

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

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

January 2024

Dr. KOMALA M.

Designation and Department Address	Professor of Human Development (AGP 10000/-) (Since 15 th July 2019) Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore – 570006
	Former Chairperson (1 st March 2021 to 28 th Feb 2023) Department of Studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore – 570006
	Coordinator Mysore University Day Care Centre (Since Sept 2007 to till date) Manasagangotri Campus, Mysore – 570006
	Course Coordinator 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
Residential Address	#85, 1 st Cross, 1 st Main, Bank Employee Colony, Bogadi, Mysore – 570026
E mail Id	komalagangadhar71@gmail.com, mkomala@foodsci.uni-mysore.ac.in
Phone Number	Office: 0821-2419631 Residence: 0821-2411331 Mobile: 09980425919, 09448734996
Date of Birth	05-12-1971
Nationality	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 State Level Eligibility Test (SLET) held on 24-09-2000 in the subject Home Science
2.	Participated in 1ST Refresher Course in Home Science held from 28th June to 18th July 2006 organized by U.G.C. Academic Staff College, Bangalore University, Bangalore
3.	Participated in 6 days workshop on “Student Counseling” held from 19th to 24th

	March 2012 organized by U.G.C. Academic Staff College, University of Mysore, Mysore
4.	Participated in Refresher Course in Life Sciences held from Feb 12th to 4th March 2013 organized by U.G.C. Academic Staff College, University of Mysore, Mysore
5.	Participated in Refresher Course in Life Sciences held from 2nd Dec to 22nd Dec 2014 organized by U.G.C. Academic Staff College, University of Mysore, Mysore
6.	Participated in a Two-day workshop on Academic Administration held from 11 th and 12 th March 2020 organized by UGC- Human Resource Development, University of Mysore, Mysore

3. Teaching Experience: 28years4 months[Oct 1996 to date June2024] (21 years 4monthsas 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 th July 2019 – till date	4years11 months	PG Teaching, Research, and Guiding for Ph.D. and M.Sc. Dissertation work
	Associate Professor (AGP – 9000/-)	15 th July 2016 – 14 th July 2019	3 years	
	Assistant Professor (AGP-8000/-)	15 th July 2013 – 14 th July 2016	3 years	
	Assistant Professor (AGP-7000/-)	15 th July 2008 to 14 th July 2013	5 years	
	Assistant Professor	11 th Feb 2003 – 14 th 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.
	Temporary Lecturer / Part-time/Guest Faculty	1996-2001	4 years 8 months	PG Teaching and Guiding for Dissertation work
UG Food Science & Nutrition at YCM Mysore	Temporary Faculty	July–Oct 1997	4 Months	Undergraduate Teaching
Area of Specialization in Teaching:	LifeSpanDevelopment, Gerontology, Theories of Human Development, EarlyChildhoodCare andEducation, Mental Health, Family Stress, Marriageand FamilyRelations, Life Skills Education, Scientific Writing, Special and Inclusion Education			

4. Research Experience: 26 years of Experience [1998-99 onwards]

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

Fellowship Awarded	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
Title of M.Sc. Dissertation	“A Comparative Study of the Adjustment Problems of Institutionalized And Non-Institutionalized Adolescent Girls” During 1995-96
Research Areas of Interest:	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, Bhubaneshwar	2021-2024

6. Research Supervision (Annexure –1)

A. Post-Doctoral Fellow	03 Completed [1 UGC – Radha Krishna Post Doctoral Fellowship (Submitted the report on 29 th Mar 2019) and 2 ICSSR PDF from Jan 2022-Jan 2024, Submitted the report on 5 th Jan 2024 & Submitted the report on 15 th April 2024)
B. Ph.D. Students	Awarded – 06, Working – 04, Enrolled – 04
C. M.Sc. Dissertation and Project:	89

7. Research Paper Publications (Annexure-2): 77

	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	24	52
Total	34	43	77

8. Research Paper Presentations (Annexure –3): 155

Presentation	International	National/State	Total
Research Paper-Oral Presentation	13	77	90
Research Paper-Poster Presentation	04	61	65
Total	17	138	155

9. Participation in Seminars/Workshops/Conferences at National/International level (Annexure –4): 102

Participation	International	National/State	Total
Merely Participated	06	45	51
Paper presented	08	43	51
Total	14	88	102

10. Invited Talk/Special Lecture (Annexure –5): 65

11. Awards: 08with Co-authors

“Basava Rathna” Award in the field of **Education**. Felicitated by Mysuru Sharana Mandali in “Vatal Shri Guruvandane and Basava Rathna Award Ceremony” on 17th July 2024.

(Best paper presentation – 05, Best Poster Presentation -02, Mid Career Award-01)

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

1. **Best Paper Presentation Award** for paper on “A Study on Youth Problems in Mysore City” presented by Ramya Bhaskarand **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, Manasagangothri, Mysore held on 15th and 16th March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangothri, 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 Bhaskarand **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)

33rd 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 22nd – 24th 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 2nd prize in the Oral competition
7. Dr. Prabhavati S. N. and **Komala M.** – **Appreciation Award for Best paper presentation in the session** and overall 1st 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.

34th Biennial National Conference of Home Science Association of India on Innovation and incubation opportunities in Home Science for Self-Reliant India held on 15th – 17th 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 World Congress – 2013 in the University of Manchester, 5 th –10 th August 2013	Delegate, Paper presented	“Evolving Humanity, Emerging Worlds”	University of Mysore
2016	At Best Western Elyon Colombo, Srilanka on 21 st & 22 nd 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, Manasagangothri, Mysore	1 st March 2021 To 28 th Feb 2023
The Coordinator	Mysore University Day Care Centre, Manasagangothri, Mysore	Sept 2007 – to date
The Course Coordinator	PG Human Development Program DOS in Food Science and Nutrition Manasagangothri, 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	Advisory Committee of Mysore University Day Care Centre	2008 – to date
Member	Hostel Food Monitoring Committee , University of Mysore, Mysore	2012 -13 2019-20 2022-23
Member	Advisory committee for Ladies Hostels and Working Women’s Hostel, University of Mysore,	2013

	Mysore	
Member	Selection Committee for selection of Assistant Professor for UGC sponsored B. Voc. Course JSS College, Mysore	Jan 2015
Member	The Review Committee , University of Mysore, Mysore for JSS Autonomous college, Mysore	Nov 2017
Member	Hostel Grievance Committee , University of Mysore, Mysore	2019-20 2022-23
Member	Manasa Exhibition Committee University of Mysore, Mysore	2021
Member	Member , Selection Committee for the promotion of Faculty Members under CAS [Associate Professor (Level-13A) to Professor (Level-14)] in the Department of Home Science , 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, University of Mysore	Member	2005	till date
Board of Studies in Human Development, University of Mysore	Member	2006	till date
Board of Studies in Home Science (UG), University of Mysore	Member	2016	2019
Board of Studies in Home Science (UG) Maharani's Science College, Autonomous, Mysuru	Member	2018 2023	2021 2
Board of Studies in Home Science Sri Padmavati Mahila University, Tirupati (PG)	Member	2019	2021
Board of Studies in Human Development Mount Carmel College, Autonomous, Bangalore	Member	2019	2019
Board of Studies in Home Science Bangalore City University (UG, PG, Ph.D)	Member	2021	2024
Board of Appointment of Examiner in Human Development, University of Mysore, Mysore	Member	2009	2019
Board of Examination in Human	Chairperson	Jan 2007	Jan 2008

Development (PG), University of Mysore, Mysuru	11 times	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, S.V. University, Tirupati	Chairperson	2016	2017
Board of Examination in Home Science (PG), Bangalore University	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 of Governing body and general Body, Dr. B. R. Foundation, Dept of Social Justice and Empowerment, Government of India, New Delhi (2023 -2026)

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

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

	Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
2013	3. Organizing Committee Member – Institute Of Excellence, University of Mysore sponsored Two-day workshop on “Clinical Research Methods” held on March 15 th – 16 th 2013, Mysore organized by the Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
2014	4. Organizing Secretary –University of Mysore sponsored Two-day National Seminar on “Emerging Health Issues Across The Life Stages” held on March 6 th & 7 th 2014, Manasagangotri, Mysore organized by Human Development, Department of studies in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore
2015	5. Organizing Committee Member – 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 th January 2015
2016	6. Coordinator – 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 th November 2016 at the department
	7. Local Convener – Home Science Session, 40 th Indian Social Science Congressorganized by University of Mysore, Mysuru, and Indian Academy of Social Scienceon 19 th – 23 rd Dec 2016
2017	8. Organizing Committee Member - 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 th and 13 th April 2017
	9. Coordinator –One-day symposium on“High Risks Infants – Care and Management”organized by Human Development, DOS in Food Science and Nutrition,Manasagangotri,Mysore incollaboration withBGS Apollo Hospital, Mysore on23 rd November 2017
2018	10. Organizing Secretary – 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 th and 16 th March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangotri, Mysore
	11. Coordinator –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 th and 21 st August 2018
2019	12. Organizing Secretary - 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 th March 2019
	13. Coordinator –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 th and 7 th December 2019

2020	14. Organizing Secretary - 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 th and 20 th November 2020
2021	15. Organizing Chairperson - 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 th and 27 th November 2021
2023	16. Organizing chairperson: Three-day workshop on Basic and Advanced Statistical analysis using SPSS on 15th – 17th Feb 2023 at the DOS in Food Science and Nutrition, Manasagangotri, Mysore in collaboration with STATSPARKS, Bengaluru
	17. Coordinator: One day workshop on ‘Life Skills – Learning to design life’ for high school students on 16 th Sept 2023 at DOS in Food Science and Nutrition, Manasagangotri, Mysuru
2024	18. Convener: One day workshop on ‘Life Skills’ for Degree College Students of Government Home Science College Hassan on 17 th May 2024 at Hassan
	19. Convener: One day workshop on ‘Life Skills’ for Degree College Students of Government Home Science College Hollenarasipura, Hassan on 18 th May 2024 at Hollenarasipura

