

## **DEEPASHREE P.L**

**Address:** #1545, MIG, HUDCO, 5<sup>th</sup> Stage

Sharada Devi Nagar, Mysore-570022

E- mail: [pl.deeps@gmail.com](mailto:pl.deeps@gmail.com)

Phone:8073967527/9611075125



### **Personal Details:**

Date Of Birth : 12-02-1988.

Marital Status : Married

Religion : Hindu

Nationality : Indian.

### **Academic Qualification:**

- **Master of Science in Human Development (2010)**  
Department of studies in Food Science and Nutrition, University of Mysore.
- **Bachelor of Science (2008)**  
Food Science and Nutrition, Chemistry and Microbiology, University of Mysore.

### **Academic Details:**

- I had undergone project work on the topic “**A study on Awareness of Physically Challenged on their rights, Provisions and Concessions**”.
- Completed 2 month of block placement as intern at All India Institute of Speech and Hearing (AIISH).
- Working experience with special children at Rotary west deaf and dumb school as intern as a part of practical and internship.

### **Awards and Achievements:**

- Best Seminar Award for the academic year 2009-10 by Human Development Welfare Association, DOS in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore.

### **Experience Summary:**

- November 2015- May 2017: Guest Faculty (on part time basis) and Aug 2017 to till date: Guest Faculty (on full time basis) at DOS in Food Science and Nutrition, University of Mysore.
- Teaching M.Sc Human Development students at Department of Food Science and Nutrition, University of Mysore.

Experience in Handling papers-

- Advanced study in Human Development-1.
- Childhood Behavioural problems.
- Children with developmental challenges.
- Advanced family studies.
- Gerontology-Challenges and care.
- Women and children in difficult circumstances.
- Methods and Techniques of Assessment in Human Development.
- Early childhood – Health, Nutrition and Education.
- Legislation and policy issues in family and child welfare.
- Guidance and counselling,
- Adolescence-Problems and Guidance.
- Children with Specific needs.
- Human Rights from child and woman's perspective.
- Genetic Disorder and Counseling
- Seminar-Current issues and trends in Human Development.
- Handling practical classes- Advanced study in Human Development-Prenatal to adolescence.

-Advanced study in Human Development-Adulthood.

- Dissertation Work.

### **Research Publications:**

- Deepashree P L, Komala M, Chandramathi P. “Awareness among physically challenged on their rights, provisions and concessions” My Society, University of Mysore, ISSN 2394-5982, Volume XII, Issue No. 1-2, 2018-19, page no. 18-25., 2018-19.
- Deepashree P L, Komala M, Manasa M. T “Relationship between Obesity and

Problems of Menstrual Cycle among Young women” Development and well-being across the lifespan, Department of Human Development, School of Home Science, Avinashilingam Institute for Home Science and Higher Education for women, Coimbatore, ISBN 978-9385604-11-9, 2020

### **Presented papers at conferences:**

- Oral presentation on **“Awareness among Physically Challenged on their rights, Provisions and Concessions”** at 9<sup>th</sup> National Women’s Science Congress- Doddaballapur, November 2016.
- Oral presentation on **“Abdominal obesity among young women of Mysuru”** National Conference at Avinashlingam University, Coimbatore-March 2017.
- Participated and presented a poster on **“Growth and Nutritional Status of Single and Siblinged adolescents of Mysore”** at 49<sup>th</sup> Annual National conference of Nutritional society of India, held on 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> - November 2017 at Assam Agricultural university, Assam.
- Participated and presented a poster on **“Risk Factors for Attention Deficit Hyperactivity Disorder”** at UPE sponsored silver jubilee national seminar on risks and resilience across the life span held on March 15-16<sup>th</sup> 2018, organized by Human development, DOS in Food Science and Nutrition, Manasagangothri, Mysore.
- Participated and presented a poster on **“Malnutrition as a risk factor for behavior problems in children”** at UPE sponsored silver jubilee national seminar on risks and resilience across the life span held on March 15-16<sup>th</sup> 2018, organized by Human development, DOS in Food Science and Nutrition, Manasagangothri, Mysore.
- Participated and presented a poster on **“Child Marriage as a risk factors for Health status of mothers and their offspring”** at UPE sponsored silver jubilee national seminar on risks and resilience across the life span held on March 15-16<sup>th</sup> 2018, organized by Human development, DOS in Food Science and Nutrition, Manasagangothri, Mysore.
- Participated and presented a poster on **“Risk of being Single Child in Families”** at UPE sponsored silver jubilee national seminar on risks and resilience across the life span held on March 15-16<sup>th</sup> 2018, organized by Human development, DOS in Food Science and Nutrition, Manasagangothri, Mysore.
- Oral presentation on **“The Prevalence of Overweight and Obesity among young married women”** 51<sup>st</sup> Annual National Conference of Nutrition Society of India held on 08-09 November 2019.

