

## 1. Research Papers

1. **Seeja Thomachan Panjikkaran** and Kumari, K. S., 2009, Augmenting BMI and Waist-Height ratio for establishing better obesity percentiles among school going children. *Indian Journal of Community Medicine*, **34**: 135-139.
2. **Seeja Thomachan Panjikkaran** and Usha, V., 2010, A path analysis on the nourishment directed haemoglobin status and resulting endurance capacity of adolescent Indian rural girls. *Journal of Dairying, Foods and Home Science*, **29**: 47-51.
3. **Seeja Thomachan Panjikkaran** and Deepu Mathew. 2012. An environment-friendly and cost effective methodology for the commercial cultivation of oyster mushroom *Pleurotus florida* (Mont.) Singer). *J. Sci. Food Agric.* **93**: 973-976.
4. **Seeja Thomachan Panjikkaran** 2013. Optimizing the waist to height ratio for recording the overweight risks in south-Indian school children. *Indian Pediatrics* 50 (5): 493-495.
5. Sharon. C L, Usha V, Aneena E R and **Seeja Thomachan** . 2015. Effect of probiotic fermentation on mineral content of banana based food mixtures. *International Journal of Applied and Pure Science and Agriculture*.
6. Shahanas E, **Seeja Thomachan Panjikkaran** · Aneena E.R. · Sharon C. L. 2015. Standardisation And Quality Evaluation Of Spreads Using Fruit Extracts And Tender Coconut Pulp . *IJRDO, Journal of Agriculture and research*.
7. Aneena E. R., · Sharon C. L., and **Seeja Thomachan Panjikkaran**. Quality Evaluation Of Indian Gooseberry (*Emblica Offidnalis Gaertn.*) Based Traditional Pickle 'Karinellikka' *IJRDO, Journal of Agriculture and research. IJRDO, Journal of Agriculture and research*.
8. Aneena E. R., P.S. Lakshmi, C.L. Sharon and **Seeja Thomachan** . 2015. Quality attributes of traditional foods of central Kerala. *International Journal of Applied and Pure Science and Agriculture*.
9. Vidhya T. A., Seeja Thomachan and S. Krishnan. 2016. Nutritional anthropometry of tribal pre school children (4-6 years) in Thrissur district of Kerala. *Research reach – Journal of Home Science*. 15 (2) :
10. Vidhya T. A. and Seeja Thomachan. 2016.. Food consumption pattern of tribal pre school children. *International Journal of Applied and Pure Science and Agriculture*. 2(7).
11. Simi M.C., Aneena E. R., Seeja Thomachan Panjikkaran, Sharon C.L. and Sheela K.B. 2016. Standardisation and quality evaluation of Queensland arrowroot (*Canna edulis* L.) based custard powder. *Journal of tropical Agriculture*, 54 (1) 35 -40.
12. Sruthy T. P. and Seeja Thomachan . 2017. Nutritional and organoleptic qualities of Grand Naine banana chips. *Research reach – Journal of Home Science*. 16 (2): 11-17.
13. S, Chandraprabha, Sharon C. L., Seeja Thomachan panjikkaran, Aneena E.R. and Beena C. 2017. Development and nutritional qualities of vermicelli prepared from barnyard millet and *Ekanayakam* root bark. *Journal of pharmacognosy and Phytochemistry*. 6 (6): 2359-2363
14. Ajisha, K H, Sharon C L, Aneena E R, **Seeja Thomachan**. 2017. Quality evaluation of raw jackfruit and rice based vermicelli. *Contemporary Res India*, 7 (4) : 162-167
15. Chandraprabha S, Sharon C L, **Seeja Thomachan**, Aneena E R. 2017. Development and nutritional studies on barnyard millet based vermicelli incorporated with *Brahmi*. *Contemporary Res India*, 7 (4) : 153-151

16. Sukanya Issac, Vyshna M.K., Seeja Thomachan, Ranjan S. Karippai. 2015 Women empowerment through skill development training: the case of mushroom production units in Thrissur district, Kerala state Human Rights International Research Journal : Volume 3 Issue 1 99-102

16. Shahanas E., Seeja Thomachan Panjikkaran, Suman K.T., Aneena E.R. and Sharon C.L. 2019. Standardisation and quality evaluation of jam using tender coconut pulp and fruit pulp. *Asian Journal of dairy and Food Research*. 38 (1): 31-40.

