

CURRICULUM VITAE OF MINI JOSEPH

QUALIFICATIONS

1. BSc Home Science 1991-1994, St. Teresa's College, Ekm
Kerala, India
2. Diploma in Dietetics 1995-1996, Christian Medical College &
Hospital, Vellore, Tamil Nadu, India
3. MSc Home Science (Food
4. Science & Nutrition) 1996-1999, Kerala Agricultural University,
5. PhD in Home Science – Title of work- “Nutritional profile of sportspersons” Kerala
University, Thiruvananthapuram, Kerala.
6. Post-doctoral fellowship PDF – UGC 2015-2017 “Lean Diabetes”

AWARDS

1. **UGC Research Award for Teachers (Post-doctoral Research in Homescience 2015-2017)**
2. **YOUNG SCIENTIST'S SENIOR AWARD in Community Nutrition** 2012 at the 44th **National Conference** organised by the Nutrition Society of India Tirupati Chapter, Dept. Of Home Science, SV University Tirupati, India 16th -17th November 2012 for the oral paper “Profile study of 300 sportspersons from South India and development of a tool to assess their nutritional status”.
3. **BEST PAPER FOR ORAL presentation at National Conference on Advances In Perinatal And Paediatric Nutrition.** Organised by St Teresas College Ernakulam and **IAPEN** -“Prevalence Of Anemia Amongst Young State Players (11-18 Years) And Its Effect On The Endurance Capacity”.
4. **FIRST PRIZE** in the Oral presentations at the **International Conference** on Sports and Nutrition jointly organised by the Department of Food Science and Nutrition and the Department of Physical Education, Avinashilingham College, Coimbatore, India 8th and 9th March 2012 for the oral paper “Evaluation of the Nutritional Status of Sportswomen residing in a Government Sports Hostel, Tiruvannamalai District, Tamil Nadu”
5. **Nutrition Society of India SPECIAL PRIZE** for the **BEST ORAL** presentation in the Free communications Session at the 43rd **National Conference** organised by the Nutrition Society Of India, Nutrition Institute of Nutrition, Hyderabad, India 11th-12th November 2011

6. **Research Day of Christian Medical College, Vellore : 2nd prize for Poster 2016-**
Nutrient intake of Diabetes mellitus patients with low BMI
7. **BEST OUTGOING STUDENT** in Dietetics 1995 CMC & Hospital, Vellore, Tamil Nadu, India

WORK EXPERIENCE

Teaching Experience

Government college for Women, Kerala, India, November 2006 to date.

Assistant Professor and Head of the Department, Home Science Department, Govt. Women's College, Kerala University, Trivandrum, India.

Abertay University, Dundee, Scotland, UK 2002- 2003

Teaching Assistant in Food & Nutrition at the University of Abertay Dundee, SCOTLAND, U.K. for the BSc. Food & Consumer Science Graduate Program.

Clinical Experience

Australia March 1999- July 2006

Worked as dietitian at **Cumberland Centre, Westmead Hospital, Sydney, AUSTRALIA.**

Worked at the **Dietetics Department at New Children's Hospital, Sydney, AUSTRALIA.**

India 2001-2006

Kerala Institute of Medical Sciences KIMS, Trivandrum- Clinical Nutritionist

Christian Medical College & Hospital, Vellore, Tamil Nadu 1995 – 1996 - Assistant Dietitian

Research Experience

Research Guide of Kerala University

4 full time research scholars and 1 part time research scholar.

4 students completed Phd in Home Science

Post-Doctorate Fellow (UGC): 2015-2017

Nutritional studies of Lean Diabetics & patients with fibro-calcific pancreatic disease at the Department of Endocrinology, Diabetes & Metabolism, Christian Medical College & Hospital, Vellore, Tamil Nadu 632004

PhD work : 2010-2013 (awarded in 2014): Research was conducted to study the "Nutritional profile of sportspersons", towards the fulfilment of the requirement for PhD Degree in the Faculty of Science of University of Kerala, India.

