



**Dr.V.KAVITHA**

**Official Address: Assistant Professor  
Department of Nutrition and Dietetics  
Jamal Mohamed College (Autonomous)  
Trichy-20**

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**Teaching Experience: 14+ years**

UG : 14Years 3 months

PG : 11years 3months

M.Phil: 2 years

S.NO	Designation	Name of the college	Year of experience			Month/ Year
			UG	PG	M.Phil	
1.	Lecturer	Aiman College for Arts & Science for women – Trichy	5 month 28 days	-	-	02.06.2008 -30.11.2008
2.	Lecturer	Seethalakshmi Ramaswami College (Autonomous) –Trichy	3month 16 days	-	-	02.01.2009 -18.03.2009
3.	Assistant Professor	Jamal Mohamed College (Autonomous) – Trichy	13years 3months	11 years 3months	2year s	15.06.2009 - till date

**Educational Qualification:**

- Ph.D in Food Service Management & Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, December 2017
- M.Phil in Food Service Management & Dietetics, Avinashilingam University for Women, Coimbatore, August 2008, 75.2%, First class with Distinction
- Qualified UGC NET – Home science, Roll no: 10120107, November 2012.

- M.Sc in Food Service Management & Dietetics, Cauvery College for Women, Affiliated to Bharathidasan University, Trichy, April 2007, 79.8%, First class with Distinction
- B.Sc in Nutrition and Dietetics, Seethalakshmi Ramaswami College (Autonomous), Affiliated to Bharathidasan University, Trichy, April 2005, First class with Distinction

### **In-plant Training**

- Voluntary health service (VHS) – Chennai.
- Undergone hostel internship in Cauvery hostel in Trichy for the period of 15 days.

### **Certificate Course:**

#### **Refresher Course- Online mode**

**Title** : Advanced Research Methodology  
**Duration** : Two weeks  
**Date** : 22.01.2022 to 05.02.2022  
**Place** : Teaching learning centre, Ramanujan College, University of Delhi

#### **Training – online mode**

**Program** : Innovation Ambassador  
**Duration** : 4 weeks  
**Date** : 30.06.2021 to 30.7.2021  
**Place** : Innovation Incubation cell, Ministry of Education, Government of India

#### **Certificate course – Online mode**

**Course** : Basics Course in Biomedical Research  
**Duration** : 6 months  
**Date** : August-December 2020  
**Place** : Swayam NPTEL -ICMR

#### **Certificate course – offline mode**

**Course** : Limno Biotechnology **Grade: 'O'**  
**Date** : 2003-2004  
**Place** : Seethalakshmi Ramaswami College (Autonomous), Trichy

## Project Details

- Ph.D : Glycemic Response of Value Added Recipes from Selected Medicinal Plant Leaf Powder in Healthy Adult and Type 2 Diabetics
- M.Phil : Prevalence of cancer among obese adult women and Impact of Diet Counseling.
- M.Sc : Impact of dietary modification on Dyslipidemic diabetics.
- B.Sc : A study to find out the existing breast feeding practices and its supportive system among the selected antenatal care and post natal care mother in Kovandakuruich village of Lalgudi - Trichy Taluk

## Research Publications

- Kavitha.V and Popsoaa,Formulation and Sensory Quality Of Value Added Cookie for Sports Person, Asian Journal of Multidimensional Research,February,2018 (International),2018 UGC: 47638
- Kavitha.V and Saradha Ramadas.V,Evaluation of Antioxidant, Carotene and Alkaloid Content in Spinach oleracea and Annona Squamosa,Int J Pharm Bio Sci,Vol.6(2):(B) ,2015,ISSN:1071 –1076,Impact facto:2.95
- Kavitha. V and Saradha Ramadas.V,Nutritional composition of raw fresh and shade dried form of spinach leaf (Spinacholeracea),JPR: BioMedRx: An International Journal,Vol:1(8),767-770,2012,ISSN no:2321-4988,Impact factors:2.507
- Kavitha. V and Saradha Ramadas.V,Formulation of Value Added Recipes with Spinach (Spinach oleracea), Res. high, JADU,Vol.23, No.4, 316, 2013,ISSN 2231-2374
- Kavitha. V and Saradha Ramadas.V,Prevalence of Diabetes and Associated risk factors among Selected Type II diabetes,International Journal of Science & Research(IJSR),2012, 2319-7064,3.35
- Kavitha. V and Saradha Ramadas.V,Prevalence and health complications of selected obese cancer women,Res. high, JADU,Vol.22, 256,2012,ISSN no:2231-2374

