



NAME	AKSHATHA R SANIL
DESIGNATION	ASSISTANT PROFESSOR
QUALIFICATION	M.Sc. FSND
EMAIL	akshatha.sanil@stagnescollege.edu.in
WORK EXPERIENCE (IN YEARS)	2
EDUCATIONAL DETAILS	M.Sc. in FSND from St. Aloysius deemed to be University Mangalore

<p>OVERALL TEACHING EXPERIENCE</p>	<p>PREVIOUS WORK EXPERIENCE</p> <p>Institution: SCS First Grade College, Mangalore Period: 2024- 2025 Designation: Lecturer</p> <p>Institution: St. Agnes College (Autonomous) Mangalore Period:2025 - present Designation: Assistant Professor</p>
<p>SPECIALIZATION PG</p>	<p>Food Science Nutrition and Dietetics</p>
<p>ANY OTHER SPECIALIZATION</p>	<p>PCOS Nutrition HACCP FoSTaC</p>
<p>SUBJECTS TAUGHT AT UG/PG</p>	<p>Dietetics Food Science Human Nutrition Therapeutic Nutrition Human Physiology Food Preservation Functional foods and Nutraceuticals Public Health Nutrition Health and Nutrition for the family Entrepreneurship for small catering units Fundamentals of Nutrition and Food Science Introduction to Food safety Life span Nutrition</p>

SKILL SETS	<p>Diet Counselling, Diet planning, Individual counselling, MS office, Canva, Teamwork, Time Management, Communication, Classroom management, Organizational skills, Assessment and Evaluation, Adaptability</p> <p>Languages known: English, Hindi, Kannada, Tulu</p>
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PARTICIPATION IN CONFERENCES/ SEMINARS/ WORKSHOPS

DATE	NATIONAL/ INTERNATIONAL LEVEL	TITLE	DETAILS OF ORGANISERS	PLACE	TITLE OF PAPER PRESENTED
5 th – 6 th April 2024	International	Environmental sustainability 'Harmony with Nature'	St Aloysius Deemed to be university	Mangalore	-
15 th – 16 th March 2024	National	Advances in food Technology and nutrition - 24	Kuvempu university	Shivamogga	Food compositional database of underutilised Jackfruit Rachis(core):An emphasis on its glycaemic index following in vitro starch digestibility
October 1 , 2024	International	Integrative Approach to Nutrition Therapy in Wellness and Illness”	Alvas College	Moodubidre	-

AWARDS AND ACHIEVEMENTS

DATE	DETAILS
July 2025 January 2025	UGC NET cleared - PhD qualified KSET

DETAILS OF MEMBERSHIP IN PROFESSIONAL BODIES	Life member of IAPEN India Association of Parenteral and Enteral Nutrition (Mangaluru Chapter)
DETAILS OF MEMBERSHIP IN ACADEMIC BODIES	Member of BOS
ADMINISTRATIVE RESPONSIBILITIES	<ul style="list-style-type: none">• Member of NAAC criteria III• Mentor• Member of Canteen committee• Member of Spirituality committee

NPTEL/FDP/COURSERA/ CERTIFICATE COURSES COMPLETED

TYPE	YEAR	TITLE	DETAILS OF THE SPONSORS/ORGANISERS	DURATION
Certificate course	2022	Sports Nutrition	St. Aloysius College Mangalore	30 hours
Swayam	2022	Functional Foods and Nutraceuticals	Rashtrasant Tukodoji Maharaj Nagpur University	1 month
Certificate course	2023	Food Safety and Quality Control	St. Aloysius College Mangalore	30 hours
Certificate course	2023	Food Safety Supervisor - FoSTac	FSSAI	1 week
Certificate course	2023	HACCP level 3	Highfield	1 week
Certificate course	2024	PCOS nutrition and Health	Nerdy Grad, An ISO 9001 - 2015 Certified Organization, Registered under Ministry of MSME A Unit of ICPEM, Reg. under NITI Aayog, Govt. of India,	3 months
FDP	June 2025	Balanced Approach to Purposeful Teaching	St. Agnes College (Autonomous) Mangalore	6 days
FDP	March 2026	Innovative Teaching and Learning Pedagogy	Research Foundation of India	6 Days