Research Paper-Oral Paper presentations 2011-2019

Are the Nutritional needs of the tribals from South India met? Apr-20th to 21st, Bangkok, Thailand 2019

Lean Diabetes: An Unravelling Nutritional Mystery. IDA 2017 Kolkatta

Nutrient Intake of patients with Morbid obesity. 2nd International conference on Obesity and Chronic diseases USA, San Francisco. 6th -8th July 2017

“Low protein intake is associated with poor glycemic index in Type 1 Diabetes patients- A South Indian Tertiary centre experience” Clinical Nutrition Update, Dubai, Dec 8th-9th 2016

“The risk of developing eating disorders in young adults with and without Type 1 Diabetes mellitus” 5th **European Conference** in Nutrition and Dietetics, Rome Italy June 16th -18th 2016

“Prevalence Of Anemia Amongst Young State Players (11-18 Years) And Its Effect On The Endurance Capacity”. **National Conference**. Advances In Perinatal and Paediatric Nutrition. St Teresas College Ernakulam and **IAPEN**

“Profile study of 300 sportspersons from South India and development of a tool to assess their nutritional status” at the 44th **National Conference** organised by the Nutrition Society of India Tirupati Chapter, Dept. Of Home Science, SV University Tirupati, India 16-17th November 2012

“Knowledge, Attitude and Practice of State Players of Tamil Nadu with respect to Sports Nutrition” at the 44th **National Conference** organised by the Nutrition Society of India Tirupati Chapter, Dept. Of Home Science, SV University Tirupati, India 16-17th November 2012

“Evaluation of the Nutritional Status of Sportswomen residing in a Government Sports Hostel, Tiruvannamalai District, Tamil Nadu” at the **International Conference** on Sports and Nutrition INCOSAN jointly organised by the Department of Food Science and Nutrition and the Department of Physical Education, Avinashilingam College, Coimbatore, India 8th and 9th March 2012.

“Nutritional status of South Indian Professional Weightlifters” at the 43rd **National Conference** organised by the Nutrition Society Of India, Nutrition Institute of Nutrition, Hyderabad, India 11th-12th November 2011

“Lean Diabetes and its Management- The tip of the iceberg at the International conference – Current trends and Emerging challenges in Biological sciences Feb 16th 2018 organised by DKM college Vellore, Tamil Nadu

Poster Presentation

“Is Body Mass Index an adequate measure to assess nutritional status of power sportpersons? Presented at Kuala Lumpur, 5th Asian Obesity Specialists & Endocrinologists Annual Meeting July 11-12th 2016

Nutritional study of Type 1 Diabetes mellitus patients, Mini Joseph, 48th ANNUAL NATIONAL CONFERENCE OF INDIAN DIETETIC ASSOCIATION IDACON-2015 Nutrition in Transition – A Global Challenge 19th - 21st November, 2015

Studies on Resting Energy Expenditure (REE) of professional weightlifters from South India, Nutrition and Physical Activity 6th International Conference 2015, Taipei, Taiwan. *Mini Joseph*, Mercy Inbakumari, Nihal Thomas Oct 21st-25th

“A New Predictive Equation to calculate Resting Energy Expenditure of Elite South Indian Power Sportspersons” at the 43rd **National conference** organised by the Nutrition Society Of India, Nutrition Institute of Nutrition, Hyderabad 11th-12th November 2011

“Knowledge, Attitude and Practice in relation to health and nutrition of working mothers” presented at Indian Science Congress Association 88th session New Delhi, India, January 2001

