

**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA  
(MACFAST)**



**MACFAST**<sup>TM</sup>  
Igniting wisdom since 2001

**3.2.2.**

**Details of workshops/seminars conducted on Research Methodology,  
Intellectual Property Rights (IPR) and entrepreneurship from  
2016-17 to 2020-21**

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**Criteria 3: Research, Innovations and Extension**

**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA (MACFAST)**

**Tiruvalla, Pathanamthitta, Kerala 689 101**

**2019-2020**



**MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA  
(MACFAST)**

**MACFAST™**  
Igniting wisdom since 2001

**Details of workshops/seminars conducted on Research Methodology,  
Intellectual Property Rights (IPR) and Entrepreneurship**

Sl. No.	Title of Workshop/Seminar	Number of participants	Start Date	End Date
<b>D.</b>	<b>2019 - 2020</b>			
Sl. No.	Title of Workshop/Seminar	Number of participants	Start Date	End Date
1	Fundamentals in Technical writing Dr K.P.Vijayakumar, University of Kerala	41	7/2/2019	7/2/2019
2	Life sciences and Career Dr Smitha Jain Executive Director, India Bioscience, NCBS	56	7/5/2019	7/5/2019
3	Training Program in Chocolate Making for Prospective Entrepreneurs	5	7/12/2019	7/13/2019
4	Entrepreneurship Awareness Camp	120	10/14/2019	10/14/2019
5	Workshop on Science Communication	143	11/24/2019	11/24/2019

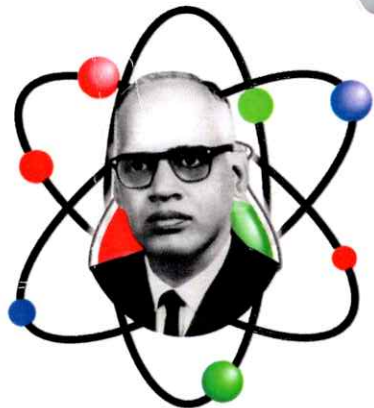


**Fr. Dr. CHERIAN J KOTTAYIL**  
PRINCIPAL  
Mar Athanasios College For Advanced Studies  
Tiruvalla- 689101, Kerala

**FUNDAMENTALS IN  
TECHNICAL WRITING**



**DR. K.P. VIJAYAKUMAR**  
FORMERLY ASSOCIATE PROFESSOR  
& HEAD, DLIS,  
UNIVERSITY OF KERALA,  
THIRUVANANTHAPURAM -695 034



**G.N.RAMACHANDRAN  
SCIENCE CLUB  
MACFAST TIRUVALLA**

**MACFAST AUDITORIUM**  
**2<sup>ND</sup> JULY 2019 @ 10 A.M.**



**MACFAST**  
THE TRENDSETTER IN EDUCATION

## Honors & Recognitions

- First rank holder and gold medal winner in both BLibSc and MLISc Examinations of University of Kerala
- UGC Visiting fellow of Department of Library and Information Science, Kannur University
- Awarded Major Research Project of UGC
- Continuously invited as Visiting faculty of Department of Library and Information Science, University of Madras from 2005.
- Visiting faculty of Department of Library and Information Science, Kannur University
- Serving as Resource Person for Orientation Programmes, Refresher Courses, short term programmes for research guides organized by UGC-Academic Staff College, University of Kerala continuously from 1998 onwards.
- Handled more than 250 sessions for the UGC-Academic Staff College in the various orientation programmes and refresher courses organized by University of Kerala in the last 15 years.
- Serve as resource person to the different Refresher Courses in Library and Information Science and orientation organized by UGC-Academic Staff College, University of Calicut.
- Continuously invited as Resource person to the UGC-Academic Staff College, University of Goa, Goa
- Resource person to the UGC-Academic Staff College, Mysore University, Mysore
- Resource person to the UGC-Academic Staff College, Pondicherry University, Pondicherry

Organized by



School of Biosciences  
Mar Athanasios College for  
Advanced Studies Tiruvalla,  
Accredited by NAAC with 'A' Grade &  
Recognized by DSIR, Govt. of India)  
Kerala - 689 101. India  
[www.macfast.org](http://www.macfast.org) [www.macfast.in](http://www.macfast.in)

For Registration Contact  
Mr. Biju Dharmapalan  
Co-ordinator  
Phone: 09447121718  
E-mail: [biju@macfast.org](mailto:biju@macfast.org)



G.N. Ramachandran Science club, School of Biosciences, MACFAST

Report on the Webinar

"Fundamentals in Technical Writing"

Dr. K.V. Vijayakumar, Formerly Associate Professor & Head, DILS, University of Kerala, Thiruvananthapuram

G.N. Ramachandran Science club, School of Biosciences, MACFAST organized a seminar on "Fundamentals in Technical Writing" on 2<sup>nd</sup> July 2019 at 10.00 am IST through Zoom platform. Dr. K.V. Vijayakumar, Formerly Associate Professor & Head, DILS, University of Kerala, Thiruvananthapuram was the resource person. Fr. Dr. Cherian J. Kottayil, Principal, MACFAST welcomed the resource person. The resource person explained well about basic principles of technical communication and writing. He also provided insights regarding how to submit awriting grant proposals to a funding agency. Faculty members, research scholars were actively participated in this seminar. 41 participants were attended the session. The participants found this webinar highly knowledgeable and insightful. The event was coordinated by Prof. Biju D, HoD, School of Biosciences, MACFAST.

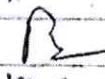

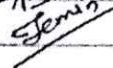





*Biju*

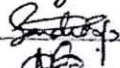


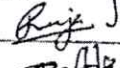
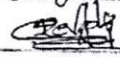

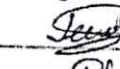
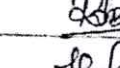


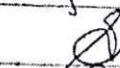
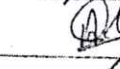
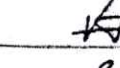
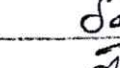


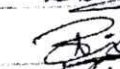
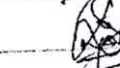

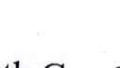
*Tracsa Vaghore*

*Cherian J Kottayil*  
Fr. Dr. CHERIAN J KOTTAYIL  
PRINCIPAL  
Mar Athanasios College For Advanced Studies  
Tiruvalla- 689101, Kerala



7/19 Invited lecture by Prof Vijayakumar on 'Technical Writing'

- 1 Biju Dharmapalan 
- 2 Ann Mary C Simon 
- 3 Femin S Uthup 
- 4 Danitha Sara Abraham
- 5 Jigin Pullenkunnel 
- 6 Stephan James 
- 7 Dr. Blesson Santhosh George 
- 8 Dr. Nistad PM 
- 9 Riga 