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 Chamaraanagar 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 8th 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**

A. Post Doctoral Fellowship –Completed 03	
1.	Physical, Cognitive, and Behavioural Outcomes of Children Born to Teenage Mothers - Dr. Ramya Bhaskar , UGC – Radha Krishna Fellowship – Submitted the report on 29th March 2019
2.	Determinants of Early Childhood: A study on Jenu Kuruba Tribal Children of Mysore District - Dr. Deepa Kannur , ICSSR Post Doctoral Fellowship – Submitted the report on 5th Jan 2024
3.	Health, Nutrition and Food Security: An Intervention Study on Jenu Kuruba (Particularly Vulnerable Tribal Group) Children of Mysore District - Dr. Prabhavathi S.N. , ICSSR Post Doctoral Fellowship – shortly submit the report
B. Ph. D. Awarded – 06, Submitted – 01, Working – 04, enrolled – 02	
4.	‘A Study on Reproductive Health and Related Problems among Young Girls of Gadag District’ Sudha S. Rayanagoudar – Awarded Feb 2016
5.	‘A Longitudinal Study on Growth and Development of Low Birth Weight Infants From Selected Areas of Mysore’ Arundhathy M.V. – Awarded Nov 2016
6.	‘Awareness, Attitude, and Practices among Community Health Workers Regarding Early Identification of Developmental Delays In Young Children’ – Vidya L. Rao – Awarded Nov 2017
7.	‘Problem Behaviours, Interpersonal Relationship and Emotional Intelligence among Youth of Bangalore City’ – Sudha A. Rao – Awarded August 2018
8.	Physical and Cognitive Outcomes among School Children Born with Low birth weight – Divyashree H.R. Without fellowship, Registration Date: 27.02.2016
9.	The Relationship Between Mobile Phone Addiction, Mental Health Problems, And Coping Skills Among College Students – Vijaya U. Patil Without fellowship Registration Date: 03-09-2016 (Submitted the thesis on 5th Jan 2024)
Working – 04	
10.	Mental Health And High-Risk Behaviours of Youth in Mysuru: An Intervention Study – Pavan Kumar S.K. without fellowship, Registration Date: 17-07-2019
11.	Socio-Ecological Factors Associated with Bystanders’ Roles in School Bullying: An Intervention Study - Iqra Mubeen Bala with UGC-JRF Fellowship, Registration Date: 3-02-2021
12.	Effects of Early Intervention on Growth and Developments of Preterm Infants with Developmental Delays – Deepashree P.L. without Fellowship, Registration 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 - Swetha Ananda Kumar , without Fellowship, Registration Date: 4-02-2021

Ph.D. Enrolled	
14.	Amaya – Health, Nutrition, and Developmental Outcomes of Maternal Anemia: An Intervention Study
15.	Shwetha Naik - Health, Nutrition Status, and Developmental Delays in Children of Lambani Community: An Intervention Study
16.	Harshitha G. C.–Binge Behaviours: Risks, Consequences, and Protective Factors in Youth
17.	Jhansi G –Effect of passive smoking on Cognitive, Emotional and Behavioural Outcomes in School Children

C. M.Sc. Dissertations and Projects Guided–89

1999	1. Impact of Non-formal Preschool Education on All-round Development of the Preschool Children in ICDS Centre – Anuradha K.
2000	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.
2001	5. Evaluation of Fathers' Role in Child Rearing – Latha M.V.
	6. Impact of Cinema on Adolescents Attitude and Behaviour Pattern – Rekha G.
2002	7. Dietary Pattern and Personality Development of selected School Children In Rural Areas under “Jeevan Jyothi” – A Family Helper Project – Ramya Bhaskar
2003	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.
2004	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
2005	13. Relationship between Emotional Intelligence and Social Intelligence – Mahesh B.V.
	14. Influence of Parenting Style on Problem of Adolescents – Priya M.
2006	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
2007	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
2008	21. Nutritional Status and Cognitive Abilities: A Study on Medar Tribal Pre School Children – Arundhathy M.V. 22. A Study on Relationship of Low Birth Weight with Attention Deficit Hyper Active Disorder among School Children – Shruthyshree B.M.
2009	23. Personality and Low Birth Weight : A study on Children at 8 – 12 Years of age – Nanda 24. Mental Efficiency in Elderly: A Comparative Study between Institutionalized and Non - Institutionalized – Navya S. 25. A Study on Relationship Between Television Viewing, Physical Activity and Obesity among Teenagers – Rashmi Shankar
2010	26. A study on Domestic Violence Against Women in Rural Areas of Mysore – Divyashree H.R.[Project] 27. A study on Child Labour on Urban Slum Areas of Mysore – Sandeep T. [Project] 28. Facilities for girl Child - A study on Awareness among Mothers of Urban Slum Areas of Mysore – Shek Asiya [Project] 29. A study on Attitude and Awareness among Rural mothers Towards Gender Discrimination and Related Laws - Sindhu [Project]
2011	30. Relationship Between Smoking, Drinking, Alcohol and Cognitive function among Young Boys and Adult men of Mysore – Raghav Prasad 31. A Study on Reproductive Awareness, Practice and Morbidities among Post Graduate Female Students – Sobiya Ameen 32. Study on Problems of Adolescents born to Teenage mothers in Mysore city - Sumaiya Kouser
2012	33. Growth and Behavioural Pattern: A comparative Study Between Single and Siblinged Adolescents – Gifty Joel
2013	34. A Study on Impact of Internet usage on Growth and Multiple Intelligence of Adolescents – SanatombiChingangbam 35. A Study on Emotional Intelligence of Teenagers Born to Teen and Adult Mothers – Sandeeparaju T.
2014	36. Mobile Phone Addiction and Mental Health of Youth – Vibha S. Tirumalai 37. A Study on Health Risk Behaviour Problems Among College Girls – Arombam Sarju Bala Devi
2015	38. Physical growth, Nutritional status and Intelligence among Kunabi School children – Arfa Thabassum 39. Physical growth, Nutritional status and Intelligence among Kunabi Pre-school children – Poornima Mathad
2016	40. Perceived Stress And Coping Resources in Families of Mentally Challenged Children – Rashmi, N.
2017	41. and Emotional Intelligence – SayaraThabassum 42. Life skills and Stress – Yashodha

2018	<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>
2019	<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>
2020	<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>
2021	<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</p>

	Children- Shivani Rao
2022	<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>
2023	<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>
2024	<p>86. Moral Disengagement, and Motivation among Bystanders in School Bullying: A Comparative Study between Probullies and Provictims - Niveditha Jadar</p> <p>87. Relationship of Smartphone Addiction with Health and Lifestyle Among Elderly People - Rekha Baramagoudara</p> <p>88. Health and Nutrition Status of Anemic and Non-Anemic School Children: An Integrated Approach – Gunavanth M. M.</p> <p>89. Health and Nutrition Status of Anemic and Non-Anemic Preschool Children: An Integrated Approach - Dileep Nayak K. S.</p>

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

A. Books – 02	
2017	1. Jamuna Prakashand Komala M. (Editors) “Emerging Health Issues across Life Stages”. AAYU Publications, New Delhi. 2017, ISBN: 978-93-85161-50-6
2023	2. Ramya Bhaskar and Komala M. (Authors) Children of Teen Mothers: Physical, Cognitive & Behavioural Outcomes, Maya Publishing House, New Delhi, ISBN:9789391642129, 9391642128
B. Book chapters – 18	
2016	Book chapters in edited book by M. Aruna “ Advances in Home Science Studies ” Volume-1 , Prestige Book International, New Delhi 2016, ISBN: 978-93-82186-79-3
	1. Arundhathy, M. V. and Komala, M. , “Feeding Practices Among Low Birth Weight And Normal Birth Weight Infants”
	Book chapters in edited book by M. Aruna “ Advances in Home Science Studies ” Volume-2 , Prestige Book International, New Delhi 2016, ISBN: 978-93-82186-80-9
	2. Komala M. And Sandeeparaju, H.S. “A Study on Emotional Intelligence Of Teenagers Born To Teen And Adult Mothers” 16 - 21
	3. Ramya Bhaskar and Komala, M. , “Influence of Socio-Economic Status on Protecting Behavior of Parents”22 - 27
	4. Sandeep, T. and Komala,M. “Child Labour In Urban Slum Areas Of Mysore City”, 28 - 33
	5. Gifty Goel and Komala M. “The Behavioural pattern of Singled and Siblinged Adolescents” 123 - 132
	6. Poornima, H.V., Prakash Padakannaya and Komala, M. “Relationship Between Reading Readiness, Socio-economic Status and Family Environment” 316 - 321
	2017
	7. Arundhathy M.V. and Komala M. , “A Longitudinal Study on Physical Growth Pattern of Low Birth Weight Infants” 28-43
	8. Sumaiya Kouser, Komala M. , Ramya Bhaskar and Poornima H.V. “Study on Problems of Adolescents Born to Teenage Mothers in Mysore City”, 82-89
	9. Sandeep T. and Komala M. “Health Risk Behaviors Among Adolescent Boys of Mysore”, 148-158
	10. Raghav Prasad, Komala M. 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
	11. Sobiya Ameen, Komala M. and Sudha S. Rayanagoudar “A Study on Reproductive Morbidities Among Postgraduate Female Students of Mysore”, 239-248
	12. Vibha Tirumalai and Komala M. “Mobile Phone Addiction and Mental Health of Youths: A Pilot Study”, 259-266
	13. Rima Ponnamma, A.S, Ramya Bhaskar and Komala, M “A Study on the Influence of School Environment on the Stress of Adolescents”, 278 – 292
2020	Book Chapters in edited book by N. Vasugi, K. ArockiaMarichelvi, and Ramya Bhaskar “Development and Well-being across the Lifespan”, Shanga Verlag, Coimbatore, 2020, ISBN: 978-9385604-11-9
	14. Deepashree P.L., Komala M. and Manasa M.T, “Relationship Between Obesity And Problems Of Menstrual Cycle Among Young Women”, 34-40
	15. Divyashree H.R. and Komala M. “Physical Growth And Nutritional Status: A Comparative Study Between Low Birth Weight And Normal Birth Weight School Children” 41- 49
	16. Pavan Kumar S.K. and Komala M. “Relationship Between Depression, Vice Habits And Resilience In Youth Of Mysuru City”, 130-137
2021	Book Chapter in edited book by Sandeep Rout, Udit Nandan Mishra, and Rupak Jena “Interdisciplinary Approaches in Agriculture and Forestry”, Taran Publication, Ambala, Hariyana, 2021, ISBN 978-93-92313-22-6
	17. Prabhavati S. N. and Komala M. “Reducing Post Harvest Loss in Cereals and Pulses for Strengthening Food and Nutrition Security”, 342-348
2023	Book chapter in edited book by Rakesh Yonzon and Maimom Soniya Devi “Innovative Approaches in plant protection”, Prakhar Goonj Publication, Delhi-110089, ISBN:9788196097011, 8196097018
	18. Prabhavati S. N. and Komala M. “Innovative packaging strategies for reducing Post-harvest losses in fruits and vegetables”