Publications

Journal articles

1. An Atypical Form of Diabetes Among Individuals With Low BMI. Diabetes Care. Eric Lontchi-Yimagou,1 Riddhi Dasgupta,2 Shajith Anoop,2 Sylvia Kehlenbrink,3 Sudha Koppaka,1 Akankasha Goyal,4 Padmanaban Venkatesan,2 Roshan Livingstone,2 Kenny Ye,1 Aaron Chapla,2 Michelle Carey,5 Arun Jose,6 Grace Rebekah,7 Anneka Wickramanayake,8 Mini Joseph,2 et.al. Diabetes Care May 6th 2022, <https://doi.org/10.2337/dc21-1957> published by America Diabetes Association.
2. Differentials in dietary intake of macro and micronutrients in patients with type 2 diabetes and foot ulcers: Observations from a pilot study Sandhiya Reddy a , Shajith Anoop a , Felix K. Jebasingh a, * , Riddhi Dasgupta a , Mini Joseph et.al.. Clinical Nutrition ESPEN <https://doi.org/10.1016/j.clnesp.2021.12.023> (Pub Med)
3. Obesity Indicators and Health-related Quality of Life-Insights from a cohort of Morbidly Obese, Middle aged South Indian Women. Shobana Ramaswamy, Mini Joseph et.al..Eur Endocrinol 2020 Oct; 16(2):148-151.doi:10.17925/EE.2020.16.2.148.Epub 2020 Oct 6 (**PubMed publication**)

4. Evaluation of Food Hygienic Practices of the Street food Vendors and safety of selected Street Food in Thiruvananthapuram, Ammu Salim & Mini Joseph, Echoes of Research; Vol 8: 2019; p14-18
5. Medical Nutrition Therapy of Pediatric Type 1 Diabetes Mellitus in India: Unique Aspects and Challenges' Sheryl Salis¹, Mini Joseph², Anuja Agarwala³, Rajni Sharma⁴, Nitin Kapoor^{5,6}, Aspi J. Irani^{7,8} Paediatric Diabetes; 2020, 1-8
6. Health status of Nurses in Kerala: A cross-sectional study. Meera DK, Suma Divakar, Mini Joseph, International Journal of Home Science 2020; 6(2): 305-309
7. A study on the nutritional impact of Kerala floods 2018 on the Kuttanad residents of Alleppey district -A KSCSTE funded project; Vani S and Mini Joseph International Journal of Home Science 2020; 6(1): 12-15
8. A meta-analysis on the push-pull factors for migration in India". Shifa J and Mini Joseph. International Journal of Home science;Vol: 6(2) 2020 p04-06
9. Effect of traditional supplementary snack on under weight children. Jyothi H, Prema L. and Mini Joseph 51st Annual Conference Of Nutrition Society Of India Nov 7th To 9th 2019
10. Health profile of nurses in Kerala. Meera DK and Dr Mini Joseph 2019 51st Annual Conference Of Nutrition Society Of India Nov 7th to 9th 2019
11. Meta-analysis of the living and working conditions of migrants in south india. Shifa j and mini joseph 51st Annual Conference Of Nutrition Society Of India Nov 7th To 9th 2019
12. Proceedings of the International Conference- International Congress on Nutrition and Health, Apr 20th -21st Bangkok, Thailand. Are the nutritional needs of tribals from South India met?
13. Are the Nutritional Needs of the South Indian Tribal Population met? Charles Pon Ruban, Mini Joseph, ManjunathK, NihalThomas, John J, Jasmine Prasad. International Journal of Innovative Technology and Exploring Engineering (IJITEE) ISSN: 2278-3075, Volume-8, Issue-6S3, April 2019
14. Mini Joseph; Asha H Shyamsunder and Nihal Thomas. Impact of Nutrition counselling on the nutrient intake of Type 1 Diabetes mellitus patients- A tertiary Centre experience. Echoes of Research. Volume 6 2017. P16-26
15. Mini Joseph et.al. Nutrient intake of patients with Lean Diabetes. Dec 18th -20th Proceedings of the IDA Kolkatta 2017
16. Mini Joseph; Riddhi Das Gupta, Sahana Shetty, Roshna Ramachandran, Geethu Antony, Jiji Mathews, Santhosh Benjamin, Shajith Anoop, Jansi Vimala Rani and Nihal