Sl.No	Name	Branch	Batch	Signature
1	SANDRA.S.P	Food Tech		
2	Anns.K.Francis	Food Technology		
3	Jessy Johnson	Food Technology		
4	Riga Elza Philip	Food Technology		
5	Resathi Padmakumar	Food Technology		
6	Revathy .v.s	Food Technology		
7	Jemol Thomas	Food Technology		
8	Rahmath khadiji	Plant Biotechnology		
9	AKSHAYA.P.T	PLANT BIOTECHNOLOGY		
10	Denika .B	Biochemistry		
11	Anjana Viswanadh	Biochemistry		
12	Breeja Mohanan	Biotechnology		
13	Aleora Johnson	PBT		
14	Aiswarya M Panikseer	Biochemistry		
15	Sabony K.s	Biochemistry		
16	Ajali Murali	Biochemistry		
17	Denika Pradeep	Biotech:		
18	Seethi.M.	Biotech.		
19	Bini San George	Biotech		
20	Anjali.T	Biotech		

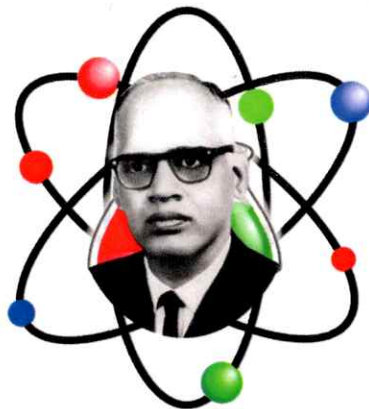
19	Jemy Merin Jose	Bioinfo	Jemy
20	Divya Sara Varghese	Bioinfo	Divya
21	Margaret K. Samuel	.	Margaret
22	Krishnapriya H.	Bio info	Krishna
23	Anzia. Azez	Bio info	Anzia
24	Susan Isaac	PBT	Susan
25	Abiya Ann Mathew	BT	Abiya
26	Bridget Jose	Bio info	Bridget
27	Apaema Tom	BT	Apaema
28	Meenu Madhu	Bio info	Meenu
29	Anju Maria Jose	Food Technology	Anju
30	Gopika S	Food Technology	Gopika
31	Chinju Shaji	" "	Chinju
32	Atkaira F	" "	Atkaira
33	Grevin. S. Kurian	" "	Grevin
34	SHOBAL JOSE VARGHESE	" "	Shobal
35	DEVADAS. M.P	" "	Devadas
36	Nidal Ibrahim	" "	Nidal
37	Vishnu S. Kumar	Food technology	Vishnu
38	Ryne pereira	Food technology	Ryne
39	Theresa George	Bio info	Theresa
40	Anjana. S	Biochemistry	Anjana
41	Sonnet. D. Thomas	Bio-info	Sonnet



LIFE SCIENCES AND CAREERS



**SMITA JAIN, PhD**  
EXECUTIVE DIRECTOR,  
INDIABIOSCIENCE  
NCBS -TIFR,  
GKVK, BELLARY ROAD,  
BANGALORE 560065, INDIA.

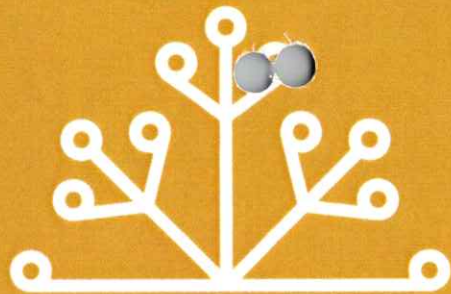


# G.N.RAMACHANDRAN SCIENCE CLUB MACFAST TIRUVALLA

**MACFAST AUDITORIUM**  
**05<sup>TH</sup> JULY 2019 @ 2-4 P.M.**



**MACFAST**  
THE TRENDSETTER IN EDUCATION



# IndiaBioscience

## About the Speaker

Smita Jain has a PhD from the Indian Institute of Science, Bangalore in the field of Cancer Biology. After exploring industry for couple of years, she moved into the field of scientific management. With her keen interest in management, ability to communicate, she played a key role in establishing the business and processes at C-CAMP, Bangalore. She also has experience of working as a research analyst with a digital content organization. She is deeply motivated to take the activities of IndiaBioscience to all possible corners of the country and make a strong knit network of Indian Biologists.

Her interests are being with nature, traveling and interacting with wide range of people on different topics.

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Mr. Biju Dharmapalan  
Co-ordinator  
Phone: 09447121718  
E-mail: [biju@macfast.org](mailto:biju@macfast.org)



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

## GN Ramachandran Science club, School of Biosciences

### Report on Seminar on 'Life science and Career'

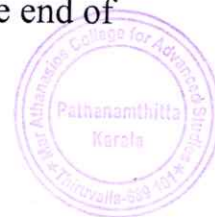
Dr. Smita Jain

5th July 2019

A one day lecture was conducted by the G.N Ramakrishnan club on 5<sup>th</sup> July 2019 at the College auditorium. Around 56 participants attended the talk. Dr. Smita Jain, who spoke on the subject of "Careers in Science," was the featured speaker of the day. Dr. Smita, Executive Director of IndiaBioscience (IBS), has a PhD from the Indian Institute of Science, Bangalore in the field of Cancer Biology. After exploring industry for couple of years, she moved into the field of scientific management. *She is passionate about 'Careers in Science', 'Mentoring', and developing courses for 'professional development'.*

During the talk, she discussed her views on India's current research environment as well as some of the most important difficulties that Indian researchers confront today. She also offers some uncommon but quite important career navigation advice for researchers, as well as an explanation for why she chose a career outside of academia. She advised the audience to follow their hearts rather than be influenced by other people's ideas and ambitions. To do so, one must first have a thorough understanding of oneself, including their abilities, values, and interests. On the basis of this, one should consider career choices. This will help to stay aligned with career options. Also, talk to professionals in different roles. It's also critical to start building and nurturing own professional network as soon as possible. She mentioned that academia isn't the only professional option available after a PhD; many new opportunities have opened up where one can thrive and have a fulfilling career. So take the time to get to know oneself and one's goals. Each career decision should be made after a great deal of consideration. It is critical to do so since, at the end of the day, happiness with your chosen decision is what matters.

  
Fr. Dr. CHERIAN J KOTTAYIL  
PRINCIPAL  
Mar Athanasios College For Advanced Studies  
Thiruvalla- 689101, Kerala





## Resource Person Profile

**Dr. Smita Jain**  
**Executive Director**  
**India Bioscience, NCBS, Bangalore**

An enabler, mentor, and leader with 15+ years of experience in science promotion, communication and business development. Smita has a PhD from the Indian Institute of Science, Bangalore in the field of Cancer Biology. After exploring industry for couple of years, she moved into the field of scientific management. With her keen interest in management, ability to communicate, she played a key role in establishing the business and processes at C-CAMP, Bangalore. She also has experience working as a research analyst with a digital content organization. She is deeply motivated to take the activities of IndiaBioscience to all possible corners of the country and make a strong knit network of Indian life science researchers and professionals. She is passionate about 'Careers in Science', 'Mentoring', and developing courses for 'professional development'.