C. Full papers Published in Proceedings of the Conference/Seminar - 05

2008	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 th , 13 th and 14 th November 2008 at Ernakulam
	1. Komala, M. and Rudramma, “A Study On Association Of Television Viewing With Stress And Academic Performance Of Children”
	2. Ramya Bhaskar, Komala, M. and Rudramma, “Study on Relationship between stress and adjustment among Adolescents”
2009	Proceedings of 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 rd and 24 th July 2009 at Jnanajyothi Auditorium, Central College campus, Bangalore.
	3. Komala M. and Rudramma, “Influence of Television viewing on Mental Health of Children”
	4. Ramya Bhaskar, Komala, M. Chaitra, K.V. and Shashikala Puttaraj, “The

	role of Mid Day Meal Programme in Promoting Health of School Children”
2020	<p>E-proceedings of “33rd 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 22nd -24th 2020</p> <p>5. Pavan Kumar S.K. and Komala M. “Relationship Between Depression, Vice Habits And Resilience In Youth Of Mysuru City”,</p>

D. Research Paper Publications in Journals– 52[International–28& National-24]

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

	9. Aundhathy M.V. and Komala M. “Feeding Practices among Low Birth Weight and Normal Birth Weight Infants”, The Researchers’ – The international Journal of Research , November, 2015; Vol. 1 (1): 57-67
	10. Komala M. and Sandeeparaju H.S. “A Study on Emotional Intelligence Of Teenagers Born To Teen And Adult Mothers”, International Journal of Multidisciplinary Research and Development Nov. 2015, Vol 2 (11) : 382-387 Impact Factor: 5.72
	11. Sandeep T and Komala M. A Study on Child Labour in Urban Slum Areas of Mysore City, The Researchers’ - International Journal of Research, Special Issue - December, 2015: Vol.1 (2): 31 – 38 Impact Factor 4.98
	12. Sudha S. Rayanagoudar and M. Komala , “Nutritional Status of Young Girls of Gadag District” Asian Mirror – International Journal of Research , February 2015: Vol. 2(1): 13-20
2016	13. Arundhathy, M.V. and Komala M. “Nutritional Status of Low Birth Weight Infants: A Longitudinal Study in Mysore City, Karnataka” Asian Mirror - International Journal of Research , March 2016; Vol 3(1): 59-70
	14. Vidya L. Rao. and Komala M. “The Awareness among Anganwadi Workers about Children with Developmental Delays” Asian Mirror - International Journal of Research , June 2016; Vol 3(2): 73-84
	15. Vidya L. Rao. and Komala M. “Attitudes of Community Health Workers toward Children with Developmental Delays” Asian Mirror - International Journal of Research , June 2016; Vol 3(2): 1-16
2017	16. Sudha A Rao and Komala M. Problem Behaviours and Associated Factors among Youth in Bangalore City, India. International Journal of Indian Psychology , July-September 2017. Vol. 4 (4): 149-161 Impact Factor: MIAR(Information Matrix for the Analysis of Journals)-3.6
	17. Sudha A Rao and Komala M. Emotional Intelligence and Gender Differences: A Study among the Youth in Bangalore City, India. International Journal of Indian Psychology , July-September 2017. Vol. 4 (4): 32-40, Impact Factor: MIAR(Information Matrix for the Analysis of Journals)-3.6
2018	18. Ramya Bhaskar and Komala M. A study on relationship between school environment and Academic performance of Adolescent students. Asian Journal of Multidimensional research [Double blind refereed and Reviewed International Journal, UGC approved journal], February 2018, spl-2, ISSN:2278-4853, Vol 7(2): 642-650 Impact Factor: SJIF=4.708
2019	19. Vijaya U. Patil and Komala M. ‘Mobile Phone Usage and Mental Health Of College Students: A Literature Review’, International Journal of Research in Commerce, IT and Management , March 2019, Vol. 9 (3): 9-12, ISSN 2231-5756
	20. Ramya Bhaskar and Komala M. Children of Teen Mothers –Risks and Challenges, International Journal of Innovative Knowledge Concepts , 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 & Management</i> , 9(3), 9-12. ISSN:2231-5756.
2021	22. Divyashree H.R. and Komala M. Cognitive Abilities of Low Birth Weight and Normal Birth Weight School Children: A Comparative study, International Journal of Creative Research Thoughts, An International Open Access, Peer Reviewed, Refereed Journal , ISSN: 2320-2882, October 2021, Vol 9 (10): 255-261
	23. Divyashree H.R. and Komala M. Physical growth and Nutrition Status of Low Birth Weight and Normal Birth Weight School Children: A Comparative study, International Journal of Creative Research Thoughts, An International Open Access, Peer Reviewed, Refereed Journal , ISSN: 2320-2882, October 2021, Vol 9(10): 321-328
	24. Iqra Mubeen Bala and Komala M. The Witness of Darkness – A Review on Factors Associated with Bystanders’ Behaviours in School Bullying, Journal of Emerging Technologies and Innovative Research, An International Scholarly Open Access, Peer Reviewed Refereed Journal , December 2021, ISSN: 2349-5162, Vol 8 (12): 750-758
2022	25. Iqra Mubeen Bala and Komala M. The Shades of Darkness: An Exploratory Study on Participant Roles in School Bullying among Adolescents in Mysore City, International Journal of Novel Research and Development (IJNRD), Peer Reviewed Refereed Journal , September 2022, ISSN: 2456-4184, Vol 7(12): 884-892
2023	26. Nijamapuram Anusha, Iqra Mubeen Bala and Komala M. Unravelling: A study to explore the intricate relationship between problem behaviours and Resilience in Youth. The International journal of Indian Psychology , 2023, September, Volume 11, Issue 3, page no. 4477- 4488, ISSN: 2348-5396. DOI: https://doi.org/10.25215/1103.417 Redshine Publications, Lunawada, Gujrat, India
	27. Divya R., Iqra Mubeen Bala and Komala M. Body Appearances: A Comparative analysis on Gender differences in Body shaming among adolescents. The International journal of Indian Psychology , 2023, December, Volume 11, Issue 4, page no. ISSN: 2348-5396. DOI: https://doi.org/10.25215/1104.096
	28. Vijaya U Patil, Komala M. , 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, http://doi.org/10.1729/Journal.36211
Research Paper Publications – National Journals – 24	
2002	29. K.N. Anuradha and M. Komala , “Impact of Non-formal Education on All round Development of Preschool Children”, Journal of Social Sciences Interdisciplinary Reflection of Contemporary Society , January, 2002, Volume 6, Number 1, 21-23.
2008	30. Komala, M. and Rudramma “Physical Growth And Nutritional Status Of School Children Of Mysore” Man and Life , 2008, Vol. 34 (3-4), pp 79-84

