

STAFF PROFILE

Staff Name : B.RAJALAKSHMI
Department : PG Department of Nutrition and Dietetics
Present Designation : Assistant Professor



Educational Qualification :

Sl. No:	Degree/ Test passed	Specialisation/ Examination passed	Passing Year	University
1.	UG	Nutrition and Dietetics	2002	Bharathidasan University
2.	PG	Food service Management and Dietetics	2004	Bharathidasan University
3.	M.Phil	Foods and Nutrition	2010	Mother Teresa Women's University, Kodaikanal
4.	(Ph.D)	Food service Management and Dietetics	Pursuing	Avinashilingam Institute for Home Science and Higher education for Women, Coimbatore
5.	Competitive exams	SET in Home Science	2006	
		UGC-NET in Home Science	2008	

Area of Specialization : Food Service Management and Dietetics, Foods and Nutrition.

MERITS IN ACADEMIC QUALIFICATION:

B.Sc. - Proficiency in Allied & Major subjects (First and Second place)

M.Sc. - Proficiency in Major subjects (Second Place)

University Fourth Rank Holder Awarded by Bharathidasan University (April, 2004)

PROJECTS COMPLETED:

✓ **Minor Research Project :**

Completed a **UGC-SERO** funded Minor Research Project (File No. MRP- 6678/16) entitled, "Evaluation of storage life of prepared Pearl millet based breakfast mixes at Room temperature with the Financial Assistance of Rs-1,82,000/- during October 2016 (selected) - January 2020 (submitted).

✓ **Tamilnadu State Council for Science and Technology - Student Project Scheme:**

Guided a **TNSCST** Project (Madumitha.B, II M.Sc Nutrition and Dietetics) selected under Student Project Scheme (Project code no: MS-13) entitled, "Development of supplementary mixes for the preparation of sports drinks (Gatorade) by using *Murraya koenigii* leaves and natural indigenous food items for sports girls" with the Financial Assistance for Rs -7,500 during (2018-2019).

Ongoing Project:✓ **Institutional Seed Money Grant**

A project selected under **Seed Money Project** (Ref no: Research 2021-2022/SM-F/05) entitled , “Assessment of heavy metals and micronutrients presence in the raw, stored, cooked and fermented rice and milk products prepared by using traditional earthen cookware” with Financial Assistance of Rs.10,000 during the year (2021-2022)

Sanctioned Project:✓ **Tamilnadu State Council for Science and Technology - Student Project Scheme:**

Guiding a **TNSCST Project** (S.Sabaira Farvin , II M.Sc Nutrition and Dietetics) selected under Student Project Scheme (Project code no: SS- 199) entitled, “A ministudy on food fallacy, latex allergy and nutrition education on developed galactogogues enhancing dietary supplements (gel and syrup tonic) by using unripe papaya for lactating mothers” with the Financial Assistance for Rs -7,500 during (2022-2023).

TEACHING EXPERIENCE:

- Worked as a Lecturer in the Department of Home Science, Seethalakshmi Ramaswami College, Trichy-2 from 03.02.2006 to 19.02.2008 (2 years, 16 days).
- Working as an Assistant Professor in the PG and Research Department of Nutrition & Dietetics, Jamal Mohamed College, Trichy-20 from 16.06.2008 to 21.04.2009 and 16.6.2010 to till now (12 years 10 months).

PROJECTS DONE:

- A study on women in unorganized sector (construction site) (Group Project) – B.Sc Project submitted during April, 2002.
- Prevalence of Hypertension among industrial canteen workers at Bharat Heavy Electricals Limited, Tiruchiappalli District – M.Sc Project submitted during April, 2004
- A study on “Role of breakfast among working women in Vengur village at Tiruchirappalli District and formulation of suitable breakfast recipes” – M.Phil Dissertation submitted during April, 2010.

NUMBER OF PROJECTS GUIDED:

PG – 18, M. Phil -01

INTERNSHIP TRAINING PROGRAMMES ATTENDED:

- Underwent Internship Training in the Department of Dietetics, at Apollo Hospitals, Chennai, from 1-3-2002 to 31-3-2002.
- Underwent Internship Training in the Hostel of Cauvery College for Women, Trichy-18, from 25-6-2003 to 22-7-2003

RESEARCH PAPERS PRESENTED:

