women and child has been organized every year as practical work and on request.
- **Commemoration of World Mental health day, World Food day, World Diabetes Day, World Food Safety Day, and World Kidney day** every year as activities of the Human Development and Welfare Association, Nutrition Society

## 22. Other Information

- Written lesson plans for the **certificate course in Pre-school Education (2009) and Diploma Program in Nutrition and Health Education (2013)** of Karnataka State Open University, Manasagangotri, Mysore
- As one of the authors, written the chapters for **Human Development Report – 2014 of Mandya District and Human Development Report – 2014 of Chamarajanagar District** in 2014
- **Recognized Guide for Ph.D. in Human Development** at the University of Mysore (2009 onwards)
- **Chaired and Co-chaired the Scientific Sessions** at International conferences and National Seminars organized by the University of Mysore and Other Universities
- **Reviewed research papers** for the International Journal of Educational Sciences, KRE publishers, New Delhi
- Participated in **Board of Studies Meeting** for finalization of the syllabus of Certificate Programme in Infant Care of Karnataka State Open University, Mukthagangotri, Mysore
- As an examiner /Paper setter and/or as an invigilator involved with **M.Sc. Entrance examination work** of the University of Mysore and Other universities.

- As an Examiner, involved in paper setting, valuation, and practical examination, dissertation valuation work of **M.Sc. Human Development program** of the University of Mysore and other universities.
- As an examiner involved in paper setting and valuation work of **M.Phil. Examination and adjudication** of M.Phil. thesis of other universities
- As an examiner, involved in setting of **Ph.D. entrance examination question papers and adjudication of Ph. D. thesis** of Mysore University and other universities.
- As a **Doctoral Committee Member** participated in the meeting of Ph.D. Registration and Pre-thesis submission of Human Development as well as Food Science and Nutrition Scholars of Mysore University and other Universities
- As a **representative member of the University of Mysore**, participated in the meeting regarding formulating the Child Rights Index organized by Karnataka State Commission for Protection of Child Rights on 8<sup>th</sup> Feb 2018 at Vikas Soudha Bengaluru.

**S/d Dr. Komala M.**

**Title of Research Studies Undertaken for Post-Doctoral Research, Ph. D. Program  
and M.Sc. Dissertations/Projects**

<b>A. Post Doctoral Fellowship – Completed 01+ Working 02</b>	
1.	Physical, Cognitive, and Behavioural Outcomes of Children Born to Teenage Mothers - <b>Dr. Ramya Bhaskar</b> , UGC – Radha Krishna Fellowship – Submitted the report on <b>29<sup>th</sup> March 2019</b>
2.	Determinants of Early Childhood: A study on Jenu Kuruba Tribal Children of Mysore District - <b>Dr. Deepa Kannur</b> , ICSSR Post Doctoral Fellowship – Submitted the report on <b>5<sup>th</sup> Jan 2024</b>
3.	Health, Nutrition and Food Security: An Intervention Study on Jenu Kuruba (Particularly Vulnerable Tribal Group) Children of Mysore District - <b>Dr. Prabhavathi S.N.</b> , ICSSR Post Doctoral Fellowship – shortly submit the report
<b>B. Ph. D. Awarded – 05, Submitted – 01, Working – 04, enrolled – 02</b>	
4.	‘A Study on Reproductive Health and Related Problems among Young Girls of Gadag District’ <b>Sudha S. Rayanagoudar</b> – <b>Awarded Feb 2016</b>
5.	‘A Longitudinal Study on Growth and Development of Low Birth Weight Infants From Selected Areas of Mysore’ <b>Arundhathy M.V.</b> – <b>Awarded Nov 2016</b>
6.	‘Awareness, Attitude, and Practices among Community Health Workers Regarding Early Identification of Developmental Delays In Young Children’ – <b>Vidya L. Rao</b> – <b>Awarded Nov 2017</b>
7.	‘Problem Behaviours, Interpersonal Relationship and Emotional Intelligence among Youth of Bangalore City’ – <b>Sudha A. Rao</b> – <b>Awarded August 2018</b>
8.	Physical and Cognitive Outcomes among School Children Born with Low birth weight – <b>Divyashree H.R.</b> Without fellowship, Registration Date: 27.02.2016
<b>Thesis Submitted - 01</b>	
9.	The Relationship Between Mobile Phone Addiction, Mental Health Problems, And Coping Skills Among College Students – <b>Vijaya U. Patil</b> Without fellowship Registration Date: 03-09-2016 (Submitted the thesis on <b>5<sup>th</sup> Jan 2024</b> )
<b>Working – 04</b>	
10.	Mental Health And High Risk Behaviours of Youth in Mysuru : An Intervention Study – <b>Pavan Kumar S.K.</b> without fellowship, Registration Date: 17-07-2019
11.	Socio-Ecological Factors Associated with Bystanders’ Roles in School Bullying: An Intervention Study - <b>Iqra Mubeen Bala</b> with UGC-JRF Fellowship, Registration Date: 3-02-2021
12.	Effects of Early Intervention on Growth and Developments of Preterm Infants with Developmental Delays – <b>Deepashree P.L.</b> without Fellowship, Registrartion Date: 4-02-2021
13.	Knowledge, Attitude, and Practice of Early Childhood Care and Education Teachers in Creating a Learning Environment to Promote Foundational Literacy and

	Numeracy – An Intervention Study - <b>Swetha Ananda Kumar</b> , without Fellowship, Registration Date: 4-02-2021
<b>Ph.D. Enrolled</b>	
<b>14.</b>	<b>Amaya – Nov 2022</b>
<b>15.</b>	<b>Shwetha Naik - Lead Exposure Jan 2023</b>

**C. M. Sc. Dissertations and Projects Guided – 85**

<b>1999</b>	1. Impact of Non-formal Preschool Education on All-round Development of the Preschool Children in ICDS Centre – Anuradha K.
<b>2000</b>	2. An Evaluation of Use of Mass Media by Adult Women In Semi Urban Area – Deepu N.
	3. Impact of Television on Social Relations – A comparative Study of Rural and Urban Children – Poornima S.
	4. Impact of Television on Behavioural Pattern Of Adolescents At Rural And Urban Areas of Mysore – Roopa A.
<b>2001</b>	5. Evaluation of Fathers Role in Child Rearing – Latha M.V.
	6. Impact of Cinema on Adolescents Attitude and Behaviour Pattern – Rekha G.
<b>2002</b>	7. Dietary Pattern and Personality Development of selected School Children In Rural Areas under “Jeevan Jyothi” – A Family Helper Project – Ramya Bhaskar
<b>2003</b>	8. Effects of Television Viewing on Personality of Teenagers of Mysore City - Mamatha H.
	9. Television Viewing and Its Effects on Study Habits of Teenagers of Mysore City - Shobha S.
<b>2004</b>	10. Influence of Television Viewing on Anxiety of College Students – Jyothi S.
	11. A Study on Learning Difficulty Among School Children in Mysore city – Kavitha
	12. Impact of Television Viewing on Emotional Maturity And Emotional Competencies – Shayeera Khanum
<b>2005</b>	13. Relationship between Emotional Intelligence and Social Intelligence – Mahesh B.V.
	14. Influence of Parenting Style on Problem of Adolescents – Priya M.
<b>2006</b>	15. Influence of Parenting style on Mental Health of Adolescents – Roopa S. Angadi
	16. A study on Relationship Between Emotional Intelligence and Problem of Adolescents – Shashirekha D. Joshi
	17. A Study on Mental Efficiency of Elderly – Shaila R. Bhat
<b>2007</b>	18. A Study on Low Birth Weight and Behavioural Problems in Children at 10 – 13 Years of age - Kokila A
	19. A Study on Mental Health Status of Adolescents in Single Parent Family – Nandini M.
	20. A Study on Nutritional Status and Cognitive Abilities of Hakkipikki Tribal Pre School Children – Shilpa R. Patil

<b>2008</b>	<p>21. Nutritional Status and Cognitive Abilities: A Study on Medar Tribal Pre School Children – Arundhathy M.V.</p> <p>22. A Study on Relationship of Low Birth Weight with Attention Deficit Hyper Active Disorder among School Children – Shruthyshree B.M.</p>
<b>2009</b>	<p>23. Personality and Low Birth Weight : A study on Children at 8 – 12 Years of age – Nanda</p> <p>24. Mental Efficiency in Elderly: A Comparative Study between Institutionalized and Non - Institutionalized – Navya S.</p> <p>25. A Study on Relationship Between Television Viewing, Physical Activity and Obesity among Teenagers – Rashmi Shankar</p>
<b>2010</b>	<p>26. A study on Domestic Violence Against Women in Rural Areas of Mysore – Divyashree H.R. [Project]</p> <p>27. A study on Child Labour on Urban Slum Areas of Mysore – Sandeep T. [Project]</p> <p>28. Facilities for girl Child - A study on Awareness among Mothers of Urban Slum Areas of Mysore – Shek Asiya [Project]</p> <p>29. A study on Attitude and Awareness among Rural mothers Towards Gender Discrimination and Related Laws - Sindhu [Project]</p>
<b>2011</b>	<p>30. Relationship Between Smoking, Drinking, Alcohol and Cognitive function among Young Boys and Adult men of Mysore – Raghav Prasad</p> <p>31. A Study on Reproductive Awareness, Practice and Morbidities among Post Graduate Female Students – Sobiya Ameen</p> <p>32. Study on Problems of Adolescents born to Teenage mothers in Mysore city - Sumaiya Kouser</p>
<b>2012</b>	<p>33. Growth and Behavioural Pattern: A comparative Study Between Single and Siblinged Adolescents – Gifty Joel</p>
<b>2013</b>	<p>34. A Study on Impact of Internet usage on Growth and Multiple Intelligence of Adolescents – Sanatombi Chingangbam</p> <p>35. A Study on Emotional Intelligence of Teenagers Born to Teen and Adult Mothers – Sandeeparaju T.</p>
<b>2014</b>	<p>36. Mobile Phone Addiction and Mental Health of Youth – Vibha S. Tirumalai</p> <p>37. A Study on Health Risk Behaviour Problems Among College Girls – Arombam Sarju Bala Devi</p>
<b>2015</b>	<p>38. Physical growth, Nutritional status and Intelligence among Kunabi School children – Arfa Thabassum</p> <p>39. Physical growth, Nutritional status and Intelligence among Kunabi Pre-school children – Poornima Mathad</p>
<b>2016</b>	<p>40. Perceived Stress And Coping Resources in Families of Mentally Challenged Children – Rashmi, N.</p>
<b>2017</b>	<p>41. and Emotional Intelligence – Sayara Thabassum</p> <p>42. Life skills and Stress – Yashodha</p>
<b>2018</b>	<p>43. Family environment and Marital Adjustment among Young adults – Abhisheka D.L.</p>

	<p>44. Health and Nutritional Status of Women working in Garment Factories in Mysore - Aruna M.S.</p> <p>45. Obesity, Physical Activity and Sleep Problems among Adolescents of Hassan – Sridhara A.S.</p>
<b>2019</b>	<p>46. Relationship between Preschoolers sleep problem and Parenting Stress in Mothers – Bindushree N.</p> <p>47. Personality, Attitude towards Traffic safety and Risk behaviours in Traffic among Youth – Kiran Kumar M.D.</p> <p>48. Relationship between Depression and Resilience among Youth of Mysore – Pavan Kumar S.K</p> <p>49. An Explorative Study on Selfie taking Behaviours and Attitude of Youth in Mysore – Srinivas</p> <p>50. Somatic status, Competence skills, Problem behaviour: A comparative study between Low Birth Weight and Normal Birth Weight Children – Zeba Fathima</p> <p>51. Sleep problems and its Associated Factors Among Pre-Menopausal, Peri-Menopausal and Post-Menopausal Women in Mysuru – Amrutha S.S.</p> <p>52. Attitude towards Retirement, Health, and Well-being among Adults during the pre-retirement and post-retirement period – Ananda L</p> <p>53. Reproductive Health Problems of Obese and Non-Obese Married Young Women – Manasa M.T.</p>
<b>2020</b>	<p>54. Relationship between Body Image, Physical Activity, Problem behaviors and Resilience among Youth’ – Anusha Nijampuram</p> <p>55. Relationship Between Parenting Styles, Family Functioning And Parental Burnout Among Mothers Of School Children - Silveru Mounica</p> <p>56. Reproductive Health Problems of Jenu Kuruba Tribal Women of H D Kote – Suchithra S.</p>
<b>2021</b>	<p>57. Factors associated with developmental delays in preschoolers – Ramya U</p> <p>58. Trainee Teachers’ Knowledge, Attitude, and Practice towards inclusive education - Anusha J.S</p> <p>59. A study on Individual factors associated with bystander behaviors (Roles) in School Bullying- Chandana R.M.</p> <p>60. Selfie Taking Behavior of Youth: An Impact on Mental Health – Chandana A.R.</p> <p>61. Determinants of Body Shaming in Adolescents – Divya R.</p> <p>62. Relationship between caregivers burden, health and functional status of advanced old aged people- Harshitha S.</p> <p>63. Relationship between parental obesity, childhood obesity, lifestyle and behavioral problems in preschool children – Kavyashree. M</p> <p>64. Parenting, Nutritional status, and behavior problems: A study on School children born to teen mothers – Sahana A.V</p> <p>65. Parents' knowledge, attitude and practice towards smartphone usage to academic of their school children – Shilpa. K</p> <p>66. Nutritional status and Cognitive development of Yarava Tribal School Children- Shivani Rao</p>

<b>2022</b>	<p>67. Relationship between high-risk behaviours and coping skills in adolescents of Jenu Kurba Tribe – Lakshmi. L</p> <p>68. Developmental delays in Jenu Kurba Tribe: A comparative study between low birth weight and normal birth weight children – Madhushree. M.P</p> <p>69. Relationship between vocational interests, home environment, and shyness among Jenu Kurba Tribal Adolescents- Pankit Gorawar</p> <p>70. Knowledge, Attitude, and Practice on reproductive health among Jenu Kurba Tribal Married Women- Pooja H.P</p> <p>71. Relationship between mobile phone addiction and mental health of tribal youth – Suma Ganapa Naik</p> <p>72. Nutrition, Mental efficiency and Psychophysiological status of elderly in Jenu Kurba Tribe – Rashmi Priya. C</p> <p>73. Determinants of behavioral problems and Somatic status among Jenu Kurba Tribal Children during Early childhood years- Thanushree C.V.</p> <p>74. Health and Nutritional Status of Lactating Mothers and Their Infants in Tribal Community - Sahana M.</p> <p>75. Health, Nutrition, and Development in Jenu Kuruba Tribal Children (1-3 years) Sahana M.</p> <p>76. Problems and Risk Factors in Pregnant Women in Jenu Kuruba Tribe - Tejaswini Puned</p>
<b>2023</b>	<p>77. Health, Nutrition and Cognitive outcomes in children born to mothers with hypothyroidism during Pregnancy - Pooja</p> <p>78. Health, Nutrition and Behavioural outcomes in children born to mothers with hypothyroidism - Roopa</p> <p>79. Dietary Pattern, Health and Nutrition Status of Children and Adolescents with Down Syndrome - Jhansi</p> <p>80. Health, Food Habits And Motor Functional Abilities Of Children And Adolescents With Cerebral Palsy – Shwetha</p> <p>81. Health, Food Habits, and Daily activities of Physically challenged children - Keerthana</p> <p>82. Post-Stroke Effects on Daily living activity, quality of life and cognitive impairment in middle aged Adults Indira C. N.</p> <p>83. Emotional And Behavioural Problems Among Children And Adolescents With Autism Spectrum disorder – Nikhitha S.</p> <p>84. Relationship between nutritional status and behavioral problems in intellectually challenged children – Nithish Kumar M. S.</p> <p>85. Mental health and coping style of visually impaired adolescents – Sandeep P</p>