## **Book chapter and proceeding publication**

- A Book chapter entitled (ISBN:978-93-5396-575-4) Full Research Paper published in a book) “Development of pumpkin seed powder incorporated value added porridge mixes” in the in the UGC sponsored National seminar under National skill qualification framework on New vistas in food processing in Augmenting Entrepreneurship organized by Department of Nutrition and Dietetics and B.Voc Food Processing on 31.01.2020.
- A Book chapter entitled (ISBN:978-93-84234-92-8) "Nutrient composition of value added Dhokla mixes and its shelf life" international conference “UGC Sponsored seminar on Pulses - The pulses of life, Avinashilingam institute for Home science and higher education for women,Coimbatore on 03.03. 2017.
- A Book chapter entitled (ISBN:978-81-908942-0-3) "Impact of Dietary Habits on Sports Persons- A Systemic published in international conference “Renaissance in sports strategies, challenges and choices”, Organised by Research Department of Physical Education and Sports science, National college, Trichy on 10.02.2016 & 11.02.20.

## **Book Publications**

- Editor in-Chief in virtual National seminar souvenir with ISBN no978- 81-952287-0-6 on Nutrition and Health Recent trends ,challenges and Strategies organized by PG and Research Department of Nutrition and Dietetics and B.Voc Food Processing and Safety , Jamal Mohamed College on 04.03.2021
- Published Book entitled “EASY TO BAKE “– a bakery manual was released with ISBN no. 978-81-909541-8-1,September 2017
- Chief Editor in National conference souvenir with ISBN no: 9789381521854 entitled “Futuristic Research In Nutrition and Dietetics “ organized PG Department of Nutrition and Dietetics on Jamal Mohamed College on 12.10.2015

## Research Funded Project:

- 1. TamilNadu State Council for Science and Technology (TNSCST): Students Project Scheme**  
**Project Title:** Formulation of Whey Protein Based Supplements for Obese women  
**Sanctioned Amount:** 7500/-  
**Year of Completion:** 2021-2022
- 2. University Grant Commission (UGC): Minor Research Project**  
**Project Title:** Antihyperglycaemic and Antilipidemic Effect OF Pumpkin Seed Flour Incorporated Value Added Porridge in Diabetic Rats  
**Sanctioned Amount:** 1,70,000/-  
**Year of Completion:** 2019-2020
- 3. Jamal - Seed Money Project :**  
**Project Title:** Development of multipurpose health mixes from minor millets  
**Sanctioned Amount:** 10,000/-  
**Year of Completion:** 2019-2020
- 4. Tamil Nadu State Council for Science and Technology (TNSCST): Students Project Scheme**  
**Project Title:** Development of Novel Therapeutic Antioxidant Rich Recipes for Cancer Patients (45-55 years) under Chemotherapy  
**Sanctioned Amount:** 7500/-  
**Year of Completion:** 2018-2019

### Research Guideship

As per the regulations of Bharathidasan University, permission is accorded to serve as Research Guide for M.Phil Programme in Nutrition and Dietetics.

**Completed Research Projects: 02 Full time Scholars**

## **Awards/Rewards/Prizes received**

### **Merit certificate:**

- Secured second place in Allied chemistry, Department of Nutrition and Dietetics, Seethalakshmi Ramaswami College (Autonomous), Trichy during the academic year 2002-2004
- Secured second place in Major Food Service Management and Dietetics, Cauvery College for Women, Trichy during the academic year 2005-2006
- Received First prize in quiz competition conducted by inner wheel club of Trichy, 2005-2006

### **Best paper Award:**

- Received certificate excellence and secured II place in the Eat Right – Millet Mela-2023 competition conducted by Tiruchirappalli District Administration and TamilNadu Food Safety Department, Tiruchirappalli on 05.01.2023
- Best paper Award in International conference organized by Research Department of Physical education & Sports sciences, National College, Trichy on 10.02.17 and 11.02.17
- Received Best review poster Award in the national conference organized by Department of Food Science and Nutrition, Avinashilingam university for women, Coimbatore on 19.01.2011
- Received Best research paper in the field of Experimental Nutrition organized by Department of Food Science and Nutrition, Periyar University, Salem on 27.02.2009.

