

**ST. FRANCIS COLLEGE FOR WOMEN - HYDERABAD**

**ACADEMIC YEAR 2025-26**

**Annual Report**

**NAME OF THE DEPARTMENT: NUTRITION**

**1. WORKSHOPS CONDUCTED**

1. The one-day workshop titled “Concept to Carton” was conducted on August 28, 2025 by the department of Nutrition. It was attended by a total of 80 students and 6 staff members.
2. The One-day workshop titled ‘Food Safety Training and Certification’ was conducted on December 5, 2025 by the department of Nutrition. This was organised in association with FSSAI and attended by a total of 35 students and 7 staff members.
3. The One-day College Teachers’ training program titled ‘Bridging Theory and Practice in Clinical Nutrition’ was conducted on February 24, 2026 by the department of Nutrition and was attended by a total of 21 faculty members.

**2. SEMINARS/CONFERENCE CONDUCTED - Nil**

**3. WORKSHOP / SEMINAR ATTENDED (By the Faculty)**

1. Ms. M. Umamaheswari attended a 7-Day FDP “Space food systems: Challenges and Opportunities” conducted from May 8 to 14, 2025 and organised by School of Allied Health Sciences, Manav Rachna International Institute of Research and studies, Haryana
2. Ms. M. Umamaheswari attended a 6-Day FDP “Integration of Generative AI, interactive e-content and advanced technologies in Online Courses” conducted from May 12 to 17, 2025 and organised by National Institute of Educational Planning and Administration (NIEPA), New Delhi.
3. Ms. Tabitha Ramona, Ms. Patricia Michael, Ms. Indu Bhargavi, Dr. V. Durga Nandini, Ms. N. Spandana, Ms. G. Vinya Tejashvi and Ms. Umamaheswari attended an FDP “The Changing face of NAAC Accreditation: BAF & MBGL” conducted on June 24, 2025 and organised by IQAC, St. Francis College for Women, Begumpet, Hyderabad.

4. Ms. Tabitha Ramona attended a National Level Online Workshop “How can good Teachers become good Researchers” conducted on July 12, 2025 and organised by Institute for Scholarly Research and Training, Chennai, Hyderabad.
5. Ms. N. Spandana attended a 5-day National FDP “AI- Powered Research Excellence” conducted from July 21 to 25, 2025 and organised by IQAC of De Paul College in association with Xavier Board of Higher Education in India.
6. Ms. Tabitha Ramona attended a National Level Online Workshop “Women in PhD and Academia-How to manage work-life balance and your academic goals?” conducted on July 26, 2025 and organised by Institute for Scholarly Research and Training, Chennai, Hyderabad.
7. Dr. V. Durga Nandini attended a 5-day National FDP “Research Documentation-Fundamentals, Tools and Ethics” conducted from July 28 to August 2, 2025 and organised by Teaching Learning Centre in collaboration with the Research and Development committee, A.V College, Hyderabad.
8. Dr. V. Durga Nandini attended the webinar “The Science of Sweetness: Balancing Indulgence and Health” conducted on August 25, 2025 and organised by the department of Protein Foods & Nutrition Development Association of India.
9. Dr. V. Durga Nandini, Ms. N. Spandana and Ms. G. Vinya Tejashvi attended the webinar “Nutrition and musculoskeletal Health: From mechanism to management” conducted on September 26, 2025 and organised by the department of Protein Foods & Nutrition Development Association of India.
10. Dr. Tabitha Ramona attended the 6-Days FDP on “Research writing and Scholarly publishing in Indexed journals: Best Practices and Strategies” conducted on February 21 to 27, 2026 and organised by Institute for scholarly research and training, Chennai.
11. Dr. V. Durga Nandini, Ms. N. Spandana, Ms. G. Vinya Tejashvi and Ms. Sai Keerthi attended the ONCO Nutri Summit conducted on November 3, 2025 and organised by Basavatarakam Indo-American Cancer Hospital, Hyderabad.
12. Dr. Tabitha Ramona attended a National webinar on “Journal selection: A guide to select Scopus and Web of science indexed journals for Paper Publishing” conducted on December 6, 2025 and organised by Institute for scholarly research and training, Chennai.

13. Ms. M. Umamaheswari attended the National Workshop on “Writing Proposal for Funded Project” conducted on December 19, 2025 and organised by Global Research and Training Centre, India.
14. Dr. V. Durga Nandini and Ms. G. Vinya Tejashvi attended an International Conference VishwaSwathyam-2026 “The Hidden Endocrine Burden: New frontiers in Integrated Thyroid care” conducted on January 9 & 10, 2026 and organised by Future Varsity and LSI, Mumbai.
15. Dr. V. Durga Nandini attended the Workshop on “Precision Amplified Rationale in Dietetic Innovation for Guided Management” conducted on January 21, 2026 and organised by AIG Hospitals, Hyderabad.
16. Ms. M. Umamaheswari attended the Masterclass on “Nutritional Management of Inflammatory Bowel Disease using a FODMAP based Dietary Approach” conducted on January 22, 2026 and organised by Institute of Health Management Research, Bangalore.
17. Dr. Tabitha Ramona, Ms. Patricia Michael and Ms. Indu Bhargavi attended an International Conference on “Safe, Standard and Sustainable Food Processing for a Healthier Tomorrow- ICSSS FoodXplore’25” conducted on January 29 & 30, 2026 and organised by the Department of Food Process Engineering, Tamil Nadu Agricultural University, Coimbatore.
18. Ms. M. Umamaheswari attended the FEP on “Generative AI in Higher Education: Emerging tools and future directions” conducted on February 6, 2026 and organised by Nirmala College for Women, Coimbatore.
19. Ms. M. Umamaheswari attended FDP on “Power BI essentials: Visualizing, analysing and Reporting data” conducted on February 12, 2026 and organised the Department of Statistics, St. Francis College for Women, Begumpet, Hyderabad.
20. Dr. V. Durga Nandini, Ms. G. Vinya Tejashvi and Ms. N. Spandana attended an International Conference on “Integrative Biotechnology for Global Impact (IBGI 2026)” conducted on February 17, 2026 and organised by the Department of Biotechnology, St. Francis College for Women, Begumpet, Hyderabad.
21. Ms. Patricia Michael, Ms. Indu Bhargavi, Dr. V. Durga Nandini, Ms. G. Vinya Tejashvi, Ms. N. Spandana, Ms. M. Umamaheswari and Ms. Sai Keerthi attended a College Teachers’ training Program for Nutrition faculty on “Bridging Theory and Practice in

