

DR. AMRUTHA B. NAIR

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Google Scholar: <https://scholar.google.com/citations?user=LxbizWIAAAAJ&hl=en>

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EDUCATIONAL QUALIFICATIONS

Degree	University	Year of Passing	Specialization	Thesis Title
Ph.D.	Avinashilingam Deemed to be University	2026	Food Science and Nutrition	Antioxidant Potential of <i>Cucurbita pepo</i> L. (Pumpkin) Seed Extract in the Treatment of Stress Induced Male Infertility: An In Vivo Study
M.Sc.	Sri Sathya Sai Deemed to be University	2016	Food Science and Nutrition	Nutraceutical Properties of Ajwain (<i>Trachyspermum ammi</i> L.) Seeds
B.Sc.	Sri Sathya Sai Deemed to be University	2014	Home Science	-

ADDITIONAL QUALIFICATIONS

- Qualified UGC-NET (Home Science) in 2019.

TEACHING EXPERIENCE

- **Assistant Professor**
Department of Food Processing Technology and Management,
PSGR Krishnammal College for Women, Coimbatore (February 2025-December 2025)

Subjects taught: Food Science, Food Microbiology, Advanced Food Processing and Preservation, Sensory Science, Fundamentals of Food Chemistry and Food Properties, Convenience foods

Level: Undergraduate

Responsibilities: Class Tutor, Examination in charge, Curriculum planning, mentoring

PUBLICATIONS

1. Amrutha B. Nair and P.A. Raajeswari (2024). "An Exploration of the Nutritional, Phytochemical and in vitro Antioxidant Profile of *Cucurbita pepo* L. (Pumpkin) Seeds". *The Indian Journal of Home Science*, 36(1):298-306. UGC CARE.
2. Amrutha B. Nair and P.A. Raajeswari (2023). "Ameliorative Effect of *Cucurbita pepo* L. Seed Extract against Lead Induced Effects on the Serum and Testicular Oxidative Stress: An in-vivo Validation". *International Journal of Pharmaceutical Sciences and Drug Research*, 15(2): 214-221. DOI: 10.25004/IJPSDR.2023.150214. UGC CARE.
3. Amrutha B. Nair and P.A. Raajeswari (2018). "Phytonutrients: A Key to Stress Management", *Asian Journal of Multidimensional Research*, 7(2):247-251. ISSN: 2278-4853.
4. Amrutha B. Nair and P.A. Raajeswari (2018). "Pumpkin Seeds: A Repository of Natural Stress Alleviators", *Asian Journal of Multidimensional Research*, 7(5):351-355. ISSN: 2278-4853.
5. Amrutha B. Nair and P.A. Raajeswari (2017). "Role of Nutraceuticals in Combating Stress", *Roots International Journal of Multidisciplinary Researches*, 4(3): 1-4. ISSN: 2349-8684.

AWARDS/CONFERENCE PRESENTATIONS

1. **Oral presentation (2nd Prize Winner)** on "**Reversal Effect of *Cucurbita pepo* L. (Pumpkin) Seed Extract on Reproductive Toxicity in Lead Exposed Male Wistar Rats**" in the **International Conference** organized by S.A. College of Arts and Science, Chennai, on 18th February 2025.
2. **Oral presentation (1st Prize Winner)** on "**An Exploration of the Nutritional, Phytochemical and in vitro Antioxidant Profile of *Cucurbita pepo* L. seeds**" in the **International Conference** organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 09th & 10th March 2023.
3. **Poster presentation** entitled "**Ameliorative Effect of *Cucurbita pepo* L. Seed Extract against Lead Induced Effects on the Serum and Testicular Oxidative Status: An in vivo validation**" in the **national conference** organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 4th & 5th January 2023.
4. **Poster presentation** entitled "**Health Benefits of Dairy and Dairy Products: A Comprehensive Review**" in the **international conference** organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 14th October 2022.