**Publications of Books/Book Chapters/Research Articles****Book - 02 & Book Chapters – 18**

<b>A. Books – 02</b>	
<b>2017</b>	1. Jamuna Prakash and <b>Komala M.</b> (Editors) “Emerging Health Issues across Life Stages”. AAYU Publications, New Delhi. 2017, ISBN: 978-93-85161-50-6
<b>2023</b>	2. Ramya Bhaskar and <b>Komala M. (Authors)</b> Children of Teen Mothers: Physical, Cognitive & Behavioural Outcomes, Maya Publishing House, New Delhi, ISBN:9789391642129, 9391642128
<b>B. Book chapters – 18</b>	
<b>2016</b>	<b>Book chapters</b> in edited book by M. Aruna “ <b>Advances in Home Science Studies</b> ” <b>Volume-1</b> , Prestige Book International, New Delhi 2016, ISBN: 978-93-82186-79-3
	1. Arundhathy, M. V. and <b>Komala, M.</b> , “Feeding Practices Among Low Birth Weight And Normal Birth Weight Infants”
	<b>Book chapters</b> in edited book by M. Aruna “ <b>Advances in Home Science Studies</b> ” <b>Volume-2</b> , Prestige Book International, New Delhi 2016, ISBN: 978-93-82186-80-9
	2. <b>Komala M.</b> And Sandeeparaju, H.S. “A Study on Emotional Intelligence Of Teenagers Born To Teen And Adult Mothers” 16 - 21
	3. Ramya Bhaskar and <b>Komala, M.</b> , “Influence of Socio-Economic Status on Protecting Behavior of Parents” 22 - 27
	4. Sandeep, T. and <b>Komala, M.</b> “Child Labour In Urban Slum Areas Of Mysore City”, 28 - 33
	5. Gifty Goel and <b>Komala M.</b> “The Behavioural pattern of Singled and Siblinged Adolescents” 123 - 132
	6. Poornima, H.V., Prakash Padakannaya and <b>Komala, M.</b> “Relationship Between Reading Readiness, Socio-economic Status and Family Environment” 316 - 321
<b>2017</b>	<b>Book Chapters</b> in edited book by Jamuna Prakash and <b>Komala M.</b> “ <b>Emerging Health Issues across Life Stages</b> ”, AAYU Publications, New Delhi. 2017, ISBN: 978-93-85161-50-6
	7. Arundhathy M.V. and <b>Komala M.</b> , “A Longitudinal Study on Physical Growth Pattern of Low Birth Weight Infants” 28-43
	8. Sumaiya Kouser, <b>Komala M.</b> , Ramya Bhaskar and Poornima H.V. “Study on Problems of Adolescents Born to Teenage Mothers in Mysore City”, 82-89
	9. Sandeep T. and <b>Komala M.</b> “Health Risk Behaviors Among Adolescent Boys of Mysore”, 148-158
	10. Raghav Prasad, <b>Komala M.</b> and Poornima H.V. “Smoking and Cognitive Functioning: A Cross Sectional Study Among Males of 15 to 80+ Years of Age in Mysore City”, 211-222

	<p>11. Sobiya Ameen, <b>Komala M.</b> and Sudha S. Rayanagoudar “A Study on Reproductive Morbidities Among Postgraduate Female Students of Mysore”, 239-248</p> <hr/> <p>12. Vibha Tirumalai and <b>Komala M.</b> “Mobile Phone Addiction and Mental Health of Youths: A Pilot Study”, 259-266</p> <hr/> <p>13. Rima Ponnamma, A.S, Ramya Bhaskar and <b>Komala, M</b> “A Study on the Influence of School Environment on the Stress of Adolescents”, 278 – 292</p>
<b>2020</b>	<p><b>Book Chapters in edited book</b> by N. Vasugi, K. Arockia Marichelvi, and Ramya Bhaskar “<b>Development and Well-being across the Lifespan</b>”, Shanga Verlag, Coimbatore, 2020, ISBN: 978-9385604-11-9</p> <hr/> <p>14. Deepashree P.L., <b>Komala M.</b> and Manasa M.T, “Relationship Between Obesity And Problems Of Menstrual Cycle Among Young Women”, 34-40</p> <hr/> <p>15. Divyashree H.R. and <b>Komala M.</b> “Physical Growth And Nutritional Status: A Comparative Study Between Low Birth Weight And Normal Birth Weight School Children” 41- 49</p> <hr/> <p>16. Pavan Kumar S.K. and <b>Komala M.</b> “Relationship Between Depression, Vice Habits And Resilience In Youth Of Mysuru City”, 130-137</p>
<b>2021</b>	<p><b>Book Chapter in edited book</b> by Sandeep Rout, Udit Nandan Mishra, and Rupak Jena “<b>Interdisciplinary Approaches in Agriculture and Forestry</b>”, Taran Publication, Ambala, Hariyana, 2021, ISBN 978-93-92313-22-6</p> <p>17. Prabhavati S. N. and <b>Komala M.</b> “Reducing Post Harvest Loss in Cereals and Pulses for Strengthening Food and Nutrition Security”, 342-348</p>
<b>2023</b>	<p><b>Book chapter</b> in edited book by Rakesh Yonzone and Maimom Soniya Devi “<b>Innovative Approaches in plant protection</b>”, Prakhar Goonj Publication, Delhi-110089, ISBN:9788196097011, 8196097018</p> <p>18. Prabhavati S. N. and <b>Komala M.</b> “Innovative packaging strategies for reducing Post-harvest losses in fruits and vegetables”</p>

### C. Full papers Published in Proceedings of the Conference/Seminar/Symposium

<b>2008</b>	<p><b>UGC Sponsored National Seminar on “Resolving Stress To Optimize Academic Achievement – The Innovative Role Of Teachers”</b> organized by The Department of Family and Community Science, St. Teresa’s College, Ernakulam on 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> November 2008 at Ernakulam</p> <p>1. <b>Komala, M.</b> and Rudramma, “A Study On Association Of Television Viewing With Stress And Academic Performance Of Children”</p> <hr/> <p>2. Ramya Bhaskar, <b>Komala, M.</b> and Rudramma, “Study on Relationship between stress and adjustment among Adolescents”</p>
<b>2009</b>	<p><b>Proceedings of UGC Sponsored National Conference on “Role Of Home Science Education And Interdisciplinary Subjects Towards Promoting Health For All”</b> organized by Smt V.H.D. Central Institute of Home Science on 23<sup>rd</sup> and 24<sup>th</sup> July 2009 at Jnanajyothi Auditorium, Central College campus, Bangalore.</p> <p>3. <b>Komala M.</b> and Rudramma, “Influence of Television viewing on Mental Health of Children”</p> <hr/> <p>4. Ramya Bhaskar, <b>Komala, M.</b> Chaitra, K.V. and Shashikala Puttaraj, “The role of Mid Day Meal Programme in Promoting Health of School Children”</p>

<b>2020</b>	<p><b>E-proceedings of “33<sup>rd</sup> Biennial Conference of Home Science Association of India (HSAI) – Trends for futuristic Development in Home science: Research and Innovation”</b> jointly organized by Home Science Association of India and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on Jan 22<sup>nd</sup> -24<sup>th</sup> 2020</p> <p>5. Pavan Kumar S.K. and <b>Komala M.</b> “Relationship Between Depression, Vice Habits And Resilience In Youth Of Mysuru City”,</p>
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**D. Research Paper Publications in Journals – 45 [International–28 & National-17]**

<b>International Journals</b>	
<b>2003</b>	1. K.N. Anuradha and <b>M. Komala</b> , “Influence of Infrastructural Facilities in Anganwadis on Promoting the All round Development of Preschool Children”, <b>Journal of Human Ecology</b> , International Interdisciplinary Journal of Environment Relationship, July 2003, Volume 14, Number 4, 287-290.
<b>2011</b>	2. Shivaprasad, H.S. Gangadhar M.R. <b>Komala M.</b> And Malini, S.S. “Awareness and Significance of Health, Sexual diseases, Genetic Disorders and Dietetic issues among tribal women of India” <b>World Journal of Life Science And Medical Research</b> , 2011:1(5) 99-109
<b>2012</b>	3. Shivaprasad H.S, Sreenivasa G, Gangadhar M.R. <b>Komala M.</b> Mohsen Najafi and Suttur S. Malini, “Phenythiocarbamide (PTC) as a Genetic Marker – A Comparative Taste Sensitivity Study Among Siddhi Tribes (African Descents) and Urban Group of South West Karnataka, India” <b>Journal of Pharmacy Research – An International Peer Review Journal</b> 2012: Vol. 5(12), 5350-5353 <b>Impact Factor TM (India): 2.667</b>
<b>2014</b>	4. Ramya Bhaskar, Rudramma and <b>M. Komala</b> , “Sexual Tendency and Adjustment among the Adolescents of Mysore City of India” <b>International Journal of Interdisciplinary and Multidisciplinary Studies (IJIMS)</b> , 2014, Vol. 2 (2), 39-42, <b>UO Impact factor: 1.36</b>
	5. Ramya Bhaskar, Rudramma and <b>M. Komala</b> , “Study on Relationship between Stress and Adjustment among Adolescents” <b>International Journal of Interdisciplinary and Multidisciplinary studies</b> , 2014: Vol. 2 (1), 62-67, <b>UO Impact factor: 1.36</b>
	6. Rashmi Shankar and <b>M. Komala</b> , “A Study on Relationship Between Lifestyle factors and Obesity Among teenagers of Mysore” <b>Asian Mirror – International Journal of Research</b> , 2014: Vol. 1(3), 99-111
<b>2015</b>	7. Sudha S. Rayanagoudar and <b>Komala M.</b> Parental Involvement in Dealing with Reproductive Health Issues among Young Girls, <b>International Journal of Interdisciplinary and Multidisciplinary Studies</b> , 2015: Vol 2 (10): 1-10 <b>Impact Factor: 5.72</b>
	8. Ramya Bhaskar and <b>Komala M</b> “Influence of socio economic status on protecting behavior of parents” <b>International Journal of Multidisciplinary Research and Development</b> , Oct 2015; Vol 2,(10): 648-651, <b>Impact Factor: 5.742</b>

	9. Aundhathy M.V. and <b>Komala M.</b> “Feeding Practices among Low Birth Weight and Normal Birth Weight Infants”, <b>The Researchers’ – The international Journal of Research</b> , November, 2015; Vol. 1 (1): 57-67
	10. <b>Komala M.</b> and Sandeeparaju H.S. “A Study on Emotional Intelligence Of Teenagers Born To Teen And Adult Mothers”, <b>International Journal of Multidisciplinary Research and Development</b> Nov. 2015, Vol 2 (11) : 382-387 <b>Impact Factor: 5.72</b>
	11. Sandeep T and <b>Komala M.</b> A Study on Child Labour in Urban Slum Areas of Mysore City, <b>The Researchers’ - International Journal of Research, Special Issue</b> - December, 2015: Vol.1 (2): 31 – 38 <b>Impact Factor 4.98</b>
	12. Sudha S. Rayanagoudar and <b>M. Komala</b> , “Nutritional Status of Young Girls of Gadag District” <b>Asian Mirror – International Journal of Research</b> , February 2015: Vol. 2(1): 13-20
<b>2016</b>	13. Arundhathy, M.V. and <b>Komala M.</b> “Nutritional Status of Low Birth Weight Infants: A Longitudinal Study in Mysore City, Karnataka” <b>Asian Mirror - International Journal of Research</b> , March 2016; Vol 3(1): 59-70
	14. Vidya L. Rao. and <b>Komala M.</b> “The Awareness among Anganwadi Workers about Children with Developmental Delays” <b>Asian Mirror - International Journal of Research</b> , June 2016; Vol 3(2): 73-84
	15. Vidya L. Rao. and <b>Komala M.</b> “Attitudes of Community Health Workers toward Children with Developmental Delays” <b>Asian Mirror - International Journal of Research</b> , June 2016; Vol 3(2): 1-16
<b>2017</b>	16. Sudha A Rao and <b>Komala M.</b> Problem Behaviours and Associated Factors among Youth in Bangalore City, India. <b>International Journal of Indian Psychology</b> , July-September 2017. Vol. 4 (4): 149-161 <b>Impact Factor: MIAR(Information Matrix for the Analysis of Journals)-3.6</b>
	17. Sudha A Rao and <b>Komala M.</b> Emotional Intelligence and Gender Differences: A Study among the Youth in Bangalore City, India. <b>International Journal of Indian Psychology</b> , July-September 2017. Vol. 4 (4): 32-40, <b>Impact Factor: MIAR(Information Matrix for the Analysis of Journals)-3.6</b>
<b>2018</b>	18. Ramya Bhaskar and <b>Komala M.</b> A study on relationship between school environment and Academic performance of Adolescent students. <b>Asian Journal of Multidimensional research</b> [Double blind refereed and Reviewed International Journal, UGC approved journal], February 2018, spl-2, ISSN:2278-4853, Vol 7(2): 642-650 <b>Impact Factor: SJIF=4.708</b>
<b>2019</b>	19. Vijaya U. Patil and <b>Komala M.</b> ‘Mobile Phone Usage and Mental Health Of College Students: A Literature Review’, <b>International Journal of Research in Commerce, IT and Management</b> , March 2019, Vol. 9 (3): 9-12, ISSN 2231-5756
	20. Ramya Bhaskar and <b>Komala M.</b> Children of Teen Mothers –Risks and Challenges, <b>International Journal of Innovative Knowledge Concepts</b> , March 2019, ISSN: 2454-2415, Vol 7(3): 147-150

	21. Vijaya U. Patil and Dr. Komala M. (2019), Mobile phone usage and mental health of College Students: A literature review, <i>International Journal of Research in Commerce, IT &amp; Management</i> , 9(3), 9-12. ISSN:2231-5756.
2021	22. Divyashree H.R. and <b>Komala M.</b> Cognitive Abilities of Low Birth Weight and Normal Birth Weight School Children: A Comparative study, <b>International Journal of Creative Research Thoughts, An International Open Access, Peer Reviewed, Refereed Journal</b> , ISSN: 2320-2882, October 2021, Vol 9 (10): 255-261
	23. Divyashree H.R. and <b>Komala M.</b> Physical growth and Nutrition Status of Low Birth Weight and Normal Birth Weight School Children: A Comparative study, <b>International Journal of Creative Research Thoughts, An International Open Access, Peer Reviewed, Refereed Journal</b> , ISSN: 2320-2882, October 2021, Vol 9(10): 321-328
	24. Iqra Mubeen Bala and <b>Komala M.</b> The Witness of Darkness – A Review on Factors Associated with Bystanders’ Behaviours in School Bullying, <b>Journal of Emerging Technologies and Innovative Research, An International Scholarly Open Access, Peer Reviewed Refereed Journal</b> , December 2021, ISSN: 2349-5162, Vol 8 (12): 750-758
2022	25. Iqra Mubeen Bala and <b>Komala M.</b> The Shades of Darkness: An Exploratory Study on Participant Roles in School Bullying among Adolescents in Mysore City, <b>International Journal of Novel Research and Development (IJNRD), Peer Reviewed Refereed Journal</b> , September 2022, ISSN: 2456-4184, Vol 7(12): 884-892
2023	26. Nijamapuram Anusha, Iqra Mubeen Bala and <b>Komala M.</b> Unravelling: A study to explore the intricate relationship between problem behaviours and Resilience in Youth. <b>The International journal of Indian Psychology</b> , 2023, September, Volume 11, Issue 3, page no. 4477- 4488, ISSN: 2348-5396. DOI: <a href="https://doi.org/10.25215/1103.417">https://doi.org/10.25215/1103.417</a>
	27. Divya R., Iqra Mubeen Bala and <b>Komala M.</b> Body Appearances: A Comparative analysis on Gender differences in Body shaming among adolescents. <b>The International journal of Indian Psychology</b> , 2023, December, Volume 11, Issue 4, page no. ISSN: 2348-5396. DOI: <a href="https://doi.org/10.25215/1104.096">https://doi.org/10.25215/1104.096</a>
	28. Vijaya U Patil, <b>Komala M</b> , and Nithin Hosmelkar, Ramadhanyacharithhe: Millets in Dasa Sahitya (Kannada Dasa Literature), <i>International Journal of research and analytical reviews</i> , 2023, September, Vol 10(3): 128-131, <a href="http://doi.one/10.1729/Journal.36211">http://doi.one/10.1729/Journal.36211</a>
<b>Research Paper Publications – National Journals – 17</b>	
2002	29. K.N. Anuradha and <b>M. Komala</b> , “Impact of Non-formal Education on All round Development of Preschool Children”, <b>Journal of Social Sciences Interdisciplinary Reflection of Contemporary Society</b> , January, 2002, Volume 6, Number 1, 21-23.
2008	30. <b>Komala, M.</b> and Rudramma “Physical Growth And Nutritional Status Of School Children Of Mysore” <b>Man and Life</b> , 2008, Vol. 34 (3-4), pp 79-84