Dr. Smita Jain currently working as Executive Director, India Bioscience from December 2018 and is responsible for establishing the strategic vision and partnerships; growth, fundraising, grants and team management; and overseeing the activities of the networking, communication, education, data & policy and skill-building verticals. Skilled in working with diverse groups of people, both nationally and internationally. she is also experienced in driving small as well as large, multi-institutional teams.

She has a strong-knit network of varied stakeholders, including the head of institutions and the key policymakers in the government in the life science research sector in India. She is passionate about 'Careers in Science', 'Mentoring', and developing courses for 'professional development'.

Dr. Smita was a recipient of #IRMI Research Management Grant of India Alliance. She is also a member of the review group for the programs and activities of NCSTC, DST, GoI and an invited member of the advisory group set up for Resource Book on Biographies of 75 Women Scientists by DST, GoI and an invited member of the committee set up by DST, Govt of Rajasthan for the welfare of Women in Science.

17/19

177

G. N. Ramachandran Science Club, invited  
 lecture by Dr. Smita Jain on 'A career in  
 Science'

Biju Dharmapalan

Sini Kureen

Dr. Shilpa Lekshmi

Dr. Jenny Jacob

Jyoti Pullenkunnel

Femin S. Uthup

Samitha Sara Abraham

Dr. Treasa Varghese

Dr. Shilpa Lekshmi

~~Anns K. Francis~~

Ms. Pooche Elizabeth Thomas

~~Scit~~

~~Jyoti~~

~~Jain~~

~~Scit~~

~~Bees~~

~~Scit~~

~~Ph~~

S/NO	Name	Batch	Signature
1	Anns K. Francis	MSc Food Technology	<del>AF</del>
2	Revathi Padmakumar	"	<del>Revathi</del>
3	Riya Elza Philip	MSc Fd Tech	Riya
4	Revathy. v.s	"	Revathi
5	Chinju Indira Jay	MSc. Food Technology	Chinju
6	Teemol Thomas	"	<del>Teemol</del>
7	Ganga S	"	Ganga
8	Meenu Manoj	"	Manoj
9	Sandra S.P	"	<del>Sandra</del>
10	Christy Johnson	"	<del>Christy</del>
11	Rahmath Khaderi	MSc. Plant Biotechnology	Rahmath
12	Anju Alexander	"	Anju
13	AKSHAYA.P.T	MSc PLANT BIOTECHNOLOGY	<del>AKSHAYA</del>
14	Gropka S	MSc Food Technology	<del>Gropka</del>
15	Susan Issac	Ms. Plant Biotechnology	Susan
16	Athira P	MSc. Food Technology	<del>Athira</del>
17	Chinju Shaji	"	<del>Chinju</del>
18	Anju Maria Jose	MSc. food technology	<del>Anju</del>
19	Pooche Suresh	Msc Biotechnology	Pooche

20.	Anjali . T.	MSc. Biotechnology	[Signature]
21	Sreethi.M.	Msc Biotechnology	[Signature]
22.	Devika Pradeep	Msc. Biotechnology	[Signature]
23.	Arpama Tom	Msc. Biotechnology	[Signature]
24	Bridget Jose	Msc. Bioinformatics	[Signature]
25.	Sonil D. Thomas	Msc Bioinformatics	[Signature]
26.	Chithra K.R	Msc. Food Technology	[Signature]
27.	Anupama .U	Msc. Food technology	[Signature]
28.	LOVEINA GRACIOUS	Msc. PLANT BIOTECHNOLOGY	[Signature]
29.	ANJANA . S	Msc. BIOCHEMISTRY	[Signature]
30.	Anulekshmi .S	Msc. Biochemistry	[Signature]
31 .	Anjana Viswanath	M.sc Biochemistry	[Signature]
32.	Shreya Mohanan	M.Sc. biotechnology	[Signature]
33.	Grevin . S. Kurian	MSc: Food Technology	[Signature]
34.	DEVADAS . M.P	Msc. Food technology	[Signature]
35)	Vishnu S. Kumar	MSc. Food technology	[Signature]
36)	Nidal Ibrahim p	Msc Food technology	[Signature]
37)	Ryne Pereira	Msc food technology	[Signature]
38)	Alicia Johnson	mSc plant Biotechnology	[Signature]
39)	Salomy Ks	Msc Biochemistry	[Signature]
40)	Divya Sara Varghese	MSc. Bioinformatics	[Signature]
41)	Ajali Muzali	Msc. Biochemistry	[Signature]
42)	Meenu Madhu	Msc. Bioinformatics	[Signature]
43)	Anzia . Azees	MSc. Bioinformatics	[Signature]
44)	Krishna Priya H	MSc. Bioinformatics	[Signature]
45)	Abiya Ann Mathew	Msc. Biotechnology	[Signature]
46)	Theresa George	Msc Bioinformatics	[Signature]
50)	Margaret . K. Samuel	Msc Bioinformatics	[Signature]
51,	Jomy Merin Jose	M.Sc. Bioinformatics	[Signature]
52)	ThiridEEP . T. nan	mSc. Food Technology	[Signature]
53)	Abhiram . S	Msc Food Technology	[Signature]
54)	Velga Raj	Msc. Food Technology	[Signature]
55)	Rani Chacko	MSc. Food Technology	[Signature]
56)	SHOBAN JOSE VARGHESE	M.sc food Technology	[Signature]



