

Name : Mrs. Amrutha B. Nair

Designation : Assistant Professor

Department : Food Processing Technology and Management

Qualification : M.Sc., NET, (Ph.D.)

Experience : Teaching -8 months

Research : 8 years

Area of Specialization(s) : Food Science and Nutrition

Email (Official ID) : b_amruthanair@psgrkcw.ac.in



Academic Qualifications

Degree	Branch	Institution/University Name	Year of Graduation
Ph.D.	Food Science and Nutrition	Avinashilingam Deemed to be University	2025 (Thesis submitted)
M. Sc.	Food Science and Nutrition	Sri Sathya Sai Deemed to be University	2016
B.Sc.	Home Science	Sri Sathya Sai Deemed to be University	2014

Additional Qualifications

Diploma/ Vocational/ Certification	Area of Specialization	Institution/University/Agency Name	Year
Certification	Science of well-being	Coursera (Yale University)	2020
Certification	Human Nutrition- understanding macronutrient metabolism revised	Alison certification team	2020
Certification	Introduction to the Role of Nutrition in Human Health	Alison certification team	2020
Certification	Fundamentals of Health Coaching Short Course	The Health Sciences Academy	2020
Certification	Free starter Nutrition Course	The Health Sciences Academy	2020
Certification	Diet and Nutrition (short course)	e-Learning College	2020
Certification	ESL003: Upper Intermediate English as a Second Language	Saylor Academy	2020
Certification	Diploma in Nutrition	Fabulous Body Inc, California, United States	2020

Other Publications: International/National

- 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 Group I).
- 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 Group I).
- 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.
- 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.
- 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.

Acted as a Resource Person

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

Paper Presentations in Conference

International

- **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.
- **Poster presentation** on “Health Benefits of Dairy and Dairy Products: A Comprehensive Review” in the international conference on “Indian Dairying - Sustainability and Nutritional Security” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Nutrition Society of India Coimbatore chapter and Indian Dairy Association Tamilnadu chapter on 14th October 2022.
- Presented and secured a **Best Paper Award** for **oral presentation** for the paper entitled “Role of Nutraceuticals in Combating Stress” in the International Conference held at Manonmanium Sundaranar University, Tirunelveli on 7th November 2017.
- **Presented a Poster** in ICMR and NSI sponsored International Conference on “Role of Media in Health Awareness”, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 3rd & 4th August 2017.

National

- **Presented a poster** 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 on “New Horizons in Biological Science Research-2023” organized by Department of Botany, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore from 4th to 5th January 2023.

- Presented a **research poster** in NSI sponsored National conference on “Impact of Ajwain Seeds Extract in the Prevention of Rancidity in Groundnut Oil” held at Rajiv Gandhi Centre for Biotechnology, Trivandrum on 8th & 9th November 2019.
- Presented a **research poster** in NSI & DST CURIE sponsored National conference on “Pumpkin seeds: A Repository of Natural Stress Alleviators”, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 7th & 8th December 2018.
- Presented a **research paper** in DST CURIE sponsored National Conference on “Phytonutrients-A key to Stress Management”, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 16th & 17th February 2018.
- Presented a **poster** in UGC sponsored National Conference on “Nutraceuticals towards Biochemical Mechanisms of Healthy Ageing” at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 6th & 7th March 2017.

Participation in Conference

- Participated in 6 International conferences.
- Participated in 8 National conferences.

Participation in Seminars

- Participated in 7 seminars.

Participation in Workshop

- Participated in 14 workshops.

Participation in Faculty Development Programme

- Participated in the Faculty Development Programme on “Reviving Ancient Wisdom: Role of Indian Knowledge System in Academia” on 20.02.2025 & 21.02.2025, organized by the Internal Quality Assurance Cell (IQAC) of PSGR Krishnammal College for Women, Coimbatore.

Participation in Webinar

- Participated in 36 webinars.

Short course

- 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.
- Underwent a Hands-on training in the dietary department of Sri Sathya Sai Institute of Higher Medical Sciences for a period of 3 months (04.05.2016-04.08.2016).

Conference/Seminar/Workshop Organized

- Organizing secretary for department guest lecture in July 2025.
- Organizing secretary for guest lecture and department valedictory programme in March 2025.

Membership in Professional Bodies

Name of the Professional Body	Nature of membership	Duration
Nutrition Society of India	Life Member	Lifetime
Home Science Association of India	Life Member	Lifetime

Awards/Honors

Awards/Honors	Agency/Institute	Year of Award
2 nd Prize for paper presentation	S.A. College of Arts and Science, Chennai	February 2025
1st Prize for paper presentation	Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore	March 2023
Best Paper Award	Manonmanium Sundaranar University, Tirunelveli	November 2017