5. **Poster presentation** in NSI sponsored **national conference** on “**Impact of Ajwain Seeds Extract in the Prevention of Rancidity in Groundnut Oil**” organized by Rajiv Gandhi Centre for Biotechnology, Trivandrum on 8th & 9th November 2019.
6. **Poster presentation** in NSI & DST CURIE sponsored **national conference** on “**Pumpkin seeds: A Repository of Natural Stress Alleviators**”, organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 7th & 8th December 2018.
7. **Poster presentation** in DST CURIE sponsored **national conference** on “**Phytonutrients-A key to Stress Management**”, organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 16th & 17th February 2018.
8. Secured **Best Paper Award for oral presentation** for the paper entitled “**Role of Nutraceuticals in Combating Stress**” in the **international conference** organized by Manonmanium Sundaranar University, Tirunelveli, on 7th November 2017.
9. **Poster presentation** in ICMR and NSI sponsored **international conference** on “**Role of Media in Health Awareness**”, organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 3rd & 4th August 2017.
10. **Poster presentation** in UGC sponsored **national conference** on “**Nutraceuticals towards Biochemical Mechanisms of Healthy Ageing**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 6th & 7th March 2017.

CONFERENCES/FDPs/TRAININGS ATTENDED

- Participated in the **2 days national level Research Skill Development Programme (SDP)** on “**Planning Research Project: From Topic Selection to Final Submission**” organized by Shadan Degree College for Women, Hyderabad, on 29th & 30th December 2025.
- Participated in the **1- day FoSTac Certification Training** on **Food Safety** at Rural Technology Women Park, Annur, on 18th December 2025.
- Participated in the **5 days national level Faculty Development Programme on Data Science and Artificial Intelligence “From Data to Intelligence”** organized by the Consortium of Higher Educational Institutions for Research and Development (CHIRD) from 6th to 10th October 2025.
- Participated in the **5 days online Faculty Development Programme “Advancing Social Science Research using AI and JAMOVİ”** organized by Karpagam Academy of Higher Education, Coimbatore from 15th to 19th September 2025.
- Participated in the **Faculty Development Programme “Reviving Ancient Wisdom: Role of Indian Knowledge System in Academia”** organized by PSGR Krishnammal College for Women, Coimbatore, on 20th & 21st February 2025.

- Participated in the **International conference** on “**Sustainable Healthy Diets-Health for All**” organized by National Institute of Nutrition, Hyderabad, on 22nd & 23rd December 2022.
- Participated in the **Summer Internship programme** on “**Analytical Techniques in Research**” organized by Bharat Ratna Prof. C.N.R Rao Research Centre, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore from 18th to 25th May 2021.
- Participated in UGC sponsored **national conference** on “**Environment and Biosciences**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 20th and 21st February 2020.
- Participated in the **33rd biennial conference** of Home Science Association of India (HSAI) on “**Trends in Futuristic Development in Home science: Research and Innovation**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore from 22nd to 24th January 2020.
- Participated in NSI sponsored **national conference** at NIN, Hyderabad from 15th to 17th November 2018.

SEMINARS ATTENDED

- Organising committee member and participant in the **national seminar** on “**Innovative Dairy Practices: Harmonizing Tradition with Sustainable Future Solutions**” organized by PSGR Krishnammal College for Women, Coimbatore in association with Indian Dairy Association-Tamil Nadu chapter on 19th September 2025.
- Participated in the **international seminar** on “**Exploring Research Literacy and Navigating the Path to Publications**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 17th October 2023.
- Participated in the online seminar on “**Documentation Practices in the Bio Pharma Industry: A brief Overview**” organized by Karunya Institute of Technology and Sciences, Coimbatore, on 26th May 2021.
- Participated in a seminar on “**Intellectual Property Rights and Patenting**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 11th October 2019.
- Participated in the DST-CURIE sponsored **national seminar** on “**Global Trends in Science and Engineering**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 20th September 2019.
- Participated in a seminar on “**Intercollegiate Food and Nutrition Competition and Seminar on “Optimum Nutrition Now – Better Health Tomorrow”**” organized by Protein Foods and Nutrition Development Association of India (PFNDAI) and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 26th July 2019.