Thomas. How adequate are macro and micronutrient intake in pregnant women with Diabetes mellitus? A study from South India. *The Journal of Obstetrics and Gynecology of India*. 10th Nov 2017

17. Mini Joseph et.al. NSI Proceedings - 49th Annual National Conference of the NSI. Barriers to Dietary Practices in patients with type 1 DM.
18. Mini Joseph. Social Entrepreneurship- Avenues and challenges in Home Science; Chapter 6; Ela Bhatt- A Social Entrepreneur; Department of Home Science, Govt College for Women
19. Mini Joseph, Riddhi Dasgupta, Roshna Ramachandran, Shajith Anoop, Vijilakshmi Anand, Nithya Devanithi, Hesarghatta Shyamsundar Asha, Nihal Thomas. Nutritional Intake in Low Body Mass Index (BMI) Males with Type 1 Diabetes and Fibro-calcific Pancreatic Diabetes: What are the Unmet Needs? A Cross-Sectional Study from a South Indian Tertiary Care Hospital. *Journal of Clinical and Diagnostic Research*. 2017 Oct, Vol-11(10): OC06-OC09
20. Mini Joseph, Sahana Shetty and Nihal Thomas. Diet in a pregnant mother with diabetes mellitus. *Current Medical Issue*. Vol 15 Issue 3, July-September 2017 p 222-226
21. Mini Joseph, Riddhi D. Gupta, L. Prema, Mercy Inbakumari, Nihal Thomas. Are Predictive equations for estimating Resting Energy Expenditure Accurate in Asian Indian Male Weightlifters? *Indian Journal of Endocrinology and Metabolism* June 14 2017/ Vol 21 Issue 4, July August 2017
22. Mini Joseph, Asha H. Shyamasunder, Riddhi D. Gupta, Vijayalakshmi Anand, Nihal Thomas. Demographic details, clinical features, and nutritional characteristics of young adults with Type 1 diabetes mellitus - A South Indian tertiary center experience. *Indian Journal of Endocrinology and Metabolism / Nov-Dec 2016 / Vol 20 | Issue 6A B*
23. Mini Joseph¹ & Asha Hesarghatta Shyamasunder¹ & Priya Mammen² & Nihal Thomas. Type 1 diabetes mellitus and eating disorders. *Int J Diabetes Dev Ctries*. DOI 10.1007/s13410-016-0530-5; 2016
24. Mini Joseph*, Riddhi Das Gupta, Praveen Gangadhara, Vijayalakshmi Anand, Ruth Volena, Nithya Devanithi, Asha Hesarghatta Shyamasunder and Nihal Thomas. Barriers to Nutritional Practices and Dietary Education in Patients with Type 1 Diabetes Mellitus in India. *J Glob Diabetes Clin Metab*. Volume 2 • Issue 1 • 010
25. Mini Joseph, et.al.. Proceedings of the 2nd International Conference on obesity and chronic diseases. July 6th -8th 2017, San Francisco USA
26. Mini Joseph, et.al.. Proceedings of the 5th European Dietetics and Nutrition Conference at Rome, Italy, June 16 to June 18th 2016. -The risk of developing Eating Disorders in young adults with and without T1DM. Vol 6, Issue 3 p58