17. Ajisha, K H, Sharon C L, Aneena E R, **Seeja Thomachan**. 2018. Development and evaluation of raw jack fruit and jackfruit seed based instant *Payasam* mix. *Indian J. Sci. Res.* 19 (1): 10-15.

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19. Sruthi A., Seeja Thomachan Panjikkaran, Aneena E.R., Berin Pathrose and Deepu Mathew. 2019. Insights into the composition of lotus rhizome. *J. Pharm. Phytochemistry*. 8(3): 3550-3555

20. Vidya T. A. and Seeja Thomachan. 2018. Nutritional status of the tribal preschool children in Thrissur district. *Indian J.Sci.Res.* 18(2): 62-66

21. Shahanas E., Remya P.R., Sharon C.L., Aneena E.R., Seeja Thomachan Panjikkaran. 2018. Standardisation and quality evaluation of jackfruit pudding mix, *Asian Journal of multidimensional research*. 17(2): 315-319.

22. Remya P.R., Shahanas E., Sharon C.L., Aneena E.R., Seeja Thomachan Panjikkaran. 2018. Development and acceptability of Jackfruit based instant shake mix *Asian Journal of multidimensional research*. 17(2): 315-319.

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26. Rammya Molu K, Aneena E. R., **Seeja Thomachan Panjikkaran**, Sharon C. L., Suma B. and Amitha Elias. 2020. Optimisation of jackfruit seed flour based nutrispreads with various fat sources. *The Indian Journal of Nutrition and Dietetics*. 57 (2): DOI:10.21048/ijnd.2020.57.1.24310.

27. P.M. Meera, Sharon C. L., **Seeja Thomachan Panjikkaran**, Aneena E. R., Lakshmy P.S. and Saji Gomez. Process optimisation and quality evaluation of passion fruit and pineapple based probiotic drink. *Asian Journal of dairy, food and Research*. 10.18805/ajdr.DR-1617.

28. Rajeesha C. R., Sharon C. L., Seeja Thomachan Panjikkaran, Aneena E. R., Lakshmy P.S. Rammyamolu K and Nivya E. M. 2021. Standardisation and quality evaluation of millet based nutribar. The J. Res. PJTSAU. XLIX (1 and2) 75-78.
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30. Nivya E. M., Sharon, C. L., **Seeja Thomachan**, Aneena E. R. and Lakshmy P.S. 2021. Standardisation and quality evaluation of gluten free porridge mix. Indian journal of social research. 62 (3): 109-118.
31. Meera P. M. ., Sharon, C. L., **Seeja Thomachan**, Aneena E. R., Lakshmy P.S. and Saji Gomez. 2021. Standardisation and quality evaluation of millet based nutribar. The Journal of Research . PJTSAU Vol XLIX No. 1 and 2 pp 1-78.
32. Athira, K. A., **Panjikkaran, S. T.**, Aneena, E. R., & Sharon, C. L. (2021). MoringaOleifera-Proximate and Anti-nutritional Composition. *Indian Journal of Nutrition and Dietetics*, 58(3), 390.
33. Shahanas E., Seeja Thomachan Panjikkaran , Sharon C.L, Aneena E.R., Lakshmy P.S. Free Fatty Acid Content Levels Decide the Fermentation Strategy for Cocoa Beans . J Food Process Technol,12 (9): 909.

### **Book chapters**

1. Deepu Mathew and **Seeja Thomachan**, 2010, Rare medicinal plants of Western Ghats in Kerala and their Ayurvedic uses, India. In: *Herbal Perspectives: Present and Future* (ISBN : 8189304917), Ed. T. Parimelazhagan, , S. Manian and M. Pugalenti, Daya Publishers, New Delhi, pp. 468.
2. **Seeja Thomachan Panjikkaran**, Deepu Mathew and Habeeburrahman P. V., 2010, Coconut processing technologies for rural transformation – Case study on coconut water vinegar. In: *In a Nutshell – Essays on Coconut*, Ed. Ananda Bose, C. V., Coconut Development Board, Kochi, India, pp. 129-138.
3. **Seeja Thomachan Panjikkaran**, Prameela P., Jalaja S. Menon. Compendium on Agri processing technologies, ISBN : 978-81-921673-4-3 , KAU press.
4. **Seeja Thomachan Panjikkaran** and Sruthi A. 2021. Food flavours. Current Topics in Nutrition. Ed. MiniJoseph, Reshmi R. and S. Ponne. Romanson Publishing House, Thiruvananthapuram. ISBN : 978-81-9466901-2

## Reviews

1. Vidhya T. A. and Seeja Thomachan. 2016. Mother of all oils – Virgin coconut oil. Indian coconut journal 1(IX) : 2 pp -23-29.
2. Shahanas E. , Seeja Thomachan Panjikkaran, Aneena E.R., Sharon C.L. and Norma Xavier. 2019 Edible films and coatings: A way out for food preservation . Proceedings of the three day international seminar – Development, Communication and Endo Nutrition : The current drift. Nov 13-15<sup>th</sup> 2018.
3. Remya P.R., Shahanas E. , Seeja Thomachan Panjikkaran, Aneena E.R., Sharon C.L. and Norma Xavier. 2019. Gut health through probiotics – An overview. Proceedings of the three day international seminar – Development, Communication and Endo Nutrition : The current drift. Nov 13-15<sup>th</sup> 2018, held at Govt College for Women, Thiruvananthapuram, Kerala.
4. Rammya Molu K., Aneena E.R., Seeja Thomachan Panjikkaran, Sharon C.L. and Amitha Elias. 2019. Protein enriched jackfruit seed flour based nutri spreads for combating malnutrition. Proceedings of the three day international seminar – Development, Communication and Endo Nutrition : The current drift. Nov 13-15<sup>th</sup> 2018, held at Govt College for Women, Thiruvananthapuram, Kerala.
5. Sruthi A. , Seeja Thomachan Panjikkaran, Aneena E.R., Sharon C.L. and Norma Xavier. 2019. Nutritional and therapeutic properties of lotus rhizome(*nelumbo nucifera*) and seed. Proceedings of the three day international seminar – Development, Communication and Endo Nutrition : The current drift. Nov 13-15<sup>th</sup> 2018.
6. Shahanas E. , Seeja Thomachan Panjikkaran, Aneena E.R., Sharon C.L. and Remya P.R. 2019. Health benefits of bioactive compounds from cocoa (*Theobroma cacao*). Agricultural Reviews 40(2): 143-149.

## Booklets/ Folders

1. **Seeja Thomachan Panjikkaran**, 2006, *Fruit and Vegetable Processing*, Kerala Agricultural University, Krishi Vigyan Kendra, Tavanur, 31 pages.
2. **Seeja Thomachan Panjikkaran**, 2007, *Vinegar from Coconut Water*, Kerala Agricultural University, Mannuthy.
3. **Seeja Thomachan Panjikkaran**, 2006, *Milk Products*, Kerala Agricultural University.
4. Reji Rani O. P., Habeeburrahman, P. V. and **Seeja Thomachan**, 2006, *Mushroom Cultivation*, Kerala Agricultural University.

5. Deepu Mathew and **Seeja Thomachan**, 2007, *Methods and Opportunities in Milky Mushroom Cultivation*, Farm Information Bureau, Dept. of Agriculture, Government of Kerala, Thiruvananthapuram.
6. Dr. P. Prameela, Dr. Jalaja S. Menon, Dr. **Seeja Thomachan**, Dr. Koshy Abraham, 2012, Karanel krishi, Kerala Agricultural University.
7. Seeja Thomachan, Jalaja S. Menon , Sangeetha G.K. Pazhangalum pachakarikalum pazhakathe , Krishi Vigyan Kendra, Thrissur, 31 pages
8. Seeja Thomachan and P Prameela, Koon Vibhavangal, , Krishi Vigyan Kendra, Thrissur, 31 pages.
9. Seeja Thomachan, Rehumath Niza T.J and Blossom K.L. Koon krishikkuru kai pusthakam., 39 pages.
10. Jalaja S. Menon, Rehumath Niza, Seeja Thomachan *Malanadan pachakarikal evidayumakam* Krishi Vigyan Kendra, Thrissur, 31 pages.
11. Jalaja S. Menon, P. Prameela, Seeja Thomachan Panjikkaran. Vishamillatha pachakari veetumuthathu. Krishi Vigyan Kendra, Thrissur, 31 pages.
12. Seeja Thomachan Panjikkaran, Aneena E. R. Sharon C.L. and Simya V. S. 2016 Thenga vellathil ninum vinagiri, KSCSTE funded project, 12 pages
13. **Seeja Thomachan Panjikkaran**, Aneena ER and Sharon CL, Simya .V. Nata-de-coco.
14. Sharon CL, Aneena E R, **Seeja Thomachan**, Norma Xavier, Reshma P G and Krishna K K. *Phalasamskaranam- Sambrambakarkeorumargharekha*

#### **Oral presentations**

##### **National seminar**

1. **Vidhya T. A. and Seeja Thomachan Panjikkaran.** Food consumption pattern and food insecurity in tribal population of Thrissur district held on 17<sup>th</sup> November 2016 , Research advancement programme – 2016, “Emerging trend” at St. Teresas College, Ernakulam.
2. **Sruthy P. M. and Seeja Thomachan Panjikkaran. Quality evaluation of Banana chips , cv. Grand naine, Musa AAA group** held on 17<sup>th</sup> November 2016 , Research advancement programme – 2016, “Emerging trend” at St. Teresas College, Ernakulam.
3. **Shahanas E and Seeja Thomachan Panjikkaran. Standardisation and quality evaluation of spread using Guava extract and tender coconut pulp** in UGC sponsored National seminar on Sustainable health and wellness – Issues and challenges. – Standardisation and quality evaluation of spread using Guava extract and tender coconut pulp held on August 12<sup>th</sup> and 13<sup>th</sup> , 2015 at Morning star Home Science college, Angamaly.
4. **Shahanas E and Seeja Thomachan Panjikkaran.** Standardisation and quality evaluation of spread using jack fruit rind and tender coconut pulp. Proceedings of national jack fruit fest, 15-16<sup>th</sup> may 2015 held at Aranmula, Pathanamthitta

5. **Seeja Thomachan Panjikkaran** and Kumari, K. S., *Correlates of obesity among school children'*

*Proceedings of National workshop on Fast Food Trap held on January 12* Proceedings of National Workshop on Fast Food Trap - Issues, Problems and Solutions, 12 January 2012, St. Teresa's College, Kochi, India, Publisher: St. Theresa's College, Kochi, Editors: Leena Leon, pp.51-58

6. Learou.L.D., **Seeja Thomachan Panjikkaran.**, Menon J.S., Prameela.P. Woman's Issues. Perception and practice of mothers of preschool children in child feeding influencing nutritional security. 20 March 2015 Bombay.

7. Sruthy P. M., Vidya T. A. , Seeja Thomachan, Aneena E. R., Sharon C. L. and Lakshmy P.S.. Standardisation and quality evaluation of traditional products from Grand Naine Banana. *Proceedings of Virtual research opportunities and challenges held on September 2021 at St. Teresa's College, Kochi, India*, Publisher: St. Teresa's College, Kochi, Editors: Betty Rani Issac and Anu Joseph. Pg 144-157.

8. Sruthy A. , Seeja Thomachan Panjikkaran, Aneena E. R. and Sharon C.L. Effect of storage on physical and sensory qualities of Lotus rhizome flour. *Proceedings of Virtual research opportunities and challenges held on September 2021 at St. Teresa's College, Kochi, India*, Publisher: St. Teresa's College, Kochi, Editors: Betty Rani Issac and Anu Joseph. Pg 158-168.

9. Vidya T. A. , Seeja Thomachan, Suman K. T., Aneena E. R., and Sharon C. L. Socio economic status of tribal families of Thrissur district. *Proceedings of Virtual research opportunities and challenges held on September 2021 at St. Teresa's College, Kochi, India*, Publisher: St. Teresa's College, Kochi, Editors: Betty Rani Issac and Anu Joseph. Pg 222-229.

10. Shahanas E., Seeja Thomachan Panjikkaran, Aneena E. R., Sharon C.L.Minimol J.S. and Suma B. Standardisation of blended chocolates based on sensory evaluation. *Proceedings of Virtual research opportunities and challenges held on September 2021 at St. Teresa's College, Kochi, India*, Publisher: St. Teresa's College, Kochi, Editors: Betty Rani Issac and Anu Joseph. Pg 230-235.

11. Athira K. A. Seeja Thomachan Panjikkaran, Aneena E. R., Sharon C.L., Berin Pathrose, Surendra Gopal and Lakshmy P.S. Insights into the composition of Moringa leaves. *Proceedings of Virtual research opportunities and challenges held on September 2021 at St. Teresa's College, Kochi, India*, Publisher: St. Teresa's College, Kochi, Editors: Betty Rani Issac and Anu Joseph, Pg 14-22