

**Name** : Asha Rai. M.G.

**Designation** : Associate Professor in Home Science

**Position Held** : H.O.D. Home Science

**Qualification** : M.Sc.M.Phil

Registered for Phd. (Bangalore University)  
2012

**PUC-** Mount Carmel College Bangalore

**B.Sc. -** Mount Carmel College Bangalore

**M.sc-** V.H.D. Central Institute of Home Science. Bangalore.

**Experience** : 1989-90-S.D.M. College. Ujire

1990-till date –Besant Women’s College (26 Years)

1990-94- worked as a counselor-IGNO- St.Alloysius College.

Subject Expert for Recruitment of FND lecturers in our  
College

**Subjects Handled** : Nutrition and Dietetics

Textiles and Clothing

Human Development and Family Relations

Resource Management

**Expertise** : Flower Arrangement

Nutrition

**Achievements** : Convened UGC sponsored 2 days National Seminar  
“Quality Healthcare for Better living.”-20<sup>th</sup> and 21<sup>st</sup> of January  
2011.

Coordinated “BEQUEST” 2 days intercollegiate competitions-  
23<sup>rd</sup> and 24<sup>th</sup> of September 2009.



Conducted intercollegiate flower arrangement competition 3-10-2001-Besant Women's college.

**Mangalore University:**

Board of studies :Member  
(Home Science And FND) Chair Person - Syllabus revised.

Board of examiners :Member  
Chair Person

**Seminars attended:**

Sl. No.	Title of the Seminar	Date	Place	Type
1.	"Gender Equity- Critical Areas of concern"	23-09-2000	Avinashilingam University Coimbatore641043.	National
2.	" Sensitising Home Makers /Dietitians/Food Service Managers on the Desirable features of Edible oil for health promotion"	15-09-2003	Avinashilingam University Coimbatore-641043	Symposium –
3.	"Health for All- a Quality life approach"-	15-09-2004 &16-09-2004	S.D.M.College Ujire.	state level
4.	"Biodiversity For Food Security "	24-06-2005&25-06-2005	Yuvaraja's college. University of Mysore.	Regional level Seminar.
5.	3 <sup>rd</sup> National conference on Women and Health	05-02-2005&06-02-2005	--Father Muller College of Nursing Mangalore.	<b>Chaired a session "Influence of Mass Media on Women's Health"</b>
	Are India's Development	12-01-2007	Besant Women's	National

6.	Programmes Women Oriented”	&13-01-2007	College. Mangalore.	
8.	”Role of Home Science education and Interdisciplinary subjects towards promoting Health for all”	23-07-2009 &24-07-2009.	Smt. VHD Central Institute of home Science. Bangalore.	National
9.	Green Technology	28-08-2010	Jain University Bangalore Presented a paper titled “green Technology”.	National
10.	”Emerging trends In Entrepreneurial Development”-	22-01-2011.	Besant Women’s College. Presented a paper titled “Emerging Techniques in Food Processing”	National
11.	“Women and Mental health”-	28-10-2010 to 30-10-2010.	School of social work, Roshni Nilaya, Mangalore	International
12.	Make Nutrition Come Alive	02-03-2013	Alva’s Education Foundation	National

13	Current trends in Research Methodology and Statistical Analysis in Home Science.	18 <sup>th</sup> ,19 <sup>th</sup> &20 <sup>th</sup> of December 2013	V.H.D. Central Institute of Home Science	National
14	Child Abuse-Issues and Concerns”	28-02-2014	Dr. M.V. Shetty College of Social work	National
15.	Health related Physical Fitness and Wellness	22-8-2014 &23-8-2014	Poornaprajna College. Udupi	International
16.	Challenges Related To Adolescents-A public health issue	26-8-2014	S.D.M. College Ujire	State
17.	Nutrition & Wellness for Health	6-9-2014	Kasturba Medical College Manipal	CNE

18.	Emerging trends in Food Processing for Value Addition	5-2-2016	Alva's college Moodbidri	National
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<b>Radio Programmes:</b> 1.Nutritional values of food 2.How to make Nutritional food using locally available food stuffs 3. Work Arrangement.	15-05-1991 30-07-1991 2012
<b>Television Programmes:</b> Margadarshi- Interview. Scope of Home Science	29-10-2007

#### Articles Published-

Name of the Faculty	Title of the article	Details of the Journal
Asha Rai	Nutrition, Health and Environmental Education for the Mothers of preschool children in Mangalore	International journal of Advances in Science and Technology (ISSN:2229-5216) Volume 6,Number 3,March 2013
Asha Rai	Promotion of Health and hygiene Among School Children By health Education	Voice of Research.(ISSN No.2277-7733)Vol.1Issue 4 March 2013

**Hobbies:** Painting, Embroidery, Indoor Games, Preparing Nutritious Recipes etc.