# MACFAST

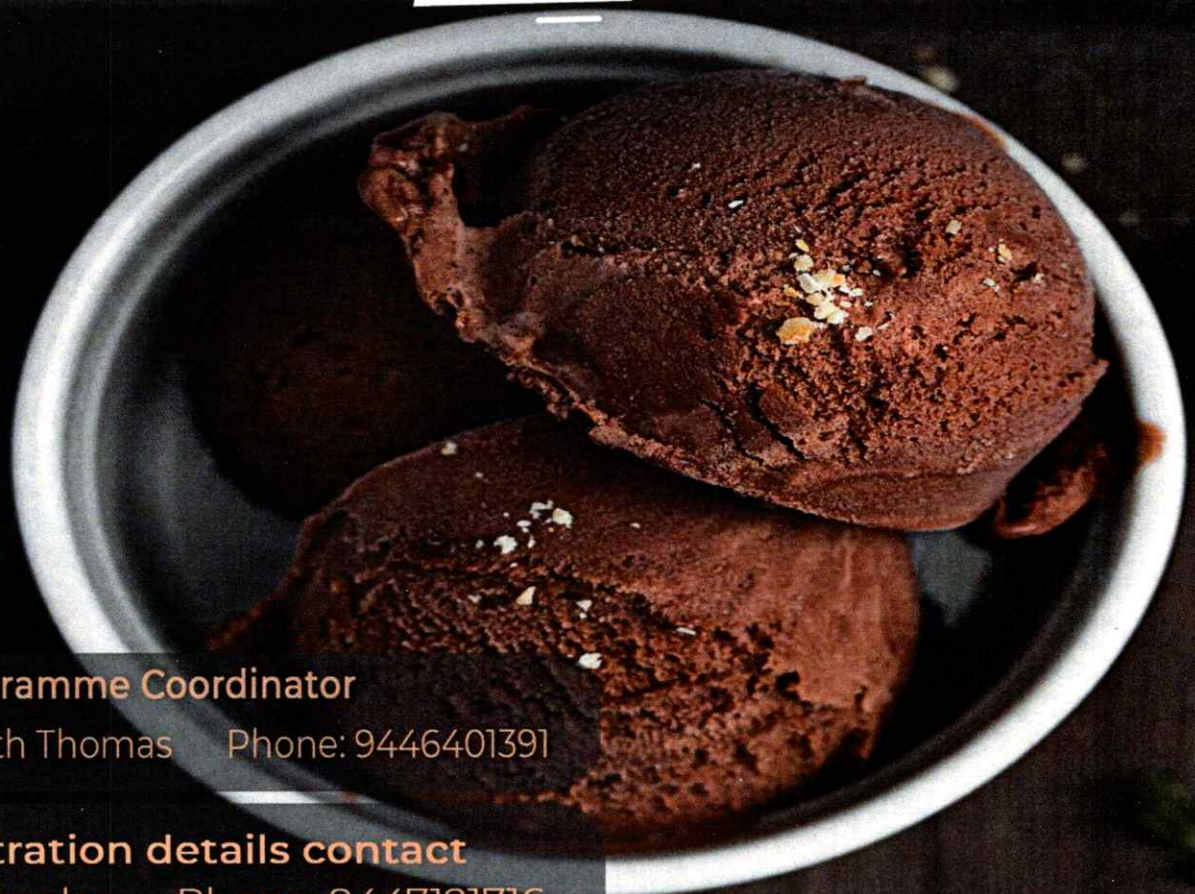
## SCHOOL OF BIOSCIENCES

TRAINING PROGRAM IN

# CHOCOLATE MAKING

FOR PROSPECTIVE ENTREPRENEURS

**12 13 JULY  
2019**



**Programme Coordinator**

Pinchu Elizabeth Thomas Phone: 9446401391

**For registration details contact**

Biju Dharmapalan Phone: 9447121716



## School of Biosciences, MACFAST Tiruvalla

### Report on the workshop


### “Chocolate making for prospective entrepreneurs”

14th of July 2019


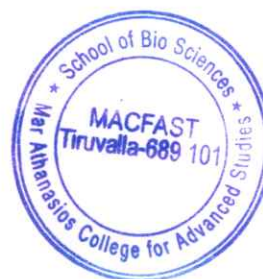
MACFAST has conducted a training programme on Chocolate making on 12th and 13th of July 2019.

Aspiring entrepreneurs, who are passionate about chocolates and can think innovatively and creatively, must definitely consider getting into the chocolate making business. The biggest advantage of chocolate making business is that it does not require a large space for the business or even several equipment and can be started from home too using the basic utensils available, thus making it a feasible and ideal business option for women entrepreneurs as well as for those who want to initially start small and not invest much in to the business. The homemade chocolate business is a great idea that can bring in profits too, provided the entrepreneur is familiar with the basics of how to start a chocolate making business.

In this program, the knowledge and skills to make amazing chocolates were delivered by hands on training session. The program was useful for those who are interested in chocolate as a hobby or starting a new business, our expert instructors can help you achieve your goals. The participants could learn the chemistry and recipe of chocolate development plus fundamental chocolate skills such as tempering, moulding, dipping and decorating. This program has enabled participants to develop products of their desire with their choice of flavours.



Fr. Dr. CHERIAN J KOTTAYIL  
PRINCIPAL  
Mar Athanasios College For Advanced Studies  
Tiruvalla- 689101, Kerala



Beena Cherian  
Dean, School of  
Biosciences





To exploit this gap and demand in market, MACFAST had conducted a training program on Chocolate making at MACFAST. The coordinator and the main resource person of the program was Mrs. Pinchu Elizabeth Thomas. The registration was handled by Mr. Biju Dharmapalan, School of Biosciences. A total of 5 participants attended the training programme to start chocolate making as a business venture.

## RESUME

### **PINCHU ELIZABATH THOMAS**

Onattu Thenadil

Perumpanachy P. O.

Changanacherry- 686536

Kerala, India

Mobile: +91 9446401391

E-mail: [pinchuthomas@gmail.com](mailto:pinchuthomas@gmail.com)

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### **CAREER OBJECTIVE**

To work in an organization that simultaneously enriches my professional knowledge, living and contributes towards achieving the goals of the employer.

### **AREAS OF INTEREST**

Teaching, Research and Product development, Bakery & confectionery, Quality Assurance and Process & Technology

### **PROFESSIONAL & ACADEMIC QUALIFICATIONS**

- **Diploma in Sugar Paste**, ICCA (International Center for Culinary Arts), Dubai, UAE, City & Guilds Accredited Certified Programme, 2018
- **Qualified National Eligibility Test (ICAR-NET) in Food Technology** for lectureship, 2016
- **Master of Science in Food Science & Technology**, 2005-2007, Mahatma Gandhi University, Kottayam, Kerala, India- Graduated with Distinction, **First Rank**
- **Bachelor of Science in Food Science & Quality Control**, 2002-2005, Mahatma Gandhi University, Kottayam, Kerala, India- Graduated with Distinction, **Second Rank**

### **PROFESSIONAL SKILLS**

- **Laboratory:** Physico- chemical, nutritional, microbial and sensory analysis of food
- **Engineering skills:** experience in handling food processing equipment
- **Quality Assurance:** Food safety, GMPs, SSOPs and HACCP prerequisites, auditing, documentation and ISO standards in food industries
- **Computer:** MS Word, MS Excel, MS Power Point
- **Baking technology-** new product development, baking, designing and decorating cakes, experienced in handling fondant and sugar paste.
- **Chocolate making-** experienced in manufacturing various homemade chocolates, tempering techniques, filling, enrobing and designing

### **PROFESSIONAL EXPERIENCE**

**Assistant Professor**

Associated with the School of Biosciences, MACFAST (Mar Athanasios College for Advanced Studies Tiruvalla), Mahatma Gandhi University, Kottayam, Kerala, India, January 2008- Till date.