2009	31. Ramya Bhaskar and M. Komala , , “A Study On The Quality Of Life And Life Satisfaction Among The Senior Citizens In Mysore City” Man and Life , 2009 , Vol. 35 (3-4), Pp 65-72
	32. Komala, M. and Rudramma, “A Study On Association Of Television Viewing With Stress And Academic Performance Of Children” Man and Life . 2009, Vol. 35 (3-4), Pp 73-80
2010	33. Nandini M, Komala M. And Ramya Bhaskar, “A Study On Mental Health Status Of Teenagers In Single Parent Families” Man and Life 2010, Vol. 36 (3-4), Pp 157-164
	34. Shivaprasad, H.S., Gangadhar M.R. Malini, S.S., Shivabasavaih and Komala M. “An outlook on the health status of tribal population in India” Man and Life 2010, Vol. 36 (3-4), Pp 165-174
2012	35. Jyothi, R. And Komala M. “Influence of Television Viewing on Anxiety of College students” Frontier Anthropology , 2012: Vol. 1, 73-78
	36. Ramya Bhaskar, Anjali B. U. and Komala, M. “A Study on Sexual Attitudes of Youth in Mysore Taluk” J. Psychosoc. Res. 2012. Vol. 7(1) 95-100
2013	37. M.R. Gangadhar, KomalaM. and S.C. Jaiprabhakar, “Health Care Practices Among the Hakkipikkis: A Tribal Population of Mysore District, Karnataka” Man and Life , 2013: Vol. 39 (3-4), 23-30
2018	38. Deepashree P.L, Komala M. 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 Komala M. , “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, Komala M. 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. AzholeThirah, M.R. Gangadhar, KomalaM. 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 Komala M. 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, Vol10 (6): 33-42, ISSN-2439-5162. Impact Factor=7.95 Indexed in google scholar, http://www.jetir.org/papers/JETIR2306304.pdf
	43. Vijaya U. Patil and Dr. Komala M. , Mobile Phone Addiction Among College Students: An Explorative Study in Ankola. <i>Annals of the Bhandarkar Oriental Research Institute</i> , 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. International Journal of Emerging Technologies and Innovative Research ,(www.jetir.org UGC and ISSN Approved), July 2023, 10(7), c144 – c151. ISSN: 2349-5162. http://www.jetir.org/papers/JETIR2307215.pdf
	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), August 2023 13(8): 160-165, ISSN 2278-4632
	48. Vijaya U. Patil and Dr. Komala M. Mobile phone addiction among college students: An exploratory study in Ankola, Annals of the Bhandarkar Oriental Research Institute, (UGC Care Listed Group-I Journal), October-2023 , Volume C, Issue 10, page no. 48- 60, ISSN : 0378-1143,
	49. 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):158-170, ISSN- 2278-4632.
	50. 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,
2024	51. Vijaya U. Patil, Dr. Komala M. “Cellular Dependency: How college students in coastal Karnataka embrace and employ mobile devices” Shodha Prabha, (UGC Care approved), Group I, peer-reviewed and referred journal, 2024 , Vol-49, Issue No-1: 48-52, ISSN 0974-8946
	52. Vijaya U. Patil, Dr. Komala M. Anxiety, Depression and Stress among college students” Humanities and social Science studies, January- June - 2024 , Vol.13, issue 1, No.2,,ISSN 2319-829X with IF=7.28, (UGC care approved)

Papers Presented in Conference/Seminar/Symposium: 155**International: 17[Oral-13+Poster-04]**

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

		Among Low Birth Weight And Normal Birth Weight Infants”	
		9. Sandeep, T. and Komala, M. “Child Labour In Urban Slum Areas Of Mysore City”	Oral
		10. Gifty Goel and Komala M. “The Behavioural pattern of Singled and Siblinged Adolescents”	Poster
		11. Poornima, H.V., Prakash Padakannaya and Komala, M. “Relationship Between Reading Readiness, Socio-economic Status and Family Environment”	Poster
2016	6.	Participated and Presented a paper at the 3rd International Conference on “Science and Technology connecting Health, Management, and Society” organized on 21 st – 23 rd September 2016 in Western Helyon, Colombo, Srilanka	
		12. Komala M. and Arundhathy M.V. “Maternal Risk Factors Associated with Low Birth Weight Infants of Mysore”	Oral
2018	7.	Participated and presented a paper in the 50th 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 rd & 4 th November 2018	
		13. Komala M., Sridhara A.S. and Santhosh C.D. “The Relationship between Sleep duration and Obesity among Adolescents”	Poster
2021	8.	Participated as a Resource person and presented a paper in the international webinar on “Women and Family well-being” organized by PG Dept of Home Science, Berhampur University, Odisha on 13 th March 2021	
		14. Komala M. “Reproductive Risks and Resilience factors for women”	Oral
2023	9.	Coauthor of Paper presented at 7th International conference on Innovative approaches in basic and applied sciences for social development organized by Govind Ballabh Pant University of Agriculture and Technology held at Panthnagar, U.S. Nagar, Uttarakhand, India on 24th-25th March 2023.	
		15. Deepa Kannur and Komala M “Innovative stimulating activities for cognitive development of young children in Jenu Kuruba tribal population: An intervention study”	Oral
	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 th 2023 in Hybrid mode	
		16. Vijaya U. Patil and Komala M., Prevalence of Mental Health Problems among College Students	Oral
	11.	Coauthor of Paper presented at International Conference on Integrating Indigenous Knowledge Systems in Higher Education organized by Department of Management Studies, Bhagat Phool Singh Mahila	

		Vishwavidyalaya, BPSMV, Khanpur Kalan (Sonepat) In collaboration with Centre for Indian Thought and Management MDI, Gurugram and Shiksha Sanskriti UthanNyasa, New Delhi on November 29-30, 2023.	
		17. Kannur D and Komala M , Indigenous knowledge of developmental activities among mothers of under-five children in Jenu Kuruba population	Oral

National: 138 [Oral-77+Poster-61]

2002	12.	Participated and presented a paper in UGC National Seminar on “Women and Development” held on March 14 TH & 15 TH 2002 at Tirupati organized by the Department of Home Science And Centre for Extension Studies, Sri Venkateshwara University, Tirupati.	
	18.	Deepu N., Komala, M. and Rudramma, “An Evaluation of the Use of Mass Media by Adult Women in Semi-Urban Area of Mysore District”	Oral
2003	13.	Participated and Presented a poster in the 90th Indian Science Congress Section: Anthropological and Behavioural Sciences organized by Indian Science Congress, Bangalore University, Indian Space Research Organization, Confederation of Indian Industry, Bangalore, at Bangalore University on 3 rd - 7 th January 2003.	
	19.	Komala, M. and Rudramma “Adjustment Problems of Adolescent: A Comparison Between Institutionalized and Non- Institutionalized Girls”	Poster
2004	14.	Participated and Presented Posters in 91 ST Indian Science Congress, Section: Anthropological and Behavioral Sciences organized by Indian Science Congress Association, Punjab University And Institute of Microbial Technology on 3 rd - 7 th January 2004 at Punjab University, Chandigarh.	
	20.	Komala, M. Shobha. S. and Rudramma “Influence of Television Viewing on Study Habits of College Students”	Poster
	15.	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 TH and 6 TH November 2004	National
	21.	Ramya Bhaskar, Komala, M. Rudramma, and Shashikala Puttaraj, “Nutritional and Personality Assessment of School Children – The beneficiaries of A Family Helper Project”	Poster
2005	16.	Participated and Presented a poster in 92 nd 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 rd -7 th January 2005.	National

		22. Kavitha, Komala, M. and Rudramma “Role of Home Environmental Stimulation in Child’s Learning”	Poster
		23. Ramya Bhaskar, Komala, M. and Rudramma “The Relationship between Body type and Personality: A Study on School Age Children of Chamarajanagar in Karnataka	Poster
2006	17.	Participated and Presented a poster in 93 rd Indian Science Congress, Section: ‘Anthropological and Behavioral Sciences held on 3 rd -7 th January 2006 at Hyderabad organized by The Indian Science Congress Association and N.G. Ranga Agricultural University, Hyderabad.	National
	24.	Komala, M. and Mahesh Sharma B.V., “A Study on Emotional Intelligence in Relation to Gender Difference among the Adolescents of Mysore”	Poster
	25.	Komala, M. and Jyothi, R., “Influence of Television Viewing on Anxiety of College Students.”	Poster
	18.	Participated and presented paper in <u>Southern Regional Consultation Meet on “Adolescent Guidance Services”</u> organized by NIPCCD, Southern Regional Centre, Bangalore on 22 nd -23 rd March 2006 at NIPCCD premises, Bangalore.	National
	26.	Komala, M. and Roopa S. Angadi “Mental Health Status of Adolescents”	Oral
2007	19.	Participated and Presented a poster in 94 TH Indian Science Congress, Section: ‘Anthropological and Behavioural Science held on 3 rd -7 th January 2007 at Chidambaram organized by The Indian Science Congress Association and Annamalai Deemed University, Chidambaram.	National
	27.	Komala, M. and Roopa S. Angadi, “Relationship between Parenting and Mental Health Status of Adolescents”	Poster
	20.	Participated and presented papers in <u>National Conference on Quality assurance in ODL institutions</u> organized by Karnataka Open University, Manasagangotri, Mysore on 3 rd – 5 th March 2007	National
	28.	Komala, M., Shobha S. and Rudramma “Television Viewing and Study Habits – A Study Among the College Students”	Oral
	21.	Participated and presented paper in <u>National Conference on “Medical Anthropology and Health Sciences”</u> organized by Society for Indian Medical Anthropology on 29 th to 30 th November 2007 at Anthropological Survey of India, Mysore.	National
	29.	Komala, M. and Shilpa R. Patil “Nutritional Status of Hakkipikki Tribal Preschool Children”	Oral
2008	22.	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 th – 15 th February 2008 at Mysore.	
		30. Komala M. and Rudramma, “A study on Environmental Factors Associated With Childhood Obesity”	Poster
		31. Shilpa R. Patil and Komala M. , “Relationship between Nutritional Status and Cognitive Abilities: A Study on Hakkipikki Tribal Preschool Children”	Poster
	23.	Participated and presented paper in 3RD 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 st -23 rd February 2008 at Chandigarh.	National
		32. Komala, M. and Rudramma, “Television Viewing – An Environmental Risk Factor For Childhood Obesity”	Oral
	24.	Participated and presented papers in 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 th , 13 th and 14 th November 2008 at Ernakulam	National
		33. Komala, M. and Rudramma, “A Study On Association Of Television Viewing With Stress And Academic Performance Of Children”	Oral
		34. Ramya Bhaskar, Komala, M. and Rudramma, “Study on Relationship between stress and adjustment among Adolescents”	Oral
2009	25.	Participated and presented papers in 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 rd and 24 th July 2009 at Jnanajyothi Auditorium, Central College campus, Bangalore.	National
		35. Komala M. and Rudramma, “Influence of Television viewing on Mental Health of Children”	Oral
		36. Ramya Bhaskar, Komala, M. Chaitra, K.V. and Shashikala Puttaraj, “The role of Mid Day Meal Programme in Promoting Health of School Children”	Oral
2010	26.	Presented papers in National Conference on ‘Sexuality and Psychology’ organized by Dept of Post Graduation studies and Research in Psychology, Sri. DarmasthalaManjunatheshwara College (Autonomus), Ujjare, Dakshina Kannada on 29 th and 30 th January 2010	National
		37. Ramya Bhaskar, Anjali, B.U. and Komala M. , “A Study on Sexual Attitudes of Youth in Mysore Taluk”	Oral
		38. Ramya Bhaskar, Rudramma, Arundathy M V, and Komala M. , “Sexual Tendency and Adjustment among	Oral