## **AREA OF SPECIALIZATION**

**Food Science / Dietetics / Food Service Management/ Community Nutrition**

## **Subject Taught**

### **UNDER GRADUATE**

- Food science,
- Food Preservation
- Dietetics
- Quantity food production
- Food service management
- Community Nutrition

## **POST GRADUATE:**

- Applied physiology
- Advanced Food Science
- Advanced Dietetics
- Functional  
Foods            &  
Nutraceuticals
- Research Methodology.

## Details of Papers presented in Seminars / Conferences

- Presented a research paper on the topic “A study on risk factors of osteoporosis among selected adult women and impart of Nutrition Education” in Indian Social Science Congress held at Bharathidasan University , Trichy on 29.01.2023.
- Presented research Paper on the topic “Development of pumpkin seed powder incorporated value added porridge mixes” in the UGC sponsored National seminar under National skill qualification framework on New vistas in food processing in Augumenting Enterpreneurship organised by Department of Nutrition and Dietetics and B.Voc Food Processing on 31.01.2020.
- Presented research paper on the topic “Nutrient composition of custard apple leaf powder incorporated value added snack (Sev)”, National Conference on “Challenges and sustainable approaches towards Food and Nutrition Security – A Global Perspective” at Avinashilingam Institute for Home Science & Higher Education for Women, Coimbatore, 07.12.2018 and 08.12.2018.
- Presented research paper on the topic “Nutrient composition of value added Dhokla mixes and its shelf life” in UGC Sponsored International seminar on Pulses - The pulses of life, Avinashilingam institute for Home science and higher education for women, Coimbatore, 01.03.2017.
- Presented review paper on the topic “Impact of Dietary Habits on Sports Persons- A Systemic Review” in International conference on “Renaissance in sports strategies, challenges and choices”, Research Department of Physical Education and Sports science, National college, Trichy, 10.2.2016 and 11.2.2016 .
- Presented research paper on the topic “Development of *Murraykoreginii* leaf powder incorporated value added”, International conference on “Food, Nutrition and Health”, IDA, Kilakarai chapter, Dept. of food and Nutrition Research centre, Thassim Beevi Abdul kader College for Women, Kilakarai,7.6.2016 and 8.6.2016.
- Presented a poster review paper on “Effect of Ketogenic Diet on Autism Spectrum Disorder - A Review”, UGC Sponsored State Level Seminar on Therapeutic potential of Low Carb High Fat Diet-an overview, Sri Meenakshi Government Arts College for Women, Madurai, 07.01.17.



- Presented poster research paper on the topic “Organoleptic Evaluation and Nutrient Composition of Custard Apple Leaf Powder Incorporated Value Added Snack (sev)” in the 45<sup>th</sup> national conference of the nutrition society of India held at the National Institute of Nutrition, ICMR, Hyderabad on 21.11.2013- 22.11.2013.
- Presented a poster research paper on the topic “value addition of spinach (spinach oleracea)” in the Third International Conference on Food Technology 2013”Food Processing Technologies –Challenges and Solutions for Sustainable Food Security” Organized by IICPT, Thanjavur on 04.01.2013 - 05.01.2013
- Presented a poster review paper on “Alarming young heart for healthy living” in the National Conference on “Healthy Heart-A Life Line to Healthy Life” Organised by Department of Food Science and Nutrition, Avinashilingam Deemed University for women , Coimbatore, sponsored by UGC and Pepsi Co India Holding Pvt-Ltd on 18.01.2011 – 19.01.2011.
- Presented a poster research paper on the topic “Impact of Dietary Modification on dyslipidemic Diabetics” in National Seminar on Nutritional Challenges –Past, Present and Future, Organized by Department of Food Science held at Periyar University, Salem on 27.02.2009.