**Duties and Responsibilities:**

- Curriculum in-charge of Food Science & Technology Post Graduate Programme, till 2019
- Faculty in-charge of Post Graduate Diploma in Food Technology, till 2015
- Additional, Chief and external examiner for various Food Science Courses under Mahatma Gandhi University, Kottayam, Calicut University and IGNOU, Delhi
- Visiting Faculty, Department of Food Science & Quality Control (Undergraduate Programme), BCM College, Kottayam, Mahatma Gandhi University, Kerala, India
- Guiding external student projects and small-scale entrepreneurs
- Member of the syllabus proposal and revision committee, Mahatma Gandhi University, Kottayam, Kerala
- Member of the Inspection commission, Mahatma Gandhi University, Kottayam, Kerala, 2014-2015
- Question paper setter for various university exams

**Facilitator**, Training programme in chocolate making and cake decoration for prospective entrepreneurs

**Chocolatier**

- Experienced in chocolate making, tempering, enrobing, molding and framing techniques
- Modern chocolate decorations using texture sheets, transfer sheets and pralines
- Experienced in manufacture of various chocolate products like truffles, rochers, barks, toffees, French bonbons, truffle shells, chocolate salami, lollipops and chocolate dessert cups
- Experience of decorating confectionery products and baked foods with chocolate materials
- Use of food colours in designing chocolates
- Storage and packaging of products
- Quality evaluation of chocolates

**Cake Baker, Designer & Decorator**

- Bake cakes in accordance with customer's specifications
- Decorate cakes using different types of icings and mixing of colors
- Designing novelty cakes based on customer's requirements
- Experienced in fondant and sugar paste techniques
- Assembling special occasion cakes
- Experienced in covering, crimping, and embossing
- Skilled in doing fabric effects, textured drapes, frills, ribbons, roses, bows and sugar embroidery
- Modeling Fun Figures, textures, inlay & applique & overlay

- Design and handling, presentation of multi-tiered cake (dowelling & stacking)
- Designing Celebration Cakes & Color Balance

### TRAINING EXPOSURE

- Training programme on "Role of HPLC in Food Analysis", CFTRI, Mysore, 26<sup>th</sup> -27<sup>th</sup> August 2019
- Training programme on Phytochemical techniques, FRI, Dehradun, April 2019
- Training programme in Safety of Food in Metal and Plastic Packaging, CFTRI (Central Food Technological Research Institute), Mysore, October 2018
- 10 days training experience in Food Technology R&D Division, Sami Labs Limited, Bangalore. December 2017
- Training Programme in "Chocolate for Entrepreneurs", De' Pastry School, Cochin, 2016
- Training Programme in "Cake designing", De' Pastry School, Cochin 2016
- Advanced Food Hygiene and Application of HACCP Based Food Safety Management System- Level 4 (ISO 22000), training curriculum developed by FAO, Food Safety Solutions International, Cochin, Kerala, November 2014
- Advanced Food Hygiene and Application of HACCP Based Food Safety Management System- Level 2 (training curriculum developed by FAO & CAC & RIPH UK, complies with the requirements of US FDA, EU COMMISSION and various other National and International Regulations) Food Safety Solutions International, Cochin, Kerala, May 2012
- Codex General Principles of Food Hygiene and Application of HACCP Based Food Safety System (FAO & CAC, complies with the requirements of US FDA, EU COMMISSION), Food Safety Solutions International, Cochin, Kerala, January 2005.
- Entrepreneurship Development Program on "Food Science & Technology" conducted by Field Testing Station, Changanacherry (Small Industries Development Organization, Ministry of SSI, Govt. India), Jan to Feb 2005
- Seafood Processing and Quality Control, The Integrated Fisheries Project, (Dept. of Animal Husbandry & Dairying, Govt. of India), Cochin, Oct to Nov 2003
- Milk and Milk Products Training, Dairy Training Centre, Kottayam (Kerala State Dairy Development Department), Dec 2002
- Processing of Pickles, Jams & Squashes, The Malabar Cost Products, Kerala, May- June 2003
- Training in the processing of Bakery and Confectionary Products Breads, Hot Breads, Kunjoos Fine Products, Kerala, February 2003

### RESEARCH EXPERIENCE

- Worked as **Senior Research Fellow**, in the project "**Integrated Technology for the Development of Reinforced Bioplastics with Celluloses of Plant Origin**" funded by Department of Biotechnology (DBT), Govt. of India, and has successfully developed value added products such as degradable, non-toxic packing material there by reducing the usage of LDPE, 2009-2012
- "**Value added Products from Cassava,**" Mar Athanasios College for Advanced Studies Tiruvalla, Kerala, 2008

- "Studies on Naturally Fortified Pasta Products," Defence Food Research Laboratory, Govt. of India, Mysore, 2007
- "A Study to Increase the Shelf-life of Raw Jack Fruit by Drying," Mar Athanasios College for Advanced Studies Tiruvalla, Kerala, 2007

#### PROJECT COMPLETED

- "Database on Food Toxins," Kerala State Council for Science, Technology & Environment (KSCSTE), Thiruvananthapuram, Kerala, 2014.

#### PROJECT ONGOING

- Co-PI of the project "Human Milk based Human Milk Fortifier for Preterm Infants" Department of Biotechnology, Delhi, 2021

#### PROFESSIONAL AND PERSONAL ACHIEVEMENTS

- Awarded First Rank by the M.G. University Kottayam for M.Sc., 2007
- Awarded Second Rank by the M.G. University Kottayam for B.Sc., 2005
- Award for best poster presentation in the International Symposium on "Advances in Food Biotechnology," 2007
- Organizing Committee Member, **Treasurer** of International Symposium on "Second Green Revolution: Priorities, Programmes, Social and Ethical Issues," Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram, India, 2009
- Recipient of the President of India Guide Award, 2000

#### PROFESSIONAL MEMBERSHIP

- Member, Association of Food Scientists & Technologists, India (AFSTI)
- Kerala Food Technologists Association (KEFTA)

#### PUBLICATIONS/ SCIENTIFIC PRESENTATIONS

- Value Added Products from Jackfruit (*Artocarpus heterophyllus*) Fruit, **Pinchu Elizabeth Thomas** and Biju Dharmapalan, Acta Scientific Nutritional Health, ISSN:2582-1423, 4.2 (2020): 105-110.
- Value added food products from Flacourtia jangomas (Lour.) Raeusch, **Pinchu Elizabeth Thomas** and Biju Dharmapalan, Indian Food Industry Mag, Vol 38 No 1, Jan- Feb 2019
- Physico-chemical and sensory properties of biscuits fortified with carrot powder, **Pinchu Elizabeth Thomas**, Litty Mary Abraham and Biju Dharmapalan, International Journal of Food and fermentation Technology. 8(2): 01-05, December 2018, ISSN No.2249-1570
- "Clovora- A New Herbal Mouth Wash for Oral Hygiene", Amal P. K., Abu Anna Joy, Athira Thomas, Jessiya Jacob, Biju Bharmapalan and **Pinchu Elizabeth Thomas**, Journal of Science, Technology and Management, December 2018
- "Isolation of Oleoresin from *Capsicum frutescens* and its Value Addition," **Pinchu Elizabeth Thomas**, and Betsy M. Baby, International Symposium on Advances in Bioprocess Technology, 2015
- "Functional Properties of Cellulose-Reinforced Bioplastics and their Potential Usage as Food Packaging Material" **Pinchu Elizabeth Thomas**, Rathish Rajan, Subin Damodaran and C. Balagopalan, Journal of Science, Technology and Management, January 2014