Clinical Nutrition” on February 24,2026 and organized by Department of Nutrition, St. Francis College for Women, Begumpet, Hyderabad.

22. Dr. Tabitha Ramona attended a National Workshop on “Ethical usage of AI tools and exploring AI Detection strategies in Research writing” conducted on February 28, 2026 and organised by Institute for scholarly research and training, Chennai.
23. Dr. V. Durga Nandini, Ms. N. Spandana, Ms. G. Vinya Tejashvi and Ms. Sai Keerthi attended an International Conference on “Food, Nutrition and Health- ICFNH 2026” conducted from March 5 to 7, 2026 and organised by Gandhigram Rural Institute, Tamilnadu.
24. Ms. Patricia Michael attended a 2-Day National Conference on “Women Led Development: Pathways to Inclusive, Sustainable & Equitable Growth” conducted on March 14 & 15, 2026 and organised by De Paul College, Balagola in association with Centre for Women Studies and Research, Mandya University.
25. Dr. Tabitha Ramona, Ms. Patricia Michael, Dr. V. Durga Nandini, Ms. G. Vinya Tejashvi, Ms. N. Spandana and Ms. Sai Keerthi attended an International Conference AMIFOST 2026 on “Bio-Convergence & Next-Gen food systems: towards sustainable Nutrition and Global Food Resilience” conducted on March 17 & 18, 2026 and organised by Amity University, Noida.
26. Ms. Patricia Michael attended a Webinar on “From Textbook Inspection to Adoption- Choose textbooks for your course files like an expert” conducted on March 30, 2026 and organised by Taylor and Francis group.
27. Dr. Tabitha Ramona attended a National Seminar on “Understanding India from its grounded knowledge” conducted on March 29 & 30, 2026 and organized by the Boi Aarot Publications.

#### **4. PAPERS PRESENTED; PUBLISHED / BOOK /CHAPTERS PUBLISHED BY FACULTY MEMBERS**

##### **Papers Presented**

1. Ms. Spandana had presented a paper titled "Formulation of Cholesterol free Low-fat Vegan eggs as an alternative to Animal eggs” in the International Conference- Recent

Advances in Agriculture, food security, veterinary and Allied sciences for Livelihood for environmental sustainability organized by Cluster colleges, on April 25, 2025.

[Certificate](#)

2. Ms. Patricia Michael had presented a paper titled “Impact of Dietary intervention on eating patterns and BMI of Adolescents” in the International Conference- Next Gen Nutrition- integrating Nutrigenetics and sustainability organized by St. Ann’s College, vizag on August 13, 2025.

[Certificate](#)

3. Ms. Uma Maheshwari had presented a paper titled “Impact of skipping meals on Stress, anxiety and depression in adolescents” in the 17th Annual Clinical Nutrition international conference- NUTRIUTSAV 2025, organised by the Madras Medical Mission, Chennai on August 29, 2025.

[Certificate](#)

4. Dr. Tabitha Ramona had presented a Paper titled “Impact of different cooking methods on the Anti-oxidant properties of Flax Microgreens” in the International Conference on Safe, Standard and Sustainable Food Processing for a Healthier Tomorrow- ICSSS FoodXplore’25 organized the Department of Food Process Engineering, Tamil Nadu Agricultural University, Coimbatore on January 29 & 30, 2026.

[Certificate](#)

5. Ms. Indu Bhargavi had presented a Poster titled “Decontamination of Pesticide and Colorant Residues from Fresh Produce Using Plasma-Activated Water” in the International Conference on Safe, Standard and Sustainable Food Processing for a Healthier Tomorrow- ICSSS FoodXplore’25 organized the Department of Food Process Engineering, Tamil Nadu Agricultural University, Coimbatore on January 29 & 30, 2026.

[Certificate](#)

6. Dr. Durga Nandini had presented a Paper titled “Comparative Evaluation of Shelf Life and Nutritional Stability of Foods Packed in Conventional and Eco-Friendly Packaging Materials” in the International Conference- Integrative Biotechnology for Global Impact- IBGI 2026 organized by the Department of Biotechnology, St. Francis College for Women, Begumpet, Hyderabad on February 17, 2026.

