



NAME	PRIMA MEZITA FERRAO
DESIGNATION	ASSISTANT PROFESSOR
QUALIFICATION	Research Scholar, M.Sc. FSND
EMAIL	primaferao@stagnescollege.edu.in
WORK EXPERIENCE (IN YEARS)	3
EDUCATIONAL DETAILS	Pursuing PhD from St. Aloysius deemed to be University Mangalore M.Sc. in FSND from St. Aloysius deemed to be University Mangalore

<p>OVERALL TEACHING EXPERIENCE</p>	<p>PREVIOUS WORK EXPERIENCE</p> <p>Institution: Milagres Degree College Mangalore Period: 2023 - 2024 Designation: Lecturer</p> <p>Institution: St. Agnes College (Autonomous) Mangalore Period: 2024 - present Designation: Assistant professor</p>
<p>SPECIALIZATION PG</p>	<p>Food Science Nutrition and Dietetics</p>
<p>ANY OTHER SPECIALIZATION</p>	<p>Holistic Nutrition</p>
<p>SUBJECTS TAUGHT AT UG/PG</p>	<p>Dietetics 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 Waste management and Environmental sustainability Diet Counselling</p>

SKILL SETS	<p>Diet Counselling, Diet planning, Individual counselling, Public speaking, Leadership, Communication, Time management, Critical thinking, Team work, Classroom management, Organizational skills, Assessment and Evaluation, Adaptability</p> <p>Languages known: English, Konkani, 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
November 27 and 28 , 2025	International Conference	International Conference on Economic Growth and Sustainable Development: Emerging Trends	SDM Institute for Management Development (SDMIMD)	Mysore	Women, Work and Well-Being: Balancing Economic Participation with Social Responsibility
March 25, 2025	National level Seminar	Nutrition for Health – Nutritional Management of Menopause &	Milagres College	Mangalore	-

		Mindful Eating and Portion Control			
February 25, 2025	International Conference	Fostering Sustainability : The Convergence of Education and Ecological Responsibility	St Agnes College (Autonomous)	Mangalore	-
October 1 , 2024	International	Integrative Approach to Nutrition Therapy in Wellness and Illness”	Alvas College	Moodubidre	-

PUBLICATIONS

YEAR	TITLE OF THE JOURNAL	TITLE OF THE PAPER	VOLUME NO. / ISSUE NO. / PAGE	UGC/SCOPUS
2025	<i>Conference proceedings</i>	Women, Work and Well-Being: Balancing Economic Participation with Social Responsibility	ISBN code 978-93-83302-74-1	-

CHIEF GUEST/ RESOURCE PERSON/ MODERATOR/ CHAIRPERSON/ CO-ORDINATOR/ ANY OTHER

DATE	POSITION HELD	TITLE OF THE PROGRAM ORGANISED	PLACE
02 January, 2026	Resource Person	“Hack Your Health: Simple Changes, Big Results.”	St Agnes College (Autonomous) Mangalore
02 August, 2025	Resource Person	“Feed your Mind, Balance your Mood : Tackling Stress for a healthier You”	St Agnes College (Autonomous) Mangalore

08 July, 2025	Resource Person	“Key Tips for a Healthy Life : Food, Water and Hygiene”	St Agnes Kannada medium School Mangalore
08 March, 2024	Resource Person	“Anemia and its Prevention”	St. Martin De Pores Church Belvai

AWARDS AND ACHIEVEMENTS

DATE	DETAILS
June 2024 July 2025	UGC NET cleared - PhD qualified

DETAILS OF MEMBERSHIP IN PROFESSIONAL BODIES	Life member of IAPEN India Association of Parenteral and Enteral Nutrition (Mangaluru Chapter) Certified POSH trainer - National Institute of Skills Training
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DETAILS OF MEMBERSHIP IN ACADEMIC BODIES	<ul style="list-style-type: none"> • Member of Academic Council • Member of Staff Council • Member of BOAE, BOS, BOE
ADMINISTRATIVE RESPONSIBILITIES	<ul style="list-style-type: none"> • Department In charge • Member of NAAC criteria I • Mentor • Member of Cleanliness committee • Assistant placement staff Co Ordinator

NPTEL/FDP/COURSERA/ CERTIFICATE COURSES COMPLETED

TYPE	YEAR	TITLE	DETAILS OF THE SPONSORS/ORGANISERS	DURATION
Certificate course	July 2023	Holistic Nutrition	St. Aloysius College Mangalore	30 hours
Certificate course	April 2023	Sustainable Healthy Eating Practices	IBM Skills build	30 hours
Coursera	July 2020	Diabetes- The Essential Facts	University of Copenhagen	4 weeks

Coursera	July 2020	Healthy Practices: Nutrition Physical activity and Communication and Family participation	University of Colorado	4 weeks
Certificate course	June 2020	Cosmetic Chemistry	St. Aloysius College Mangalore	20 hours
FDP	March 2026	Intellectual Property Rights	St. Aloysius College Mangalore	1 day
FDP	February 2026	Research and Publication Ethics	St. Aloysius College Mangalore	1 day
FDP	September 2025	Art of Proposal Writing	Madras Christian College (Autonomous) Chennai	5 days
FDP	June 2025	Empowering Educators for the digital age	Villa Marie Degree College for women Hyderabad	5 days
FDP	June 2025	A Systematic way of Research Paper writing	Research foundation of India	5 days
FDP	June 2025	Balanced Approach to Purposeful Teaching	St. Agnes College (Autonomous) Mangalore	6 days
FDP	November 2024	Generative AI and advanced tools for academic research	Scrollwell	1 week
FDP	July 2024	Outcome-Based Education &	The IQAC of Vasireddy Venkatadri	1 week

		Application of Generative AI in Teaching & Research	Institute of Technology, Guntur, Andhra Pradesh and The IQAC of Siddaganga Institute Of Technology, Tumkur, Karnataka	
FDP	May 2024	Stress Management in Education Sector	Milagres college Mangalore	5 days