- Presented a paper in International conference on “Role of Breakfast among working women in Vengur Village (Thiruverumbur Taluk) at Tiruchirappalli District and formulation of suitable breakfast recipes” held between 20th to 22nd January 2011, organized by the Department of Food Science, Periyar University, Salem. The abstract was published in the proceeding.
- Presented oral paper in National conference and Awarded, **The Best paper** entitled for “Iron deficiency anaemia and adolescent sports girls” in “Optimizing nutritional support in health and disease” organized by Department of Home science, Queen Mary’s college Chennai, on 28th January,2012. The full paper was published in “Optimizing Nutritional support in health and disease” book with the **ISBN 978-93-81992-02-9,Pp411-417.**
- Presented oral paper in National seminar and awarded **Third prize** for the paper entitled “Skipping of Breakfast among working women and formulation of suitable breakfast recipes – a nutritional study in “Biotechnological and Nanotechnological approaches in food processing”, organized by Department of Biochemistry, Microbiology, Biotechnology and Nutrition and Dietetics, Sengamala Thayaar Educational trust women’s college, Mannargudi, on 21st January,2012.
- Presented a poster paper on “A Micro Health Profile Study on Skipping of Breakfast in working women”, in 4th Indo Korean conference, organized by Faculty of science and Home science, Avinashilingam Institute for Home science and Higher Education for Women, Coimbatore, during 10th and 11th February,2012. The abstract was published in “4th Indo Korean conference on Integrative Bioscience Research (opportunities and challenges) proceeding with **ISBN-978-93-81102-18-3, Pp 103-104.**
- Presented a poster paper in First National student conference on “Formulation of white sorghum and Bajra based Breakfast Mix with incorporation of selected fresh sources of Nutraceutical substances of food”, in “Technologies and technologists for Indian food industries”,Organized by Indian Institute of Crop Processing Technology, Thanjavur, on 7&8th february,2014.The abstract was published in SCOTECH-2014,with **ISBN-3-4-978-81-926250-0-3, p-77.**
- Presented a poster paper in 47th Annual National conference on, “Cooking quality of pearl millet based breakfast products- Rava dosa and Adai mixes,” organized by Nutrition Society of India, Hyderabad, on 9&10th of October 2015. The abstract was published in the proceeding.
- Presented a oral paper in National Conference on“ Scope in Life sciences and Research” entitled research paper on “Natural antioxidants and antimicrobial activity of pearl millet flakes stored at room temperature”-” on 24-1-2020, at Thanjavur, organized by TANBIO Incubation centre, Periyar Maniyammai University and Department of Biotechnology of Bharath college, Thanjavur.
- Presented a poster paper in the UGC Sponsored National Seminar , on “Natural antioxidants (selected) of Standardized pearl millet flour rava dosa breakfast mix without addition of synthetic preservatives”- 31-1-2020, at Trichy, organized by B.Voc, Food Processing of Department of Nutrition and Dietetics, Seethalakshmi Ramaswami College and full paper was published in Proceeding with **ISBN: 978-93-5396-575-4**

PARTICIPATION IN WORKSHOPS:

- Participated in a four day workshop entitled on , “LATEX and SPSS” organized by PG and research Department of Mathematics, Jamal Mohamed college, Trichy, from 22nd -25th of September, 2014.
- Participated in one day workshop entitled on, “E-Content development for teaching – learning” jointly organized by the Internal quality Assurance cell and Jamal Mohamed College Alumni Association (Singapore chapter) on 22nd December, 2015.
- Participated in one day Workshop on, “The role of a teacher in the present scenario”, Organized by Internal Quality Assurance cell of Jamal Mohamed College on 10-12-2016.
- Participated in Two day Workshop on, “Training in Animal Experimentation and Phytochemical Techniques”, Organized by PG and research Department of Biochemistry, Srimad Andavan Arts and Science College (Autonomous) Tiruchirappalli-05, on 23-4-2018 and 24-04-2018.
- Participated in one day Workshop on, “Writing winnable Project Proposals”, Organized by Internal Quality Assurance cell of Jamal Mohamed College on 23- 06-2018.
- Participated in one day National level Workshop sponsored by TANSICHE on, “Manuscript Writing”, Organized by Department of Botany, School of Life sciences, Bharathidasan University, on 29-03-2019.
- Participated in UGC-CPE Sponsored Two - Day Workshop on, “Professional Development for Academic Leadership in Curriculum Design”, Organized by Curriculum Development Cell of Jamal Mohamed College on 18 & 19 January 2019.
- Participated in online mode one day Workshop on, “Sensory Science and Food Evaluation”, organized by Indian Institute of Food Processing and Technology, Government of India, Thanjavur. on 20th October 2020.

PARTICIPATION IN SEMINARS / CONFERENCES / SYMPOSIUM:

STATE LEVEL

- Presented a Poster Review paper about “India is the Global capital for CVD by 2015”, organized by Department of Nutrition and Dietetics Seethalakshmi Ramaswami College, Trichy-2 and sponsored by TANSICHE, on 30th January,2009.
- Presented a Review paper on “Health and Nutritional status of adolescent girls in India” held on 20th December 2010, organized by PG Department of Social Work, Jamal Mohamed College, Trichy-20.
- Participated in First Annual symposium on “Clinical nutrition”, organized by ALPHA hospitals on 28th February 2015, at Madurai.

NATONAL LEVEL

- Participated XXXVI, Annual National Convention of the "Indian Dietetic Association held at Women Christian College, Chennai on 5th and 6th December, 2003.