2009	31. Ramya Bhaskar and <b>M. Komala</b> , , “A Study On The Quality Of Life And Life Satisfaction Among The Senior Citizens In Mysore City” <b>Man and Life</b> , 2009 , Vol. 35 (3-4), Pp 65-72
	32. <b>Komala, M.</b> and Rudramma, “A Study On Association Of Television Viewing With Stress And Academic Performance Of Children” <b>Man and Life</b> . 2009, Vol. 35 (3-4), Pp 73-80
2010	33. Nandini M, <b>Komala M.</b> And Ramya Bhaskar, “A Study On Mental Health Status Of Teenagers In Single Parent Families” <b>Man and Life</b> 2010, Vol. 36 (3-4), Pp 157-164
	34. Shivaprasad, H.S., Gangadhar M.R. Malini, S.S., Shivabasavaih and <b>Komala M.</b> “An outlook on the health status of tribal population in India” <b>Man and Life</b> 2010, Vol. 36 (3-4), Pp 165-174
2012	35. Jyothi, R. And <b>Komala M.</b> “Influence of Television Viewing on Anxiety of College students” <b>Frontier Anthropology</b> , 2012: Vol. 1, 73-78
	36. Ramya Bhaskar, Anjali B. U. and <b>Komala, M.</b> “A Study on Sexual Attitudes of Youth in Mysore Taluk” <b>J. Psychosoc. Res.</b> 2012. Vol. 7(1) 95-100
2013	37. M.R. Gangadhar, <b>Komala M.</b> and S.C. Jaiprabhakar, “Health Care Practices Among the Hakkipikkis: A Tribal Population of Mysore District, Karnataka” <b>Man and Life</b> , 2013: Vol. 39 (3-4), 23-30
2018	38. Deepashree P.L, <b>Komala M.</b> and Chandramati P., “Awareness among Physically challenged on their Rights, Provisions and Concessions” my Society, Biannual Refereed Arts journal of the University of Mysore, 2018-19, March-Aug, September-February, Vol. 12 (1-2): 18-25
	39. Divyashree H,R. and <b>Komala M.</b> , “Domestic Violence Against women in Rural Area of Mysore” my Society, Biannual Refereed Arts journal of the University of Mysore, 2018-19, March-Aug, September-February, Vol. 12 (1-2):26-36
2019	40. Sowmya, <b>Komala M.</b> and Gangadhar M.R. “Menarche and Menopause among the Hakkipikki Tribal Women of Pakshirajapura in Mysore District”, my Society, Biannual Refereed Arts Journal of the University of Mysore, 2019-20, March-Aug, Vol. 13 (1):115-118
2020	41. Azhole Thirah, M.R. Gangadhar, <b>Komala M.</b> and Jai Prabhakar S.C. “Anemia and Hemoglobin level in Angamis Children of Kohima District, Nagaland” <i>Indian Journal of Research in Anthropology</i> , 2020, July–December, Vol 6 (2): 45-50
2023	42. Iqra Mubeen Bala, Chandana R.M, and <b>Komala M.</b> Closer- inspecting the Gender differences in Participant Roles of Bystanders in School Bullying: A study in Mysore City, India,. <i>Journal of Emerging Technologies and Innovative Research (JETIR)</i> , June 2023, Vol 10 (6): 33-42, ISSN-2439-5162. Impact Factor=7.95 Indexed in google scholar, <a href="http://www.jetir.org/papers/JETIR2306304.pdf">http://www.jetir.org/papers/JETIR2306304.pdf</a>
	43. Vijaya U. Patil and <b>Dr. Komala M.</b> , Mobile Phone Addiction Among College Students: An Explorative Study in Ankola. <i>Annals of the</i>

	Bhandarkar Oriental Research Institute, Jan 2024, Volume-C, Issue-10,48-60. (UGC Care Listed Group -I Journal), ISSN:0378-1143
44.	Vijaya U. Patil and Dr. Komala M, Bridging minds and emotions: navigating the anxiety, depression, and stress spectrum among Ankola’s degree college students. Annals of the Bhandarkar Oriental Research Institute, 2023, Volume-C, Issue-12,98-109. (UGC Care Listed Group-I Journal). ISSN:0378-1143
45.	Vijaya U. Patil and Dr. Komala M. Unveiling the prevalence of mobile addiction among college students of Ankola. <b>International Journal of Emerging Technologies and Innovative Research</b> , (www.jetir.org   UGC and ISSN Approved), July 2023, 10(7), c144 – c151. ISSN: 2349-5162. <a href="http://www.jetir.org/papers/JETIR2307215.pdf">http://www.jetir.org/papers/JETIR2307215.pdf</a>
46.	Prabhavati S. N. and Komala M. Prevalence of Anemia among Jenu Kuruba Ashram school children of HD Kote taluk of Mysore District, Juni Khyat. (UGC Care Group 1 listed Journal), August 2023, 13(8): 45-53, ISSN 2278-4632
47.	Kannur D. and Komala M. Impact of Maternal Factors on Nutrition Status in Jenu Kuruba Children, Juni Khyat. (UGC Care Group 1 listed Journal), 13(8): 160-165, ISSN
48.	Prabhavati S. N. and Komala M., Somatic Status and Nutrient Deficiencies in Jenu Kuruba children from Ashram Schools of HD Kote Taluk of Mysuru District, Juni Khyat. (UGC Care Group 1 listed Journal), Dec 2023, 13(12):
49.	Kannur D. and Dr. Komala M., Feeding Practices and Nutritional Status of Under-five Children in Jenu Kuruba Tribal Population, Juni Khyat (UGC Care Group 1 listed Journal), December 2023, Vol 13(12) 03: 34-42, ISSN: 2278-4632,

**Papers Presented in Conference/Seminar/Symposium :****International: 16 [Oral-12+Poster-04]**

<b>2005</b>	1.	Participated and Presented a paper at <b>International conference on Health Sciences on the theme “Integrated Healthcare towards Global Wellbeing”</b> organized by JSS Mahavidyapeetha, Mysore on 25 <sup>th</sup> – 26 <sup>th</sup> February 2005 at JSS Medical College Campus at Mysore.	
		1. <b>Komala, M.</b> , and Jyothi R., “Anxiety Among College Students”	<b>Poster</b>
<b>2007</b>	2.	Participated and Presented a paper at the <b>Fifth Regional Conference of International Union for Health Promotion and Education – South East Asia Regional Bureau on the theme “Youth’s Health – Nation’s Wealth”</b> held on 21 <sup>st</sup> – 22 <sup>nd</sup> April 2007 at Bangalore.	
		2. <b>Komala, M.</b> and Roopa S. Angadi, “Relationship Between Adolescents’ Perceived Parenting Styles and their Mental Health Status”	<b>Oral</b>
<b>2008</b>	3.	Participated and Presented two papers in the <b>International Symposium and Conference of Gerontology and Geriatrics and 14<sup>th</sup> Biennial Meeting of the Association of Gerontology (India)</b> organized by the Centre for Research on Ageing, Department of Psychology, Sri Venkateshwara University, Tirupati on 16 <sup>th</sup> – 18 <sup>th</sup> December 2008 at Tirupati.	
		3. <b>Komala, M.</b> and Shaila R. Bhat, “A Study on Mental Efficiency of Elderly People of Mysore City”	<b>Oral</b>
		4. Ramya Bhaskar, and <b>Komala, M.</b> , “A study on quality of life and life satisfaction among Senior citizens of Mysore City”	<b>Oral</b>
<b>2013</b>	4.	Participated and Presented a paper in the <b>International Union of Anthropological and Ethnological Science organized 17<sup>th</sup> World Conference 2013 on “Evolving Humanity, Emerging worlds”</b> at the University of Manchester, 5 <sup>th</sup> – 10 <sup>th</sup> August 2013	
		5. <b>Komala M.</b> and Rashmi Shankar, “A Study On Relationship Between Life Style Factors And Obesity Among Teenagers of Mysore”	<b>Oral</b>
<b>2015</b>	5.	Participated, Presented 6 papers, and chaired a session in UGC Sponsored <b>International Conference on “Advanced Home Science Studies”</b> organized by Sri Padmavathy Mahila University, Tirupati on 20 <sup>th</sup> -21 <sup>st</sup> Feb 2015	
		6. Komala M. And Sandeeparaju, H.S. “A Study on Emotional Intelligence of Teenagers Born To Teen and Adult Mothers”	<b>Oral</b>
		7. Ramya Bhaskar and <b>Komala, M.</b> , “Influence of Socio-Economic Status on Protecting Behavior of Parents”	<b>Oral</b>



		8. Arundhathy, M. V. and <b>Komala, M.</b> , “Feeding Practices Among Low Birth Weight And Normal Birth Weight Infants”	<b>Oral</b>
		9. Sandeep, T. and <b>Komala, M.</b> “Child Labour In Urban Slum Areas Of Mysore City”	<b>Oral</b>
		10. Gifty Goel and <b>Komala M.</b> “The Behavioural pattern of Singled and Siblinged Adolescents”	<b>Poster</b>
		11. Poornima, H.V., Prakash Padakannaya and <b>Komala, M.</b> “Relationship Between Reading Readiness, Socio-economic Status and Family Environment”	<b>Poster</b>
<b>2016</b>	6.	Participated and Presented a paper at the <b>3<sup>rd</sup> International Conference on “Science and Technology connecting Health, Management, and Society”</b> organized on 21 <sup>st</sup> – 23 <sup>rd</sup> September 2016 in Western Helyon, Colombo, Srilanka	
		12. <b>Komala M.</b> and Arundhathy M.V. “Maternal Risk Factors Associated with Low Birth Weight Infants of Mysore”	<b>Oral</b>
<b>2018</b>	7.	Participated and presented a paper in the <b>50<sup>th</sup> Annual International Conference of the Nutrition Society of India on “India’s Transition from Food Security to Nutrition Security”</b> organized by ICMR-National Institute of Nutrition, Hyderabad, Telangana State on 3 <sup>rd</sup> & 4 <sup>th</sup> November 2018	
		13. <b>Komala M.,</b> Sridhara A.S. and Santhosh C.D. “The Relationship between Sleep duration and Obesity among Adolescents”	<b>Poster</b>
<b>2021</b>	8.	Participated as a Resource person and presented a paper in the <b>international webinar on “Women and Family well-being” organized by PG Dept of Home Science, Berhampur University, Odisha on 13<sup>th</sup> March 2021</b>	<b>Oral</b>
		14. <b>Komala M.</b> “ <b>Reproductive Risks and Resilience factors for women</b> ”	
<b>2023</b>	9.	Coauthor of Paper presented at 7th International conference on <b>Innovative approaches in basic and applied sciences for social development</b> organized by Govind Ballabh Pant University of Agriculture and Technology held at Panthnagar, U.S. Nagar, Uttarakhand, India on 24th-25th March 2023.	<b>Oral</b>
		15. Deepa Kannur and <b>Komala M</b> “Innovative stimulating activities for cognitive development of young children in Jenu Kuruba tribal population: An intervention study” t	
	10.	Coauthor of Paper presented at International Conference on Resilient Futures: Adapting to Climate Variabilities in Agriculture, Economy, and Environment organized by SCVB Govt College Palampur, (H.P) held on Dec 29 <sup>th</sup> 2023 in Hybrid mode	<b>Oral</b>

		16. Vijaya U. Patil and <b>Komala M.</b> , Prevalence of Mental Health Problems among College Students	
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**National: 125 [Oral-67+Poster-58]**

<b>2002</b>	11.	Participated and presented a paper in <b>UGC National Seminar on “Women and Development”</b> held on March 14 <sup>TH</sup> & 15 <sup>TH</sup> 2002 at Tirupati organized by the Department of Home Science And Centre for Extension Studies, Sri Venkateshwara University, Tirupati.	<b>National</b>
	17.	Deepu N., <b>Komala, M.</b> and Rudramma, “An Evaluation of the Use of Mass Media by Adult Women in Semi-Urban Area of Mysore District”	<b>Oral</b>
<b>2003</b>	12.	Participated and Presented a poster in the <b>90<sup>th</sup> Indian Science Congress Section: Anthropological and Behavioural Sciences</b> organized by Indian Science Congress, Bangalore University, Indian Space Research Organization, Confederation of Indian Industry, Bangalore, at Bangalore University on 3 <sup>rd</sup> -7 <sup>th</sup> January 2003.	<b>National</b>
	18.	<b>Komala, M.</b> and Rudramma “Adjustment Problems of Adolescent: A Comparison Between Institutionalized and Non- Institutionalized Girls”	<b>Poster</b>
<b>2004</b>	13.	Participated and Presented Posters in 91 <sup>ST</sup> Indian Science Congress, Section: Anthropological and Behavioral Sciences organized by Indian Science Congress Association, Punjab University And Institute of Microbial Technology on 3 <sup>rd</sup> - 7 <sup>th</sup> January 2004 at Punjab University, Chandigarh.	<b>National</b>
	19.	<b>Komala, M.</b> Shobha. S. and Rudramma “Influence of Television Viewing on Study Habits of College Students”	<b>Poster</b>
	14.	Participated and Presented a poster in XXXVI Annual meet of Nutrition Society of India organized by Nutritional Society of India and Department of Studies in Food Science and Nutrition, the University of Mysore at Mysore on 5 <sup>TH</sup> and 6 <sup>TH</sup> November 2004	<b>National</b>
	20.	Ramya Bhaskar, <b>Komala, M.</b> Rudramma, and Shashikala Puttaraj, “Nutritional and Personality Assessment of School Children – The beneficiaries of A Family Helper Project”	<b>Poster</b>
<b>2005</b>	15.	Participated and Presented a poster in 92 <sup>nd</sup> Indian Science Congress, Section: Anthropological and Behavioral Sciences organized by Indian Science Congress Association, Nirma University And National Institute of Occupational Health, Ahmedabad at Nirma University, Ahmadabad on 3 <sup>rd</sup> -7 <sup>th</sup> January 2005.	<b>National</b>
	21.	Kavitha, <b>Komala, M.</b> and Rudramma “Role of Home Environmental Stimulation in Child’s Learning”	<b>Poster</b>

		22. Ramya Bhaskar, <b>Komala, M.</b> and Rudramma “The Relationship between Body type and Personality: A Study on School Age Children of Chamarajanagar in Karnataka	<b>Poster</b>
<b>2006</b>	16.	Participated and Presented a poster in 93 <sup>rd</sup> Indian Science Congress, Section: ‘Anthropological and Behavioral Sciences held on 3 <sup>rd</sup> -7 <sup>th</sup> January 2006 at Hyderabad organized by The Indian Science Congress Association and N.G. Ranga Agricultural University, Hyderabad.	<b>National</b>
		23. <b>Komala, M.</b> and Mahesh Sharma B.V., “A Study on Emotional Intelligence in Relation to Gender Difference among the Adolescents of Mysore”	<b>Poster</b>
		24. <b>Komala, M.</b> and Jyothi, R., “Influence of Television Viewing on Anxiety of College Students.”	<b>Poster</b>
	17.	Participated and presented paper in <b><u>Southern Regional Consultation Meet on “Adolescent Guidance Services”</u></b> organized by NIPCCD, Southern Regional Centre, Bangalore on 22 <sup>nd</sup> -23 <sup>rd</sup> March 2006 at NIPCCD premises, Bangalore.	<b>National</b>
		25. <b>Komala, M.</b> and Roopa S. Angadi “Mental Health Status of Adolescents”	<b>Oral</b>
<b>2007</b>	18.	Participated and Presented a poster in 94 <sup>TH</sup> Indian Science Congress, Section: ‘Anthropological and Behavioural Science held on 3 <sup>rd</sup> -7 <sup>th</sup> January 2007 at Chidambaram organized by The Indian Science Congress Association and Annamalai Deemed University, Chidambaram.	<b>National</b>
		26. <b>Komala, M.</b> and Roopa S. Angadi, “Relationship between Parenting and Mental Health Status of Adolescents”	<b>Poster</b>
	19.	Participated and presented papers in <b><u>National Conference on Quality assurance in ODL institutions</u></b> organized by Karnataka Open University, Manasagangotri, Mysore on 3 <sup>rd</sup> – 5 <sup>th</sup> March 2007	<b>National</b>
		27. <b>Komala, M.,</b> Shobha S. and Rudramma “Television Viewing and Study Habits – A Study Among the College Students”	<b>Oral</b>
	20.	Participated and presented paper in <b><u>National Conference on “Medical Anthropology and Health Sciences”</u></b> organized by Society for Indian Medical Anthropology on 29 <sup>th</sup> to 30 <sup>th</sup> November 2007 at Anthropological Survey of India, Mysore.	<b>National</b>
		28. <b>Komala, M.</b> and Shilpa R. Patil “Nutritional Status of Hakkipikki Tribal Preschool Children”	<b>Oral</b>
<b>2008</b>	21.	Participated and Presented posters in UGC National Seminar on “Functional Food for Health Promotion and Diseases Prevention” organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on 14 <sup>th</sup> – 15 <sup>th</sup> February 2008 at Mysore.	