#### **Details of Seminars/ Workshops / Conferences Participated**

- Participated in the International webinar on Potential role of probiotics and prebiotics organized by the department of Nutrition and Dietetics and B.Voc Food Processing, Seethalakshmi Ramaswami College, Trichy on 23.06.2020.
- Participated in the National webinar on “Thy food ..Thy medicine” organized by the department of Home Science and centre for Research

Association with IQAC . St.Teresa"s College, Ernakulam on 22.05.2020

- Participated in "E-series on Nutritional Goals during Self Quarantine" organized by department of food science and Nutrition, Holy cross Home Science College, Thoothukudi, from 5.05.2020 to 9.5.2020.
- Participated in International webinar on "Growth monitoring and Anthropometric Assessment on 29.04.2020
- Participated in an interactive webinar on "systemic Literature Review – S.R.A.M.Model from 23.04.2020 to 26.04.2020.
- Participated in webinar on the topic "Potential and diverse applications of Atmospheric cold plasma for inactivation and mitigation of coronavirus (ncovid-19) on 30.4.2020
- Participated and served as coconvener in ICAR sponsored International conference on "Advances in Nutrition and food safety Organised by the department of Nutrition and Dietetics, Jamal Mohamed College(Autonomous) on 4.03.2019 - 5.04.2019
- Participated in the Staff enrichment programme on ownership culture organized by IQAC, Jamal Mohamed college, Trichy, 14.06.2019
- Participated in National conference " Challenges and Sustainable Approaches towards food and Nutrition security-A global perspective" Organised by department of Food Science and Nutrition sponsored by NSI&DST CURIE on 7.12.2018-8.12.2018
- Participated in one day orientation programme on "Soft skills development" Organised by the Internal Quality Assurance cell on 22.06.2018
- Participated in National conference on "Recent Advances in plant science : towards food safety and food security "Organised by Department of Botany, Bharathidasan University, Trichy on 15.03.2018
- Participated in International seminar on "Emerging Trends in Biological Research(ETBR2018)" Organised by PG and Research Department of Biotechnology and Microbiology, Jamal Mohamed College (Autonomous) ,Trichy on 3.3.2018

- Participated in National Seminar on “Futuristic Prospects of Biological Sciences” prospects Organized by Department of Biochemistry, Holy Cross College, Trichy on 26.02.2015
- Participated in National Seminar on “Emerging Vogue in Food Habits and Processing” Organized by Department of Nutrition and Dietetics, Aiman college of Arts and science for women, Trichy on 21.08.2015
- Participated in one day seminar on Scientific / Technical writings organized by Department of Industrial Biotechnology, Bharathidasan University, Tiruchirappalli on 22.01.2014
- Participated in the 45<sup>th</sup> National Conference of the Nutrition Society of India held at the National Institute of Nutrition, ICMR, and Hyderabad on 21.11.2013 -22 .11.2013
- Participated in the Third International Conference on Food Technology 2013”Food Processing Technologies – Challenges and Solutions for Sustainable Food Security” Organized by IICPT, Thanjavur on 4.01.2013-5.01.2013
- Participated in Research Convention on “Research Ethics and Post Research Methods” Organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 13.09.2012-15.09.2012
- Participated in UGC sponsored One day seminar on “Teaching, Learning and Research in Higher Education- Excellence and Beyond the Excellence” Organized by internal quality assurance cell ,Jamal Mohamed college(Autonomous), Trichy on 19.03.2012
- Participated in Research Convention on “Path Finder-Explore,Experiment,Elucidate research” Organized by Avinashilingam Institute for Home Science and Higher Education for women,Coimbatore on 21.02.2012 – 23.02.2012
- Participated in the National Conference on “Healthy Heart-A Life Line to Healthy Life” Organized by Department of Food Science and Nutrition, Avinashilingam Deemed University for women ,sponsored by UGC and Pepsi Co India Holding Pvt-Ltd on 18.01.2011 -19.01.2011

- Participated in the International Conference on Food Technology – Edition –II,” Greening Food Processing Sector for Sustainable Safe Food Supply” Conducted at IICPT, Thanjavur, on 30.10.2010 – 31.10.2010
- Participated in NACC sponsored National level seminar on “Quality Enhancement in Teaching, Research and Extension in Higher Education Institutions- Prospects and Problems “Organized by internal quality assurance cell , Jamal Mohamed College (Autonomous), Trichy on 15.04.2010 -16.04.2010
- Participated in UGC sponsored State Level Seminar on “Examination Reforms “ held at Jamal Mohamed college(Autonomous), Trichy on 12.12.2010
- Participated in the Tamilnadu State AIDS control Society ,Chennai sponsored state level seminar on” Health Issues of Youth in India: Problems and Prospects” Organised by the PG. Department of Social work and Red Ribbon club of Jamal Mohamed College (Autonomous),Trichy on 20.12.2010
- Participated in spicon“10 organized by PG and Research Department of Nutrition and Dietetics ,Bharath group of Institution, Thanjavur on 03.03.2010
- Participated in seminar on “Creating Competitiveness to Excel in Higher Education- a TQM Approach “Organized by Internal Quality Assurance Cell, Jamal Mohamed college(Autonomous), Trichy on 7.12.2010
- Participated in the “Aachi cooking contest 2009” sponsored by the Aachi groups of companies organized by department of HomeScience, Seethalakshmi Ramaswami College (Autonomous),Trichy on 2009
- Participated in the DIACAREX-2009 mega exhibition conducted by Trichy Diabetes Speciality Centre (P) Ltd on 9.01.2009 -11.01.2009
- Participated in International Conference on Food Technology (INCOFTECH 2009), organized by IICPT, Thanjavur on 28.08.2009-29.08.2009
- Participated and Organized in TANSICHE sponsored State Level Seminar on “India”s Health-Double Burden of Diseases Scenario and