- "Rapport between Bioinformatics and Food Technology" Betsy M. Baby, **Pinchu Elizabeth Thomas**, International Symposium on Computational Biology and Drug Design, MACFAST, Thiruvalla, India, 2013
- "Utilization of Cotton Textile Waste as Reinforcement in Low Density Polyethylene Based Bioplastics" Rathish Rajan, **Pinchu Elizabeth Thomas**, Balagopalan C, APM-2011: International Conference on "Advancements in Polymeric Materials," CIPET, Chennai
- "Strategic Solutions for Food Security" **Pinchu Elizabeth Thomas**, Treesa Varghese and Betsy M. Baby, International Symposium on Second Green Revolution: Priorities, Programmes, Social and Ethical Issues, Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram, India, 2009
- "Biofortification: A Valuable Ingredient in High Quality Cereals Production" Treesa Varghese, **Pinchu Elizabeth Thomas**, and Betsy M. Baby, International Symposium on Second Green Revolution: Priorities, Programmes, Social and Ethical Issues, Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram, India, 2009
- "Computational Analysis of Putative Calmodulin Binding Protein SUN" Betsy M. Baby, Treesa Varghese and **Pinchu Elizabeth Thomas**, International Symposium on Second Green Revolution: Priorities, Programmes, Social and Ethical Issues, Rajiv Gandhi Centre for Biotechnology, Thiruvananthapuram, India, 2009
- "A Study to Increase the Shelf-life of Raw Jack Fruit by Drying" **Pinchu Elizabeth Thomas**, Indubala, Maya Raman, National Seminar on Advances in Food Biotechnology, Biospectrum 2007, Mar Athanasios College for Advanced Studies Thiruvalla, India

#### PERSONAL PROFILE

Date of Birth : 16<sup>th</sup> January 1985  
 Nationality : Indian  
 Gender : Female


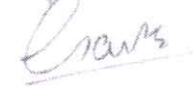



#### DECLARATION

I hereby declare that the particulars furnished above are true and correct to the best of my knowledge and belief.

**PINCHU ELIZABATH THOMAS**

# Training Programme in Chocolate Making

12<sup>th</sup> & 13<sup>th</sup> July 2019

Name of Student	Course	Signature
Aapika S	FTAN	
Cranga S	"	
Anju Maria Jose	"	
Reni Chacko	"	
Chithra K R.	"	



Beena Cherian

Beena Cherian  
Dean, School of Bioscience



**EDC CLUB of MACFAST presents**

**"UNDERSTAND THE ENTREPRENEUR IN YOU"**



# **ENTREPRENEURSHIP AWARENESS CAMP**

**by Pradeep K Ninan on Aug 26 Monday  
10.00 AM at College Auditorium**

**Mind Trainer, Business  
Trainer & Success Life  
Coach**







**MACFAST**

Jenny Jacob <jenny@macfast.org>

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**EDC session today @10am**

4 messages

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**Fr. Dr. Cherian J Kottayil** <principal@macfast.org>

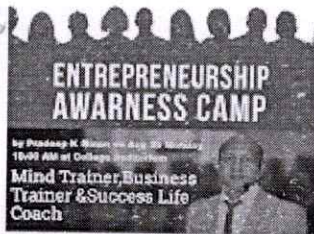
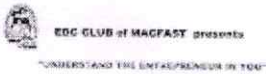
Mon, Aug 26, 2019 at 8:38 AM

To: faculty <faculty@macfast.org>, "nithin.mathews" <nithin.mathews@macfast.org>, administrator <administrator@macfast.org>, Deputy Director Macfast <dd@macfast.org>, Library <library@macfast.org>, "I.T. Officer" <it@macfast.org>, IQAC@macfast.org

Dear Macfastians

This is to inform you that today Entrepreneurship Development Club (EDC) of MACFAST has organised a session by Mr. Pradeep K Ninan in our Auditorium at 10am today(26th August 2019).

Make sure all the students are seated in the Auditorium before 10am.



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65K

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**Jenny Jacob** <jenny@macfast.org>

Thu, Sep 16, 2021 at 11:53 AM

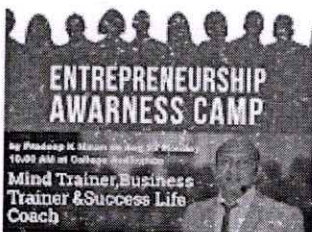
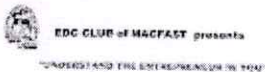
To: Arun Prem <arun@macfast.org>

[Quoted text hidden]

Warm Regards

**Dr. Jenny Jacob**  
Assistant Professor  
School of Biosciences

Mar Athanasios College for Advanced Studies  
Thiruvalla



IMG-20190824-WA0039.jpg  
65K

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**Jenny Jacob** <jenny@macfast.org>

Fri, Sep 17, 2021 at 6:25 PM

To: Terry Jacob Mathew <terry@macfast.org>

----- Forwarded message -----

From: **Fr. Dr. Cherian J Kottayil** <principal@macfast.org>

Date: Mon, Aug 26, 2019, 8:38 AM



MAR ATHANASIOS COLLEGE FOR ADVANCED STUDIES TIRUVALLA

(MACFAST)

Thiruvalla - 689101

## **Entrepreneurship Awareness Camp by EDC club of MACFAST**

Thiruvalla: 26th August 2019

With a view to engage and expose students as well as faculty to the possibility of entrepreneurship, MACFAST had conducted an awareness camp in this regard. Entrepreneurship as an alternative career was the focus of the camp conducted by the EDC club of MACFAST. Students of various departments attended the seminar conducted at the college auditorium. Fr. Cherian J Kottayil, Principal; Prof. Varghese Abraham, Administrator; and Prof. Vijayamohan of Department of Management Studies spoke on the occasion.

The entrepreneurship awareness camp was conducted to equip the participants with the basic knowledge of entrepreneurship so that they could explore and start business in the near future. The objective was to

- 1) Explore entrepreneurship as a potential career.
- 2) Impart basic knowledge, skills and attitude related to entrepreneurship and
- 3) Promote the message of entrepreneurship among the students.

The speaker of the session, Mr. Pradeep K. Ninan is a Certified Mind Power Trainer, Life Success Coach, counselor and a motivational speaker. He spoke on the need to assure the mind before making a decision in life, such as entrepreneurship. His example case studies on Business & Sales were motivational for students. His experience in taking classes to businesspersons, creative professionals and others was evident from his talk. Pradeep K. Ninan has 20 years of experience in the Sales & Marketing sector. His innovative training modules open a new world of mind, physical and spiritual understanding. That helps participants to achieve a total positive transformation. The session by Mr. Pradeep K. Ninan was filled with fun and activities. The session concluded with a Yoga session in the college auditorium.