		29. <b>Komala M.</b> and Rudramma, “A study on Environmental Factors Associated With Childhood Obesity”	<b>Poster</b>
		30. Shilpa R. Patil and <b>Komala M.</b> , “Relationship between Nutritional Status and Cognitive Abilities: A Study on Hakkipikki Tribal Preschool Children”	<b>Poster</b>
	22.	Participated and presented paper in <b><u>3<sup>RD</sup> Indian Anthropological Inter-Congress on “Man and Environment: The South Asian Perspective”</u></b> organized by Department of Anthropology, Punjab University, Chandigarh and Indian National Confederation and Academy of Anthropologists on 21 <sup>st</sup> -23 <sup>rd</sup> February 2008 at Chandigarh.	<b>National</b>
		31. <b>Komala, M.</b> and Rudramma, “Television Viewing – An Environmental Risk Factor For Childhood Obesity”	<b>Oral</b>
	23.	Participated and presented papers in <b><u>UGC Sponsored National Seminar on “Resolving Stress To Optimize Academic Achievement – The Innovative Role Of Teachers”</u></b> organized by The Department of Family and Community Science, St. Teresa’s College, Ernakulam on 12 <sup>th</sup> , 13 <sup>th</sup> and 14 <sup>th</sup> November 2008 at Ernakulam	<b>National</b>
		32. <b>Komala, M.</b> and Rudramma, “A Study On Association Of Television Viewing With Stress And Academic Performance Of Children”	<b>Oral</b>
		33. Ramya Bhaskar, <b>Komala, M.</b> and Rudramma, “Study on Relationship between stress and adjustment among Adolescents”	<b>Oral</b>
<b>2009</b>	24.	Participated and presented papers in <b><u>UGC Sponsored National Conference on “Role Of Home Science Education And Interdisciplinary Subjects Towards Promoting Health For All”</u></b> organized by Smt V.H.D. Central Institute of Home Science on 23 <sup>rd</sup> and 24 <sup>th</sup> July 2009 at Jnanajyothi Auditorium, Central College campus, Bangalore.	<b>National</b>
		34. <b>Komala M.</b> and Rudramma, “Influence of Television viewing on Mental Health of Children”	<b>Oral</b>
		35. Ramya Bhaskar, <b>Komala, M.</b> Chaitra, K.V. and Shashikala Puttaraj, “The role of Mid Day Meal Programme in Promoting Health of School Children”	<b>Oral</b>
<b>2010</b>	25.	Presented papers in <b><u>National Conference on ‘Sexuality and Psychology’</u></b> organized by Dept of Post Graduation studies and Research in Psychology, Sri. Darmasthala Manjunatheshwara College (Autonomus), Ujjare, Dakshina Kannada on 29 <sup>th</sup> and 30 <sup>th</sup> January 2010	<b>National</b>
		36. Ramya Bhaskar, Anjali, B.U. and <b>Komala M.</b> , “A Study on Sexual Attitudes of Youth in Mysore Taluk”	<b>Oral</b>
		37. Ramya Bhaskar, Rudramma, Arundathy M V, and <b>Komala M.</b> , “Sexual Tendency and Adjustment among the Adolescents of Mysore City”	<b>Oral</b>

	26.	Participated and presented papers in <b><u>Second National Conference of SIMA</u></b> organized by Society for Indian Medical Anthropology, Mysore and Department of Anthropology, Kannada University, Hampi on “India’s Health Care Challenges” on 1 <sup>st</sup> -3 <sup>rd</sup> February 2010 at Kannda University, Vidyaranya, Hampi.	<b>National</b>
	38.	<b>Komala M.</b> and P. Kamakshi, “Mental Health of Single-Adolescents In Single-Parent Families”	<b>Oral</b>
	39.	Nandini, M., <b>Komala, M.</b> and Ramya Bhaskar, “A Study on Mental Health of Teenagers in Single Parent Families”	<b>Oral</b>
	40.	Arundhathy, M.V. and <b>Komala M.</b> , “Nutritional Status of Medar Tribal Pre-School Children Of Mysore City”	<b>Poster</b>
	27.	Participated and presented papers in <b><u>Indian Anthropological Congress 2010</u></b> jointly organized by Indian National Confederation and Academy of Anthropologists (INCAA) and Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS) on 21 <sup>st</sup> -23 <sup>rd</sup> February 2010 at Bhopal.	<b>National</b>
	41.	<b>Komala M.</b> and Arundhathy, “Economy and Development among Medar – A schedule Tribe Population of Mysore”,	<b>Oral</b>
	42.	Ramya Bhaskar, M. R. Gangadhar and <b>Komala M.</b> , “Development Programmes for the Resettled Tribes – An Evaluation”	<b>Oral</b>
<b>2011</b>	28.	Participated and presented paper in <b><u>National Seminar on “Cultural Change in Tribal Life”</u></b> organized by Department of Anthropology, Kannada University, Hampi, Karnataka, Folkland- International Centre for Folklore and Culture, Kerala, SIMA, Mysore, CIIL Mysore, Anthropological Survey of India and Tagore Govt. College of Education, Partblair at Andaman And Nicobar Islands, India held on 7 <sup>th</sup> – 9 <sup>th</sup> Feb 2011	<b>National</b>
	43.	<b>Komala M.</b> , Ramya Bhaskar and M.V. Arundhathy “Impact Of Globalization On The Socio-Economic Conditions Of Medar – A Schedule Tribe Population Of Mysore, Karnataka” (Oral)	<b>Oral</b>
<b>2012</b>	29.	Participated and presented papers in <b><u>UGC Sponsored National Seminar on “A Holistic approach towards Health and Well being”</u></b> held on 21 <sup>st</sup> – 22 <sup>nd</sup> Feb 2012 organized by Dept of Home Science, Sri Padmavathi Mahila Visvavidyalayam, Tirupati	<b>National</b>
	44.	<b>Komala M.</b> and Priya M. ‘A study on Parenting Styles and Problems of Adolescents’ (Oral)	<b>Oral</b>
	45.	<b>Komala M.</b> Ramya Bhaskar and M.V. Arundhathy “Relationship Between Emotional Intelligence and Problems of Adolescents” (Oral)	<b>Oral</b>
	46.	Ramya Bhaskar, Rudramma, <b>Komala, M</b> and Sandeep T, “A Comparative Study on the Perceived Stress of Adolescents of Government and Private Pre-University Colleges’ (Oral)	<b>Oral</b>

		47. Ramya Bhaskar, Syeda Misbah Fathima and <b>Komala, M.</b> “Study on the Mental Health of Teenage Mothers With Reference To the Religion” (Oral)	<b>Oral</b>
<b>2013</b>	30.	Participated and Presented papers in <b><u>Two Day National Seminar on “Tribal Health in India: Issues and Challenges”</u></b> held on 11 <sup>th</sup> - 12 <sup>th</sup> Feb 2013 organized by Karnataka Tribal Research Institute Mysore	<b>National</b>
		48. <b>Komala, M.</b> Shilpa Patil and Arundhathy M.V. “Socio Demography and Nutritional Status of Hakkipikki and Medar Tribal Preschool Children of Mysore District”	<b>Oral</b>
		49. Arundhathy, M.V. and <b>Komala M.</b> “Relationship of Nutritional Status and Cognitive Abilities among Medar Tribal Pre-School Children of Mysore City	<b>Oral</b>
		50. Ramya Bhaskar, <b>Komala M.</b> and Gangadhar M.R. “Socio Demographic Status of Jenukuruba Tribal Population of Mysore District”	<b>Oral</b>
<b>2014</b>	31.	Participated, presented papers and co-chaired a session in <b><u>Two Day National Seminar on “Emerging Health Issues across the Life Stages”</u></b> organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangothri, Mysore, sponsored by University of Mysore held on 6 <sup>th</sup> and 7 <sup>th</sup> March 2014 at Rani Bhadur Auditorium, Manasagangothri, Mysore	<b>National</b>
		51. Arundhathy, M.V. and <b>Komala, M.</b> “A Longitudinal Study On Physical Growth Pattern of Low Birth Weight Infants”	<b>Oral</b>
		52. Deepa Devi, Arundhathy M.V. and <b>Komala. M.</b> “Incidence And Factors Associated With Low Birth Weight”	<b>Poster</b>
		53. Sumaiya Kouser, <b>Komala M,</b> Ramya Bhaskar and Poornima H. V. “Study on Problems of Adolescents Born to Teenage Mothers in Mysore city”	<b>Oral</b>
		54. Vidyashree N, Ramya Bhaskar and <b>Komala M.</b> “Youth Problems – Issues and Challenges”	<b>Poster</b>
		55. Sudha A. Rao and <b>Komala, M.</b> “Prevalence of Problem Behaviors among Youth In India”	<b>Poster</b>
		56. Arambam Sharjoobala Chanu, <b>Komala, M.</b> and Sandeep, T. “Health Risk Behaviours Among Adolescent Girls”	<b>Poster</b>
		57. Sandeep, T. and <b>Komala, M.</b> “Health Risk Behaviours Among Adolescent Boys of Mysore”	<b>Poster</b>
		58. Vidya L. Rao, <b>Komala, M.</b> and Poornima H.V. “The Advantages of Exposure of Germs During Childhood”	<b>Poster</b>
59. Shivaprasad H,S Gangadhar M.R Suttur S. Malini and <b>Komala, M.</b> “An Emerging High Risk Group in Relation	<b>Poster</b>		

		With Knowledge About Health and Health Care Aspects among Siddi Tribes”	
		60. Raghav Prasad, <b>Komala M.</b> and Poornima, H.V. “Smoking and Cognitive Functioning: A Cross Sectional Study Among Males Of 15 To 80+ Years Of Age In Mysore City”	<b>Poster</b>
		61. Sudha S. Rayangoundar and <b>Komala M.</b> “A study on Problems of Menstruation Among Young: Girls of Gadag District, Karnataka”	<b>Oral</b>
		62. Sobiya Ameen, Sudha S. Rayangoundar and <b>Komala, M.</b> “A Study On Reproductive Morbidities Among Post Graduate Female Students of Mysore”	<b>Poster</b>
		63. Nishtha Bhatt, Ramya Bhaskar and Komala M. “Sexual Health Status of Adolescents”	<b>Poster</b>
		64. Vibha Tirumali and <b>Komala M</b> “Mobile Phone Addiction and Mental Health of Youths – A Pilot Study”	<b>Oral</b>
		65. Malsawmtluangi, Ramya Bhaskar and <b>Komala M.</b> “Effects of Life Events Stress on Physical and Psychological Health of Young Adults”	<b>Poster</b>
		66. Khwairakpam Usharani Devi, Ramya Bhaskar and <b>Komala, M.</b> “Mental Illness Among Adolescents”	<b>Poster</b>
		67. Rima Ponnamma, A.S., Ramya Bhaskar and <b>Komala M.</b> “A Study on Influence of School Environment on Stress of Adolescents”	<b>Poster</b>
	32.	Participated and presented paper in <b><u>Two Day National Seminar on Dr. P.R.G. Mathur and His Contributions to Anthropology</u></b> organized by Folkland International Centre for Folklore and Culture, Kerala Institute of Local Administration (KILA), Anthropological survey of India, Kolkata, Kerala Folklore Academy and the Department of Anthropology, Kannur University on 11 <sup>th</sup> and 12 <sup>th</sup> November 2014 held at KILA, Thrissur	<b>National</b>
		68. <b>Komala M.</b> and Sobiya Ameen, “Reproductive Morbidities and Health Care Practices among the Female of Mysore” (Oral)	<b>Oral</b>
		69. Gangadhar M.R., Shivaprasad H.S. Malini S.S. and <b>Komala M.</b> “ <b>Bioanthropological study among the Siddi’s of Western Ghats, Karnataka, India</b> ”	<b>Oral</b>
<b>2015</b>	33.	Presented paper in <b><u>National Seminar on Science and Technology for Human Development</u></b> held on 23 <sup>rd</sup> – 25 <sup>th</sup> February 2015 organized by The Indian Science Congress Association, Bangalore chapter in Association with Department of Life Sciences, Kristu Jayanti College, Bangalore	<b>National</b>
		70. Gangadhar M.R. and <b>Komala M.</b> “Livelihood Patterns And Resource Base Of Iruligas: A Tribal Population of Karnataka”	<b>Oral</b>

	34.	Presented paper in <b><u>National Seminar on Tribal development in Karnataka: Issues and Challenges</u></b> organized by Centre for Multi-disciplinary Development Research, Dharwad on 26 <sup>th</sup> & 27 <sup>th</sup> March 2015	<b>National</b>
	71.	Shivaprasad HS, Gangadhar MR, <b>Komala M</b> and Suttur S. Malini “Socio-Economic, Life style and Health Status of Siddi Tribal Population, Karnataka”	<b>Oral</b>
	72.	<b>Komala M.</b> , Shivaprasad HS, Gangadhar MR, and Suttur S. Malini “Physical growth and Nutritional Status of Children of Siddi tribe of Western ghats of Karnataka”	<b>Oral</b>
	73.	Ramya Bhaskar and <b>Komala M.</b> “Socio, Demographic and Economic Conditions of Tribes in Kodagu District”	<b>Oral</b>
<b>2016</b>	35.	Participated and Presented posters in 103 <sup>rd</sup> Indian Science Congress organized by University of Mysore and ISCA, Kolkata held on 3 <sup>rd</sup> – 7 <sup>th</sup> January 2016	<b>National</b>
	74.	Ramya Bhaskar and <b>Komala M</b> “Demanding Behaviour of Parents of different Socio-Economic groups”	<b>Poster</b>
	75.	Poornima H.V. <b>Komala M</b> and Ramya Bhaskar “Determinants of Teenage Pregnancy in India”	<b>Poster</b>
	36.	Participated and presented paper in 5 <sup>th</sup> <b><u>Women Science Congress - 2016, 103<sup>rd</sup> Indian Science Congress</u></b> organized by University of Mysore and ISCA, Kolkata held on 3 <sup>rd</sup> – 7 <sup>th</sup> January 2016 in Mysuru	<b>National</b>
	76.	<b>Komala M.</b> Ramya Bhaskar and Sobiya Ameen “Nutritional Status among Married and Unmarried Women”	<b>Oral</b>
	37.	Participated and presented papers in 31 <sup>st</sup> <b><u>Biannual Conference of Home Science Association of India on “Science and Technology for reaching the unreached”</u></b> organized by Home Science Association Dharwad chapter, Rural college of Home Science, University of Agricultural Sciences, Dharwad on 28 <sup>th</sup> – 30 <sup>th</sup> Jan 2016	<b>National</b>
	77.	<b>Komala M</b> and Sudha S. Rayanagoudar “Knowledge Empowerment of Young Girls through Reproductive Health Educational Intervention Programme”	<b>Oral</b>
	78.	Ramya Bhaskar, <b>Komala M.</b> and Shaik Asiya “Facilities for Girl Child – Need Assessment of Knowledge Empowerment among Mothers	<b>Oral</b>
	79.	Poornima H.V. <b>Komala M.</b> and Sindhu S. “Knowledge Empowerment among the Mothers towards Gender Discrimination”	<b>Poster</b>
	38.	Participated and presented papers in <b><u>5<sup>th</sup> National Conference of Society for Indian Medical Anthropology on ‘Policy of Traditional knowledge and Ethnomedicine’</u></b> organized by	<b>National</b>



		SIMA, Mysore and Vivekananda Research centre, Puttur held on 6 <sup>th</sup> – 8 <sup>th</sup> Feb 2016	
		80. <b>Komala M.</b> and Poornima Mathad “Nutritional status and Health Practices among Kunabi children of Joida Taluk of Uttara Kannada”	<b>Oral</b>
39.		Participated and presented papers in <b><u>48<sup>th</sup> Annual National Conference on “Nutrition Risk Management and Nutrition”</u></b> organized by Nutrition Society of India and St John’s Hospital and Research Institute, Bangalore on 4 <sup>th</sup> & 5 <sup>th</sup> November 2016	<b>National</b>
		81. <b>Komala M.,</b> Arfa Thabassum and Ramya Bhaskar, “Nutritional Status of Children of Kunabi of Joida Taluk”	<b>Oral</b>
		82. Ramya Bhaskar, Megha B.P. and <b>Komala, M.,</b> “Nutritional Status of Young Women of Mysore City”	<b>Poster</b>
40.		Papers presented in <b><u>9<sup>th</sup> National Women's Science Congress</u></b> organized by Matru Vedike-Women Scientists Forum and Swadeshi Vijnana Andolana, Karnataka on Nov 5th-7th 2016 in Doddaballapur, Bangalore Rural District.	<b>National</b>
		83. Divyashree H.R. and <b>Komala M.,</b> " Domestic Violence Against Women in Rural Area of Mysore"	<b>Oral</b>
		84. Deepashree P.L. Chandramathi, P. and <b>Komala M.,</b> "Awareness among Physically Challenged on Their Rights, Provisions and Concessions".	<b>Oral</b>
41.		Participated, Presented papers, Chaired a session and Local Convener of Home Science Session in <b><u>40<sup>th</sup> Indian Social Science Congress on focal theme “People’s Health and Quality of Life In India”</u></b> organized by Indian Academy of Social Sciences and University of Mysore, Mysuru on 19-23 <sup>rd</sup> Dec. 2016.	<b>National</b>
		85. Ramya_Bhaskar, Malsawmtluangi and <b>Komala, M.</b> “Perceived Stress and Copying Styles among Young Adults of Mysore City” in Home Science Session	<b>Oral</b>
		86. Ramya Bhaskar and <b>Komala, M.</b> “Socio-economic status, Age at Maturation and Adjustment among Adolescents” in Anthropology Session	<b>Oral</b>
<b>2017</b>	42.	Participated, Presented Papers and Chaired a session in UGC sponsored <b><u>National Conference on ‘Scientific Perspectives of Home Science’</u></b> organized by Avinashilingam University, Coimbatore. 6 -7 <sup>th</sup> March, 2017.	<b>National</b>
		87. Ramya Bhaskar, Divyashree, H.R. and <b>Komala, M.,</b> “Children of Teen Mothers – Risks and Challenges”	<b>Poster</b>
		88. Krishna Kumar, L. D., Ramya Bhaskar and <b>Komala, M.,</b> “Mental Health of Adolescents”	<b>Poster</b>
		89. Inchara, R, Divyashree, H.R. and <b>Komala, M.,</b> “Social Media Usage Among Adolescents”	<b>Poster</b>

		90. Sayara Tabassum, <b>Komala, M.</b> and Ramya Bhaskar, “Families under Stress – Stressors and Consequences”	<b>Poster</b>
		91. Yashodha M. , Deepashree P.L. and <b>Komala M.</b> “Secular trends and Factors Associated with age at Menarche”	<b>Poster</b>
		92. Ramya Bhaskar and <b>Komala, M.</b> “A Study on Youth Problems in Mysore City”	<b>Oral</b>
		93. <b>Komala, M.,</b> Deepashree, P.L. and Ramya Bhaskar, “Abdominal Obesity among Young Women of Mysuru”	<b>Oral</b>
		94. <b>Komala, M.</b> and Rashmi, N. “Perceived Stress and Coping Resources in Families of Mentally Challenged Children”	<b>Oral</b>
	43.	Participated and presented a paper in <b><u>49<sup>th</sup> Annual National Conference of the Nutrition Society of India on “Biodiversity, Traditional Food Systems and Wellness: Connecting Global Priorities”</u></b> jointly organized by Nutrition Society of India, Hyderabad and Assam Agricultural University, Jorhat, Assam on 3 <sup>rd</sup> & 4 <sup>th</sup> Nov 2017”	<b>National</b>
		95. <b>Komala M.</b> and Arundhathy, M.V. “Magnitude and Maternal Factors Associated with Low Birth weight: A Hospital based study in Mysore city”	<b>Oral</b>
		96. Divyashree H.R. and <b>Komala M.</b> “Binge eating behaviours among young girls in Mysore city”	<b>Poster</b>
		97. Gifty Joel, <b>Komala, M.</b> and Deepashree, P.L. “Growth and Nutritional status of Single and Siblings Adolescents of Mysore”	<b>Poster</b>
		98. Ramya Bhaskar, <b>Komala, M.</b> and Poornima Mathad, “Nutritional status and intelligence of Preschool children of Kunubis of Joida Taluk”	<b>Poster</b>
<b>2018</b>	44.	Participated, presented papers and co-chaired a session in <b><u>UPE Sponsored Silver Jubilee National Seminar on “Risks and Resilience Across the Life Span”</u></b> organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore held on 15 <sup>th</sup> and 16 <sup>th</sup> March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangotri, Mysore	<b>National</b>
		99. Sudha A. Rao and <b>Komala M.,</b> “Emotional Intelligence As Resilience To Problem Behaviours Among Youth”	<b>Oral</b>
		100. Bindushree, Deepashree P.L and <b>Komala M.</b> “Risks Of Being Single Child in Families”	<b>Poster</b>
		101. Divyashree, H. R. and <b>Komala M.</b> “Cognitive Outcomes of Low Birth Weight Children”	<b>Poster</b>
		102. Sharath Kumar D.S., <b>Komala M.</b> and Chandramati P. “Peer relationship as Risk and Protective Factors in Child Development”	<b>Poster</b>

	103. Kiran Kumar M.D. Deepashree P.L and <b>Komala M.</b> “Child Marriage As A Risk Factors For Health Status Of Mothers And Their Offspring”	<b>Poster</b>
	104. Shreedhara R, Divyashree H.R. and <b>Komala M.</b> “Risk Factors of Child Labour In India”	<b>Poster</b>
	105. Indresh S. M. and <b>Komala M.</b> , “Risks Factors For Emotional And Behavioral Disorders In Children”	<b>Poster</b>
	106. Hemalatha, K.B. and <b>Komala, M.</b> “Early Intervention Program As Resilience For Developmental Delays In Children”	<b>Poster</b>
	107. Sridhar, A. S and <b>Komala, M.</b> “Risk Factors Of Sleep Problems Among Adolescents – A Review	<b>Poster</b>
	108. Vijaya U. Patil and Komala M. “Mobile Phone Usages And Mental Health Of College Students: A Review”	<b>Poster</b>
	109. Zeba Fathima, Deepashree P.L and <b>Komala M.</b> “Malnutrition as A Risk Factor For Behaviour Prblems In Children”	<b>Poster</b>
	110. Srinivasa, Dechi Kaveriappa and <b>Komala M.</b> , “Television Viewing And Its Effects On Behavioural Issues Of School Children”	<b>Poster</b>
	111. Ananda.L, Divyashree H.R. and <b>Komala M.</b> “Risk Factors Associated With The Mentally Challenged Children”	<b>Poster</b>
	112. Deepashree P.L and <b>Komala M.</b> “Risk Factors Of Attention Deficit Hyperactivity Disorder”	<b>Poster</b>
	113. Manasa M. T and <b>Komala M.</b> “Cyber Bullying As A Risk Factor For Mental Health Of Young People”	<b>Poster</b>
	114. Poornima, S. and <b>Komala, M.</b> , “Television Viewing As A Risk Factor For Mental Health Of Adolescence”	<b>Poster</b>
	115. Ramya Bhaskar and Komala M. “Teen Pregnancy – A risk Factor for Physical Growth and Cognitive Abilities of School Children ”	<b>Oral</b>
	116. Priyanka, A.G, Ramya Bhaskar and <b>Komala, M.</b> “A Study on Risk Factors of Congenital Anomalies”	<b>Poster</b>
	117. Pavan Kumar S.K., Dechi Kaveriappa and <b>Komala M.</b> , “Preeclampsia – Risk Factors And Management”	<b>Poster</b>
	118. Mahendra Swamy M.J., Dechi Kaveriappa and Komala M.”Environmental Risk Factors For Male Infertility”	<b>Poster</b>
	119. Amrutha S.S, Divyashree H. R and <b>Komala M.</b> “Infertility Among Women Of Reproductive Age”	<b>Poster</b>
	120. Krishna Murthy K., <b>Komala M.</b> and Chandramati P., “Family Constellation As Risk And Resilience Factors For Sibling Relationship”	<b>Poster</b>

		121. Aruna, G.V. and <b>Komala, M.</b> “Risk Factors For Reproductive Health In Women Of Urban Slum Areas In India”	<b>Poster</b>
		122. Abhishek D.L, and <b>Komala M.</b> “Risks And Protective Factors For Marital Adjustments”	<b>Poster</b>
<b>2019</b>	45.	Participated and presented papers in <b><u>51<sup>st</sup> Annual National Conference of the Nutrition Society of India on “Nutrition Security: Blending Tradition with Modern Technology”</u></b> jointly organized by Nutrition Society of India, Hyderabad and Rajiv Gandhi Centre of Biotechnology, Thiruvananthapuram Kerala on 8 <sup>th</sup> & 9 <sup>th</sup> Nov 2019”	<b>National</b>
		123. <b>Komala M.</b> and Aruna, G.V., Prevalence of Overweight and Obesity among Young Women Working in Garment Factories of Mysore.	<b>Oral</b>
		124. Divyashree H.R., <b>Komala M.</b> and Zeba Fathima, “Physical Growth And Nutritional Status: A Comparative Study Between Low Birth Weight And Normal Birth Weight School Children”	<b>Oral</b>
		125. Deepashree P.L., Manasa M.T. and <b>Komala M.,</b> “The Prevalence of Overweight and Obesity among Young Married Women”	<b>Oral</b>
		126. Pavan Kumar S.K., Shreedhara R. and <b>Komala M.</b> “Prevalence of Malnutrition among Adolescents of Hassan”	<b>Oral</b>
<b>2020</b>	46.	Participated and presented papers in “33 <sup>rd</sup> Biennial Conference of Home Science Association of India (HSAI) – Trends for futuristic Development in Home science: Research and Innovation” jointly organized by Home Science Association of India and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on Jan 22 <sup>nd</sup> -24 <sup>th</sup> 2020	<b>National</b>
		127. Ramya Bhaskar and <b>Komala M.</b> “Physical, Cognitive and Behavioural outcomes of Children Born to Teenage Mothers”	<b>Oral</b>
		128. Pavan Kumar, S.K. and <b>Komala M.</b> “Relationship Between Depression, Vice Habits And Resilience In Youth Of Mysuru City”	<b>Oral</b>
		129. Deepashree P.L., <b>Komala M.</b> and Manasa M.T. “Relationship Between Obesity And Problems Of Menstrual Cycle Among Young Women”	<b>Oral</b>
		130. Divyashree H.R. and <b>Komala M.</b> “Physical Growth And Nutritional Status: A Comparative Study Between Low Birth Weight And Normal Birth Weight School Children”	<b>Oral</b>
<b>2022</b>	47.	Participated and presented 34 <sup>th</sup> Biennial National Conference of Home Science Association of India on Innovation and incubation	<b>National</b>

		opportunities in Home Science for Self-Reliant India held on 15 <sup>th</sup> – 17 <sup>th</sup> December 2022 at St. Teresa’s College, Kochi organized by Home Science Association of India Kerala chapter.	
		131. Kannur D and <b>Komala M</b> , “Gender Differences in Nutritional Status of under 5 Children in Jenukuruba Tribal Population”	<b>Oral</b>
		132. Prabhavathi S N and <b>Komala M</b> . “Determinants of Food Security among Jenukuruba Tribal Population”	<b>Oral</b>
		133. Ms. Iqra Mubeen Bala, Ms. Chandana R M, and <b>Dr. Komala M</b> . “An Exploratory Study to Probe Gender Differences in Bystanders Roles in School Bullying”	<b>Oral</b>
<b>2023</b>	48.	Participated and Presented in two-day International Conference on Health Psychology and Allied Sciences organized by the Department of Psychology, Pachhunga University College held on 26 <sup>th</sup> to 27 <sup>th</sup> May 2023. 134. Ms. Nijampuram Anusha, Ms Iqra Mubeen Bala, and <b>Dr. Komala M</b> . Unravelling: A study to explore the intricate relationship between Problem behaviors and Resilience in Youth.	<b>Oral</b>
	49.	National seminar on ‘Gender Sensitization and Its Impact on Health, Nutrition, and Education: Prospects and Challenges’ held on 29 <sup>th</sup> & 30 <sup>th</sup> May 2023 organized by University Department of Home Science, B. N. Mandal University, Madhepur, Bihar in collaboration with Alumni Association of Home Science and IQAC, B.N.M.U, Madhepur, Bihar (Online)	<b>National</b>
		135. Kannur. D., and <b>Dr. Komala M</b> . ‘Impact of Maternal factors on Children’s Nutritional status in Jenu Kuruba Population’.	<b>Oral</b>
		136. Tejaswini U.P, Prabhavati S.N, and <b>Dr. Komala M</b> , ‘A cross-sectional study on problems and Risk factors in Pregnant Women of Jenu Kuruba Tribe’.	<b>Oral</b>
		137. Divyashree H.R., and <b>Dr. Komala M</b> . ‘Maternal Factors associated with Nutritional status of School Children born with low birth-weight’.	<b>Oral</b>
		138. Divya R., Iqra Mubeen Bala and <b>Dr. Komala M</b> . ‘Beyond Appearances: A comparative analysis to investigate gender-based differences in body shaming among adolescents’.	<b>Oral</b>
		139. Aruna G.V, Deepashree P.L and <b>Dr. Komala M</b> , ‘Health status of Young Women working in Garment factories in Mysuru’.	<b>Oral</b>
		140. Jhansi G, Pavankumar S.K and <b>Dr. Komala M</b> . ‘Factors influencing parenting responsibilities in Young mothers of Mysore city’.	<b>Oral</b>
		141. Pavan Kumar and <b>Dr. Komala M</b> . ‘Relationship between depression and resilience among college students in Mysore City’	<b>Oral</b>
<b>2024</b>	50.	35 <sup>TH</sup> Biennial Conference of Home Science Association of India on the theme “Multidisciplinary Approaches in Home and Community Sciences for Sustainable Development ” held on 17 <sup>th</sup>	<b>National</b>

	to 19 <sup>th</sup> Jan 2024 organized by Home Science Association of India (TURA Chapter) College of Community Science, Central Agricultural University (Imphal), Tura, Meghalaya	
	142. Vijaya U. Patil and <b>Komala M.</b> Interplay of Age and Gender on Mental Health Problems and Coping Skills among College Students of Ankola Taluk	<b>Oral</b>
	143. Iqra Mubeen Bala and <b>Dr. Komala M.</b> , Believing in Yourself: Relationship of Self-Efficacy with Bystander Participant Roles in School Bullying	<b>Oral</b>
	144. Nikhitha, Deepashree P.L., and <b>Komala M.</b> , Emotional and Behavioral Problems among Children and Adolescents with Autism Spectrum Disorder	<b>Oral</b>
	145. Sandeep, Pavan Kumar S.K., and <b>Dr Komala M.</b> , Mental Health Status of Visually Impaired Adolescents	<b>Oral</b>
	146. Nithish Kumar M S, Amaya K, and <b>Komala M.</b> , Nutritional status and adequacy among intellectually challenged children	<b>Poster</b>
	147. Gayathri Prakash, REV. Dr. Gimmi Antony Akkattu and <b>Komala M.</b> , Social Media Addiction And Anxiety Among College Student	<b>Poster</b>