		the Adolescents of Mysore City”	
	27.	Participated and presented papers in <u>Second National Conference of SIMA</u> organized by Society for Indian Medical Anthropology, Mysore and Department of Anthropology, Kannada University, Hampi on “India’s Health Care Challenges” on 1 st -3 rd February 2010 at Kannda University, Vidyaranya, Hampi.	National
		39. Komala M. and P. Kamakshi, “Mental Health of Single-Adolescents In Single-Parent Families”	Oral
		40. Nandini, M., Komala, M. and Ramya Bhaskar, “A Study on Mental Health of Teenagers in Single Parent Families”	Oral
		41. Arundhathy, M.V. and Komala M. , “Nutritional Status of Medar Tribal Pre-School Children Of Mysore City”	Poster
	28.	Participated and presented papers in <u>Indian Anthropological Congress 2010</u> jointly organized by Indian National Confederation and Academy of Anthropologists (INCAA) and Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS) on 21 st -23 rd February 2010 at Bhopal.	National
		42. Komala M. and Arundhathy, “Economy and Development among Medar – A schedule Tribe Population of Mysore”,	Oral
		43. Ramya Bhaskar, M. R. Gangadhar and Komala M. , “Development Programmes for the Resettled Tribes – An Evaluation”	Oral
2011	29.	Participated and presented paper in <u>National Seminar on “Cultural Change in Tribal Life”</u> organized by Department of Anthropology, Kannada University, Hampi, Karnataka, Folkland- International Centre for Folkore 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 th – 9 th Feb 2011	National
		44. Komala M, Ramya Bhaskar and M.V. Arundhathy “Impact Of Globalization On The Socio-Economic Conditions Of Medar – A Schedule Tribe Population Of Mysore, Karnataka” (Oral)	Oral
2012	30.	Participated and presented papers in <u>UGC Sponsored National Seminar on “A Holistic approach towards Health and Well being”</u> held on 21 st – 22 nd Feb 2012 organized by Dept of Home Science, Sri Padmavathi Mahila Visvavidyalayam, Tirupati	National
		45. Komala M. and Priya M. ‘A study on Parenting Styles and Problems of Adolescents’ (Oral)	Oral
		46. Komala M. Ramya Bhaskar and M.V. Arundhathy “Relationship Between Emotional Intelligence and Problems of Adolescents” (Oral)	Oral

		47. Ramya Bhaskar, Rudramma, Komala, M and Sandeep T, “A Comparative Study on the Perceived Stress of Adolescents of Government and Private Pre-University Colleges’ (Oral)	Oral
		48. Ramya Bhaskar, Syeda Misbah Fathima and Komala, M. “Study on the Mental Health of Teenage Mothers With Reference To the Religion” (Oral)	Oral
2013	31.	Participated and Presented papers in <u>Two Day National Seminar on “Tribal Health in India: Issues and Challenges”</u> held on 11 th - 12 th Feb 2013 organized by Karnataka Tribal Research Institute Mysore	National
		49. Komala, M. Shilpa Patil and Arundhathy M.V. “Socio Demography and Nutritional Status of Hakkipikki and Medar Tribal Preschool Children of Mysore District”	Oral
		50. Arundhathy, M.V. and Komala M. “Relationship of Nutritional Status and Cognitive Abilities among Medar Tribal Pre-School Children of Mysore City	Oral
		51. Ramya Bhaskar, Komala M. and Gangadhar M.R. “Socio Demographic Status of Jenukuruba Tribal Population of Mysore District”	Oral
2014	32.	Participated, presented papers and co-chaired a session in <u>Two Day National Seminar on “Emerging Health Issues across the Life Stages”</u> organized by Human Development, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore, sponsored by University of Mysore held on 6 th and 7 th March 2014 at Rani Bhadur Auditorium, Manasagangotri, Mysore	National
		52. Arundhathy, M.V. and Komala, M. “A Longitudinal Study On Physical Growth Pattern of Low Birth Weight Infants”	Oral
		53. Deepa Devi, Arundhathy M.V. and Komala. M. “Incidence And Factors Associated With Low Birth Weight”	Poster
		54. Sumaiya Kouser, Komala M, Ramya Bhaskar and Poornima H. V. “Study on Problems of Adolescents Born to Teenage Mothers in Mysore city”	Oral
		55. Vidyashree N, Ramya Bhaskar and Komala M. “Youth Problems – Issues and Challenges”	Poster
		56. Sudha A. Rao and Komala, M. “Prevalence of Problem Behaviors among Youth In India”	Poster
		57. Arambam Sharjoobala Chanu, Komala, M. and Sandeep, T. “Health Risk Behaviours Among Adolescent Girls”	Poster
		58. Sandeep, T. and Komala, M. “Health Risk Behaviours Among Adolescent Boys of Mysore”	Poster
		59. Vidya L. Rao, Komala, M. and Poornima H.V. “The	Poster

		Advantages of Exposure of Germs During Childhood”	
		60. Shivaprasad H,S Gangadhar M.R Suttur S. Malini and Komala, M. “An Emerging High Risk Group in Relation With Knowledge About Health and Health Care Aspects among Siddi Tribes”	Poster
		61. Raghav Prasad, Komala M. and Poornima, H.V. “Smoking and Cognitive Functioning: A Cross Sectional Study Among Males Of 15 To 80+ Years Of Age In Mysore City”	Poster
		62. Sudha S. Rayangoundar and Komala M. “A study on Problems of Menstruation Among Young: Girls of Gadag District, Karnataka”	Oral
		63. Sobiya Ameen, Sudha S. Rayangoundar and Komala, M. “A Study On Reproductive Morbidities Among Post Graduate Female Students of Mysore”	Poster
		64. Nishtha Bhatt, Ramya Bhaskar and Komala M. “Sexual Health Status of Adolescents”	Poster
		65. Vibha Tirumali and Komala M “Mobile Phone Addiction and Mental Health of Youths – A Pilot Study”	Oral
		66. Malsawmtluangi, Ramya Bhaskar and Komala M. “Effects of Life Events Stress on Physical and Psychological Health of Young Adults”	Poster
		67. Khwairakpam Usharani Devi, Ramya Bhaskar and Komala, M. “Mental Illness Among Adolescents”	Poster
		68. Rima Ponnamma, A.S., Ramya Bhaskar and Komala M. “A Study on Influence of School Environment on Stress of Adolescents”	Poster
	33.	Participated and presented paper in <u>Two Day National Seminar on Dr. P.R.G. Mathur and His Contributions to Anthropology</u> 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 th and 12 th November 2014 held at KILA, Thrissur	National
		69. Komala M. and Sobiya Ameen, “Reproductive Morbidities and Health Care Practices among the Female of Mysore”(Oral)	Oral
		70. Gangadhar M.R., Shivaprasad H.S. Malini S.S. and Komala M. “ Bioanthropological study among the Siddi’s of Western Ghats, Karnataka, India ”	Oral
2015	34.	Presented paper in <u>National Seminar on Science and Technology for Human Development</u> held on 23 rd – 25 th February 2015 organized by The Indian Science Congress Association, Bangalore chapter in Association with Department of Life Sciences, Kristu Jayanti College, Bangalore	National

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

		of Society for Indian Medical Anthropology on ‘Policy of Trdational knowledge and Ethnomedicine’ organized by SIMA, Mysore and Vivekananda Research centre, Puttur held on 6 th – 8 th Feb 2016	
		81. Komala M. and Poornima Mathad “Nutritional status and Health Practices among Kunabi children of Joida Taluk of Uttara Kannada”	Oral
40.		Participated and presented papers in 48th Annual National Conference on “Nutrition Risk Management and Nutrition” organized by Nutrition Society of India and St John’s Hospital and Research Institute, Bangalore on 4 th & 5 th November 2016	National
		82. Komala M., Arfa Thabassum and Ramya Bhaskar, “Nutritional Status of Children of Kunabi of Joida Taluk”	Oral
		83. Ramya Bhaskar, Megha B.P. and Komala, M., “Nutritional Status of Young Women of Mysore City”	Poster
41.		Papers presented in 9th National Women's Science Congress organized by Matru Vedike-Women Scientists Forum and Swadeshi VijnanaAndolana, Karnataka on Nov 5th-7th 2016 in Doddaballapur, Bangalore Rural District.	National
		84. Divyashree H.R. and Komala M., " Domestic Violence Against Women in Rural Area of Mysore"	Oral
		85. Deepashree P.L. Chandramathi, P. and Komala M., "Awareness among Physically Challenged on Their Rights, Provisions and Concessions".	Oral
42.		Participated, Presented papers, Chaired a session and Local Convener of Home Science Session in 40th Indian Social Science Congress on focal theme “People’s Health and Quality of Life In India” organized by Indian Academy of Social Sciences and University of Mysore, Mysuru on 19-23 rd Dec. 2016.	National
		86. RamyaBhaskar, Malsawmtluangi and Komala, M. “Perceived Stress and Copying Styles among Young Adults of Mysore City” in Home Science Session	Oral
		87. Ramya Bhaskarand Komala, M. “Socio-economic status, Age at Maturation and Adjustment among Adolescents” in Anthropology Session	Oral
2017	43.	<u>Participated, Presented Papers and Chaired a session in UGC sponsored National Conference on ‘Scientific Perspectives of Home Science’ organized by Avinashilingam University, Coimbatore. 6 -7th March, 2017.</u>	National
		88. Ramya Bhaskar, Divyashree, H.R. and Komala, M., “Children of Teen Mothers – Risks and Challenges”	Poster
		89. Krishna Kumar, L. D., Ramya Bhaskar and Komala, M., “Mental Health ofAdolescents”	Poster
		90. Inchara, R, Divyashree, H.R. and Komala, M., “Social	Poster