The awareness camp created awareness among students about various facets of entrepreneurship while highlighting the merits of pursuing such a career option. In the session, about 120 students from various departments participated and shared their views on the different aspects of entrepreneurship, including opportunity guidance, services offered by agencies of support systems etc. The need to arrange visits to the industries located in the region and connecting the students with practicing entrepreneurs was stressed in the session.



  
Fr. Dr. CHERIAN J KOTTAYIL  
PRINCIPAL  
Mar Athanasios College For Advanced Studies  
Thiruvalla- 689101, Kerala

## Contact

[www.linkedin.com/in/pradeep-k-ninan-995b4364](http://www.linkedin.com/in/pradeep-k-ninan-995b4364) (LinkedIn)  
[mindaura.in](http://mindaura.in) (Personal)

## Top Skills

Microsoft Office  
Management  
Microsoft Excel

# Pradeep K. Ninan

--Mind Power Trainer ,Business Trainer & Reiki Grand Master  
Kottayam

## Experience

Maliakens Mind Power Foundation  
7 years 9 months

Mind Aura  
January 2014 - Present (7 years 9 months)  
Kottayam

Mind Trainer  
2014 - Present (7 years)

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## Education

C. M S School  
Bachelor of Commerce (BCom), St Marys College · (1982 - 1987)



Mar Athanasios College for Advanced Studies Tiruvalla (MACFAST)

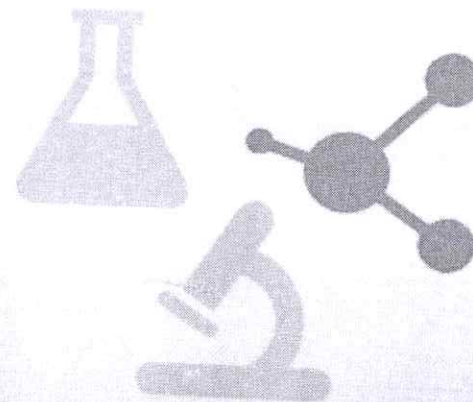
In association with Council of Scientific & Industrial Research (CSIR)  
National Institute of Science Communication and Information Resources (NISCAIR)



# BIO Spectrum 2019 PRE-CONFERENCE WORKSHOP ON SCIENCE COMMUNICATION

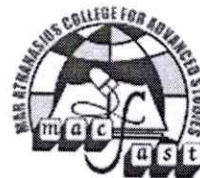
On 24<sup>th</sup>  
November 2019  
Sunday 3 p.m.

@  
MACFAST  
Auditorium



Resource Person:  
Jayasomu R.S.  
Chief Scientist & Editor, IJEB  
Head, Natural Resources & Outreach &  
Head, Raw Materials,  
Herbarium and Museum, Delhi (RHMD)  
Nodal Officer, JIGYASA  
CSIR-NISCAIR, New Delhi

For Registration Contact  
Biju Dharmapalan (Convener)  
Head, School of Biosciences,  
MACFAST.  
E-mail: [biju@macfast.org](mailto:biju@macfast.org)  
Phone: 91-9447121718  
91-8929452181



**Biospectrum 2019 School of Biosciences**  
**Report of Workshop on “Science Communication”**

**Dr. Jayasomu R. S., Chief Scientist & Editor,**

**Indian Journal of Experimental Biology, CSIR-NISCAIR, New Delhi**

**24 November 2019**

The School of Biosciences, MACFAST in association with Council of Scientific & Industrial Research – National Institute of Science Communication and Information Research (NISCAIR) organized a workshop on Science Communication on 24<sup>th</sup> November, 2019 at 3 pm at MACFAST auditorium. Dr. Jayasomu R. S., Chief Scientist & Editor, Indian Journal of Experimental Biology, CSIR-NISCAIR, New Delhi was the resource person. Fr. Dr. Cherian J Kottayil welcomed the resource person and appreciated the participants for their excellent participation in the Workshop. The deliberation was on **the practice of informing, educating, raising awareness of science-related topics, and increasing the sense of wonder about scientific discoveries and arguments.** He also explain well about how to write a good research article and what are the criteria which we could follow when we submitting a scientific paper to Indian Journal of Experimental Biology. The session was fully interactive in nature and hardly 143 participants were attended the session. Prof. Biju D., Head, School of Biosciences expressed vote of thanks to the resource person and participants.



**Fr. Dr. CHERIAN J KOTTAYIL**  
**PRINCIPAL**  
**Mar Athanasios College For Advanced Studies**  
**Tiruvalla- 689101, Kerala**

## Contact

[www.linkedin.com/in/jayasomu](http://www.linkedin.com/in/jayasomu)  
(LinkedIn)

## Top Skills

Biochemistry  
Lifesciences  
Science

## Languages

Tamil (Native or Bilingual)  
English (Professional Working)  
Hindi (Elementary)

# RamasamySomasundaram Jayasomu

Senior Principal Scientist & Associate Editor, Indian Journal of  
Experimental Biology (IJEB) at NISCAIR (CSIR)  
South Delhi

## Summary

To be a resource person in science writing and publishing.

---

## Experience

### NISCAIR (CSIR)

11 years

Senior Principal Scientist & Associate Editor, Indian Journal of  
Experimental Biology (IJEB)

September 2013 - Present (8 years 1 month)

To publish IJEB, peer-reviewed monthly primary research journal regularly.

Senior Principal Scientist, Director Secretariat

October 2010 - August 2013 (2 years 11 months)

Assisting Director in cluster group; Apex Coordination Committee; day-to-day  
office administration

### NISCAIR

Scientist & Editor

December 1989 - Present (31 years 10 months)

Write articles on economic animals of India for encyclopedia, The Wealth of  
India.

Process and Edit research papers communicated to Indian Journal of  
Biochemistry and Biophysics, a peer-reviewed scholarly publication from  
CSIR-NISCAIR, New Delhi

Also, process proposals submitted for 12 FYP from NISCAIR.

National Institute of Science Communication and Information  
Resources (CSIR), New Delhi

Scientist & Editor

1989 - Present (32 years)

Have been in the field of Science Communication for the past two decades.  
Comfortable in Writing, Editing and Indexing.