**Participation in Seminars/ Workshops/ Conferences - 94**  
**at International Level – 14**

<b>2005</b>	1. International Conference on Health Sciences on theme “Integrated Healthcare towards Global Well being” organized by JSS Mahavidyapeetha, Mysore on 25 <sup>th</sup> – 26 <sup>th</sup> February 2005 at JSS Medical College Campus at Mysore	Presented a poster
	2. International Seminar on “Multicultural Spain: Catalonia” on 22 <sup>nd</sup> and 23 <sup>rd</sup> July 2005 organized by Department of Studies in English, University of Mysore, Manasagangotri, Mysore	<b>Merely participated</b>
	3. Workshop on “Neuroscience-based Interventions to Address Learning Disabilities” held on 10 <sup>th</sup> October 2005 jointly organized by UGC Innovative Programme on LD, DOS in Psychology, University of Mysore, Mysore and Scientific Learning Corporation, Oakland, California, USA	<b>Merely participated</b>
<b>2007</b>	4. Fifth Regional Conference of International Union for Health Promotion and Education – South East Asia Regional Bureau on theme “Youth’s Health – Nation’s Wealth” held on 21 <sup>st</sup> – 22 <sup>nd</sup> April 2007 at Bangalore.	Presented a Paper
<b>2008</b>	5. International Symposium and Conference of Gerontology and Geriatrics and 14 <sup>th</sup> Biennial Meeting of the Association of Gerontology (India) organized by the Centre for Research on Ageing, Department of Psychology, Sri Venkateshwara University, Tirupati on 16 <sup>th</sup> – 18 <sup>th</sup> December 2008 at Tirupati.	Presented 2 Paper
<b>2013</b>	6. International Union of Anthropological and Ethnological Science organized 17 <sup>th</sup> World Conference 2013 on “Evolving Humanity, Emerging worlds” at University of Manchester, 5 <sup>th</sup> – 10 <sup>th</sup> August 2013	Presented a Paper
<b>2015</b>	7. UGC Sponsored International Conference on “Advanced Home Science Studies” organized by Sri Padmavathy Mahila University, Tirupati on 20 <sup>th</sup> -21 <sup>st</sup> Feb 2015	Presented 4 papers, 2 poster & Chaired technical sessions
<b>2016</b>	8. 3 <sup>rd</sup> International Conference on “Science and Technology Connecting Health, Management and Society” organized by on 21 <sup>st</sup> – 23 <sup>rd</sup> September 2016 in Western Helyon, Colombo, Srilanka	Presented a paper and Chaired technical session
<b>2018</b>	9. 50 <sup>th</sup> Annual International Conference of the Nutrition Society of India on “India’s Transition from Food Security to Nutrition Security” organized by ICMR-National Institute of Nutrition, Hyderabad, Telangana State on 3 <sup>rd</sup> & 4 <sup>th</sup> November 2018	Presented a poster
<b>2020</b>	10. International Webinar on ‘Nurturing Physical, Mental and Social Health: During and Post COVID 19’ organized by Institute of Home Science, Dr. Bhimrao Ambedkar University, Agra held on 16 <sup>th</sup> May, 2020	<b>Merely participated</b>

	11. Two day International Webinar on “Different minds – Flip from suffer to sustain” organized by Department of Human Development, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamilnadu on 3 <sup>rd</sup> and 4 <sup>th</sup> July 2020	<b>Merely Participated</b>
<b>2021</b>	12. International webinar on “Women and Family well-being” organized by PG Dept of Home Science, Berhampur University, Odisha on 12 <sup>th</sup> and 13 <sup>th</sup> March 2021	<b>Participated as Resource Person</b>
	13. Three Days International Training Series on “Healthy Workplace Initiative #Ergonomics” Directorate of Research and All India Coordinated Research Project on Home Science, College of Community and Applied Sciences, Maharana Pratap University of Agriculture and Technology, Udaipur, Rajasthan on 21 <sup>st</sup> June, 28 <sup>th</sup> June and 5 <sup>th</sup> July 2021 (Online mode)	<b>Merely Participated</b>
<b>2023</b>	14. IX ICCN General Assembly organized by Folk land, at Kozhikode, Kerala on 10 <sup>th</sup> and 11 <sup>th</sup> Nov 2023	<b>Merely Participated</b>

**Participation in Seminars/Workshops/Conferences at National/State/Local Level – 80**

<b>2002</b>	15. UGC National Seminar on “Women and Development” held on March 14 <sup>TH</sup> & 15 <sup>TH</sup> 2002 at Tirupati organized by the Department of Home Science And Centre for Extension Studies, Sri Venkateshwara University, Tirupati.	Presented a paper
<b>2003</b>	16. 90 <sup>th</sup> Indian Science Congress Section: Anthropological and Behavioral Sciences organized by Indian Science Congress, Bangalore University, Indian Space Research Organization, Confederation of Indian Industry, Bangalore at Bangalore University on 3 <sup>rd</sup> -7 <sup>th</sup> January 2003.	Presented a poster
<b>2004</b>	17. 91 <sup>ST</sup> Indian Science Congress, Section: Anthropological and Behavioural Sciences organized by Indian Science Congress Association, Punjab University And Institute of Microbial Technology on 3 <sup>rd</sup> - 7 <sup>th</sup> January 2004 at Punjab University, Chandigarh.	Presented a poster
	18. MHRD, New Delhi sponsored two day National Seminar on “Intellectual Property Rights – A Public Awareness Programme” held at University of Mysore, Mysore on 28 <sup>th</sup> and 29 <sup>th</sup> August 2004 organized by Department of Studies in Law, University of Mysore, Manasagangotri, Mysore	<b>Merely Participated</b>
	19. XXXVI Annual meet of Nutrition Society of India organized by Department of Studies in Food Science and Nutrition, University of Mysore, CFTRI and DFRL Mysore at Mysore on 5 <sup>TH</sup> and 6 <sup>TH</sup> November 2004	Presented a poster
<b>2005</b>	20. 92 <sup>nd</sup> Indian Science Congress, Section: Anthropological and Behavioural Sciences organized by Indian Science Congress Association, Nirma University And National Institute of Occupational Health, Ahmedabad at Nirma University, Ahmadabad on 3 <sup>rd</sup> -7 <sup>th</sup> January 2005.	Presented a poster



	21. “Intellectual Property Rights” held on 15 <sup>th</sup> & 16 <sup>th</sup> January 2005 organized by University of Mysore and National Law School of India Universities, Bangalore at Mysore	<b>Merely Participated</b>
	22. One day workshop on “Stress Management” organized at UGC-Academic Staff College, University of Mysore, Manasagangotri, Mysore on 16 <sup>th</sup> July 2005	<b>Merely Participated</b>
	23. Two day workshop on “Civil Rights & Employees” on August 23 <sup>rd</sup> & 24 <sup>th</sup> 2005 organized by Dr. B.R. Ambedkar Research & Extension Centre, University of Mysore, Mysore	<b>Merely Participated</b>
	24. Three Day National Seminar on “Intangible Cultural Heritage of Karnataka” organized by Department of Studies in Anthropology, University of Mysore, Mysore in collaboration with Indira Gandhi Rashtriya Manav Sangrahalay, Bhopal on 13 <sup>th</sup> to 15 <sup>th</sup> December 2005	<b>Merely Participated</b>
<b>2006</b>	25. 93 <sup>rd</sup> Indian Science Congress, Section: ‘Anthropological and Behavioural Sciences held on 3 <sup>rd</sup> -7 <sup>th</sup> January 2006 at Hyderabad organized by The Indian Science Congress Association and N.G. Ranga Agricultural University, Hyderabad.	Presented a poster
	26. Two Day National Conference on “Tribal Policy for India” held on 6 <sup>th</sup> & 7 <sup>th</sup> January 2006 organized by Mahatma Gandhi National Institute of Research and Social Action, Hyderabad	<b>Merely Participated</b>
	27. Southern Regional Consultation Meet on “Adolescent Guidance Services” organized by NIPCCD, Southern Regional Centre, Bangalore on 22 <sup>nd</sup> -23 <sup>rd</sup> March 2006 at NIPCCD premises, Bangalore.	Presented a paper
	28. Seminar on “Health and Nutrition Awareness” held on 27 <sup>th</sup> March 2006 organized by Centre for women’s studies and DOS in Food Science and Nutrition, University of Mysore, Mysore	<b>Merely Participated</b>
	29. Workshop on “Recent Applications of Remote Sensing and GIS” organized by DOS in Geology, University of Mysore, Mysore on 4 <sup>th</sup> April 2006	<b>Merely Participated</b>
	30. National Seminar on “Equity and Excellence in Higher Education” on 7 <sup>th</sup> and 8 <sup>th</sup> April 2006 organized by St. Philomena’s college, Mysore	<b>Merely Participated</b>
<b>2007</b>	31. 94 <sup>TH</sup> Indian Science Congress, Section: ‘Anthropological and Behavioural Science held on 3 <sup>rd</sup> -7 <sup>th</sup> January 2007 at Chidambaram organized by The Indian Science Congress Association and Annamalai Deemed University, Chidambaram.	Presented a poster
	32. One Day Workshop on “Conflict Management Tools and Skills” organized by Mysore University School of Justice, University of Mysore and Department of Law, Manasagangotri, Mysore on 20 <sup>th</sup> January, 2007 at CIST Auditorium, Manasagangotri, Mysore.	<b>Merely Participated</b>

	33. National Conference on Quality assurance in ODL institutions organized by Karnataka Open University, Manasagangotri, Mysore on 3 <sup>rd</sup> – 5 <sup>th</sup> March 2007.	Presented a paper
	34. National Seminar on “Policies and Issues in the Bio-Cultural Development of Scheduled Tribes” organized by Anthropological Association, Mysore on 26 <sup>th</sup> – 28 <sup>th</sup> November, 2007.	<b>Merely Participated</b>
	35. National Conference on “Medical Anthropology and Health Sciences” organized by Society for Indian Medical Anthropology on 29 <sup>th</sup> to 30 <sup>th</sup> November 2007 at Anthropological Survey of India, Mysore.	Presented a paper
<b>2008</b>	36. UGC National Seminar on “Functional Food for Health Promotion and Diseases Prevention” organized by Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on 14 <sup>th</sup> – 15 <sup>th</sup> February 2008 at Mysore.	Presented a poster
	37. 3 <sup>RD</sup> Indian Anthropological Inter-Congress on “Man and Environment: The South Asian Perspective” organized by Department of Anthropology, Punjab University, Chandigarh and Indian National Confederation and Academy of Anthropologists on 21 <sup>st</sup> -23 <sup>rd</sup> February 2008 at Chandigarh.	Presented a paper
	38. UGC Sponsored National Seminar on “Resolving Stress to Optimize Academic Achievement – The Innovative Role of Teachers” organized by The Department of Family and Community Science, St. Teresa’s College, Ernakulam on 12 <sup>th</sup> , 13 <sup>th</sup> and 14 <sup>th</sup> November 2008 at Ernakulam	Presented a paper
<b>2009</b>	39. Two - Day National Workshop on “Rooftop Rain Water Harvesting and Ground water Recharge” organized by Department of Studies in Geology, University of Mysore, Manasagangotri, Mysore on 20 <sup>th</sup> and 21 <sup>st</sup> February 2009 at Department of Studies in Geology, University of Mysore, Manasagangotri, Mysore.	<b>Merely Participated</b>
	40. “Silver Jubilee State Level CME” organized by JSS Medical College and Hospital, Mysore, Department of Pulmonology, JSS University on 14 <sup>th</sup> July 2009.	<b>Merely Participated</b>
	41. UGC Sponsored National Conference on “Role of Home Science Education and Interdisciplinary Subjects towards Promoting Health for All” organized by Smt V.H.D. Central Institute of Home Science on 23 <sup>rd</sup> and 24 <sup>th</sup> July 2009 at Jnanajyothi Auditorium, Central College campus, Bangalore.	Presented a paper
	42. One Day Faculty Development Program on “Data Analysis using SPSS 17.0” organized by Department of Studies in Statistics, University of Mysore, Manasagangotri, Mysore in collaboration with SPSS South Asia Private Limited, Bangalore on 14 <sup>th</sup> September 2009.	<b>Merely Participated</b>
	43. National Conference on “Recent Trends in Animal Physiology” organized by Department of Studies in Zoology, University of Mysore, Manasagangotri, Mysore on 29 <sup>th</sup> and	<b>Merely Participated</b>