[Certificate](#)

7. Ms. G. Vinya Tejashvi had presented a Paper titled “Influence of fermentation on enhancing mineral bio accessibility of underutilized millets” in the International Conference- Integrative Biotechnology for Global Impact- IBGI 2026 organized by the Department of Biotechnology, St. Francis College for Women, Begumpet, Hyderabad on February 17, 2026.

[Certificate](#)

8. Ms. N. Spandana had presented a Paper titled “A Systematic Analysis of Dietary Diversity Score and Menopause-Related symptom cluster burden among Middle-Aged Women: Correlational insights across Emotional and Physiological Metrics” in the International Conference- Integrative Biotechnology for Global Impact- IBGI 2026 organized by the Department of Biotechnology, St. Francis College for Women, Begumpet, Hyderabad on February 17, 2026.

[Certificate](#)

9. Dr. Durga Nandini had presented a Paper titled “Effect of Thermal Processing techniques on Phenolic profile and Bio accessibility of Vigna Mungo using an In vitro Digestion Model” in the International Conference International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu, on March 5, 2026.

[Certificate](#)

10. Ms. G. Vinya Tejashvi had presented a Paper titled “Innovation in Sustainable Food Matrices: Physicochemical and Spectroscopic Evaluation of plant-derived Natural

Colourants” in the International Conference International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu, on March 5, 2026.

[Certificate](#)

11. Ms. N. Spandana had presented a Paper titled “Impact of Different Thermal Processing Methods on Polyphenol Retention and In-vitro Bio-accessibility in *Oryza sativa* L. (Black Rice)” in the International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu, on March 5, 2026.

[Certificate](#)

12. Ms. Sai Keerti had presented a Paper titled “Household level clustering of obesity in India Investigation of socioeconomic and Geographical patterns” in the International Conference International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu, on March 6, 2026.

[Certificate](#)

13. Ms. G. Vinya Tejashvi had presented a Paper titled “AI- based Diet Monitoring: Awareness and Perception among Women” in the National Seminar Re-envisioning Higher education-Digital pathways towards Viksit Bharat 2047 organized by Osmania University in collaboration with EMRC, on March 12 & 13, 2026.

14. Dr. Tabitha Ramona had presented a Paper titled “Relationship between Food Delivery App usage and Dietary Quality among young adults” in the National Conference- Women Led Development:” Pathways to Inclusive, Sustainable & Equitable Growth” organised by De Paul College, Balagola in association with Centre for Women Studies and Research, Mandya University on March 14 & 15, 2026.

[Certificate](#)

15. Ms. Patricia Michael had presented a Paper titled “Analysis of Added and Hidden Sugars in ‘Healthy’ Packaged foods and Consumer awareness regarding Sugar content” in the

National Conference- Women Led Development:” Pathways to Inclusive, Sustainable & Equitable Growth” organised by De Paul College, Balagola in association with Centre for Women Studies and Research, Mandya University on March 14 & 15, 2026.

[Certificate](#)

16. Ms. Sai Keerti had presented a Paper titled “Evaluation of Nutrition and Media literacy among educators in the digital age” in the National Conference- Women Led Development:” Pathways to Inclusive, Sustainable & Equitable Growth” organised by De Paul College, Balagola in association with Centre for Women Studies and Research, Mandya University on March 14 & 15, 2026.

[Certificate](#)

17. Ms. Patricia Michael had presented a paper titled “Development and Nutritional Evaluation of Ginkgo Biloba Based - Nutraceutical Biscuits” in the International Conference- Bio-Convergence & Next-Gen food systems: towards sustainable Nutrition and Global Food Resilience organized by Amity University, Noida, on March 17 & 18, 2026.

[Certificate](#)

18. Dr. Durga Nandini had presented a Paper titled “Impact of sprouting, fermentation and thermal processing on mineral bio accessibility and phytate reduction in Eleusine coracana” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience organized by Amity University, Noida, on March 17 & 18, 2026.

[Certificate](#)

19. Ms. N. Spandana had presented a Paper titled “Dual Fortification of Vitamin C And Iron in the Corn Starch– A Functional Food Ingredient” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience organized by Amity University, Noida, on March 17 & 18, 2026.

[Certificate](#)

20. Ms. Sai Keerti had presented a Poster titled “Development and Nutritive evaluation of green leafy nacho chips” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience organized by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

21. Dr. Tabitha Ramona had presented a Poster titled “Formulation and quality evaluation of cheese analogue using coconut milk with enhanced acceptability” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience” organized by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

22. Ms. Patricia Michael had presented a Paper titled “Development and Nutritional Evaluation of Ginkgo Biloba-Based Nutraceutical Biscuits” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience” organized by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

23. Dr. Durga Nandini had presented a Paper titled “Valorization of Punica Granatum Peel for Edible and Biodegradable Spoons: Physicochemical, Mechanical and Biodegradability Evaluation” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience” organized by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

24. Ms. Vinya Tejashvi had presented a Paper titled “Molecular docking-based evaluation of Clitoria ternatea phytochemicals as multi-target modulators of endocrine and metabolic pathways in Polycystic ovary syndrome” in the International Conference- Bio

Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience” organized by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

25. Ms. Sai Keerti had presented a Paper titled “Truth Vs Reality of ‘No Preservative’ Labels: A consumer Survey and Laboratory Verification Study in Hyderabad” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience organized by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

26. Ms. Sai Keerti had presented a Poster titled “Development and nutritive evaluation of green leafy nacho chips” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience” organized by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

27. Ms. Vinya Tejashvi had presented a Paper titled “Nutritional valorization of Oryza Aqueous extract and euryale ferox in synbiotic kulfi- A study of microbial robustness and in vitro bio accessibility” in the International Seminar- Synergy in science: Integrating diverse disciplines for sustainable technological evolution” organized by Little flower Degree and PG College in Collaboration with Malaysian scientists association on March 25 & 26, 2026.