Impact on Human Development Index” held at Seethalakshmi Ramaswami College (Autonomous) Trichy, on 30.01.2009

- Participated in Regional Seminar on “Gearing Home Science Curriculum Towards Better Career Prospects” Organized by Home Science Association of India, South Region and Avinashilingam Advanced Centre for Education and Research in Basic Science, held at Coimbatore, on 21.08.2009 – 22.08.2009
- Participated in 41<sup>th</sup> annual national conference of Indian Dietetics Association held at National Institute of Nutrition, Hyderabad, 5.12.2008 – 6.12.2008
- Participated in XL Annual National conference of Indian Dietetics Association Organised by Kerala chapter, Kottayam, Kerala on 8.12.2007 to 9.12.2007
- Participated in Indian social science congress 2023 organised by Bharathidasan University on 27.01.2023 to 31.01.2023

### **Faculty Development Programme**

- Participated in the faculty development programme on Digital Teaching and Learning organized by Department of chemistry under the DBT star college scheme from 24.01.2022 to 29.01.2022
- Participated in the faculty development programme on “E-content development” organized by Internal Quality Assurance cell of Jamal Mohamed College from 30.06.2020 to 04.07.2020
- Participated in the online International faculty development programme on “Develop the ability to write research proposal” conducted by Adarsh group of Institutions, Bengaluru on 14.04.2020
- Participated in the three day NLP- based faculty empowerment programme organized by Internal Quality Assurance cell of Jamal Mohamed College on 17.06.2017-20.06.2017.
- Participated in the two day faculty development programme on “Presentation skills Level 1” conducted by ICT Academy on 23.02.2017 and 24.02.2017 at Jamal Mohamed College, Trichy.

## Workshop

- Participated in two days hands on training workshop on “High performance liquid chromatography” organized by PG and Research Department of Botany, Jamal Mohamed College (Autonomous) Trichy, TamilNadu in collaboration with waters Pacific Pvt Ltd., Bengaluru, Karnataka ,India from 13.09.2022to 14.09.2022.
- Participated in two day workshop on professional development for academic leadership in curriculum design – CDC, Jamal Mohamed College, Trichy-20, 18.01.2019to 19.01.2019
- Participated in one day workshop, “Writing winnable project proposal”, IQAC , JMC, Trichy-20, 23.6.2018
- Participated in one day workshop on “writing winnable projects proposals” organized by the Internal Quality Assurance Cell of the college on 23.06.2018.
- Participated in Two day National Workshop “Training in Animal Experimentation and Phytochemical Techniques” P.G and Research Department of Biochemistry , Srimad Andavan Arts and Science college ,Trichy , 23.04.2018 and 24.04.2018
- Participated in one day Workshop on “The Role of a teacher in present scenario” IQAC, Jamal Mohamed College (Autonomous),Trichy, 10.12.2017
- Participated in A one day Inter-Collegiate workshop on “E-Content Development for Teaching – Learning” organised by the Internal Quality Assurance cell, Jamal Mohamed COLLEGE (Autonomous), Tiruchirappalli and JMC Alumni Association (Singapore chapter) on 22.12.2015
- Participated in a four day workshop on LATEX AND SPSS Organized by PG and Research department of Mathematics, Jamal Mohamed College from 22.09.2014 to 25.09.2014
- Participated in the workshop cum training on “Career and Business Prospects in Processing” jointly organized by National Institute of Food Technology Entrepreneurship and Management, Indian Institute of Crop

Processing Technology and Cauvery College for Women, Trichy on  
19.12.2009 to 20.12.2009

### **Served as a Resource Person**

- Served as jury in the event Zoo chef in ANIMALAI-2K23(A state level inter collegiate extravaganza) organised by the PG and Research Department of Zoology, Jamal Mohamed College (Autonomous), Tiruchirappalli – 620020 on 08.02.2023
- Served as "chairperson" for the paper presentation session at the II International conference on "Emerging Trends, Growth, opportunities and Future in Food Processing Sectors" in two day capacity building international webinar on organized by PG department of food and Nutrition, Bishop Heber College (Autonomous), Trichy on 28.04.2022-29.04.2022
- Served as resource person and delivered a lecture in webinar on the topic "Creative idea generation in Product development" Organised by Department of B.Voc software development in association with Holy cross Incubation and Innovation Council (HCIIC), Holy Cross College (Autonomous), Trichy on 30.3.2022
- Served as jury in Idea Pitching Event "PoC Development and Linkage for Mentorship support", Organised by PG Department of Computer science in Association with Holy Cross Incubation and Innovation Council (HCIIC), Holy Cross College (Autonomous), Trichy on 23.02.2022
- Served as jury in the event science quiz on the National science day celebration, organized by Jamal Mohamed College, Trichy, held from 25.02.2022 to 28.02.2022
- Served as Jury for evaluating the Poster Session in the UGC Sponsored International Web Conference under National Skill Development Corporation on "Emerging Trends in Food, Nutrition and Health" organized by the Department of Nutrition and Dietetics & B.Voc. Food Processing, Seethalakshmi Ramaswami College (Autonomous), Trichy held on 24.04.2021
- Served as resource person and delivered a special lecture on "Nutrition and food Hygiene" for the under graduate and post graduate students of

computer science and IT (Women) of Jamal Mohamed College (Autonomous), Trichy held on 01.10.2021

- Served as "chairperson" for the paper presentation session in two day capacity building international webinar on "food-genome interface in treating diseases" organized by PG department of food and Nutrition, Bishop Heber College (Autonomous) ,Trichy on 02.12.2021-03.12.2021
- Invited to delivered the lecture on "Nutritious foods" among school childrens during pongal celebration organised by St. Philomena"s Girls Higher Secondary School ,Trichy on 11.01.2020
- Served as judge in the State level intercollegiate Extravaganza symphoria"18 organised by PG and Research Department of Chemistry held on 20.02.2018
- Served as jury for the intradepartmental competition ZOO-CEF organised by department of zoology, Jamal Mohamed College on 6.2.2018
- Served as resource person and delivered a special lecture on "Haem – Healthy life for women" in Gender club of Jamal Mohamed College, Trichy on 9.10.2019
- Served as chief guest and delivered a special lecture on "Healthy food choices for Adolescents" in one day seminar on chemistry of Healthy foods organized by Government Arts College, Department of Nutrition and Dietetics and chemistry on 22.03.2019
- Served as resource person and delivered a special lecture on "Career opportunities in Nutrition and Dietetics "organized by Nutrition and Dietetics Association, Seethalakshmi Ramaswami College (Autonomous), Trichy on 03.02.2018.
- Served as member in panel discussion on the topic "Food and Importance of Traditional foods "organized by Chellammal Vidyalaya School, Trichy on 9.9.2017
- Served as resource person for the faculty development programme by conducting UGC- NET training in Home science organized by the internal quality assurance cell of Cauvery College for women, Trichy on 18.08.2017 to 19.08.2017.



- Served as resource person and delivered a lecture on” Protective Plant foods for diabetes” in conference “Nutrition insight for Healthier life” at Meenakshi Hospital, Thanjavur held on 12.08.2017.
- Served as a resource person and delivered a lecture on “Nutritious Foods “at Ayesha Matriculation School, Trichy held on 28.02. 2016
- Served as a resource person and delivered a lecture on “Advances in Food Service Systems” organized by Department of Food Service Management and Dietetics , Cauvery College for Women, Trichy on 28.07.2011