## CSIR

Scientist

1989 - 2010 (21 years)

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## Education

University of Madras

M.Phil, Estuarine Aquaculture · (1988 - 1989)

Madras Christian College

M.Sc, Zoology · (1986 - 1988)

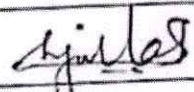
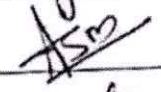
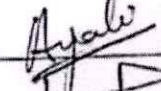
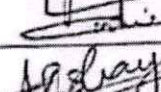
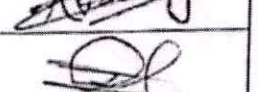
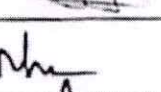
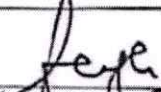

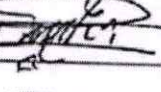


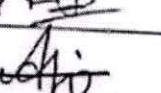
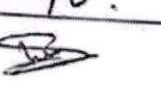
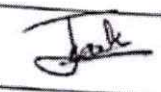
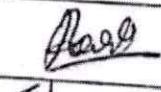



Guru Nanak College, University of Madras

B.Sc, Zoology · (1981 - 1984)

## WORKSHOP ON SCIENCE COMMUNICATION

Organized jointly by CSIR-NISCAIR and School of Biosciences MACFAST

24<sup>th</sup> November 2019

S.No	NAME	INSTITUTION	SIGNATURE
1	Anju Maikam Sebastian	MACFAST	
2	Aleena Saeed Mathew	"	
3	Anjali R.	"	
4	Meena T.S	"	
5	Akshaya C	"	
6	Ancil Joseph Varghese	MACFAST	
7	Manigundan Ph.D	Sathyabama Institute	
8	A. Vignesh (Ph.D)	Sathyabama, Chennai	
9	Ahmad Riyeb Yusuf <small>Research Scholar</small>	Macfast	
10	Wahidullah Fayyaz	"	
11	Behnam Akbari	"	
12	Nibal Paul Varghese	"	
13	Vineeth K.V	MACFAST	
14	AJO. J	"	
15	Shanto V. Thomas	"	
16	Jobin S.	"	
17	Ajith P.A	"	
18	Jesin V. George	"	

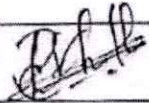
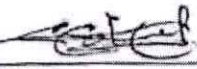

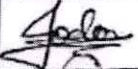
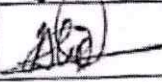

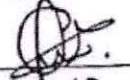
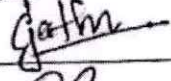

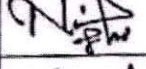
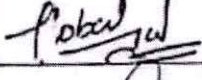
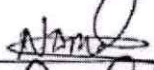
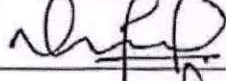


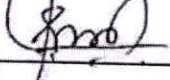
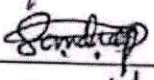
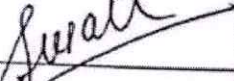
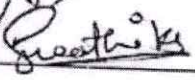

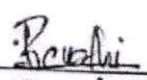





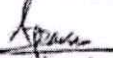

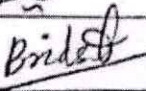
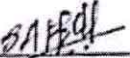

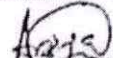


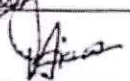
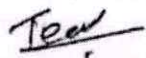
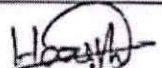

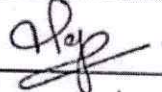
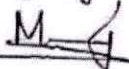

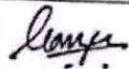

S.NO	NAME	INSTITUTION	SIGNATURE
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20.	Krishnapriya H	MACFAST	
21.	Meenu madhu	MACFAST	
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23	Athira.S	MACFAST	
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25	Treessa Mary Varghese	MACFAST	
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36	Ancy Alfred	MACFAST	
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40	King San George	"	
41	Parvathi Suresh	"	
42.	Ajithi T	"	
43.	DEVIKY PRADEEP	MACFAST	
44	Anakha Murali	"	
45	Athira P	"	
46	Anupama U	"	
47.	Anoja P	MACFAST	
48	Banu T Babu	"	
49.	Merin Shaji	"	
50.	Soonya Ramesh	"	
51.	Veena. C. Ivair	MACFAST	
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53	Jenita J	"	
54	Amisha Anto	"	
55	Pheba Ann Varghese	"	
56	Jenie Mary Varghese	"	
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62	Abhineemi.S	MACFAST, Thiruvalla	
63	Vasna S Kumar	"	
64	Aswani Lal	"	
65	Jida mol. K. S.	"	
66	Meghana Cheria	"	
67	Anjana. J	"	
68	Sruthy Devaradas.S	"	
69	Silpa Mary John	"	
70	Kamalapsiya.M	MACFAST, Thiruvalla	
71	Aneesha Susan Alex	"	
72	Athira C.K	"	
73	Sophy Thomas	"	
74	Ganga Jayakumar	"	
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83.	Ardra A.P	Macfast, Thiruvalla	
84.	Anjali Murali	Macfast, Thiruvalla	
85	Renjitha Rajeev	MACFAST, THIRUVALLA.	
86	Anjana S.	MACFAST THIRUVALLA	
87	Akshaya P.T	MACFAST THIRUVALLA	
88.	Anju Alexander	MACFAST THIRUVALLA	
89.	Aleena Johnson	MACFAST THIRUVALLA	
90	Aashli Raghavan.	MACFAST Thiruvalla	
91	Aiswarya Suresh	MACFAST, Thiruvalla, PTA	
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93	Amala Antony	MACFAST, THIRUVALLA	
94	Naira Anna Oommen	"	
95	Shaiy Treasa Tommy	"	
96	Haritha . k	"	
97.	Niya Benny	"	
98.	Jenny Rajan	"	
99.	Gopika. S. Pillai	"	
100	Ajmal Kallas. Moidu	"	
101	P. S. Swathi	"	

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102	Rakhith R	MACFAST	
103	Gokul Shaji	"	
104	Hasi Krishna	"	
105	Joel Tom Jose	"	
106	Abhijith RS	"	
107	Anns K. Francis	"	
108	Chithra AM	"	
109	Greetna K G	"	
110	Ryne pereira	"	
111	Nidal Ibrahim	"	
112	SHOBAL JOSE VARGHESE	"	
113	Normal Jayose	"	
114	Thasneem Nissam	"	
115	SONET. D. THOMAS	"	
116	LEVIN JOHAN	"	
117	Rajesh S. Nair	"	
118	Sandra S.P	"	
119	Susan Lejac	"	
120	Sreethika Asitha	"	
121	Revalby. V.S	"	
122	Revalji Padmakumar	"	
123	Gopika.S	"	

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124	Anu Maria Jose	MACFAST	
125	Riya Elza Philip	"	
126	Aparna Tom	"	
127	Theresa George	" BT	
128	Bridget Jose	" "	
129	Sirira Prasad	" BT	
130	Rehman Hani P	" BT	
131	Anzia Azeez	" BT	
132	Jemy Merin Jose	" BI	
133	Divya Sreea Vayghese	" BI	
134	Airwayya M. Paunickan	" BC	
135	Teena Susan Sam	" BT	
136	Hanitha. M.A	" BC	
137	Abriya Ann Mathan	" SIBT	
138	Mejo George	" SIBC	
139	Meenu Manoj	" SIFT	
140	Chithra k.R	" SIFT	
141	Ganga.S	" SIFT	
142	Jeemol Thomas	" SIFT	
143	Fathima Salim	MACFAST S.PBT	