27. Mini Joseph, et.al.. Proceedings of the 8th International Conference on Clinical Nutrition Dec 8th-10th Dubai 2016-Low Protein Intake Is Associated With Poor Glycaemic Control In Young Adults With Type 1 Diabetes Mellitus, Vol 6, Issue 8 (suppl)p26.
28. Mini Joseph, et.al.. Proceedings of the 48th Annual Conference of the Nutrition Society of India, Bangalore, Nov 3rd -5th 2016- Nutritional profile of morbidly obese patients visiting a Bariatric clinic-A South Indian Tertiary Care experience
29. Mini Joseph, et.al. Proceedings of the 6th Research Day , Nutritional study of Type 1 Diabetes patients Christian Medical College & Hospital Vellore, Oct 9th 2015
30. Mini Joseph, et.al. Proceedings of the 7th Annual Research Day, Christian Medical College, Vellore, Oct 10th 2016- Nutrient intake of Diabetes patients with Lean BMI, p130
31. Mini Joseph, et.al. Proceedings of the 7th Annual Research Day, Christian Medical College, Vellore, Oct 10th 2016- Are Type 1 Diabetes mellitus patients more prone to developing Eating Disorders? p 5
32. Mini Joseph, et.al. Proceedings of the 7th Annual Research Day, Christian Medical College, Vellore, Oct 10th 2016- Nutrient intake of the patient with morbid obesity, p6
33. Mini Joseph, et.al. Proceedings of the 7th Annual Research Day, Christian Medical College, Vellore, Oct 10th 2016- Barriers to good Nutritional care in type 1 Diabetes mellitus patients,p3
34. Mini Joseph, et.al. Proceedings of the Indian Dietetic Association , Bangalore, Nov 19th -21st 2015- Nutritional profile of Type 1 DM patients. p128
35. Mini Joseph, et.al.. Proceedings of the Kerala Science Congress, Tiruvalla, Kerala Jan 28th -30th 2016- Comparative study of the nutrient intake amongst low body mass index (BMI) diabetes patients in Asian Indians
36. A study on the Resting Energy Expenditure in subjects with Fibro-Calculous Pancreatic Diabetes. Kishore Kumar Behera¹, **Mini Joseph**², Sudeep K¹, Ashok Chacko³, Manoj Kumar Sahoo³, N.V. Mahendri⁴, Veena Nair¹, Shweta Nadig¹, Nihal Thomas. 2013. *Journal Of Diabetes* p1-6
37. Health status of female State Players of Tamil Nadu. 2013. Mini Joseph, Anu Alexander, Prema L, Korula Mani Jacob, Jasmine H & Kuryan George. Echoes of Research. Govt College for Women Vol 1 ISSN 2348-2680.

38. Sports Nutrition- Paradigm shift-Need of the Hour. 2013. Proceedings of the UGC sponsored National Seminar “Nutritional Strategies for enhancing sports performance. Pratibha Publications, Changanacherry, Kerala ISBN 978-93-85567-04-9.
39. Profile study of 300 sportspersons from South India and development of a tool to assess their nutritional status. **Mini Joseph**¹ and Prema L² 2013. *Indian Journal Of Nutrition and Dietetics* .**50**:5, pp 205-214.
40. Incidence of Hypercholesterolemia in post-menopausal women. Urmila Vijayan & Mini Joseph. Proceedings of the National Conference Emerging trends in Family & Community Science. 2013 Pub Department of Home Science, Govt college for Women, TVPM Kerala India
41. Knowledge, Attitude and Practice of State Players of Tamil Nadu with respect to Sports Nutrition **Mini Joseph**² and Prema L². *Indian Journal Of Nutrition and Dietetics* .**50**: 6, pp 237-242. 2013
42. Evaluation of the Nutritional Status of Sportswomen residing in a Government Sports Hostel, Tiruvannamalai District, Tamil Nadu, **Mini Joseph**¹ Anu Alexander, Prema L, Korula Mani Jacob, Jasmine H & Kuryan George published in the Proceedings of the **International Conference** on Sports and Nutrition INCOSAN jointly organised by the Department of Food Science and Nutrition and the Department of Physical Education, Avinashilingham College, Coimbatore, 8th and 9th March 2012.
43. Nutritional status of South Indian Professional Weightlifters **Mini Joseph**¹ and Prema L², *Indian Journal Of Nutrition and Dietetics* 2012.49 :433- 442
44. **Mini Joseph** and Indira V. Maternal employment and Nutritional status of Preschool children. 2000. *The Indian Journal of Nutrition and Dietetics* 37:1110-115
45. Riddhi D. Gupta, Roshan Ramachandran, Padmanaban Venkatesan, Shajith Anoop, **Mini Joseph**, Nihal Thomas. Indirect Calorimetry: Bench to Bedside. *Indian Journal of Endocrinology and Metabolism*. Vol 21 Issue 4, July August 2017
46. Alby Mary John, **Mini Joseph** et.al. 2017. Nutritional status of rural and urban students- a Comparison. *Echoes of Research* Vol 6-2017 P 11-16
47. Stephen AJ, Dheeraj K, Munaf BN, Shanmugasundaran D, Nitn K, **Mini Joseph** et.al. Psychiatric Burden in the morbidly obese in multidisciplinary Bariatric clinic in South India. *Indian Journal of Psychological Medicine* Vol 40 Issue 2 Mar-Apr 2018
48. Seena Gopinathan, V. Girija Devi and **Mini Joseph**. A study on the Nutritional profile of adolescent girls. Proceedings of the three day International Seminar- Development communication and Endo-Nutrition: The Current Drift. Published by the