- Oral presentation on “**Relationship between obesity and problems of Menstrual cycle among young women**” National Conference held on Jan 23, 2020, Avinashlingam University, Coimbatore.

#### **Attended Seminars and Webinars:**

- Participated in the International webinar on “Nurturing Physical, Mental and Social Health: During and Post COVID 19 held on 16<sup>th</sup> May 2020 organized by Institute of Home Science. Dr. Bhimrao Ambedkar University, Agra.
- Participated in Two day International Webinar on Different minds- Flip from suffer to sustain, held on 3<sup>rd</sup> and 4<sup>th</sup> July 2020, organized by Department of Human Development, Avinashilingam Institute for Home Science and Higher Education for women, Coimbatore.
- Participated in the National e-Conference on “Sustainable Strategies for Food Safety and Nourishment” held on 22<sup>nd</sup> and 23<sup>rd</sup> of October, 2020 jointly organized by Department of Studies in Food Science and Nutrition, University of Mysore and Indian Dietetics Association.
- Participated in the Golden Jubilee two day National Webinar on “Challenges of Neonatal care and Infant Protection” held on 19<sup>th</sup> and 20<sup>th</sup> November 2020 organized by Human Development wing, Department of Studies in Food Science and Nutrition, Manasagangothri, Mysuru.
- Attended the special lecture on the topic “ Creating a healthy and sustainable food environment” held on 16<sup>th</sup> June 2021 organized by Department of Studies in Food Science and Nutrition, Manasagangothri, Mysore.
- Attended the special lecture on the topic “Yoga for a healthy life style and Wellbeing” held on 25<sup>th</sup> June 2021 organized by Indian dietetic Association-Mysore Chapter.
- Attended the special lecture on the topic “Personality development for career development” held on 26<sup>th</sup> June 2021 organized by Department of studies in Food Science and Nutrition, Manasagangothri, Mysore.
- Attended the special lecture on the topic “Nutrition and Mental Health” held on 30<sup>th</sup> June 2021 organized by Department of studies in Food Science and Nutrition, Manasagangothri, Mysore.

#### **Training and Workshops attended:**

- National Seminar on Functional foods for Health Promotion and disease prevention conducted by University of Mysore.

- Participated in two day workshop on “**Basic Statistics and Its Application using Statistical Package for Social Sciences [SPSS]**” organized by Human Development and Welfare Association in collaboration with Nutrition Society on 20<sup>th</sup> and 21<sup>st</sup> August 2018 at the Department of Studies in Food Science and Nutrition, Manasagangotri, Mysuru.
- Participated in Mysore Divisional Level Consultation on “**Early Childhood care and Development**” organized by Karnataka Child Rights Observatory, Human Development, Department of Studies in Food Science and Nutrition, University of Mysore and Swami Vivekananda Youth Movement Mysuru held on March 5<sup>th</sup> 2019, DOS in Food Science and Nutrition, Manasagangotri, Mysuru.
- Participated in two day workshop on “**Basic Statistics and Its Application using Statistical Package for Social Sciences [SPSS]**” organized by Human Development and Welfare Association in collaboration with Nutrition Society held on 6<sup>th</sup> and 7<sup>th</sup> December ,2019 at the Department of Studies in Food Science and Nutrition, Manasagangotri, Mysuru.
- Participated in the workshop on “**Complementary therapies in Autism Spectrum Disorder: Interplay between Diet and Gut Micro-biota**” held on 15<sup>th</sup> February, 2020 at IOE Auditorium, Vijnana Bhavan, Manasagangotri, Mysuru-06.

### **Skill Set:**

Proficient with MS Office applications, Statistical Analysis using SPSS, Typing and basic desktop publishing.

### **Declaration:**

I Deepashree P L, hereby declare that the information furnished above is true to the best of my knowledge and belief

Date: 08/07/2021

Place: Mysuru

(Deepashree P.L)