		Media Usage Among Adolescents”	
		91. Sayara Tabassum, Komala, M. and Ramya Bhaskar, “Families under Stress – Stressors and Consequences”	Poster
		92. Yashodha M. , Deepashree P.L. and Komala M. “Secular trends and Factors Associated with age at Menarche”	Poster
		93. Ramya Bhaskar and Komala, M. “A Study on Youth Problems in Mysore City”	Oral
		94. Komala, M. , Deepashree, P.L. and Ramya Bhaskar, “Abdominal Obesity among Young Women of Mysuru”	Oral
		95. Komala, M. and Rashmi, N. “Perceived Stress and Coping Resources in Families of Mentally Challenged Children”	Oral
	44.	Participated and presented a paper in 49th 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 rd & 4 th Nov 2017”	National
		96. Komala M. and Arundhathy, M.V. “Magnitude and Maternal Factors Associated with Low Birth weight: A Hospital based study in Mysore city”	Oral
		97. Divyashree H.R. and Komala M. “Binge eating behaviours among young girls in Mysore city”	Poster
		98. Gifty Joel, Komala, M. and Deepashree, P.L. “Growth and Nutritional status of Single and Siblings Adolescents of Mysore”	Poster
		99. Ramya Bhaskar, Komala, M. and Poornima Mathad, “Nutritional status and intelligence of Preschool children of Kunubis of Joida Taluk”	Poster
2018	45.	Participated, presented papers and co-chaired a session in 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 th and 16 th March 2018 at IOE auditorium, Vijnan Bhavan, Manasagangotri, Mysore	National
		100. Sudha A. Rao and Komala M. , “Emotional Intelligence As Resilience To Problem Behaviours Among Youth”	Oral
		101. Bindushree, Deepashree P.L and Komala M. “Risks Of Being Single Child in Families”	Poster
		102. Divyashree, H. R. and Komala M. “Cognitive Outcomes of Low Birth Weight Children”	Poster
		103. Sharath Kumar D.S., Komala M. and Chandramati P. “Peer relationship as Risk and Protective Factors in Child Development”	Poster

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

		122. Aruna, G.V. and Komala, M. “Risk Factors For Reproductive Health In Women Of Urban Slum Areas In India”	Poster
		123. Abhishek D.L, and Komala M. “Risks And Protective Factors For Marital Adjustments”	Poster
2019	46.	Participated and presented papers in <u>51st Annual National Conference of the Nutrition Society of India on “Nutrition Security: Blending Tradition with Modern Technology”</u> jointly organized by Nutrition Society of India, Hyderabad and Rajiv Gandhi Centre of Biotechnology, Thiruvananthapuram Kerala on 8 th & 9 th Nov 2019”	National
		124. Komala M. and Aruna, G.V., Prevalence of Overweight and Obesity among Young Women Working in Garment Factories of Mysore.	Oral
		125. Divyashree H.R., Komala M. and Zeba Fathima, “Physical Growth And Nutritional Status: A Comparative Study Between Low Birth Weight And Normal Birth Weight School Children”	Oral
		126. Deepashree P.L., Manasa M.T. and Komala M., “The Prevalence of Overweight and Obesity among Young Married Women”	Oral
		127. Pavan Kumar S.K., Shreedhara R. and Komala M. “Prevalence of Malnutrition among Adolescents of Hassan”	Oral
2020	47.	Participated and presented papers in “33rd 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 nd -24 th 2020	
		128. Ramya Bhaskar and Komala M. “Physical, Cognitive and Behavioural outcomes of Children Born to Teenage Mothers”	Oral
		129. Pavan Kumar,S.K. and Komala M. “Relationship Between Depression, Vice Habits And Resilience In Youth Of Mysuru City”	Oral
		130. Deepashree P.L., Komala M. and Manasa M.T. “Relationship Between Obesity And Problems Of Menstrual Cycle Among Young Women”	Oral
		131. Divyashree H.R. and Komala M. “Physical Growth And Nutritional Status: A Comparative Study Between Low Birth Weight And Normal Birth Weight School Children”	Oral
2022	48.	Participated and presented 34 th Biennial National Conference of Home Science Association of India on Innovation and incubation opportunities in Home Science for Self-Reliant India held on 15 th – 17 th December 2022 at	

		St. Teresa's College, Kochi organized by Home Science Association of India Kerala chapter.	
		132. Kannur D and Komala M , "Gender Differences in Nutritional Status of under 5 Children in Jenukuruba Tribal Population"	Oral
		133. Prabhavathi S N and Komala M . "Determinants of Food Security among Jenukuruba Tribal Population"	Oral
		134. Ms. Iqra Mubeen Bala, Ms. Chandana R M, and Dr. Komala M . "An Exploratory Study to Probe Gender Differences in Bystanders Roles in School Bullying"	Oral
2023	49.	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 th to 27 th May 2023.	
		135. Ms. Nijampuram Anusha, Ms. Iqra Mubeen Bala, and Dr. Komala M . Unravelling: A study to explore the intricate relationship between Problem behaviors and Resilience in Youth.	Oral
	50.	National seminar on 'Gender Sensitization and Its Impact on Health, Nutrition, and Education: Prospects and Challenges' held on 29 th & 30 th 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)	
		136. Kannur. D., and Dr. Komala M . 'Impact of Maternal factors on Children's Nutritional status in Jenu Kuruba Population'.	Oral
		137. Tejaswini U.P, Prabhavati S.N, and Dr. Komala M , 'A cross-sectional study on problems and Risk factors in Pregnant Women of Jenu Kuruba Tribe'.	Oral
		138. Divyashree H.R., and Dr. Komala M . 'Maternal Factors associated with Nutritional status of School Children born with low birth-weight'.	Oral
		139. Divya R., Iqra Mubeen Bala and Dr. Komala M . 'Beyond Appearances: A comparative analysis to investigate gender-based differences in body shaming among adolescents'.	Oral
		140. Aruna G.V, Deepashree P.L and Dr. Komala M , 'Health status of Young Women working in Garment factories in Mysuru'.	Oral
		141. Jhansi G, Pavankumar S.K and Dr. Komala M . 'Factors influencing parenting responsibilities in young mothers of Mysore city'.	Oral
		142. Pavan Kumar and Dr. Komala M . 'Relationship between depression and resilience among college students in Mysore City'	Oral
	51.	55 th Annual Conference of Nutrition Society Of India on theme Nutricereals for one health on 25-26 November 2023 at ICMR-National Institute of Nutrition (ICMR-NIN), Hyderabad	
		143. Pavan Kumar S.K. Rashmi Priya, Shraddha S. and	Poster

		Komala M. ‘Anthropometric Status and Nutrient Adequacy in the Elderly Jenu Kuruba Tribe’	
2024	52.	35 TH Biennial Conference of Home Science Association of India on the theme “Multidisciplinary Approaches in Home and Community Sciences for Sustainable Development” held on 17 th to 19 th Jan 2024 organized by Home Science Association of India (TURA Chapter) College of Community Science, Central Agricultural University (Imphal), Tura, Meghalaya	
		144. Vijaya U. Patil and Komala M. Interplay of Age and Gender on Mental Health Problems and Coping Skills among College Students of Ankola Taluk	Oral
		145. Iqra Mubeen Bala and Dr. Komala M. , Believing in Yourself: Relationship of Self-Efficacy with Bystander Participant Roles in School Bullying	Oral
		146. Nikhitha, Deepashree P.L., and Komala M. , Emotional and Behavioral Problems among Children and Adolescents with Autism Spectrum Disorder	Oral
		147. Sandeep, Pavan Kumar S.K., and Dr Komala M. , Mental Health Status of Visually Impaired Adolescents	Oral
		148. Nithish Kumar M S, Amaya K, and Komala M. , Nutritional status and adequacy among intellectually challenged children	Poster
		149. Gayathri Prakash, REV. Dr. Gimmi Antony Akkattu and Komala M. , Social Media Addiction And Anxiety Among College Student	Poster
	53.	National Seminar on ‘Localization of Sustainable Development Goals (LSDGS): Road map for Home Scientists’ organized by Department of Home Science, Gandhigram Rural Institute – Deemed to be University, Dindigul on March 27 & 28, 2024	National level
		150. Jhansi G. and Komala M. Nutritional Status and Eating Behaviour of Adolescents with Down Syndrome	Oral (Offline)
		151. Kannur D and Komala M. , Quality of home environment of under-five children in Jenu Kuruba population: An intervention study	Oral (Virtual)
		152. Prabhavathi S.N and Komala M. , Hygiene, sanitation and morbidity profile of Jenu Kuruba tribal children from Mysore district	Oral (Virtual)
		153. Deepashree P.L and Komala M. , Moral Values and Its Associated Factors among School Children	Oral (Virtual)
		154. Pavan Kumar S.K. and Komala M. , Relationship Between Mental Health And Coping Skills Among Visually Impaired Adolescents In Mysuru City	Oral (Virtual)
		155. Amaya and Komala M. , A Review on Anaemia during Pregnancy: From Conception to Childhood Consequences	Oral (Virtual)

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

2005	1. International Conference on Health Sciences on theme “Integrated Healthcare towards Global Well being” organized by JSS Mahavidyapeetha, Mysore on 25 th – 26 th February 2005 at JSS Medical College Campus at Mysore	Presented a poster
	2. International Seminar on “Multicultural Spain: Catalonia” on 22 nd and 23 rd July 2005 organized by Department of Studies in English, University of Mysore, Manasagangotri, Mysore	Merely participated
	3. Workshop on “Neuroscience-based Interventions to Address Learning Disabilities” held on 10 th October 2005 jointly organized by UGC Innovative Programme on LD, DOS in Psychology, University of Mysore, Mysore and Scientific Learning Corporation, Oakland, California, USA	Merely participated
2007	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 st – 22 nd April 2007 at Bangalore.	Presented a Paper
2008	5. International Symposium and Conference of Gerontology and Geriatrics and 14 th 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 th – 18 th December 2008 at Tirupati.	Presented 2 Paper
2013	6. International Union of Anthropological and Ethnological Science organized 17 th World Conference 2013 on “Evolving Humanity, Emerging worlds” at University of Manchester, 5 th – 10 th August 2013	Presented a Paper
2015	7. UGC Sponsored International Conference on “Advanced Home Science Studies” organized by Sri Padmavathy Mahila University, Tirupati on 20 th -21 st Feb 2015	Presented 4 papers, 2 poster & Chaired technical sessions
2016	8. 3 rd International Conference on “Science and Technology Connecting Health, Management and Society” organized by on 21 st – 23 rd September 2016 in Western Helyon, Colombo, Srilanka	Presented a paper and Chaired technical session
2018	9. 50 th 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 rd & 4 th November 2018	Presented a poster
2020	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 th May, 2020	Merely participated

	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 rd and 4 th July 2020	Merely Participated
2021	12. International webinar on “Women and Family well-being” organized by PG Dept of Home Science, Berhampur University, Odisha on 12 th and 13 th March 2021	Participated as Resource Person
	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 st June, 28 th June and 5 th July 2021 (Online mode)	Merely Participated
2023	14. IX ICCN General Assembly organized by Folk land, at Kozhikode, Kerala on 10 th and 11 th Nov 2023	Merely Participated

Participation in Seminars/Workshops/Conferences at National/State/Local Level – 88

(Merely Participated :45 + Paper Presented:43)

2002	15. UGC National Seminar on “Women and Development” held on March 14 TH & 15 TH 2002 at Tirupati organized by the Department of Home Science And Centre for Extension Studies, Sri Venkateshwara University, Tirupati.	Presented a paper
2003	16. 90 th 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 rd -7 th January 2003.	Presented a poster
2004	17. 91 ST Indian Science Congress, Section: Anthropological and Behavioural Sciences organized by Indian Science Congress Association, Punjab University And Institute of Microbial Technology on 3 rd - 7 th 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 th and 29 th August 2004 organized by Department of Studies in Law, University of Mysore, Manasagangotri, Mysore	Merely Participated
	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 TH and 6 TH November 2004	Presented a poster
2005	20. 92 nd 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 rd -7 th January 2005.	Presented a poster

	21. “Intellectual Property Rights” held on 15 th & 16 th January 2005 organized by University of Mysore and National Law School of India Universities, Bangalore at Mysore	Merely Participated
	22. One day workshop on “Stress Management” organized at UGC-Academic Staff College, University of Mysore, Manasagangotri, Mysore on 16 th July 2005	Merely Participated
	23. Two day workshop on “Civil Rights & Employees” on August 23 rd & 24 th 2005 organized by Dr. B.R. Ambedkar Research & Extension Centre, University of Mysore, Mysore	Merely Participated
	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 GandhiRashtriya Manav Sangrahalay, Bhopal on 13 th to 15 th December 2005	Merely Participated
2006	25. 93 rd Indian Science Congress, Section: ‘Anthropological and Behavioural Sciences held on 3 rd -7 th 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 th & 7 th January 2006 organized by Mahatma Gandhi National Institute of Research and Social Action, Hyderabad	Merely Participated
	27. Southern Regional Consultation Meet on “Adolescent Guidance Services” organized by NIPCCD, Southern Regional Centre, Bangalore on 22 nd -23 rd March 2006 at NIPCCD premises, Bangalore.	Presented a paper
	28. Seminar on “Health and Nutrition Awareness” held on 27 th March 2006 organized by Centre for women’s studies and DOS in Food Science and Nutrition, University of Mysore, Mysore	Merely Participated
	29. Workshop on “Recent Applications of Remote Sensing and GIS” organized by DOS in Geology, University of Mysore, Mysore on 4 th April 2006	Merely Participated
	30. National Seminar on “Equity and Excellence in Higher Education” on 7 th and 8 th April 2006 organized by St. Philomena’s college, Mysore	Merely Participated
2007	31. 94 TH IndianScience Congress, Section: ‘Anthropological and Behavioural Science held on 3 rd -7 th 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 th January, 2007 at CIST Auditorium, Manasagangotri, Mysore.	Merely Participated

	33. National Conference on Quality assurance in ODL institutions organized by Karnataka Open University, Manasagangotri, Mysore on 3 rd – 5 th 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 th – 28 th November, 2007.	Merely Participated
	35. National Conference on “Medical Anthropology and Health Sciences” organized by Society for Indian Medical Anthropology on 29 th to 30 th November 2007 at Anthropological Survey of India, Mysore.	Presented a paper
2008	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 th – 15 th February 2008 at Mysore.	Presented a poster
	37. 3 RD 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 st -23 rd 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 th , 13 th and 14 th November 2008 at Ernakulam	Presented a paper
2009	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 th and 21 st February 2009 at Department of Studies in Geology, University of Mysore, Manasagangotri, Mysore.	Merely Participated
	40. “Silver Jubilee State Level CME” organized by JSS Medical College and Hospital, Mysore, Department of Pulmonology, JSS University on 14 th July 2009.	Merely Participated
	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 rd and 24 th 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 th September 2009.	Merely Participated
	43. National Conference on “Recent Trends in Animal Physiology” organized by Department of Studies in	Merely Participated

	Zoology, University of Mysore, Manasagangotri, Mysore on 29 th and 30 th 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 th - 6 th December 2009.	Merely Participated
2010	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 st -3 rd February 2010 at Kannda University, Vidyanarya, 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 st -23 rd February 2010 at Bhopal.	Presented a paper
2011	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 th – 9 th Feb 2011	Presented paper
	48. Institute of Excellence, University of Mysore sponsored Two day workshop on “Clinical Research Methods” held on 21 st - 22 nd Feb 2011, Mysore organized by DOS in Food Science and Nutrition, University of Mysore, Mysore	Merely Participated
	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 th October 2011.	Merely Participated
2012	50. UGC Sponsored the National Seminar on “A Holistic Approach towards Health and Well-being” held on 21 st – 22 nd Feb 2012 organized by Dept of Home Science, Sri Padmavathi Mahila Visvavidyalayam, Tirupati	Presented papers and Chaired technical session
2013	51. Two-Day National Seminar on “Tribal Health in India: Issues and Challenges” held on 11 th - 12 th 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 th – 16 th 2013, Mysore organized by DOS in Food Science and Nutrition, University of Mysore, Mysore	Merely Participated
2014	53. Two-Day National Seminar on “Emerging Health Issues across the Life Stages” organized by Human Development,	Presented papers and

	Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore, sponsored by the University of Mysore held on 6 th and 7 th March 2014 at Rani Bhadur Auditorium, Manasagangotri, Mysore	Co-chaired 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 th and 19 th March 2014.	Merely participated
	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 th and 29 th March 2014 at Central Institute of Indian Languages, Manasagangotri, Mysore.	Merely Participated
	56. One-day seminar on Mental Health organized by DOS in Psychology, University of Mysore, Manasagangotri, Mysore on 24 th October 2014	Merely Participated
	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 th and 12 th November 2014 held at KILA, Thrissur	Presented paper
2015	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 th January 2015	Merely Participated
	59. Two days National seminar on Life Rituals among Siddi – A scheduled tribe community in Karnataka held on 21 st and 22 nd Sept 2015 organized by Karnataka State Tribal Research Institute Mysore held at Karnatak University, Dharwad	Merely Participated
	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 th October 2015	Merely Participated
2016	61. 103 rd Indian Science Congress at “Anthropological and Behavioural Sciences” Section held at the University of Mysore, Mysore from 3 rd to 7 th January 2016.	Presented 2 posters
	62. 5 th Women Science Congress – 2016 of 103 rd Indian Science Congress held at the University of Mysore, Mysore from 3 rd to 7 th January 2016.	presented a paper
	63. 31 st Biannual Conference of Home Science Association of India on “Science and Technology for reaching the unreached” organized by Home Science Association	Presented 2 papers & a poster

	Dharwad chapter, Rural College of Home Science, University of Agricultural Sciences, Dharwad on 28 th – 30 th Jan 2016	
	64. 5 th 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 th – 8 th 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 th October 2016 at the University of Mysore, Manasagangotri, Mysore	Merely Participated
	66. 48 th Annual National Conference on “Nutrition Risk Management and Nutrition” Nutrition Society of India. St John’s Hospital and Research Institute, Bangalore on 4 th & 5 th November 2016	Presented a paper & a poster
	67. 40 th 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 th -23 rd Dec. 2016.	Presented 2 papers, Chaired technical session
2017	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 nd 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 th 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 th & 13 th April 2017	Merely Participated 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 th & 27 th Sept 2017 at Senate Bhavan, Manasagangotri, Mysore	Merely participated
	72. 49 th 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 rd & 4 th November 2017	Presented paper & posters
2018	73. 4 th 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	Participated as a Resource person

	Training Academy in Association with VHD Central Institute of Home Science, Bangalore on 21 st Jan 2018 at Adeline International Hotel, Mysore	
	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 th and 16 th 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 th and 21 st March 2018 at EMMRC auditorium, Manasagangotri, Mysore	Merely participated 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 th April 2018 at Seminar Hall, Vijnana Bhavan Manasagangotri, University of Mysore, Mysuru.	Merely Participated
2019	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 th March 2019	Participated as a Resource Person and Organizing Secretary
	78. 51 st 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 th & 9 th Nov 2019”	Presented 4 papers
2020	79. “33 rd 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 nd -24 th 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 th February 2020 at IOE Auditorium, Vigyan Bhavan, Manasagangotri, Mysore	Merely participated
	81. Two-day workshop for Academic Administration on 11 th and 12 th March 2020 organized by UGC- Human Resource Development, University of Mysore, Manasagangotri, Mysore	Merely participated

	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 rd May 2020 (online)	Merely participated
	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 th June 2020 (online)	Merely Participated
	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)	Merely Participated
	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, DhadeshwarShikshan Sanstha Sanchalit and Apoorv Knowledge, Aurangabad, Maharashtra on 27 th September 2020 (online)	Merely Participated
	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 th October 2020 (Offline, Resource Person)	Merely Participated
	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 nd and 23 rd October 2020	Merely Participated
2021	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.	Merely Participated
	89. National Level Webinar on ‘National Education Policy 2020’ organized by IQAC of Smt. P. N. Doshi Women’s College Mumbai, Maharashtra on 12 th May 2021 (online mode)	Merely participated
	90. Twoday state level seminar on ‘ Opportunities & Strategies in Implementation of NEP 2020 ’ organized by Vidya Bharathi, Karnataka on 6 th and 7 th September	Participated as a resource person

	2021 at CMR Institute of Technology Bangalore (Offline)	
	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	Merely participated
2022	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	Merely participated
	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	Merely participated
	94. Conference on “Scheduled Castes in Independent India-present and Future” on 30 th October 2022, organized by the Social Studies Foundation and Center for Dalit and Adivasi Studies and Translation, University of Hyderabad, Telangana	Discussant
	95. 8 th ABRSM National Conference on “India to Bharath” from 11 th to 13 th November 2022 organized by Karnataka Rajya Madhyamika Shaikshik Sangh and Karnataka Rajya Mahavidyalaya Shaikshik Sangh held at Jan Seva Vidya Kendra, Chennenahally, Bengaluru.	Merely Participated
	96. Fifteen-days program [From 5 – 17 th December 2022] on “Discrimination against Women-Pakhwada” Orientation on Prevention of Violence against Women organized by JSS Academy of Higher Education & Research on 6 th 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 th 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 th and 9 th 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 th Biennial National Conference of Home Science	Participated

	Association of India on Innovation and Incubation Opportunities in Home Science for Self-Reliant India held on 15 th – 17 th December 2022 at St. Teresa’s College, Kochi organized by Home Science Association of India Kerala chapter.	as Executive Committee Member, Panel Discussant, and Presented papers
2023	100. National seminar on ‘Gender Sensitization and Its Impact on Health, Nutrition, and Education: Prospects and Challenges’ held on 29 th & 30 th 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)	Merely participated
2024	101. 35 th Biennial Conference of Home Science Association of India organized by Central Agricultural University, Imphal, Manipur held on 17 th – 19 th Jan 2024 at College of Post-graduation Studies, Umiam, Meghalaya	Participated as EC Member, Lead speaker, and Jury, 5 papers presented
	102. National Seminar on ‘Localization of Sustainable Development Goals (LSDGS): Road map for Home Scientists’ organized by Department of Home Science, Gandhigram Rural Institute – Deemed to be University, Dindigul on March 27 &28, 2024	Participated as a lead speaker, and 5 papers presented

**Invited Talk/Special Lecture in Seminar/Training Program/Orientation
Program/Contact class/NGOs – 65**

1998	1. Delivered a lecture and demonstration on “Creative Activities for Pre-school Children” in Nutrition Awareness Training for the Staff of Kiriya Pushpa: A Family Welfare Project, Mysore in April 1998
2001	2. Invited talk on “Importance of Pre-Nursery School Education” in Parent Education Programme held at Shreya Nursery School and Play home, Siddhartha Nagar, Mysore during August 2001
2002	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 Food and Nutrition Board, Bangalore 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 Food and Nutrition Board, Bangalore held at Dept. of studies in Food Science and Nutrition, Manasagangotri, Mysore during February 2002
2004	5. Delivered a lecture on “Role of Audio-Visual-Aids in Communication” in Karnataka State Open University Contact Class Programme 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 Agni Abhishek Mahila Empowerment Society 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 Agni Abhishek Mahila Empowerment Society held at RTDC, Mysore in April 2004
2005	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 MYRAD/PLAN H.D.Kote Programme Unit during October 2005
2006	9. Delivered a lecture on “Role of Preschool education on the overall development of children” in the Orientation Programme for Anganwadi Supervisors organized by Dept. of Women and Child Development, and MYRAD, Mysore held at Bal Bhavan, Bannimantap, Mysore during February 6 th and 8 th 2006
2007	10. Delivered a Special lecture on “Human Growth and Nutrition” in Workshop organized by KMF Unit Mysore Training Centre, Mysore for Rural Women on 19 th September 2007 at Alanahalli, Mysore
	11. Delivered a lecture on “Approaches in Nutrition and Health” in Karnataka

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

	of Women and children and prevention Child Marriage organized by Department of Women and Child Development, Mysore District in collaboration with Zilla Panchayat, Mysore and JSS Law college, Mysore on 30 th June 2012
2013	24. Delivered a lecture on “Negative Consequences of Child Marriage” in Training Programme for PDO organized by Department of Women and Child Development, Mysore District in collaboration with JSS Law college, Mysore on 10 th January 2013
	25. Delivered a special lecture on “ Human Development – Higher Studies and Careeropportunities ” in orientation programme for Under Graduate Students by Govt. Home Sciencecollege, Hassan on 8 th March 2013
	26. 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 20 th April 2013
	27. Delivered a lecture on “Approaches in Nutrition and Health Education”in Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 20 th 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 th May 2013 organized by Dept of Special Education, AIISH, Manasagangotri, Mysore.
2014	29. Delivered a lecture on “Themes and Messages in Nutrition and Health Education”in Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 1 st April 2014
	30. Delivered a lecture on “Approaches in Nutrition and Health Education”in Karnataka State Open University Contact Class for Diploma course in Nutrition and Health Education at Manasagangotri, Mysore on 1 st April 2014
	31. 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 1 st April 2014
2015	32. Delivered an invited talk on “Low Birth Weight” at Dept of Human Development, Avinashilingam Institute for Home Science and Higher Education for Women , Deemed University, Coimbatore on 28 th Sept 2015
2016	33. Delivered an invited talk on “ Research Methods ” in the Research convention entitled “Research Ethics, Methods and Post Research Methods” held on 18 th to 20 th February 2016 at Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University , Coimbatore on 19 th Feb 2016.
	34. Delivered an invited talk on “ Opportunities and New Avenues in Home

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- Science” at **Govt. Home Science College, Hassan** on 31st 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 2nd 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 28th 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 6th Jan 2018.
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38. Participated as a resource person and delivered a lecture on **“Early Childhood Stimulation”** in 4th 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 21st 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 29th 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 7th 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 6th 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 26th 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 22nd – 31st 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, Swami Vivekananda Youth Movement, Saragur and Triton
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Mysore on 5th March 2019

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 26th Nov 2019

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 26th Nov 2019

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 20th December 2019.

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 “33rd 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 22nd -24th 2020

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 12th June 2020

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 13th June 2020

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 13th March 2021

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 8th June 2021

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 9th June 2021

53. As a discussant, presented the **observations on ‘Living conditions and Nutritional status of the Bhantus 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 Anthropological Association and DOS In Anthropology, Manasagangotri,

	University of Mysore on 31 st 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 ‘ Opportunities & Strategies in Implementation of NEP 2020 ’ organized by Vidya Bharathi, Karnataka on 6 th and 7 th September 2021 at CMR Institute of Technology Bangalore (Offline)
2022	55. 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 24 th April 2022
	56. 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 24 th April 2022
2023	57. Participated as a Resource person and delivered a lecture on “Why Community Sciences: Human Development and Family Studies?” in the Lecture Series held on 18 th March 2023 for the B.Sc. Honors Students, College of Community Science, UAS, Dharwad, Karnataka State
	58. Participated in the Radio Program of Manasa CRS 89.6 FM App, Manasagangotri, Mysuru, and delivered a short Introductory Program on Mysore University Day Care Centre’ on 04/05/2023
	59. Delivered a lecture on “Significance of Early Childhood Stimulation in Development of a Child” in NIPCCD ON 30 TH June 2023
	60. 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 9 th Sept 2023
	61. Participated as a Resource person and 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 12 th Sept 2023
	62. Participated as a Resource person and delivered a lecture on “Social and Emotional Skills for Situational Success” in a workshop on Life Skills - Learning to Design Life ’held on 16 th September 2023 organized for High school students by Human Development and Family Studies, DOS in Food Science and Nutrition, University of Mysore, Mysore
2024	63. 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 the 35 th Biennial Conference of Home Science Association of India organized by Central Agricultural University, Imphal, Manipur held on 17 th – 19 th Jan 2024 at College of Post-graduation Studies, Umiam, Meghalaya
	64. Participated as a resource person to deliver a lecture session on “Sustainable Food Waste Management” at Human Resource

Development, Manasagangotri, Mysuru on 29/02/2024 for the participants of the 16th Refresher Course in Life Sciences (Online) to be held from 27.02.2024 to 13.03.2024.

65. Participated as a lead speaker and delivered a lead talk on “Child-Friendly Village – Sustainable Approach for Child Survival And Development” at the Department of Home Science, The Gandhigram Rural Institute (Deemed to be University), Gandhigram, Tamil Nadu, 27th-28th March 2024
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S/d. Dr. Komala M