Department of Homescience, Government College for Women, Thiruvananthapuram.2018; ISBN 978 81 928506 2-7 pg 121-131

49. Ammu Salim, Vani S. and **Mini Joseph**. Prevalence of eating disorders among adolescents attending private schools of Thiruvananthapuram district. . Proceedings of the three day International Seminar-Development communication and Endo-Nutrition: The Current Drift. Published by the Department of Homescience, Government College for Women, Thiruvananthapuram. 2018; ISBN 978 81 928506 2-7 Pg 232 -238
50. Faseela K and **Mini Joseph**. Development and Popularization of Healthy snacks based on Amritham mix. . Proceedings of the three day International Seminar-Development communication and Endo-Nutrition: The Current Drift. Published by the Department of Homescience, Government College for Women, Thiruvananthapuram. 2018 ISBN 978 81 928506 2-7 Pg 248-259
51. Amritha Raj RS and **Mini Joseph**. Association between nutritional status and emotional intelligence in higher secondary students. . Proceedings of the three day International Seminar-Development communication and Endo-Nutrition: The Current Drift. Published by the Department of Homescience, Government College for Women, Thiruvananthapuram. ISBN 978 81 928506 2-7 ; Pg287
52. Association between nutritional status and emotional intelligence in higher secondary students of Thiruvananthapuram district. Amritha Raj RS and Mini Joseph, Dept of Homescience, Govt College for Women, Thiruvananthapuram district. Vol 7, 2018; ISSN: 2348-2680. p42 to 50

Review articles

1. Probiotics –Role in human Health and Disease-A Review. 2001. *Food Sphere* 1: 7-8.
2. Diet and Cancer. *Amrita* 1998. Supplement published by the Association of Food Scientists and Technologists (annual publication)

Book/Chapters

1. Textbook-chief editor- Current Topics in Nutrition. Mini Joseph. Reshmi R et.al. Romanson Publishing House, Thiruvananthapuram 2021; pp 1-401
2. Mini Joseph, chapter Convenience foods-food safety issues in Food Safety, Security and Sustainability-Perspectives.A1 Publications, West Bengal India. 2021; p77-87
3. Chapter: New Horizons of Family and Community Science Felicitation Volume (Festschrift) in honour of Prof. Anna George. October 2008. Chapter 29. Probiotics- a review, p230-235.
4. Chapter: Social Entrepreneurship: Avenues and Challenges in Home Science. Chapter 6: Ela Ramesh Bhatt- A social Entrepreneur
5. Chapter:International Diabetes Federation – was part of the International team involved in the formulation of the Kids Dietary Pack 2018