### **Details of Seminars / Conferences / Workshops Organized**

- Organised Breast feeding week celebration on 05.08.2022
- Served as convener in National Nutrition month celebration on 15.09.2022
- Organised a lecture series on “ Nutrigenomics making strides towards Precision Nutrition on 13.8.201
- Organised the Awareness programme cum panel discussion on “Geriatric Nutrition” for retired staff members of Jamal Mohamed College (Autonomous), Trichy on 26.09.2019.
- Served as a Co-Convenor in ICMR Sponsored International Conference on” Nutrition and food safety” organized by PG Department of Nutrition and Dietetics, Jamal Mohamed College, Trichy on 04.03.2019 and 05.03.2019.
- Organised one day seminar on “ The Therapeutic value of food in prevention of Global burden of Diseases” sponsored by TamilNadu state council for Science & technology (TNSCST),Chennai under Popularization of science activities ON 20.12.2018
- Organized Bakery workshop among Nutrition and Dietetics students during the academic year 2010, 2013, and 2015.
- Served as co-convener in Nutrition week Celebration (Intercollegiate competition) organized by PG Department of Nutrition and Dietetics, Jamal Mohamed College, Trichy on 20.09.2016 – 21.09.2016

- Served as Convenor & Organizing Secretary in National Conference on Futuristic Research in Nutrition and Dietetics (NCFRND- 2015) organized by PG Department of Nutrition and Dietetics, Jamal Mohamed College, Trichy on 12th October 2015.

### **E-content:**

- Prepared Mooc - translation e-content for the course on Food science and Nutrition - subject title Human physiology, water, Nutrients, food chemistry. Recording work is under process, 19.07.2021
- Study material, Video content was prepared for UG students, the paper title Dietetics -Peptic Ulcer, constipation

### **Academic Responsibilities**

- Served as Member in-charge (MID) of the Nutrition and Dietetics Department from 2015 to till date
- Nominated as an External board member in the Board of studies of B.Sc Nutrition and Dietetics, Nehru Memorial College (Autonomous), by Bharathidasan University with effect from 03.03.2022 upto 4.4.2024
- Vice President of Nutrition and Dietetics and B.Voc Food Processing and Safety Association during the academic year 2022-2023
- Served as a convener in organizing the National Nutrition month events during the month September 2022
- Co-ordinator of Diet Counselling cell during the academic year 2021 - till date
- Served as Tutor in charge for PG programme during the academic year 2019-2021
- Served as subject expert for staff recruitment held on 24.03.2021,04.07.2019 for Department of Food service Management and Dietetics, Cauvery College for women (Autonomous),Trichy
- Served as department ERP in charge from 2019-till date
- Served as Tutor in charge for UG programme during the academic year 2016-2019

- Served as question paper setter in the Department of food service management and Dietetics, Department of food science and Nutrition of Avinashilingam University and for B.Voc in food processing in PSG Krishnammal College.
- Served as practical External examiner in Cauvery college for women, Bishop Heber college and Aiman College Arts and Science for women, Trichy,2018-2019.
- Served as External board member in the Department of Nutrition and Dietetics of Bishop Heber college(Autonomous),Trichy
- Actively participated and presented department NAAC report to NACC peer team members third cycle during the academic year March 2016.
- Served as vice-president in Nutrition and Dietetics Association during the academic year 2010-2011.
- Served as Tutor in charge for PG programme during the academic year 20012-2014
- Served as Tutor in charge for UG programme during the academic year 2009-2012

### **Administrative Responsibilities**

- Member, Board of studies, Nutrition and Dietetics department, Jamal Mohamed College (Autonomous), Trichy
- Special Invitee in Nutrition and Dietetics department, Academic Council, Jamal Mohamed College (Autonomous), Trichy
- Served as staff advisor for Youth Red Cross and Citizen Consumer Club during the year 2015-2018
- Served as Placement Officer during the year 2018-2020
- Served as IIC - innovation Ambassador

### **Life Membership**

- LIFE MEMBER IN INDIAN DIETETIC ASSOCIATION
- LIFE MEMBER IN NUTRITION SOCIETY OF INDIA

### **Other Activities**

- Served as investigator in the evaluation of Nutritious Noon Meal Programme of Tamil Nadu in the District of Perambalur from

25.02.2008-29.02.2008 sponsored by Government of TamilNadu during my M.Phil research work

- Served as mentor, motivated and accompany the students to participate in various inter collegiate events and seminars.
- Served as diet counselor and guided the students to make a diet demo and trained them for diet counseling among the general public through exhibition conducted by various multi speciality hospitals.
- Actively participated and organized the seminars, workshop, and National and International conference state level seminar Organised by the department of Nutrition and Dietetics

