

## CURRICULUM VITAE



**Name** :Mr. Pavan Kumar S. K.

**Present position** :Guest Faculty in Human  
Development and Family  
Studies

**Department address:** Department of Studies Food Science and Nutrition  
University of Mysore, Manasagangotri,  
Mysore - 570006

**Residential address** :#902, Gayathri nilaya, 5<sup>th</sup> cross, Ashrama Road,  
Hinkal, Mysuru

**Mobile** : 7022096558

**E-mail** : pavankumar.pk1602@gmail.com

### PERSONAL PROFILE

Nationality	Indian
DOB	16-Feb-1995
Religion	Hindu

### ACADEMIC PROFILE

Education	College	Year of passing	Percentage & Class
SSLC	S.V.M. English School, Hassan	2010	70.88%
P.U.C (PCME)	St. Josephs Pre- University College, Hassan	2010-2012	64.48%
B.Sc. (Psychology, Criminology and Forensic Science, Humandevlopment)	Government Home Science college, Hassan	2014-2017	70.51%
M.Sc. in Human Development	Department of Studies in Food Science and Nutrition, Manasagangotri, University of Mysore, Mysuru.	2017-2019	Distinction CGPA 8.230 (82.30%)
PG Diploma in Human Development	Department of Studies in Food Science and Nutrition, Manasagangotri, University of Mysore, Mysuru.	2017-2019	Secured by acquiring extra 18 credits along with M.Sc. Program in Human Development

### Career Experience:

- Currently working as Guest faculty in Human Development at Maharaja's College, Mysore.
- Currently working as Guest faculty in Human Development Department of Studies in Food Science and Nutrition, Manasagangotri, Mysore.
- Academic Counselor at IGNOU for the programme Diploma in Early Childhood Education

#### **Research Experience:**

- **M.Sc. Dissertation:**“Relationship between Depression and Resilience in Youth of Mysore”
- **Registered for Ph.D. in Human Development** with the title “Mental health and High Riskbehaviours of youth in Mysuru: An Intervention Study”at DOS in Food Science and Nutrition

#### **Additional Qualification**

- **UGC NET - Cleared UGC NET for Assistant Professor in Home Science in the year June 2019**
- **Cleared Ph.D. Course work** in Human Development at DOS in Food Science and Nutrition

#### **Research Guidance:**

- M.Sc. Dissertation: Completed - 4  
Ongoing - 1

### **PROFESSIONAL TRAINING**

- Completed internship atNIMAHNS, Bangalore in the Psychiatry Social work Department for six weeks (25<sup>th</sup> June to 4<sup>th</sup> August 2018).
- Completed Internship at Sneha Kiran Spastic society, Mysore for 4 Weeks.
- Completed 15 days internship at Podar Jumbo Kids, Hassan.

### **AWARDS AND ACHIEVEMENTS**

- Best SeminarAward for the academic year 2018-19 by Human Development and Welfare Association, DOS in Food Science and Nutrition, University of Mysore, Manasagangotri, Mysore

### **PARTICIPATION AND RESEARCH PAPERS PRESENTED IN CONFERENCES/**

#### **SYMPOSIUM/ WORKSHOPS – 15**

2017

- Merely participated in 49<sup>th</sup> Annual conference of the Nutrition Society of India on Biodiversity, Traditional Food Systems and Wellness: Connecting Global Priorities organised by Department of Food Science and Nutrition, Assam Agricultural University, Jorhat, Assam. (November 3<sup>rd</sup>& 4<sup>th</sup>, 2017)

