



**Ms.Shama Chavan, Assistant Professor,Department of Food & Nutrition**

**Msc , NET**

Ms.Shama Chavan was selected as the Joint Secretary of Nutrition society of India, Mumbai Chapter in 2017.

She conducted skill development classes in Baking from 2017 to 2018.

She did diet counselling for college students in 2017.

She was privileged to co ordinate Dr.Muffazal Lakdawal's lecture on 'Befriend Health and Unfriend Obesity' in 2017.

She also was a part of a community activity for Balwadi sevikas at ICDS centre Chembur in 2017.

She was actively involved in the NSS activities conducted outside college.

She has been a part of Examination committee since last 7 years.

She published a research paper in Research Horizon titled, 'Fruit intake and its effect on BMI of Working Women in 2017.

She was invited to deliver a talk on Health & Fitness at Janardhan Pai Muncipal Schoolat Sanpada on the occasion of Women's Day.

She was invited to judge cooking competiton at TCLV Junior college,Vile Parle

She was in the organising committee of a Seminar on 'Adolescent Health'.

She presented a poster at IAPEN International Conference on 9<sup>th</sup> & 10<sup>th</sup> February, 2018 on the topic 'Impact of Social Media on food consumption of College Students'.

She attended a Research Paper Writing Workshop organised by Nirmala Niketan College of Home Science, Churchgate.

She conducted a session for Women's Health for Tribal Women at Safale district Palghar on 7<sup>th</sup> February 2020.