- Participated in one day national seminar on “Art in everyday life”-UGC sponsored seminar, organized by Department of Home science, Seethalakshmi Ramaswami College, Trichy on 5th December, 2013.
- Participated in one day national seminar on “ Emerging vogue in food habits and processing”, organized by Department of Nutrition and Dietetics, Aiman college Arts and science college for Women, Trichy,on 21st August, 2015

INTERNATIONAL LEVEL

- Participated in International conference on Food, Nutrition and Health – 2016 organized by Indian Dietetic Association, Kilakarai Chapter and Thassim Beevi College for Women, Ramanathapuram at Madurai on 07th and 8th of June 2016.
- Participated in 3rd International conference on Environment and Health, organized by PG & Research Department of Nutrition and Dietetics, Jamal Mohamed College, Trichy-20 on 2-3-2023.

ACTED AS RESOURCE PERSON / JUDGE :

- Acted as a Judge in debate competition in UGC sponsored seminar on “Traditional Vs Modern dietary habits”, organized by Department of Nutrition and Dietetics, Seethalakshmi Ramaswami College, Trichy, on 7th September, 2010.
- Acted as a resource person in “International Biodiversity Day”, organized by Krishi vigyan Kendra, Karur, and delivered a lecture on “Nutritional security for Younger generation”, on 22th may 2012.
- Acted as a resource person in, “Development of Nutritional security through massive millet cultivation scheme”, delivered and demonstrated , “Benefits of Jowar and its recipes” organized by Department of Agriculture, TN Government, Manapparai, on 22th January 2013.
- Acted as a Judge for JUNK SHOW (Wealth out of waste), COM-TALENT 2K17, Organized by PG Department of Commerce SF-Women, Jamal Mohamed College on 28th February, 2017
- Acted as a Judge for “ZOO-CHEF”, ANIMALIA-A state level Extravaganza , organized by the PG Department of Zoology, Jamal Mohamed College on 28th February, 2017
- Acted as a resource person and delivered a lecture on Tamil Unnavum Tamil Unnarvum, organized by PG and Research department of Tamil, Jamal Mohamed College, on 25th July 2017.
- Acted as a Judge for Tamil debate for the topic , “Westernized diet vs Traditional Tamil food need ,organized by Tamilazaha Pengal Seyarkalam”, Chennai at Trichy on 10th January 2019.
- Acted as a resource person and delivered a lecture on “Health and Hygienic food”, organized by the Leo club of Jamal Mohamed College, Trichy-20.(2019-2020)
- Acted as the resource person in valedictory function and delivered a lecture on “How to Lead a Happier, Healthier and Protective life” ,organized by the Citizen Consumer Club of Jamal Mohamed College, Trichy-20 on 29-03-2023.

MEMBERSHIP IN ASSOCIATION:

Nutrition society of India - Life Member

Home Science Association of India - Life Member

PRIZES WON:

- Won consolation prize for “IDLY SANDWICH” in the Recipes contest and the recipe name and contestant photo was published in Snekidhi Tamil fortnightly magazine, during 16-30th November , 2010 edition
- Won second prize in the cookery competition organized by Leo club, Jamal Mohamed college, Trichy, on 9th of September, 2014.

ATTENDED TRAINING PROGRAMME :

- Demonstration classes attended on: Bakery products, Food preservation, Chinese cuisine.
- Trained on “Processing of Cereal and Millet Products” (One Day) at Indian Institute for Crop Processing and Technology, Thanjavur.

GUEST LECTURES (Delivered):

- Nutrition for adolescent girls.
- Nutritional Awareness given for mentally challenged students and their parents.
- Healthy Heart.
- Importance of nutrients in food.
- Women and Food.

EXTRA-CURRICULAR ACTIVITIES:

- Won First prize in District level (Rs.3000/-; on 15-8-1999) and Second Prize in “State Level Bharathidasan Poem Recitation” awarded Rs.5000/- by the Honorable Chief Minister of Tamilnadu, Dr.M.Karunanidhi, on 17-9-1999,Organized by Murasoli Arrakattalai, Chennai.
- Participated and represented Bharathidasan University for 5 days National Service Scheme camp conducted by National Service Scheme, Chennai Unit and TNAU Tamilnadu Agricultural University, Coimbatore, and won Second Prize in State Level Tamil Elocution Competition on “Role of Youth on National Integration”
- Won many prizes in Tamil debate, oratorical, poems, skit, drama, fancy dress, mono acting competitions and variety programme from 1993.
- Selected in “Voice – Test” and trained in “Vani Certificate Course”, organized by AIR (All India Radio), Trichy-1. (2006)
- Awarded Black Belt in Isshinryu Karate on 31-5-1997.

PERSONAL PROFILE

Date of Birth : 02.12.1981
Nationality : Indian
Languages Known : Tamil & English
Permanent Address : 2/38, Opposite to Thondaimanpattai Railway station,
Near to Vasavi Industries, Ayyampatti (post),
Thuvakudi, Trichy-15.
Email id : senseiraji_2003@yahoo.co.in.
Contact number : 9443854996

DECLARATION

I hereby declare that the above details furnished above by me are true to the best of my knowledge.

(Ms. B.RAJALAKSHMI)