



**Name:** Ms. Shama Ajay Chavan

**Degree:** Msc, NET

**Designation:** Assistant Professor ,Food And Nutrition

**Research Interests:** Nutrition

**I)Subjects Taught :** Fundamentals of Nutrition, Food Commodities, Nutrition During Life Cycle, Food Entrepreneurship.

**II)Publications :** 1. A study on Vegetarianism, Research Horizons-International Peer Reviewed Journal; ISSN No.2229-385X, Vol 5,July,2015; 156-159.

2. Trans Fats, Research Imprints-Refereed Multidisciplinary Journal; ISSN No.2278-4268, Vol:II; March 2014 ;44-53.

3. Oil the neglected ingredient in diet, Shodha Samalochan A peer reviewed Bilingual International Journal Of Multi-Disciplinary Research ,Vol:03 ,ISSN 2348-5639; Sept 2014;96-100.

4. Menarche among Young adolescent girls in a city of Mumbai at National Level conference at B.M.Ruia College of Arts & Commerce on Gender and Nutrition .The paper was published in Contemporary Issues in Indian Society Vol II-December,2013;ISBN:978-81-922913-14;74-79.

**III) Paper Presentations:**

<b>Date</b>	<b>Title</b>	<b>Seminar/Conference</b>	<b>National/International</b>
September 2013	Menarche among Young adolescent girls in a city of Mumbai	Gender and Nutrition Conference	National

**IV) Talks Given:**

1. Dyandeep Co-Operative Housing Society on Nutrition for Working Women's Health, 30<sup>th</sup> August 2014.
2. Brentagg Asia on Women Health & General Fitness.
3. Kshitij Mental Health Centre-Talk on 'General health ,Fitness and Nutrition of the Elderly,on 24<sup>th</sup> March 2014.

**V) Membership:** Nutrition Society of India, Mumbai Chapter -Life Membership

**VI) Minor Research Project:** Undertaken sponsored by UGC (2013- Till date).

**Topic:** 'Trans fatty acid consumption and menstrual regularity among working Women in the Urban City of Mumbai'.