[Certificate](#)

28. Dr. Tabitha Ramona had presented a Paper titled “Nutritional, Functional and Cultural dimensions of millets in traditional Indian diets” in the National seminar on Understanding India from its grounded knowledge organized by the Boi Aarot Publications, on March 29 & 30, 2026.

[Certificate](#)

## Book Chapters

1. Ms. Patricia Michael- Unveiling COVID-19's Influence on Diet-Related Lifestyle: Insights from Google Trends Query Volumes. Bentham Science Publishers. Current Nutrition & Food Science, Vol. 21, Issue 1, 2025. Issn No : 2212-3881.

[Chapter](#)

2. Ms. Indu Bhargavi- Food Composition, Proximate Analysis and Nutrition Profiling. Published By: Paper Trail Publications, Publication Year: 2025, ISBN: 978-93-49472-96-9, book chapter - 1. Foundations and Frontiers in Food Science and Nutrition, pg 1-12.

[Chapter](#)

3. Ms Tabitha Ramona- Nutrition Education and Behavior Change Communication. Published by: Paper Trail Publications, Publication Year: 2025, ISBN: 978-93-49472-96-9, book chapter - 7. Foundations and Frontiers in Food Science and Nutrition, pg 82-97.

[Chapter](#)

4. Ms. Patricia Michael- Adolescent and Geriatric Nutrition: Special Populations in Focus. Published by: Paper Trail Publications, Publication Year: 2025, ISBN: 978-93-49472-96-9, book chapter - 8. Foundations and Frontiers in Food Science and Nutrition, pg 98-109.

[Chapter](#)

5. Ms. Umamaheswari- Gender, Culture and Food Choice Behaviour. Published by: Paper Trail Publications, Publication Year: 2025, ISBN: 978-93-49472-96-9, book chapter - 7. Foundations and Frontiers in Food Science and Nutrition, pg 204-218.

[Chapter](#)

6. Dr. Durga Nandini & Ms. Spandana - Dr. Durga Nandini, Ms. Spandana, Anusha, Judy, Santhosh and Syeda Madeeha; Biochemical Aspects of Sports Nutrition, Published by:

Kripa Drishti Publications, Publication Year: 2026, ISBN: 978-93-47336-65-2, book chapter - 12. Effect of Exercise on Musculoskeletal System, pg 96-108.

[Chapter](#)

7. Dr. Durga Nandini & Ms. Spandana - Dr. Durga Nandini, Ms. Spandana, Adiba, Maliha, Salwa, Zainab, Zoobia; Biochemical Aspects of Sports Nutrition, Published by: Kripa Drishti Publications, Publication Year: 2026, ISBN: 978-93-47336-65-2, book chapter - 13. Effect of Exercise on Cardiovascular System, pg 109-117.

[Chapter](#)

### **Patent and Copyright**

1. Dr. Durga Nandini and V. Vaishnavi of M. Sc II Year Published a Patent with the title “Agro-Waste derived edible cutlery with controlled Biodegradability and mechanical strength on 10th April 2026.

[Patent](#)

2. Dr. Durga Nandini and Zaina Zaheer (M. Sc Nutrition 2023-25)- A Copyright has been registered for the work titled "Makhana and Super seeds Synergy: Bridging Nutritional gaps through Functional Food Innovation" on 8th April 2026.

[Copyright](#)

### **5. GUEST LECTURES ORGANISED**

1. A guest lecture titled ‘Study Nutrition Sciences in the United States’ was organized by the Department of Nutrition facilitated by the resource person Ms. P Usha Sri, on July 10, 2025 for the students of BSc Nutrition- Second & Third Year.
2. A guest lecture titled ‘Precision Nutrition through Nutrigenomics’ was organized by the Department of Nutrition facilitated by the resource person Dr. Chatyusha, on July 23, 2025 for the students of M.Sc Nutrition- Second Year.

3. A guest lecture titled 'Beyond Your Books'- Translating Nutrition Science to Real Word Practice' was organized by the Department of Nutrition facilitated by the resource person Ms. A. Swetha on September 10, 2025 for the students of BSc and MSc Nutrition.
4. A guest lecture titled 'Role of Paediatric Nutritionist in Promoting Child Well-being' was organized by the Department of Nutrition facilitated by the resource person Ms. Pooja Marathe on November 28, 2025 for the students of BSc and MSc Nutrition.