2018

- Poster presentation on- “Pre-eclampsia- risk factors and management” at UPE sponsored Silver Jubilee National Seminar on – “Risks and Resilience across the Life Span” held at Vijnana Bhavan, Manasagangotri, Mysuru on 15<sup>th</sup>& 16<sup>th</sup> March, 2018.
- Merely participated in Workshop on “Basic Statistics and its Application Using Statistical Package for Social Science (SPSS) organized by Human Development and Welfare Association in collaboration with Nutrition Society, DOS in Food science and Nutrition, Manasagangotri, Mysuru. (20<sup>th</sup> and 21<sup>st</sup>August, 2018)
- Merely participated in orientation workshop on Swayam courses for third semester post-Graduate students organized by SWAYAM- Digital Learning Monitoring cell, Manasagangotri, university of Mysore, Mysuru. (25<sup>th</sup> august, 2018)
- Merely participated in Workshop on “Listening Skills in Counselling: Indian Experience and Perspective” organized by the Department of Clinical Psychology, All India Institute of Speech and Hearing. (28<sup>th</sup>December, 2018)

2019

- Merely participated in International Conference on “Innovative Techniques and Nutritional Demands in Food Security- Trends, Challenges and perspectives”, at department of PG and UG Studies in Food Science and Nutrition, Alva’s College, Moodbidri. (8<sup>th</sup> and 9<sup>th</sup>February, 2019)
- Merely participated in Open day “Nutritional Carnival” in communication of Anaemia Mukth Bharath organized by Department of studies in Food Science and Nutrition, University of Mysore, Mysuru. (1<sup>st</sup>March, 2019)
- Merely participated in Mysore divisional level consultation on “Early Childhood Care and Development” organised by Karnataka Child Rights Observatory, Human development, DOS in Food Science and Nutrition, University of Mysore and Swami Vivekananda Youth Movement Mysuru. (March, 5<sup>th</sup> 2019)
- Merely participated in the two day national workshop on “Quality Research Methodology and Writing, Publishing Skills for Researchers” organized by the department of studies in Library Science, University of Mysore, Mysuru. (26<sup>th</sup> and 27<sup>th</sup>July, 2019)
- Merely participated in Two day workshop on “Critical Appraisal Skills for Nutrition Research” organized by the Department of Studies in Food Science and Nutrition, University of Mysore, Mysuru. (19<sup>th</sup> and 20<sup>th</sup>August, 2019)
- Oral Presentation on – “Prevalence of Malnutrition among Adolescents of Hassan” at 51<sup>st</sup> National Conference held by Nutrition Society of India with the theme Nutrition Security: Blending Tradition with Modern Technology at Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram, Kerala (8<sup>th</sup> and 9<sup>th</sup>November, 2019)

2020

- Oral Presentation on – “Relationship between depression, vice habits and resilience of youth in Mysuru city” at 33<sup>rd</sup>Biennial conference held by Home science Association of India at Avinashilingham institute for home science, Coimbatore.
- Merely participated in workshop on “Complementary Therapies in Autism Spectrum Disorder: Interplay between Diet and Gut Micro-biota”, organized by Department of Studies in Food Science and Nutrition held on 15<sup>th</sup> of February, 2020 at IOE Auditorium, Vijnana Bhavan, Manasagangotri, University of Mysore, Mysuru-06.

- Merely participated in the Webinar on Psychosocial Impact of COVID 19 on Education and its Stakeholders- Students, Teachers and Parents held on 26 June 2020 by Home Science Association of India Karnataka State Branch.
- Merely participated in Two days online Faculty Development Webinar on Quality Sustainability of the Higher Education held on 29<sup>th</sup> and 30<sup>th</sup> June 2020 by The Rural Degree College, Kanakapura, Ramanagara.
- Merely participated in the Webinar on “National webinar on sustainable strategies for food safety and nourishment organized by Department of Studies in Food Science and Nutrition, University of Mysore. Held on 22<sup>nd</sup> and 23<sup>rd</sup> October, 2020.
- Merely participated in the Webinar on “National webinar on challenges of neonatal care and infant protection organized by Human Development, Department of studies in Food Science and Nutrition, University of Mysore held on 19<sup>th</sup> and 20<sup>th</sup> November 2020.