- Participated in a One-Day seminar on “**OBESICON-19**” organized by GEM Obesity and Diabetes care Hospital, Coimbatore, on 14th July 2019.

WORKSHOPS ATTENDED

- Participated in the **international workshop** on “**Applied Food Sensory Science and Community Insights for Nutrition Learning**” organized by PSGR Krishnammal College for women, Coimbatore, in association with New England Mass Massachusetts Farmfresh Multisensory Education, USA, on 9th September 2025.
- Participated in a workshop on “**Compliance and Beyond: Understanding Institutional Biosafety Standards**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. on 30th November 2023.
- Participated in the IP Awareness/ Training program entitled “**National Intellectual Property Awareness Mission**” organized by Intellectual Property Office and MoE’s Innovation Cell on 27th January 2023.
- Participated in the workshop on “**Research Ethics- Animal and Human Studies**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 18th & 19th January 2022.
- Participated in the virtual **international workshop** on “**Research Methodology**” organized by APS College of Arts and Science, Bengaluru, from 17th to 19th June 2021.
- Participated in India Round Table at Shanti Ashram, Coimbatore, on 11th & 12th April 2019.
- Participated in Maggie “**Creative Kitchen**” contest organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 19th March 2018.
- Participated in “**Environment Awareness Programme**” conducted at Central Academy for State Forest Service on 5th June 2017.
- Participated in the two days’ workshop on “**Animal Handling and Experimentation**” organized by the Animal House Facility, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 17th & 18th February 2020.
- Participated in the DST-CURIE sponsored workshop on “**X-ray Crystallography**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 11th February 2020.
- Participated in the One-Day Workshop on “**Critical appraisal skills in Nutrition Research**” organized by United Kingdom, School of Reading and Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 21st January 2019.

- Participated and presented in **“Research Convention-Scientific Strategies for Quality Research”** organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 28th February, 2018.
- Participated in the DST CURIE sponsored One-Day workshop on **“Ethical Considerations in Research”** organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 6th December 2017.
- Participated in the DST-CURIE sponsored One-Day workshop on **“Intellectual Property Rights and Patenting”** organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 20th September 2017.
- Participated and presented in **“Pre and Post Perspectives of Research Convention”** organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 4th March 2017.

WEBINARS ATTENDED

- Participated in the **national webinar on Grapes Processing and Value Addition** conducted by PMFME of National Institute of Food Technology, Entrepreneurship and Management, Thanjavur (NIFTEM-T), on 30th July 2025.
- Participated in the **national webinar on “Recent Trends in Sensory Evaluation-Integration of Science & Technology”** organized by Nutrition Society of India, Mumbai Chapter on 27th February 2022.
- Participated in the **national webinar on “Cancer in Women”** organized by St. Teresa’s College, Ernakulam, on 5th February 2022.
- Participated in the **international webinar on “Refocusing of Food Science and Nutrition Teaching and Research to solve Community Food and Nutrition Problems”** organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 22nd January 2022.
- Participated in the **research design webinar on “Arriving at the Sweet Spot- Stat Ease Design Expert Software and Electrochemical Workstation”** organized by Bharat Ratna Prof. C.N.R Rao Research Centre, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 8th January 2022.
- Participated in the webinar on **“Food and Nutrition Security for LIFE (Lifestyle for Environment)”** organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 23rd December 2021.
- Participated in the **Two-Day Capacity Building international webinar on “Food-Genome Interface in Treating Diseases”** organized by Bishop Heber College, Trichy, on 2nd & 3rd December 2021.
- Participated in the **national webinar on “Nutritional Care Process for Lifestyle Diseases”** organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 27th November 2021.

- Participated in the **two days international webinar** on “**Food and Mood: Diet in Prevention and Treatment of Mental Health Disorders**” organized by Food and Mood centre, IMPACT Institute, Deakin University on 13th & 20th November 2021.
- Participated in the **national webinar** on “**Intellectual Property Rights and Patenting**” organized by Parvathy’s Arts and Science College, Dindigul on 2nd June 2021.
- Participated in the **international webinar** on “**Breakthroughs of using Photodynamic Therapy and Gold Nanoparticles in Cancer**” organized by IEEE Photonics Society Student Chapter, Mangalam College of Engineering, Kottayam, on 30th April 2021.
- Participated in the **international webinar** on “**Role of Nanotechnology in Energy Generation and Conservation**” organized by IEEE Photonics Society Student Chapter, Mangalam College of Engineering, Kottayam, on 29th April 2021.
- Participated in the **national webinar** on “**National Education Policy 2020- A Paradigm Shift**” organized by IQAC Cell, Avinashilingam Institute for Home Science and Higher Education for Women on 8th September 2020.
- Participated in the webinar on “**First Thousand Days of Life**” as part of the **World Breastfeeding Week Celebration** organized by NSI Bangalore Chapter from 3rd to 7th August 2020.
- Participated in the **international webinar** on “**Lifelong Health: Exclusive Breastfeeding and Nutrition during First 1000 Days**” organized by NSI Mumbai Chapter on 1st August 2020.
- Participated in the webinar on “**Grains for Gut Microbiome Health- A Dietary Perspective**” organized by Nutrition Society of India, Mumbai Chapter in Collaboration with Kellogg Nutrition on 28th July 2020.
- Participated in the **international webinar** on “**Nutrition and Wellness in the Time of Pandemic**” organized by Handique Girls’ College, Guwahati, Assam, on 25th & 26th July 2020.
- Participated in the webinar on “**Pharmacology and Non-Pharmacological Intervention Strategies for Covid-19**” organized by NSI Bangalore Chapter on 22nd July 2020.
- Participated in the **international webinar** on “**Food Safety and Naturally Occurring Toxicants**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 21st July 2020.
- Participated in national webinar on “**5- Day National Level Online FDP on Value Added Food products for Present and Predicted Covid-19 Scenario**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, from 6th to 10th July 2020.

- Participated in the **international webinar** on “**Metabolomics: A novel research tool to examine mechanism underlying diet disease association**” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, on 9th July 2020.
- Participated in the **international webinar** on “**Covid- 19 & Food and Nutrition Security: Scenario in South and South East Asia**” organized by Avinashilingam Institute for Home Science and Higher Education for Women and University of Reading UK, on 27th June 2020.

ONLINE COURSES COMPLETED

- Completed e-learning course on '**Human Nutrition- understanding macronutrient metabolism revised**' organized by Alison certification team.
- Completed e- learning course on '**Introduction to the Role of Nutrition in Human Health**' organized by Alison certification team.
- Completed e-learning course on '**Science of well-being**' organized by Yale University certified by Coursera online certification team.
- Completed e-learning on '**Fundamentals of Health Coaching Short Course**' organized by The Health Sciences Academy on 20th July 2020.
- Completed e-learning on '**Free starter Nutrition Course**' organized by The Health Sciences Academy.
- Completed e-learning on '**Diet and Nutrition (short course)**' organized by eLearning College.
- Completed e-learning on '**ESL003: Upper Intermediate English as a Second Language**' organized by Saylor Academy.
- Completed e-learning with Distinction on '**Diploma in Nutrition**' organized by Fabulous Body Inc, California, United States.

INVITED TALK

- Served as a **resource person** in handling Health and Nutrition session at the Youth Empowerment programme held at Tamil Catering College, Tuticorin, on 14th December 2019.

INTERNSHIP

- Dietary Intern at Sri Sathya Sai Institute of Higher Medical Sciences (May 2016-August 2016).

MEMBERSHIP IN PROFESSIONAL BODIES

- Life Member of Nutrition Society of India (LM-2018-0123)
- Life Member of Home Science Association of India (HSAI)

DECLARATION

I hereby declare that the information furnished is true to the best of my knowledge.

Place: Tiruchengode

A handwritten signature in blue ink, appearing to read 'Amrutha B. Nair', with a horizontal line drawn underneath the name.

Amrutha B. Nair