Roopa R. Rao, Ph. D.

Associate Professor

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# Fields of Research Interest:

Ergonomics and Workstation Design

Ergonomics and Occupational Health

Ergonomics and Human Factors

Interior Design and Decoration

Consumer and Family Studies

Hospitality Management

# Educational Degrees:

Ph.D. (Home Science) University of Mumbai. Dec 2021

*Thesis: Prevalence of Musculoskeletal Discomfort and Needle Stick and Sharps Injury Among Nurses in the City of Mumbai*

M. H. Sc. (FRM) Department of Family Resource Management), Post Graduate

Department of Studies and Research, S. N. D. T. University, Mumbai. April 1994. G.P.A. 5.57/6.00

*Thesis: Designing Homes for The Aged (Ergonomics)*

B. Sc. (I.D. & Envt.) Department of Interior Design and Environment, J. B. A. S. College for Women, Affiliated to the University of Madras, Chennai. April 1992, 73.00%

# Academic Position:

Jan 2008 – till date Assistant Professor, Department of Community Resource Management, College of Home Science Nirmala Niketan ( affiliated to the University of Mumbai).

June 2003 – Dec 2007 Lecturer, S. V. T. College of Home Science (Autonomous). Juhu.

June 1995 – Dec 1999 Lecturer, Dr. B. M. N. College of Home Science, Matunga.

Oct 1994 – Apr 1995 Lecturer, S. V. T. College of Home Science (Autonomous), Juhu.

June 1994 – Oct 1994 Lecturer, S. M. R. K. Mahila Mahavidyalaya, Nashik.

# Other Affiliations:

* Joint Secretary, IBERD (International Board for Education, Research and Development), May 2019 to date
* Joint Secretary, Organizing Committee, ICETR (2022, 2020, and 2019)
* Selected by the President, CFBP to be on board as the Advisory member.
* CFBP is the first organization of businessmen and professionals for the benefit of consumers from Dec 2017 to Oct 2019.
* Board of Studies:
* Member of Resource Management Board at S.V.T. College (Autonomous), Mumbai – 49, for three consecutive terms: 2012 – 2015, 2015 – 2018, 2018 - 2021.
* Appointed Vice Chancellor's (University of Mumbai) Nominee for Selection Committee, Sheila Raheja Hotel & Catering School, Mumbai, 2019.
* Contributed as (subject expert) Member of Resource Management Board, S. N. D. T. Women’s University, Mumbai, 2011 – 2013.
* Invited subject expert for syllabus development, Community Resource Management, University of Mumbai.
* Team Manager of the University of Mumbai at Anveshan National Inter-University Student Research Convention for three consecutive years.
* Anveshan 2023, Anveshan 2022, and Anveshan 2k20)
* Team Manager, of the University of Mumbai at Avishkar Inter-University Research Convention:
* 15th Maharashtra State Inter-University Aavishkar: Research Convention 2022 – 2023 and 14th Maharashtra State Inter-University Aavishkar: Research Convention 2019 – 2020.
* Appointed as the District Co-coordinator, University of Mumbai, for Inter-University Avishkar Research Convention Zone – I (Mumbai – I) (Colaba to Mahim, CSMT to Matunga, and CSMT to Wadala) for five consecutive academic years 2019 - 20, 2020 - 21, 2021 – 22, 2022 – 23, and 2023 - 24.

**Other Highlights:**

* Published 40+ research papers in renowned national and international journals on topics related to Ergonomics, Occupational Health, Interior Design, and Environment.
* Presented research papers at various national and international conferences.
* Awarded a Minor Research Grant (MRP) of Rs. 32,000/- by The University of Mumbai (June 2016 – June 2017) titled “Ergonomics at Home – Designing Safe Environments for the Elderly.” Research Project No. 373 – Home Science; Reference letter No. APD/237/429 of 2017, dated 16th January 2017. (Completed and Report submitted to the University of Mumbai in April 2017).
* Received multiple awards for research projects and presentations at national and international forums, including Aavishkar Inter-University Maharashtra State Research Convention.
* Actively involved in academic and administrative activities, including curriculum development, syllabus revision, and program coordination.
* Ph.D. guide (three students awaiting registration). Mentored 15 postgraduate (Sports Ergonomics) and 63 undergraduate research projects.
* Regularly conduct workshops, seminars, and training programs for students, faculty, & industry professionals on topics related to Ergonomics, Interior Design, and Occupational Health.
* Collaborate with national and international institutions, organizations, and experts in the field of ergonomics and occupational health for research projects and academic activities.
* Actively involved in social initiatives and community service, including organizing health camps, awareness programs, and workshops for underprivileged communities, showcasing a commitment to social responsibility.

**Skills:**

* Strong expertise in ergonomics, occupational health, interior design, and environment.
* Proficient in research methodologies, statistical analysis, and data interpretation.
* Excellent presentation and communication skills, both written and verbal.
* Ability to mentor and guide students in their research projects.
* Strong organizational and leadership skills, with experience in managing teams and coordinating events.
* Proficient in using software tools related to research, design, and data analysis.
* Collaborative mindset, with a strong ability to work in interdisciplinary and multicultural environments.
* Strong commitment to professional development, staying updated with the latest research and industry trends.
* Ability to handle multiple tasks and meet deadlines efficiently.

**Membership of Scientific/Professional Bodies:**

1. Member (Associate Life), Indian Association of Occupational Health (IAOH).
2. Member (Life), Indian Society of Ergonomics (ISE).
3. Member (Life), Home Science Association of India (HSAI).
4. Member (Life), Indian Association for Women’s Studies (IAWS).
5. Member (Life), Consumer Guidance Society of India (CGSI).
6. Member (Life), Indian Science Congress (ISC).
7. Member (Life), Council for Fair Business Practices (CFBP).

**Personal Details:**

Date of Birth 16th August 1972

Place of Birth Mysore, Karnataka State.

Passport Details L2469793

# Permanent Address:

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Jaywant Sawant Road, Dahisar (W),

Mumbai-400 086, Maharashtra