## **6. INDUSTRY -ACADEMIA CONNECT INITIATIVES**

A. Any **MOUs signed** by the Department- Nil

### **B. Guest talk by Industry experts**

1. A guest lecture titled 'Study Nutrition Sciences in the United States' was organized by the Department of Nutrition facilitated by the resource person Ms. P Usha Sri, on July 10, 2025 for the students of BSc Nutrition- Second & Third Year.
2. A guest lecture titled 'Precision Nutrition through Nutrigenomics' was organized by the Department of Nutrition facilitated by the resource person Dr. Chatyusha, on July 23, 2025 for the students of M.Sc Nutrition- Second Year.
3. A guest lecture titled 'Beyond Your Books'- Translating Nutrition Science to Real Word Practice' was organized by the Department of Nutrition facilitated by the resource person Ms. A. Swetha on September 10, 2025 for the students of BSc and MSc Nutrition.
4. A guest lecture titled 'Role of Paediatric Nutritionist in Promoting Child Well-being' was organized by the Department of Nutrition facilitated by the resource person Ms. Pooja Marathe on November 28, 2025 for the students of BSc and MSc Nutrition.

## **7. FACULTY ACHIEVEMENTS (PhD., Research Grants, Minor/Major research, Awards....)**

1. Ms. Tabitha Ramona has been awarded with Ph.D from BEST Innovation University for the topic 'Evaluating the Nutritional Composition, Sensory Attributes and Culinary Potential of Flax Microgreens' and it was recognized as a significant contribution to the field.

[Certificate](#)

2. Ms. Uma Maheshwari participated in the Poster contest in the 17th Annual Clinical Nutrition international conference, organised by the Madras Medical Mission and was awarded First Prize by Madras Medical Mission.

[Proof](#)

3. Dr. Durga Nandini had participated in a Quiz contest under the category 'Breast Cancer' and was awarded the First Prize in the competition by Basavatarakam Hospital on November 3, 2025.

[Certificate](#)

4. Dr. Tabitha Ramona had presented a Paper titled "Impact of different cooking methods on the Anti-oxidant properties of Flax Microgreens" in the International Conference on "Safe, Standard and Sustainable Food Processing for a Healthier Tomorrow was awarded the 'Best Presentation Award' by Tamilnadu Agriculture University, Coimbatore on January 29 & 30,2026.

[Certificate](#)

5. Ms. Patricia Michael had presented a Paper titled "Development and Nutritional Evaluation of Ginkgo Biloba-Based Nutraceutical Biscuits" in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience was awarded the First Prize by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

6. Dr. Tabitha Ramona had presented a Poster titled "Formulation and quality evaluation of cheese analogue using coconut milk with enhanced acceptability" in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience was awarded the First Prize by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

7. Ms. Vinya Tejashvi had presented a Paper titled “Molecular docking-based evaluation of Clitoria ternatea phytochemicals as multi-target modulators of endocrine and metabolic pathways in Polycystic ovary syndrome” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience was awarded the Second Prize by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

8. Dr. Durga Nandini had presented a Paper titled “Valorization of Punica Granatum Peel for Edible and Biodegradable Spoons: Physicochemical, Mechanical and Biodegradability Evaluation” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience was awarded the Third Prize by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

9. Ms. Sai Keerti had presented a Poster titled “Development and nutritive evaluation of green leafy nacho chips” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience was awarded the Third Prize by Amity University, Noida on March 17 & 18, 2026.

[Certificate](#)

## **8. STUDENT ACHIEVEMENTS (WINNER DETAILS)**

1. Ms. Adiba Farah of M.Sc II Year participated in an E-poster competition organised by the Department of Nutrition and was awarded First Prize by St. Francis College.
2. Ms. Shruti of M.Sc II Year participated in the Quiz contest organised by the Yashodha Hospitals and was awarded First Prize by Yashodha Hospitals, Secunderabad.
3. Ms. Pragatmika Koka of M.Sc II Year participated in the Quiz contest organised by the Yashodha Hospitals and was awarded Second Prize by Yashodha Hospitals, Secunderabad.
4. Ms. Tejashwini Patange of M.Sc II Year participated in the Quiz contest organised by the Yashodha Hospitals and was awarded Third Prize by Yashodha Hospitals, Secunderabad.

5. Ms. Pragratmika Koka of M.Sc II Year participated in the Reel Making contest organised by the Department of Nutrition and was awarded First Prize by St. Francis College.
6. Ms. Sahar of M.Sc II Year participated in the JAM contest organised by the Department of Nutrition and was awarded First Prize by R.B.V.R.R. College.
7. Ms. Saba of M.Sc II Year participated in the Nutri-tip competition organised by the Department of Nutrition and was awarded First Prize by St. Francis College.
8. Ms. Sahar of M.Sc II Year participated in the Debate contest organised by the Department of Nutrition and was awarded Third Prize by R.B.V.R.R. College.
9. Ms. Asma of M.Sc I year had participated in a Quiz contest under the category 'Gut Flora' and was awarded the First Prize in the competition by Basavatarakam Hospital.
10. Ms. Halima Iram of M.Sc I year had participated in a Quiz contest under the category 'Radiation' and was awarded the First Prize in the competition by Basavatarakam Hospital.
11. Ms. Madiha Begum participated in a reel making competition organised by Dept. of Physics and Electronics and was awarded Third prize by St. Francis college for women.
12. Ms. Siri Chandana of B.Sc I year had participated in the Milkmaid Dessert contest and was awarded the Third Prize in the competition by Nestle.