	30 <sup>th</sup> October 2009 at Department of Studies in Zoology, University of Mysore, Manasagangotri, Mysore.	
	44. National Seminar on “Cultural Pluralism – the Indian Scenario” organized by Anthropological Association, Mysore in collaboration with Central Institute of Indian Languages, Mysore, Anthropological Survey of India, Kolkata and Department of Studies in Anthropology, University of Mysore, Mysore on 5 <sup>th</sup> - 6 <sup>th</sup> December 2009.	<b>Merely Participated</b>
<b>2010</b>	45. Second National Conference of SIMA organized by Society for Indian Medical Anthropology, Mysore and Department of Anthropology, Kannada University, Hampi on “India’s Health Care Challenges” on 1 <sup>st</sup> -3 <sup>rd</sup> February 2010 at Kannda University, Vidyanaraya, Hampi.	Presented a paper
	46. Indian Anthropological Congress 2010 jointly organized by Indian National Confederation and Academy of Anthropologists (INCAA) and Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS) on 21 <sup>st</sup> -23 <sup>rd</sup> February 2010 at Bhopal.	Presented a paper
<b>2011</b>	47. National Seminar on “Cultural Change in Tribal Life” organized by Department of Anthropology, Kannada University, Hampi, Karnataka, Folkland- International Centre for Folklore and Culture, Kerala, SIMA, Mysore, CIIL Mysore, Anthropological Survey of India and Tagore Govt. College of Education, Port Blair at Andaman And Nicobar Islands, India held on 7 <sup>th</sup> – 9 <sup>th</sup> Feb 2011	Presented paper
	48. Institute of Excellence, University of Mysore sponsored Two day workshop on “Clinical Research Methods” held on 21 <sup>st</sup> - 22 <sup>nd</sup> Feb 2011, Mysore organized by DOS in Food Science and Nutrition, University of Mysore, Mysore	<b>Merely Participated</b>
	49. One Day State Level Seminar on “Problems and Prospects of Dalits in Higher Education” organized by Mysore University SC/ST Employee’s Association (Regd.) Mysore on 7 <sup>th</sup> October 2011.	<b>Merely Participated</b>
<b>2012</b>	50. UGC Sponsored the National Seminar on “A Holistic Approach towards Health and Well-being” held on 21 <sup>st</sup> – 22 <sup>nd</sup> Feb 2012 organized by Dept of Home Science, Sri Padmavathi Mahila Visvavidyalayam, Tirupati	Presented papers and Chaired technical session
<b>2013</b>	51. Two-Day National Seminar on “Tribal Health in India: Issues and Challenges” held on 11 <sup>th</sup> - 12 <sup>th</sup> Feb 2013 organized by Karnataka Tribal Research Institute, Mysore	Presented papers
	52. Institute of Excellence, the University of Mysore sponsored Two-day workshop on “Clinical Research Methods” held on March 15 <sup>th</sup> – 16 <sup>th</sup> 2013, Mysore organized by DOS in Food Science and Nutrition, University of Mysore, Mysore	<b>Merely Participated</b>
<b>2014</b>	53. Two-Day National Seminar on “Emerging Health Issues across the Life Stages” organized by Human Development, Department of Studies in Food Science and Nutrition,	Presented papers and Co-chaired

	Manasagangotri, Mysore, sponsored by the University of Mysore held on 6 <sup>th</sup> and 7 <sup>th</sup> March 2014 at Rani Bhadur Auditorium, Manasagangotri, Mysore	technical session
	54. Two-day Workshop on Multimedia Teaching – Learning Resource Creation For On-Line Access” organized by Multimedia Learning Resource Creation Centre, the University of Mysore, Mysore in connection with the UPE scheme of UGC at Vijnana Bhavan on 18 <sup>th</sup> and 19 <sup>th</sup> March 2014.	<b>Merely participated</b>
	55. Two-Day National Seminar on “Empowerment of Tribal Women in India with Special Reference to Karnataka” organized by Karnataka State Tribal Research Institute, Mysore on 28 <sup>th</sup> and 29 <sup>th</sup> March 2014 at Central Institute of Indian Languages, Manasagangotri, Mysore.	<b>Merely Participated</b>
	56. One-day seminar on Mental Health organized by DOS in Psychology, University of Mysore, Manasagangotri, Mysore on 24 <sup>th</sup> October 2014	<b>Merely Participated</b>
	57. Two Day National Seminar on Dr. P.R.G. Mathur and His Contributions to Anthropology organized by Folkland International Centre for Folklore and Culture, Kerala Institute of Local Administration (KILA), Anthropological Survey of India, Kolkata, Kerala Folklore Academy and the Department of Anthropology, Kannur University on 11 <sup>th</sup> and 12 <sup>th</sup> November 2014 held at KILA, Thrissur	Presented paper
<b>2015</b>	58. UGC sponsored one-day National seminar on “Changing Profile of Malnutrition in India” organized by the Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore on 9 <sup>th</sup> January 2015	<b>Merely Participated</b>
	59. Two days National seminar on Life Rituals among Siddi – A scheduled tribe community in Karnataka held on 21 <sup>st</sup> and 22 <sup>nd</sup> Sept 2015 organized by Karnataka State Tribal Research Institute Mysore held at Karnatak University, Dharwad	<b>Merely Participated</b>
	60. one day seminar and panel discussion on “Genetics Today” organized by the Department of studies in Genetics and Genomics, University of Mysore, Mysore held on 10 <sup>th</sup> October 2015	<b>Merely Participated</b>
<b>2016</b>	61. 103 <sup>rd</sup> Indian Science Congress at “Anthropological and Behavioural Sciences” Section held at the University of Mysore, Mysore from 3 <sup>rd</sup> to 7 <sup>th</sup> January 2016.	Presented 2 posters
	62. 5 <sup>th</sup> Women Science Congress – 2016 of 103 <sup>rd</sup> Indian Science Congress held at the University of Mysore, Mysore from 3 <sup>rd</sup> to 7 <sup>th</sup> January 2016.	presented a paper
	63. 31 <sup>st</sup> Biannual Conference of Home Science Association of India on “Science and Technology for reaching the unreached” organized by Home Science Association Dharwad chapter, Rural College of Home Science, University of Agricultural Sciences, Dharwad on 28 <sup>th</sup> – 30 <sup>th</sup> Jan 2016	Presented 2 papers & a poster

	64. 5 <sup>th</sup> National Conference of Society for Indian Medical Anthropology on ‘Policy of Traditional Knowledge and Ethno-medicine’ organized by SIMA, Mysore, and Vivekananda Research Centre, Puttur held on 6 <sup>th</sup> – 8 <sup>th</sup> Feb 2016	Presented a paper
	65. Participated in a focus group discussion as a part of a Research project entitled “Women Employees of Higher Education in Karnataka: Struggles and Success” held on 4 <sup>th</sup> October 2016 at the University of Mysore, Manasagangotri, Mysore	<b>Merely Participated</b>
	66. 48 <sup>th</sup> Annual National Conference on “Nutrition Risk Management and Nutrition” Nutrition Society of India. St John’s Hospital and Research Institute, Bangalore on 4 <sup>th</sup> & 5 <sup>th</sup> November 2016	Presented a paper & a poster
	67. 40 <sup>th</sup> Indian Social Science Congress on the focal theme “People’s Health and Quality of Life In India” organized by the Indian Academy of Social Sciences and the University of Mysore, Mysuru on 19 <sup>th</sup> -23 <sup>rd</sup> Dec. 2016.	Presented 2 papers, Chaired technical session
<b>2017</b>	68. One-day State-level Seminar on “Healthy life and Healthy Practice” organized by Internal Quality Assurance cell, Govt. Home Science College, Hassan on 2 <sup>nd</sup> March 2017	Participated as a resource person
	69. UGC sponsored National Conference on ‘Scientific perspectives of Home Science’ organized by Avinashilingam University, Coimbatore. 6-7 <sup>th</sup> March 2017.	Presented Papers and Chaired a session
	70. National Conference on “Food-Based Approaches for Translational Nutrition” organized by Nutrition Society of India, Mysore Chapter in Association with Dept. of Food Science and Nutrition, Yuvaraja’s College, (Autonomous) University of Mysore, Mysuru on 12 <sup>th</sup> & 13 <sup>th</sup> April 2017	<b>Merely Participated</b> and Chaired the session
	71. Two-day national seminar on “Constitution-Democracy-Equality: Karnataka A Role Model” organized by Govt of Karnataka during Mysore Dasara Festival 2017 on 26 <sup>th</sup> & 27 <sup>th</sup> Sept 2017 at Senate Bhavan, Manasagangotri, Mysore	<b>Merely participated</b>
	72. 49 <sup>th</sup> Annual National Conference of the Nutrition Society of India on “Biodiversity, Traditional Food Systems, and Wellness: Connecting Global Priorities” jointly organized by Nutrition Society of India, Hyderabad, and Assam Agricultural University, Jorhat, Assam on 3 <sup>rd</sup> & 4 <sup>th</sup> November 2017	Presented paper & posters
<b>2018</b>	73. 4 <sup>th</sup> Early Childhood Education Conference – 2018 for Early childhood Teachers, Parents, Educational Administrators, Doctors, and Counsellors was organized by Pre-School Teacher Training, International Montessori and Kindergarten Training Academy in Association with VHD Central Institute of Home Science, Bangalore on 21 <sup>st</sup> Jan 2018 at Adeline International Hotel, Mysore	Participated as a Resource person

	74. UPE Sponsored Silver Jubilee National Seminar on “Risks and resilience across the life span” organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore held on 15 <sup>th</sup> and 16 <sup>th</sup> March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangotri, Mysore	Presented 2 papers. 22 posters and Co-chaired a session
	75. UPE sponsored the National Seminar on “Tribal Development in Contemporary India: Issues and Challenges” organized by the Department of Studies in Anthropology in Collaboration with EMMRC, Manasagangotri, Mysore held on 20 <sup>th</sup> and 21 <sup>st</sup> March 2018 at EMMRC auditorium, Manasagangotri, Mysore	<b>Merely participated</b> and Chaired a Session
	76. Brainstorming workshop on Adoption of UGC-MOOCs SWAYAM courses organized by SYAM- Digital Learning Monitoring Cell, Manasagangotri, University of Mysore, Mysuru held on 28 <sup>th</sup> April 2018 at Seminar Hall, Vijnana Bhavan Manasagangotri, University of Mysore, Mysuru.	<b>Merely Participated</b>
<b>2019</b>	77. Mysore Divisional Level Consultation on Early Childhood Care and Development” organized by UNICEF, Hyderabad, Karnataka Child Rights Observatory, Bengaluru, Human Development wing of DOS in Food Science and Nutrition, University of Mysore, Mysuru, Swami Vivekananda Youth Movement, Saragur and Triton Mysore on 5 <sup>th</sup> March 2019	Participated as a Resource Person and Organizing Secretary
	78. 51 <sup>st</sup> Annual National Conference of the Nutrition Society of India on “Nutrition Security: Blending Tradition with Modern Technology” jointly organized by Nutrition Society of India, Hyderabad and Rajiv Gandhi Centre of Biotechnology, Thiruvananthapuram Kerala on 8 <sup>th</sup> & 9 <sup>th</sup> Nov 2019”	Presented 4 papers
<b>2020</b>	79. “33 <sup>rd</sup> Biennial Conference of Home Science Association of India (HSAI) – Trends for futuristic Development in Home science: Research and Innovation” jointly organized by Home Science Association of India and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on Jan 22 <sup>nd</sup> -24 <sup>th</sup> 2020	Presented 5 papers and chaired a Session
	80. One day Workshop on “Complementary Therapies In Autism Spectrum Disorder: Interplay Between Diet And Gut Micro-Biota” organized by the Department of Food Science and Nutrition, Manasagangotri, Mysore on 15 <sup>th</sup> February 2020 at IOE Auditorium, Vigyan Bhavan, Manasagangotri, Mysore	<b>Merely participated</b>
	81. Two-day workshop for Academic Administration on 11 <sup>th</sup> and 12 <sup>th</sup> March 2020 organized by UGC- Human Resource Development, University of Mysore, Manasagangotri, Mysore	<b>Merely participated</b>
	82. One-day webinar on “Home Science for being Self Reliant: Challenges and opportunities” organized by the Department of Home Science, Isabella Thoburn College, Lucknow on 23 <sup>rd</sup> May 2020 (online)	<b>Merely participated</b>

	83. Webinar on “Psychosocial Impact of covid 19 on education and its stakeholders – Students, Teachers and Parents ” organized by Home Science Association of India Karnataka State Branch, Bangalore on 26 <sup>th</sup> June 2020 (online)	<b>Merely Participated</b>
	84. National Webinar on “Psychological Resilience and Physical health Management: Respond, Recover and Thrive in the Phase of New Normal” organized by IQAC in Association with Dept of Education, St. Vincent Pallotti College, Raipur, Chhattisgarh on July 14, 2020 (online)	<b>Merely Participated</b>
	85. National online seminar on “Effects of Balanced Diet on Mental and Physical Health During Covid-19 Pandemic” jointly organized by Department of Home Science, Arts and Science College, Dhareshwar Shikshan Sanstha Sanchalit and Apoorv Knowledge, Aurangabad, Maharashtra on 27 <sup>th</sup> September 2020 (online)	<b>Merely Participated</b>
	86. National Webinar on “Entrepreneurship in ECCE” organized by the Department of Human Development and Family Studies, College of Community Science, University of Agricultural Sciences, Dharwad, and ICAR-NAHEP-Institutional Development Plan on 5 <sup>th</sup> October 2020 (Offline, Resource Person)	<b>Merely Participated</b>
	87. National e-conference on "Sustainable Strategies for Food Safety and Nourishment" organized by the Department of Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore and Indian Dietetic Association, Mysore chapter on 22 <sup>nd</sup> and 23 <sup>rd</sup> October 2020	<b>Merely Participated</b>
<b>2021</b>	88. One day national seminar on "Implementation of New Education Policy - 2020 in Karnataka: Opportunities and Road Ahead" on 9th January 2021, at Vijnan Bhavan, Manasagangotri, University of Mysore, Mysuru – 570006, organized by he KRMSS-Mysuru University Vibhag in collaboration with the University of Mysore, Mysuru; the Karnataka State Higher Education Council, Government of Karnataka, Bengaluru, the Karnataka State Open University, Mysuru and the Centre for Educational and Social Studies, Bengaluru.	<b>Merely Participated</b>
	89. National Level Webinar on ‘National Education Policy 2020’ organized by IQAC of Smt. P. N. Doshi Women’s College Mumbai, Maharashtra on 12 <sup>th</sup> May 2021 (online mode)	<b>Merely participated</b>
	90. Two day state level seminar on ‘ <b>Opportunities &amp; Strategies in Implementation of NEP 2020</b> ’ organized by Vidya Bharathi, Karnataka on 6 <sup>th</sup> and 7 <sup>th</sup> September 2021 at CMR Institute of Technology Bangalore (Offline)	Participated as a resource person
	91. One day workshop on ‘Quality in Data Collection and Management organized by IQAC, and UGC – Human Resource Development, University of Mysore, Mysuru on December 2021	<b>Merely participated</b>

<b>2022</b>	92. National Seminar on National Education Policy- 2020: A Road Map to Revamp the Indian Higher Education System, on 22-23 March 2022 - Tirupati, Andhra Pradesh organized by ABRMS Tirupati, S V University and Sri Padmavati Mahila University, Tirupati	<b>Merely participated</b>
	93. Two days National Seminar on BHARAT @75 Unnat Shikshan, Unnat Bharat on 7th and 8th September 2022, at Jnana Jyothi Sabhangana, Bangalore organized by KRMSS, KRTMSS, ABRMS in collaboration with Bangalore City University, Bengaluru and Bangalore North University, Bengaluru	<b>Merely participated</b>
	94. Conference on “Scheduled Castes in Independent India-present and Future” on 30 <sup>th</sup> October 2022, organized by the Social Studies Foundation and Center for Dalit and Adivasi Studies and Translation, University of Hyderabad, Telangana	Discussant
	95. 8 <sup>th</sup> ABRSM National Conference on “India to Bharath” from 11 <sup>th</sup> to 13 <sup>th</sup> November 2022 organized by Karnataka Rajya Madhyamika Shaikshik Sangh and Karnataka Rajya Mahavidyalaya Shaikshik Sangh held at Jan Seva Vidya Kendra, Chennenahally, Bengaluru.	<b>Merely Participated</b>
	96. Fifteen-days program [From 5 – 17 <sup>th</sup> December 2022] on “Discrimination against Women-Pakhwada” Orientation on Prevention of Violence against Women organized by JSS Academy of Higher Education & Research on 6 <sup>th</sup> December 2022	Participated as Panel discussant
	97. Preconference on “Nutrition and Public Health” held at DOS in Food Science and Nutrition, University of Mysore, Mysuru on 7 <sup>th</sup> December 2022 organized by the Department of Community Medicine, JSS Medical College Mysuru in collaboration with DOS in Food Science and Nutrition, University of Mysore, Mysuru and Department of Nutrition and Dietetics, School of Life Sciences, JSS AHER, Mysuru	Participated as a Resource Person
	98. National Conference ‘My Nutricon 2022’ on the theme “Public Health Aspects of Nutrition towards Sustainable Developmental goals” held at JSS Medical College, Mysuru on 8 <sup>th</sup> and 9 <sup>th</sup> December 2022 organized by the Department of Community Medicine, JSS Medical College Mysuru in collaboration with DOS in Food Science and Nutrition, University of Mysore, Mysuru and Department of Nutrition and Dietetics, School of Life Sciences, JSS AHER, Mysuru	Participated as Organizing Chairperson, Judge and chair the session and Presented Papers
	99. 34 <sup>th</sup> Biennial National Conference of Home Science Association of India on Innovation and Incubation Opportunities in Home Science for Self-Reliant India held on 15 <sup>th</sup> – 17 <sup>th</sup> December 2022 at St. Teresa’s College, Kochi organized by Home Science Association of India Kerala chapter.	Participated as Executive Committee Member, Panel Discussant,



		and Presented papers
<b>2023</b>	100. National seminar on ‘Gender Sensitization and Its Impact on Health, Nutrition and Education: Prospects and Challenges’ held on 29 <sup>th</sup> & 30 <sup>th</sup> May 2023 organized by University Department of Home Science, B. N. Mandal University, Madhepur, Bihar in collaboration with Alumni Association of Home Science and IQAC, B.N.M.U, Madhepur, Bihar (online mode)	<b>Merely participated</b>
<b>2024</b>	101. 35 <sup>th</sup> Biennial Conference of Home Science Association of India organized by Central Agricultural University, Imphal, Manipur held on 17 <sup>th</sup> – 19 <sup>th</sup> Jan 2024 at COLLEGE OF Post-graduation Studies, Umiam, Meghalaya	<b>Participated as EC Member, Lead speaker, and Jury, 5 papers presented</b>