2021

- Participated in Workshop on “Bio-Statistics and its Application Using Statistical Package for Social Science (SPSS)” organized by Human Development and Welfare Association in collaboration with Nutrition Society, DOS in Food science and Nutrition, Manasagangotri, Mysuru. (26<sup>th</sup> and 27<sup>th</sup> November 2021)

2022

- Served as volunteer in the 96<sup>th</sup> Annual Meet and National Seminar of Vice-Chancellors’ hosted by University of Mysore held on 23<sup>rd</sup> to 25<sup>th</sup> March 2022.
- Merely participated in one day workshop on the topic “Life Style Enhancement and Rejuvenation” organized by RIMSE, Mysuru in collaboration with IQAC, University of Mysore, Mysuru on 12<sup>th</sup> November 2022.
- Oral Presentation on the topic “Nutritional Status and Developmental Delays in Preschool Children” at Nation Conference My Nutricon-2022 on the theme Public Health Aspects of Nutrition towards Sustainable Development Goals” organized by Department of Community Medicine, JSS Medical College in Collaboration with DOS in Food Science and Nutrition, University of Mysore and Department of Nutrition and Dietetics, School of Science, JSS, Mysuru on 8<sup>th</sup> and 9<sup>th</sup> December 2022.
- Merely Participated in 54<sup>th</sup> Annual Conference of Nutrition Society of India on the theme Sustainable Healthy Diets- Health for All held at ICMR- National Institute of Nutrition, Hyderabad, Telangana on 22<sup>nd</sup> and 23<sup>rd</sup> December 2022.

2023

- Participated in Three days workshop on “Basic and Advanced Statistical Analysis using SPSS” organized by DOS in Food science and Nutrition, Manasagangotri, Mysuru in collaboration with Statsparks, statistical consulting company, JP Nagar 8th Phase, Bengaluru-560076 (15<sup>th</sup> -17<sup>th</sup> February 2023)
- Oral Presentation on the topic “ Relationship between Resilience and Vice Habits of youths in Mysore city” at the 2-Day International Conference on Health Psychology and

Allied Science” organized by the Department of Psychology, Pachhunga University College on 26<sup>th</sup> and 27<sup>th</sup> May, 2023.

- Oral Presentation on “Relationship between Depression and Resilience among college student in Mysore city” at the National seminar on Gender Sensitisation and its Impact on Health, Nutrition and Education: Prospects and Challenges organized by University of Home Science, B.N. Mandal University, Madhepura, Bihar in Association with Alumini Association of Home Science & IQAC, B.N.M.U., Madhepura (Bihar) on 29<sup>th</sup> and 30<sup>th</sup> May 2023
- Poster presentation on “Anthropometric Status and Nutrient Adequacy in the Elderly Jenu-Kuruba Tribe” at 55<sup>th</sup> Annual Conference of Nutrition Society of India at ICMR-NIN, Hyderabad, held on 26<sup>th</sup>& 26<sup>th</sup> November 2023

#### **Invited Talks:**

- Resource person for the contact class of Diploma in Nutrition and Health education at Karnataka State Open University, Mukthagangotri, Mysuru.

#### **Publication:**

- Pavan Kumar S. K and Komala M (2020) Relationship between Depression, Vice Habits and Resilience in Youth of Mysore City, cited in “Development and Well-being across the Lifespan”, Edited book of 33<sup>rd</sup> Biennial Conference of HSAI- Trends for Futuristic Development in Home Science: Research and Innovation, page no-130, ISBN 978-9385604-11-9.

#### **SKILLS**

- Fluency in Kannada, English and Hindi languages.
- Cleared Prathama and Madyama Exam in Hindi.
- Cleared Lower and Higher exams in Drawing.
- Computer literate in MS Office, Internet operations and SPSS.
- Attended two village camps in NSS during the academic year 2014-15 and 2016-17.

(Pavan Kumar S K)