### Certificates

#### **PAPER/POSTER PRESENTED BY STUDENTS (WINNER DETAILS)**

1. Ms. Sanagala Yogithaa had presented a Paper titled "Development and Nutritional Evaluation of Ginkgo Biloba-Based Nutraceutical Biscuits" in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience was awarded the First Prize by Amity University, Noida on March 17 & 18, 2026.
2. Ms. Pragratmika Koka had presented a Poster titled "Formulation and quality evaluation of cheese analogue using coconut milk with enhanced acceptability" in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience was awarded the First Prize by Amity University, Noida on March 17 & 18, 2026.
3. Ms. K. Preethika had presented a Paper titled "Molecular docking-based evaluation of Clitoria ternatea phytochemicals as multi-target modulators of endocrine and metabolic

pathways in Polycystic ovary syndrome” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience was awarded the Second Prize by Amity University, Noida on March 17 & 18, 2026.

4. Ms. Vodela Vaishnavi had presented a Paper titled “Valorization of Punica Granatum Peel for Edible and Biodegradable Spoons: Physicochemical, Mechanical and Biodegradability Evaluation” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience was awarded the Third Prize by Amity University, Noida on March 17 & 18, 2026.
5. Ms. Anisha had presented a Paper titled “Development and nutritive evaluation of green leafy nacho chips” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience was awarded the Third Prize by Amity University, Noida on March 17 & 18, 2026.

#### [Certificates](#)

#### **PAPER/POSTER PRESENTED BY STUDENTS**

1. Ms. Ramya had presented a paper titled “Foxtail Millet paratha- A Nutritious and convenient Ready-to-cook food option” in the International Conference- Next Gen Nutrition- integrating Nutrigenetics and sustainability organized by St. Ann’s College, vizag on August 13, 2025.
2. Ms. Tejashwini Patange had presented a Poster titled “A Correlational Analysis of Dietary Diversity-Score and Psychological Well - being During Menopause” in the scientific poster session 4th edition organized by Sadhana Awards, India on January 10, 2026.
3. Ms. Anusha Bajaj had presented a Paper titled “Comparative Evaluation of Shelf Life and Nutritional Stability of Foods Packed in Conventional and Eco-Friendly Packaging Materials” in the International Conference- Integrative Biotechnology for Global Impact-IBGI 2026 organized by the Department of Biotechnology, St. Francis College for Women, Begumpet, Hyderabad on February 17, 2026.
4. Ms. Madiha Begum had presented a Paper titled “Influence of fermentation on enhancing mineral bio accessibility of underutilized millets” in the International Conference-

Integrative Biotechnology for Global Impact- IBGI 2026 organized by the Department of Biotechnology, St. Francis College for Women, Begumpet, Hyderabad on February 17, 2026.

5. Ms. Akalankam Vaishnavi had presented a Paper titled “Dual Fortification of Vitamin C and Iron in Corn starch as a Functional Food ingredient” in the International Conference International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu, between March 5 to 7, 2026.
6. Ms. B. Himaja had presented a Paper titled “Spectroscopic and Physicochemical Evaluation of plant-derived Natural Food Colourants” in the International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu between March 5 to 7, 2026.
7. Ms. Mekala Shruti had presented a Paper titled “Household Level Clustering of overweight or Obesity in India: Investigation of Socio-economic and Geographical Pattern” in the International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu between March 5 to 7, 2026.
8. Ms. Saba Khan had presented a Paper titled “Effect of Thermal Processing techniques on Phenolic profile and Bio accessibility of Vigna Mungo using an In vitro Digestion Model” in the International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu between March 5 to 7, 2026.
9. Ms. Safa Afreen had presented a Paper titled “Truth Vs Reality of ‘No Preservative’ Labels: A consumer Survey and Laboratory Verification Study in Hyderabad” in the International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu between March 5 to 7, 2026.
10. Ms. Syeda Madeeha had presented a Paper titled “Impact of Different Thermal Processing Methods on Polyphenol Retention and In-vitro Bio-accessibility in Oryza sativa L. (Black Rice)” in the International Conference International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu between March 5 to 7, 2026.

11. Ms. Tejashwini Patange had presented a Paper titled “A Correlational Analysis of Dietary Diversity-Score and Psychological Well - being During Menopause” in the International Conference International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu between March 5 to 7, 2026.
12. Ms. Sahar Banu had presented a Paper titled “Indian Knowledge System Approach to Fermentation of Sorghum bicolor: Assessing the Impact on Mineral Bio accessibility using an Invitro Digestion Model” in the International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu between March 5 to 7, 2026.
13. Ms. Lovely Kumari had presented a Paper titled “Cultural and contextual sensitivity in AI vs Human Diet Counselling” in the International Conference International Conference on Food Nutrition and health (ICFNH) 26 organized by The Gandhigram Rural Institute DTBU, Tamil Nadu between March 5 to 7, 2026.
14. Ms. Maithri had presented a Paper titled “AI- based Diet Monitoring: Awareness and Perception among Women” in the National Seminar Re-envisioning Higher education-Digital pathways towards Viksit Bharat 2047 organized by Osmania University in collaboration with EMRC, on March 12 & 13, 2026.
15. Ms. Adiba Farah had presented a Paper titled “Relationship between Food Delivery App usage and Dietary Quality among young adults” in the National Conference- Women Led Development:” Pathways to Inclusive, Sustainable & Equitable Growth” organised by De Paul College, Balagola in association with Centre for Women Studies and Research, Mandya University on March 14 & 15, 2026.
16. Ms. Zainab Begum had presented a Paper titled “Analysis of Added and Hidden Sugars in ‘Healthy’ Packaged foods and Consumer awareness regarding Sugar content” in the National Conference- Women Led Development:” Pathways to Inclusive, Sustainable & Equitable Growth” organised by De Paul College, Balagola in association with Centre for Women Studies and Research, Mandya University on March 14 & 15, 2026.
17. Ms. Zoobia Tarannum had presented a Paper titled “Evaluation of Nutrition & Media Literacy among educators in the Digital age” in the National Conference- Women Led Development:” Pathways to Inclusive, Sustainable & Equitable Growth” organised by De

Paul College, Balagola in association with Centre for Women Studies and Research, Mandya University on March 14 & 15, 2026.

18. Ms. Safa Afreen had presented a Paper titled “Truth Vs Reality of ‘No Preservative’ Labels: A consumer Survey and Laboratory Verification Study in Hyderabad” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience organized by Amity University, Noida on March 17 & 18, 2026.
19. Ms. Sofia Samreen had presented a Paper titled “Impact of sprouting, fermentation and thermal processing on mineral bio accessibility and phytate reduction in eleusine coracana” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience organized by Amity University, Noida on March 17 & 18, 2026.
20. Ms. Sri Anisha had presented a Poster titled “Development and nutritive evaluation of green leafy nacho chips” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience organized by Amity University, Noida on March 17 & 18, 2026.
21. Ms. Vaishnavi had presented a Paper titled “Dual Fortification of Vitamin C And Iron in the Corn Starch– A Functional Food Ingredient” in the International Conference- Bio Convergence & Next -Gen Food Systems: Towards Sustainable Nutrition and Global Food Resilience organized by Amity University, Noida, on March 17 & 18, 2026.
22. Ms. Santhosh Kumari had presented a Paper titled “Application of dietary index for gut microbiome in assessing the dietary pattern and glycemic health of miyapur residents, India” in the International Conference on Synergy in science: Integrating Diverse Disciplines for Sustainable Technological Evolution 2026 organized by Little flower degree college Uppal on March 25 & 26, 2026.

[Presentation Certificates](#)

## **8. SOCIAL OUTREACH INITIATIVES**

1. A total number of 30 students from B.Sc II ANZC were accompanied by the faculty members Ms. Patricia Michael, Ms. N. Spandana visited Saibaba Old Age Home, Trimulgherry on December 11, 2025.
2. A total number of 23 students from M.Sc II Nutrition were accompanied by the faculty member Dr. Tabitha Ramona visited Sahrudaya Old Age Home, KPHB on December 9, 2025.
3. A total number of 44 students from B.Sc IN were accompanied by the faculty members Dr. Ms. B. Prashanthi, Dr. Revathi, Ms. M. Umamaheswari visited St. Anne's Home for Street Girls, Mettuguda on December 10, 2025.
4. A total number of 12 students from B.Sc III Nutrition were accompanied by the faculty members Dr Saritha A, Ms Indu Bhargavi and Ms Vinya visited St Jude's Child Care Centre, Somajiguda, on December 13, 2025.
5. A total number of 31 students from M.Sc I were accompanied by the faculty members Ms. M. Umamaheswari and Ms. Sai Keerti visited Keyes High School for girls, St. Johns Church High School and ZPHS-Sanath Nagar as a part of Social outreach to create awareness of healthy eating and promote physical activity from January 5 to 10, 2026.

#### [Reports](#)

### **9. FIELD VISITS ORGANISED**

1. A group of 25 students from M.Sc II Yr, visited Masqati Dairy Farm, Nagarjuna Sagar Road, Turkayamjal, Hyderabad for a field visit on September 3, 2025.
2. A group of 36 students from B.Sc IIN, IIIN, BZC, M.Sc II Yr, visited Kerala as a part of Study tour from November 8 to 16, 2025.
3. A group of 51 students from B. Sc III Yr, visited IIMR- Nutrihub RajendraNagar, Hyderabad for a field visit on February 3, 2026.

### **10. STUDENT CLUB ACTIVITIES HOSTED BY DEPARTMENT STUDENTS- Nil**

#### **11. Student Exchange programmes- Nil**

#### **12. FDP Conducted- Date, Faculty-in charge, Resource person, Topic-Nil**

#### **13. FIP Conducted Date, Faculty-in charge, Resource person, Topic- Nil**

**14. Capacity building program conducted by the department Date, Faculty incharge, resource person, topic.**

The Department of Nutrition conducted the capacity building programme for the Non-teaching staff on January 17, 2026. The resource person for the same was Dr. V. Durga Nandini and the topic was “From Pack to Plate: Building Skills for Smart food Choices”

**15. Any other:**

1. Ms. M. Umamaheswari attended 6-Days Professional Development Programme on “Integration of Generative AI, interactive e-content and Advanced technologies in Online Courses” conducted from May 12 to 17, 2025 and organised by NIEPA, New Delhi.

[Certificate](#)

2. Dr. Durga Nandini and Ms. Sai Keerti were appointed as a member of BOS for Department of Food and Nutrition, Faculty of Sciences at Khaza Bandanawaz University, Karnataka for the conduct of BOS meet on June 27, 2025.

[Appointment Letters](#)

3. A total of 26 students have completed their hospital internship at 6 Hospitals in Hyderabad for a period of 45 days during the month of May & June 2025.

[Internship Certificates](#)

5. Dr. Tabitha Ramona completed a Certificate course on “New Food Product Development and Training” organized by MSME- Technology Development Centre, Chennai during October 6 to 10, 2025.

[Certificate](#)

6. Dr. Tabitha Ramona completed a 7 Day FDP on “Research writing and Scholarly publishing in Indexed journals: Best Practices and Strategies” organized by Institute for scholarly research and training, Chennai during February 21 to 27, 2026.

[Certificate](#)

7. A career guidance program titled 'Talent Connect' was conducted on March 6, 2026 by the department of Nutrition. This was organised in association with Nutri Health Foundation and attended by a total of 100 students and 7 staff members.

[Brochure](#)

8. A total number of 26 students from M.Sc II Nutrition were accompanied by the faculty member Ms. N. Spandana visited RajBhavan Government School to observe the mid-day meal program and Assessment of children aged 3-5 years along with Nutrition Education for Classes 1 to 8 on February 12, 2026.

[Proof](#)

9. Dr. V. Durga Nandini and Ms. G. Vinya Tejashvi completed a 30-Hour certificate course on "Mastering AI-Driven Chemical Intelligence: A Comprehensive Program for Next Gen Pharmacists and Researchers" organized by RBVRR Women's College of Pharmacy, Hyderabad in association with Rasayan Labs (Online) during March 9 to 14, 2026.

[Certificates](#)

10. A group of 35 UG and PG students has completed a Food Safety Training and Certification course (FOSTAC) organized by the Department of Nutrition in association with FSSAI on December 5, 2025. The resource person for the same was Dr. Y Rajkumar, Ex-tech officer, FSSAI FosTac, NSDC Trainer and was organized by Mr. Vikas K, Asst. Manager, EDII.

[Certificates](#)

11. The students of M.Sc II completed an International Certificate course on "Microbiological Testing in Dairy manufacturing, Food Recall Training" during January 2 to 8, 2026. This Course is recognized by the Department of Health, Australian Government.

[Certificates](#)

12. Dr. V. Durga Nandini completed an International Certificate course on “Microbiological Testing in Dairy manufacturing” on December 26, 2025. This Course is recognized by the Department of Health, Australian Government.

[Certificate](#)

13. The students of UG and PG completed a Certificate course on various topics in December 2025. This Course is offered by the Open University, United Kingdom.

[Certificates](#)

14. Dr. Durga Nandini and Ms. Zaina Zaheer, Student of M.Sc (2023-25 Batch) registered a copyright for the work titled "Makhana and Super seeds Synergy: Bridging Nutritional gaps through Functional Food Innovation".

[Copyright Certificate](#)

#### **Faculty as External Examiners**

1. Dr. Durga Nandini was appointed as an External examiner for the Project Viva by Veeranari Chakali Namma Women’s University, on September 15, 2025.
2. Dr. Durga Nandini was appointed as an External examiner for the Paper Evaluation by National Institute of Nutrition, on November 24, 2025.
3. Dr. Tabitha Ramona was appointed as an External examiner for the Paper Setting and Evaluation by Veeranari Chakali Namma Women’s University, on December 16, 2026.
4. Dr. Durga Nandini was appointed as an External examiner for the Practical Examination by the Dept. Nutrition, Malla Reddy University on January 7, 2026.
5. Dr. Durga Nandini was appointed as an External examiner for the Practical Examination by the Dept. Nutrition, Pragati College, OU on February 25, 2026.
6. Ms. Indu Bhargavi was appointed as an External examiner for the Practical Examination by the Dept. Nutrition, Bhavan’s Vivekananda College, Sainikpuri on March 20, 25 and 26, 2026.
7. Dr. Tabitha Ramona was appointed as an External examiner for the Paper Setting and Evaluation by Veeranari Chakali Namma Women’s University, on March 16, 2026.

8. Dr. Durga Nandini was appointed as an External examiner for the Practical Examination by the Dept. Nutrition, Loyola Academy, on April 2, 2026.

**Faculty Members as Resource persons.**

1. Ms. Spandana was the resource person for the Guest lecture on “SDG 2 - Zero Hunger”, organised by Delhi Public School on July 24<sup>th</sup>, 2025 at Delhi Public School, Mahendra Hills, Hyderabad.

[GL Link](#)

2. Ms. N Spandana was invited to judge 'Millet Delight Mania - Millet Based Dessert Making Contest' organised by the Department of Nutrition in collaboration with Nestle at St. Ann's College for Women. Mehdipatnam on December 22, 2025.
3. Ms N Spandana was invited to judge the ' Healthy Cooking Contest' on the occasion of International Women's Day, alongside the Deputy Mayor of Hyderabad, Mother Srilatha Shoban organised by Tarnaka Women's Welfare Association - SCOTRWA at Tarnaka on March 8, 2025.

[Proof](#)

4. Ms. Vinya Tejashvi was invited as a Resource Person for an Online workshop on "A Comprehensive Scientific Understanding & Dietary Approaches for Management of Polycystic Ovarian Syndrome (PCOS) & Polycystic Ovarian Disease (PCOD) in India" on the 11th April, 2026.

[Letter](#)

5. Dr. V. Durga Nandini was invited as a Resource Person for an Online workshop on "A Comprehensive Scientific Understanding & Dietary Approaches for Management of Polycystic Ovarian Syndrome (PCOS) & Polycystic Ovarian Disease (PCOD) in India" on the 12th April, 2026.

[Letter](#)



**Dr. Tabitha Ramona Christian**

**SIGNATURE OF HOD**