**Invited Talk/Special Lecture in Seminar/Training Program/Orientation Program/  
Contact class/NGOs – 62**

<b>1998</b>	1. Delivered a lecture and demonstration on “Creative Activities for Pre-school Children” in Nutrition Awareness Training for the Staff of <b>Kiriya Pushpa: A Family Welfare Project, Mysore</b> in April 1998
<b>2001</b>	2. Invited talk on “Importance of Pre-Nursery School Education” in Parent Education Programme held at <b>Shreya Nursery School and Play home, Siddhartha Nagar, Mysore</b> during August 2001
<b>2002</b>	3. Delivered a lecture on “Breast Feeding and Dangers of Bottle Feeding” in the Orientation Training course on Integrated Nutrition Education for ICDS Functionaries organized by <b>Food and Nutrition Board, Bangalore</b> held at Dept. of studies in Food Science and Nutrition, Manasagangotri, Mysore during February 2002
	4. Delivered a lecture on “Conveying Messages to the Community” in the Orientation Training course on Integrated Nutrition Education for ICDS Functionaries organized by <b>Food and Nutrition Board, Bangalore</b> held at Dept. of studies in Food Science and Nutrition, Manasagangotri, Mysore during February 2002
<b>2004</b>	5. Delivered a lecture on “Role of Audio-Visual-Aids in Communication” in <b>Karnataka State Open University Contact Class Programme</b> for students of Certificate course in Nutrition at Manasagangotri, Mysore during September 2004
	6. Delivered a lecture on “Common Teenage Problem” in Orientation Training Programme for employees of Mandya Milk Union Limited organized by <b>Agni Abhishek Mahila Empowerment Society</b> held at RTDC, Mysore in August 2004
	7. Delivered a lecture on “Common teenage problem” in Orientation Training Programme for employees of Mandya Milk Union Limited organized by <b>Agni Abhishek Mahila Empowerment Society</b> held at RTDC, Mysore in April 2004
<b>2005</b>	8. Delivered a lecture cum Demonstration on “Creative Activities for Physical and Mental growth of the child” in an Orientation Training course for Anganwadi Teachers and Supervisor held at MYRAD/PLAN, Hand post, H.D. Kote, organized by <b>MYRAD/PLAN H.D. Kote Programme Unit</b> during October 2005
<b>2006</b>	9. Delivered a lecture on “Role of Preschool education on the overall development of children” in the Orientation Programme for Anganwadi Supervisors organized by <b>Dept. of Women and Child Development, and MYRAD, Mysore</b> held at Bal Bhavan, Bannimantap, Mysore during February 6 <sup>th</sup> and 8 <sup>th</sup> 2006
<b>2007</b>	10. Delivered a Special lecture on “Human Growth and Nutrition” in Workshop organized by <b>KMF Unit Mysore Training Centre, Mysore</b> for Rural Women on 19 <sup>th</sup> September 2007 at Alanahalli, Mysore

	11. Delivered a lecture on “Approaches in Nutrition and Health” in <b>Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education</b> at Manasagangotri, Mysore on 28 <sup>th</sup> July 2007.
	12. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education</b> at Manasagangotri, Mysore on 23 <sup>rd</sup> July 2007.
<b>2008</b>	13. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 17 <sup>th</sup> June 2008.
	14. Delivered a lecture on “Approaches in Nutrition and Health” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 17 <sup>th</sup> June 2008
<b>2009</b>	15. Delivered a lecture on “Approaches in Nutrition and Health” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 7 <sup>th</sup> May 2009
	16. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 6 <sup>th</sup> May 2009.
<b>2010</b>	17. Delivered a lecture on “Approaches in Nutrition and Health” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 8 <sup>th</sup> July 2010
	18. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 7 <sup>th</sup> July 2010.
<b>2011</b>	19. Delivered a special lecture on “Child Labour in India: Prevalence, Causes, Consequences and Legislations” organized for students by <b>JSS Law College, Mysore</b> on 4 <sup>th</sup> Nov 2011
<b>2012</b>	20. Delivered a special lecture on Communication at <b>Organizations for the Development of People (ODP) NGO at Bannimantap, Mysore</b> on 09 <sup>th</sup> Jan 2012.
	21. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 22 <sup>nd</sup> April 2012
	22. Delivered a lecture on “Themes and Messages in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 22 <sup>nd</sup> April 2012
	23. Delivered a lecture on “Physical, Psychological and Sociological Consequences of Child Marriage” in Training Programme for PDO on

	Celebration of International Day against substance abuse, illicit Trafficking of Women and children and prevention Child Marriage organized by <b>Department of Women and Child Development, Mysore District in collaboration with Zilla Panchayat, Mysore and JSS Law college, Mysore</b> on 30 <sup>th</sup> June 2012
<b>2013</b>	24. Delivered a lecture on “Negative Consequences of Child Marriage” in Training Programme for PDO organized by <b>Department of Women and Child Development, Mysore District in collaboration with JSS Law college, Mysore</b> on 10 <sup>th</sup> January 2013
	25. Delivered a special lecture on “ <b>Human Development – Higher Studies and Career opportunities</b> ” in orientation programme for Under Graduate Students by Govt. Home Science college, Hassan on 8 <sup>th</sup> March 2013
	26. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 20 <sup>th</sup> April 2013
	27. Delivered a lecture on “Approaches in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 20 <sup>th</sup> April 2013
	28. Delivered a special lecture on “Early Stimulation and Development Activities for Children of Early years” in Summer camp for Parents of Special Children held on 17 <sup>th</sup> May 2013 organized by <b>Dept of Special Education, AIISH, Manasagangotri, Mysore.</b>
<b>2014</b>	29. Delivered a lecture on “Themes and Messages in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 1 <sup>st</sup> April 2014
	30. Delivered a lecture on “Approaches in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 1 <sup>st</sup> April 2014
	31. Delivered a lecture on “Methods of Communication in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 1 <sup>st</sup> April 2014
<b>2015</b>	32. Delivered an invited talk on “Low Birth Weight” at Dept of Human Development, <b>Avinashilingam Institute for Home Science and Higher Education for Women</b> , Deemed University, Coimbatore on 28 <sup>th</sup> Sept 2015
<b>2016</b>	33. Delivered an invited talk on “ <b>Research Methods</b> ” in the Research convention entitled “Research Ethics, Methods and Post Research Methods” held on 18 <sup>th</sup> to 20 <sup>th</sup> February 2016 at <b>Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University</b> , Coimbatore on 19 <sup>th</sup> Feb 2016.

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34. Delivered an invited talk on “**Opportunities and New Avenues in Home Science**” at **Govt. Home Science College, Hassan** on 31<sup>st</sup> March 2016.
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- 2017** 35. Delivered an Invited talk on “**Importance of Early Childhood Years for Healthy Life**” in one day State level Seminar on “Healthy life and Healthy Practice” organized by Internal Quality Assurance cell, **Govt. Home Science College, Hassan** on 2<sup>nd</sup> March 2017
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36. Delivered an invited talk on “**Early Identification of Disabilities and Child Rearing Practices**” at Maharani’s Science College for Women, Mysuru to commemorate ‘National Science Day’ on 28<sup>th</sup> Feb 2017 organized by Science club of **Maharani’s Science College for Women, Mysuru**
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- 2018** 37. Delivered an invited talk on “**Prospectus of Human Development**” at Department of Human Development, **Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University, Coimbatore** on 6<sup>th</sup> Jan 2018.
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38. Participated as a resource person and delivered a lecture on “**Early Childhood Stimulation**” in 4<sup>th</sup> Early Childhood Education Conference – 2018 for Early childhood Teachers, Parents, Educational Administrators, Doctors, Counsellors was organized by Pre-School Teacher Training, International Montessori and Kindergarten Training Academy in Association with VHD Central Institute of Home Science, Bangalore on 21<sup>st</sup> Jan 2018 at Adeline International Hotel, Mysore
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39. Participated as a resource person and delivered an invited lecture on “**How to write Academic articles**” for teachers organized by Research Motivation Committee, Govt. First Grade College for Women, Hassan on 29<sup>th</sup> Jan 2018
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40. Participated as a resource person and delivered a lecture on “**How to write Academic articles**” and “Review of Literature” in Indian Council of Social Science Research sponsored Research Methodology Course for Ph. D. students and Teachers pursuing Ph.D in Social Sciences organized by Centre for Multi Disciplinary Developmental Research, Dharwad on 7<sup>th</sup> March 2018.
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41. Delivered an invited talk on “**Early Childhood Stimulation**” at Department of Human Development, **Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University, Coimbatore** on 6<sup>th</sup> June 2018.
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42. Participated as a resource person and delivered a lecture on “**Sampling and Survey Instruments, Methods and Design**” on 26<sup>th</sup> October 2018 at DOS in Anthropology, Manasagangotri, Mysore in ICSSR Sponsored Ten Day Research Methodology Course for M.Phil/Ph.D./PDF Scholars in Social Sciences held during 22<sup>nd</sup> – 31<sup>st</sup> October 2018
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- 2019** 43. Participated as a Resource Person and delivered lecture on “**Parenting and Home Environment**” in **Mysore Divisional Level Consultation on Early Childhood Care and Development**” organized by UNICEF, Hyderabad, Karnataka Child Rights Observatory, Bengaluru, Human Development wing of DOS in Food Science and Nutrition, University of Mysore, Mysuru,
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- Swami Vivekananda Youth Movement, Saragur and Triton Mysore on 5<sup>th</sup> March 2019
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44. Participated as a Resource person delivered a Lecture on “Methods of communication in Nutrition and Health Education” in **Karnataka State Open University Contact Class** for the Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 26<sup>th</sup> Nov 2019
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45. Participated as a Resource person delivered a Lecture on “Approaches in Nutrition and Health” in **Karnataka State Open University Contact Class** for the Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 26<sup>th</sup> Nov 2019
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46. Delivered a special lecture on “**Family Stress–Coping and Adaptation**” at the Department of Human Development, **Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University, Coimbatore** on 20<sup>th</sup> December 2019.
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- 2020** 47. Delivered an invited talk on “**Immediate And Long Term Developmental Outcomes of Low Birth Weight Infants**” in the Senior Scientists award session in “33<sup>rd</sup> Biennial Conference of Home Science Association of India (HSAI) – Trends for futuristic Development in Home science: Research and Innovation” jointly organized by Home Science Association of India and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on Jan 22<sup>nd</sup> -24<sup>th</sup> 2020
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48. Delivered a Lecture on “Methods of communication in Nutrition and Health Education” in **Karnataka State Open University Contact Class** for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 12<sup>th</sup> June 2020
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49. Delivered a Lecture on “Approaches in Nutrition and Health” in **Karnataka State Open University Contact Class** for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 13<sup>th</sup> June 2020
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- 2021** 50. Delivered a lecture on “Reproductive Risks and Resilience factors for women” in the International webinar on “**Women and Family well-being**” organized by PG Dept of Home Science, Berhampur University, Odisha on 13<sup>th</sup> March 2021
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51. Delivered a Lecture on “Methods of communication in Nutrition and Health Education” in **Karnataka State Open University Contact Class** for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 8<sup>th</sup> June 2021
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52. Delivered a Lecture on “Approaches in Nutrition and Health” in **Karnataka State Open University Contact Class** for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 9<sup>th</sup> June 2021
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53. As a discussant, presented the **observations on ‘Living conditions and Nutritional status of the Bantus living in Port Blair of Andaman Islands: A Cross-Sectional Study’** presented by Dr. Koel Mukherjee, Anthropologist, Anthropological Survey of India, Andaman and Nicobar Regional Centre, Port Blair in Webinar on an Series 2021 organized by
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	Anthropological Association and DOS In Anthropology, Manasagangotri, University of Mysore on 31 <sup>st</sup> August 2021(Online)
	54. Delivered an invited lecture on ‘NEP Recommendations for Early Childhood Care and Education (ECCE): Opportunities & Challenges in Implementation’ in Two-day state level seminar on ‘ <b>Opportunities &amp; Strategies in Implementation of NEP 2020</b> ’ organized by Vidya Bharathi, Karnataka on 6 <sup>th</sup> and 7 <sup>th</sup> September 2021 at CMR Institute of Technology Bangalore (Offline)
2022	55. Delivered a Lecture on “Methods of communication in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 24 <sup>th</sup> April 2022
	56. Delivered a Lecture on “Approaches in Nutrition and Health” in <b>Karnataka State Open University Contact Class</b> for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 24 <sup>th</sup> April 2022
2023	57. Participated as a Resource person and delivered a lecture on “Why Community Sciences: Human Development and Family Studies?” in the <b>Lecture Series</b> held on 18 <sup>th</sup> March 2023 for the B.Sc. Honors Students, College of Community Science, UAS, Dharwad, Karnataka State
	58. Delivered a lecture on “Significance of Early Childhood Stimulation in Development of a Child” in NIPCCD ON 30 <sup>TH</sup> June 2023
	59. Participated as a Resource person delivered a Lecture on “Methods of communication in Nutrition and Health Education” in <b>Karnataka State Open University Contact Class</b> for the Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 9 <sup>th</sup> Sept 2023
	60. Participated as a Resource person and delivered a Lecture on “Approaches in Nutrition and Health” in <b>Karnataka State Open University Contact Class</b> for the Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 12 <sup>th</sup> Sept 2023
	61. Participated as a Resource person and delivered a lecture on “Social and Emotional skills for Situational Success” in a workshop on <b>Life Skills - Learning to Design Life</b> ’ held on 16 <sup>th</sup> September 2023 organized for High school students by Human Development and Family Studies, DOS in Food Science and Nutrition, University of Mysore, Mysore
2024	62. Participated as a lead speaker and delivered a lead talk “Emotional Factors in Ergonomics: Transformation from ‘I’ to ‘We’ in a technical session on “One Life – Nurturing Human Resource and Relations” at 35 <sup>th</sup> Biennial Conference of Home Science Association of India organized by Central Agricultural University, Imphal, Manipur held on 17 <sup>th</sup> – 19 <sup>th</sup> Jan 2024 at College of Post-graduation Studies, Umiam, Meghalaya

S/d. Dr. Komala M