6. Editor of book: Proceedings of the three day International Seminar-Development communication and Endo-Nutrition: The Current Drift. Published by the Department of Homescience, Government College for Women, Thiruvananthapuram Nov 2018
7. Chief Editor: Lab Manual for BSc Home Science Students 2020
8. Chapter: 9th Edition of Practical Guide to Diabetes Mellitus. Chapter- Diet and Diabetes. Jaypee Publications, Delhi
9. Chapter: 8th Edition of Practical Guide to Diabetes Mellitus. Chapter- Diet and Diabetes. Jaypee Publications, Delhi
10. Editor: Laboratory Manual for students of BSc Home Science, Dr Mini Joseph, Dr Aswathy Sugunan, Dr Sheeja PR, Dr Anju M Neeliyara and Prof. Anitha Begum, ISBN 9788172551230 ; published by Sooryagatha Publishers Ernakulam, Kerala 2020
11. Editor: Informatics and Research, Textbook, ISBN-978-81-928506-3-4; Printed and published by Shadows Tvpm, 2019
12. Chapter: Informatics and Research, Module 1- Science and Home Science Education, p5-23, ISBN-978-81-928506-3-4; Printed and published by Shadows Tvpm, 2019

Editorial Board member of : Endocrinological Diabetes: Clinical and Medical Research since February 2017

President of the Trivandrum Dieticians Group since October 8th 2017 onwards

Chairperson

Mini CME organised by Attukal Devi Hospital Feb 4th 2018

Organising Secretary/Convenor

1. One Day Awareness Programme- Jams, Pickles & Squashes sponsored by the KSCTE 2013

1. Home Science: A Kaleidoscope of Colours- Two Day National Seminar sponsored by the Directorate of Collegiate Education November 15th to 16th 2017

2. Advances in Development Education and Endo-Nutrition: The Current Drift –Three day International Seminar sponsored by the Directorate of Collegiate Education November 13th to 15th 2018

RESOURCE PERSONS

1. Resource person at the Academic Staff college, Kariavattom 2018

2. Subject expert for Guest lecturer interview at CMS college Kottayam 2018
3. Speaker at National Seminar Of Travancore Diabetes Research Foundation: Research updates in Diabetes Nutrition May 12th 2018
4. Lean Diabetes and Management: the Tip of the iceberg- International conference organised by DKM College, titled- Current trends & Emerging challenges in Biological sciences” Feb 15th & 16th 2018
5. National Seminar conducted by Department of Homescience: Nutritional strategies for enhancing sports performance-Nov 20th & 21st 2014
6. Speaker at Diabetes Update CMC hospital August 2018
7. Speaker at Kasturba Hospital, Manipal. “Individualised Nutrition therapy in Diabetes mellitus: No one size fits all approach” September 10th 2018
8. Speaker CNE at Providence Hospital “Diabetes Dialogues! Talk on Nutrition for sports and exercise March 30th 2019
9. Speaker CNE at Providence Hospital “Diabetes Dialogues! Talk on _Adolescents with Type 1 DM-Challenges and Nutri solutions! Sept 12th 2020
10. Speaker at Sept 2020 Nutrition week celebrations organised by KVK & WCD Govt of Kerala -Nutri Thaali for good health!
11. Regular faculty for Drs Training program in Diabetes Fellowship program organised by the Dept of Endocrinology, Diabetes and Metabolism, CMC Hospital, Vellore, Tamil Nadu since 2015-to date
12. Speaker CNE at Providence Hospital “Diabetes Dialogues! Talk on -Nutrigenomics Oct 24th and 23rd 2021
13. <https://youtu.be/S5W0EuPEKFM> DD Malayalam - Samoohyapadam (07-09-2021) Guest -Dr. Mini Joseph, Anchor – Jeevesh; Subject- Health Food for Diabetes Affected
14. Resource person- St Alberts college-Speaker – Nutrition the key to fitness, March 14th 2022

Member

Nutrition Society of India
 Indian Dietetics Association
 Home Science Association

of: