

CURRICULAM VITAE

Name : **Dr. J.HARINE SARGUNAM, M.Sc., M.Phil., Ph.D., NET.,**

Present Position : Assistant Professor
Department of Nutrition & Dietetics,
Jamal Mohamed College (Autonomous),
Tiruchirappalli – 620 020.



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Tiruchirappalli – 620 020.

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Academic Qualifications:

Degree	Year	Subject	University	Class
Ph.D	2022	Food Science & Nutrition	Avinashilingam Institute for Home Science & Higher Education for Women, Coimbatore	Awarded
M.Phil	2007	Food & Nutrition	Mother Teresa Women's University, Kodaikanal	I Class
M.Sc	2004	Home Science - Family & Community Science	Avinashilingam Institute for Home Science & Higher Education for Women, Coimbatore	I Class with Distinction
B.Sc	2002	Nutrition, Food Service Management & Dietetics	Bharathiyar University, Coimbatore	I Class

Qualified Examination: UGC NET – Home Science, December 2003, Eligibility for Lectureship

Teaching Experience : Undergraduate : 17 years
Postgraduate : 15 years

Position	Department	College Name	Time period	Years of Experience
Assistant Professor	Nutrition, Food Service Management & Dietetics	Sri Akilandeswari Women's College, Vandavasi	From 08.06.2005 To 09.07.2011	6 years
Assistant Professor	Nutrition & Dietetics	Jamal Mohamed College (Autonomous), Trichy	From 13.07.2011 To till date	11years 8 months

Research Experience : Ph.D., Food Science & Nutrition., 2016-2022.

Research Topic : *In-vivo* effect of *beta vulgaris l.* Extract on polycystic ovarian syndrome induced adult rats.

Area of Specialization : Food Science & Nutrition

Subjects handled at UG & PG Level:

Food Science, Human Physiology, Nutritional Biochemistry, Food Microbiology, Diet Therapy, Human Development, Community Nutrition, Food Preservation & Safety

Funded Research Projects completed:

“Effect of Antioxidant Rich Punch by incorporation of Cinnamon (*Cinnamomum varum*) for Colon Cancer”, **Tamil Nadu State Council for Science and Technology (TNSCST)**, 2019 - 2020, Sanctioned amount Rs 7,500/-.

Sanctioned Research Projected:

“Development of Ready-to-cook (RTC) multigrain noodles for school going children (9-12 years), **Tamil Nadu State Council for Science and Technology (TNSCST)**, 2022 -2023, Sanctioned amount Rs 7,500/-.

Research Projects guided:

Number of M.Sc Research Projects completed : **25**

Number of M.Phil research projects completed : **01**

Life Membership of Organizations:

- Life Member in **Nutrition Society of India**
- Life Member in **Home Science Association**

Administrative Positions:

- Departmental Placement Officer (2015-2016)
- Staff Advisor – **Youth Red Cross** (Women) (2017-2020)
- Staff Advisor – **Citizen Consumer Club** (Women) (2017-2022)
- Board of Studies member – Jamal Mohamed College, Trichy (2016-2021)
- Board of Studies member – DKM College, Vellore (2008-2011)
- Chairman for Question paper setting committee – Periyar University (2013- 2016)

Research Articles published in Journals:

- Amirtha Gowri and **Harine Sargunam J**, “Assessment of mental and motor abilities of school going children with anemia” ,The Indian Journal of Nutrition and Dietetics, ISSN: 0022-3174, Vol.43, pp 99-102.
- **Harine Sargunam J** and Hassin Fathima, “A Study of Growth Parameters and Prevalence of Overweight and Obesity among School Going Children (5-10 years) in

Tirunelveli District”, IOSR Journal of Nursing and Health Science, Vol.3, Issue 2, Mar-Apr 2014.

- **Harine Sargunam J** and Soundariya E, “Development and Acceptability of snack recipe incorporated with vallarai leaves powder (*Centella asiatica*) for varicose vein patient, International Journal of Research and Analytical Reviews (IJRAR), **UGC approved Journal**, E-ISSN 2348-1269, P-ISSN 2349-5138), Vol.6, Issue 1, March 2019, Pp 532 – 537.
- **Harine Sargunam J** and Sangeetha R R, “Development and Acceptability of Snack recipe incorporated with Flax seed (*Linum usitatissimum*) powder”, International Journal of Current Advanced Research, **UGC approved Journal**, ISSN:O: 2319-6475, ISSN:P:2319-6505, Vol.8, Issue 04(D), April 2019, Pp 18306-18309.
- **Harine Sargunam J**, “Ivy Gourd – Medicinal and Nutritional values”, International Journal of Current Research, **UGC approved Journal**, ISSN:0975-833X, Vol.9, Issue.03, March 2017, pp.47604-47606.
- **Harine Sargunam J** and Janapriya S, “Development and acceptability of Ready Mix powders incorporated with Jamun seed (*Syzygium cumini*) powder for Diabetic patients”, International Journal of Current Advanced Research, **UGC approved Journal**, ISSN:O:2319-6475, ISSN:P:2319-6505, Vol.7, Issue 3(F), March 2018, pp 10792-10795.
- **Harine Sargunam J** and Thilakavathy.S, “Antioxidant Activity of ethanolic leaves extracts of *Beta vulgaris*” Journal of Natural Remedies, **Scopus Indexed Journal**, ISSN:2320-33589(e), ISSN:0972-5547(p), Vol.21, No. 8(1), 2020, pp 216-221.
- **Harine Sargunam J** and Thilakavathy. S, “GCMS Profile of Bioactive compounds with Therapeutic potential in *Beta vulgaris* (L.) Ethanolic leaf extracts, Journal of Pharmaceutical Research International, **Web of Science Indexed Journal**, ISSN: 2456-9119, Vol.33(43B), 2021, pp.354-360.

Book/Book chapters published:

- Published book chapter-3 “Determination of Bioactivity and Therapeutic potential of *Beta vulgaris* (L.) ethanolic leaf extracts” in the book entitled “**Current aspects in Pharmaceutical research and development**” **BP International Publishers**, West Bengal, India & Old Gloucester Street, London WC1N3AX, United Kingdom on 19th

November 2021. Print ISBN: 978-93-5547-237-3, eBook ISBN: 978-93-5547-277-9

Papers published in Conference Proceedings:

- Published paper on “Organoleptic and Nutritional Evaluation of Gluten- Free Cookies for Celiac Patients” in the proceedings of the International Conference on Scientific and Technological Advancements for Reliable and Sustainable – future (STARS – 2022), Vol 5, ISBN – 971-81-959260-2-2, Published by Deanery of Academics, Dept. of Botany, Zoology & Nutrition and Dietetics, Bishop Heber College (Autonomous), Trichy.

- Published paper on “Phytochemical and Antioxidant activity of *Drynaria quercifolia* Rhizome” in the proceedings of the International Conference on Scientific and Technological Advancements for Reliable and Sustainable – future (STARS – 2022), Vol 5, ISBN – 971-81-959260-2-2, Published by Deanery of Academics, Dept. of Botany, Zoology & Nutrition and Dietetics, Bishop Heber College (Autonomous), Trichy.

- Published paper on “Evaluation of antioxidants in underutilized vegetable leaves powder” ISBN Book No: 978-93-856041-2-6 in 33rd Biennial Conference of Home Science Association of India on “Trends for Futuristic Development in Home Science: Research and Innovation” at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.

- Published paper on “Role of media in empowerment of tribal women in Nilgiris District” Proceedings of International Conference on “Advances in Nutrition and Health Communication – 2017” ISBN 978-93-856040-3-4S, Organized by the Department of Food Science & Nutrition & Department of Visual Communication, Avinshilingam Institute for Home Science and Higher Education for Women, Coimbatore.

Oral/ Poster presentation at Seminar/ Conference/Symposia:

- **Oral Presentation** on “Organoleptic and Nutritional Evaluation of Gluten-Free Cookies for Celiac Patients” at International Conference on Scientific and Technological Advancements for Reliable and Sustainable – future (STARS – 2022)” organized by the

Deanery of Academics and all the Science Departments, Bishop Heber College (Autonomous), Trichy from 16.11.2022 to 18.11.2022.

- **Oral Presentation** on “Evaluation and Characterization of Nutritional, Phytochemical, and Antioxidant Activity of Beet Green (*Beta vulgaris* L.) powder” at National Seminar on “Nutrition and Health –Recent Trends, Challenges and Strategies” organized by the Department of Nutrition & Dietetics & B.Voc., Food Processing and Safety” , Jamal Mohamed College on 4th March 2021.
- **Oral presentation on** “A nutritional perspective of Beet greens (*Beta vulgaris* L.) on Health and Vitality” at International Conference in Nutrition and Food Safety, Organized by the Department of Nutrition and Dietetics, Jamal Mohamed College, Trichy on 04.03.2019 &05.03.2019.
- **Poster presentation on** “Development and acceptability of peanut laddoo snack incorporated with vallarai leaves (*Centella asiatica*) powder for varicose vein patients at International Conference in Nutrition and Food Safety, Organized by the Department of Nutrition and Dietetics, Jamal Mohamed College, Trichy on 04.03.2019 &05.03.2019.
- **Oral presentation on** “Development of Iron rich antioxidant health mix by incorporation of beet greens (*Beta vulgaris* L) powder” at National Conference on “Challenges and sustainable approached towards Food and Nutrition Security-A Global perspective” at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 07.12.2018 & 08.12.2018.
- **Poster presentation on** “Role of media in empowerment of tribal women in Nilgiris District” Proceedings of International Conference on “Advances in Nutrition and Health Communication – 2017” organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.
- **Poster presentation on** “Flax seed: A Potential Functional Food” at UGC Sponsored State Level Seminar on Therapeutic potential of Low Carb High Fat Diet-an overview, Sri Meenakshi Government Arts College for Women, Madurai on 07.01.2017.
- **Oral presentation on** “Development and acceptability of Kulipaniyara mix powder incorporated with Jamun seed (*Syzgium cumini*) for Diabetic patients, at DST-PURSE sponsored National conference on Recent Advances in Plant Security”by

Department Science: “Towards Food Safety and Food of plant science, Bharathidasan University, Trichy.

Invited Lectures at Different Forums:

- Resource person in online webinar on “Healthy Living: Prevention and Self care as a Lifestyle” and delivered a lecture session on “**Social Communication and Diet Culture**” at Rabiammal Ahamed Maideen College for Women on 9.6.2022.
- Resource person in One-day Seminar and delivered a lecture on “**Social media and eating habits of Teenagers**” at Government Arts College, Kulithalai on 27.05.2022.
- Resource person and delivered a lecture on “**Role of Nutrition on Immunity**” at E.M. Gopalakrishna Kone Yadava Women’s College on 31.08.2021.
- Resource person in the State Level Webinar on “**Role of Nutrition on Mental Health**” organized by the Nutrition club, Sri Akilandeswari Women’s College, Wandiwash on 7th December 2021.
- Resource person and delivered a lecture session on “**Women and Reproductive Health**” on 2nd March 2021, One month online invited lecture talk series on “Food, Nutrition, Health and Wellness” organized by the Department of Home Science, The Gandhigram Rural Institute- Deemed to be University, Gandhigram.
- Resource person and delivered a lecture on “**Significance of Nutritious Food in the Pandemic period**” for the “**World Food Day**” organized by the Department of Zoology, Jamal Mohamed College, Trichy on 16.10.2020.
- **All Radio Live program in Mangaiyar Ulagam** – gave one hour talk on “Parambariaya Unavugal” on 10.07.2019.
- Resource person and delivered a lecture on “**Mental Health and Nutrition**” at E.M. Gopalakrishna Kone Yadava Women’s College on 07.02.2019.

Seminars/Conferences/Workshops Organized:

- **Organized National Level Seminar** on “Nutrition and Health – Recent trends, challenges, and Strategies” by the Department of Nutrition & Dietetics & B.Voc., Food Processing and Safety” on 4th March 2021.

- **Organized UGC sponsored awareness program on “Geriatric Nutrition”** on 26th September 2019 at PG & Research Department of Nutrition & Dietetics.

E-Content:

- Developed e-content on **“Introduction to Food Microbiology”**

On-line courses completed:

- **“Nutrition and Lifestyle in Pregnancy”** online course offered by Ludwig Maximilian University, Munchen
- **“Stanford Introduction to Food and Health”** online course offered by Stanford University.
- **“Managing Asthma, Allergies, Diabetes and Seizures in School”** online course offered by University of Colorado.

Awards Received :

- **“Best Faculty Award – 2022”** received from Global Multidisciplinary Research and Academic Foundation, Chennai on 3rd September 2022.

Served as Reviewer in Journals:

- Served as reviewer in the Journal **“Sustainability, Agri, Food and Environmental Research”** - UGC care list.

List of Faculty Development Program attended:

- Attended International Webinar on **“Using Genetic Data to Strengthen Causal Inference in Nutritional Epidemiological Research”** organized by the Department of Food Science & Nutrition and Nutrition Association and Nutrition Society of Indian (Coimbatore Chapter) & University of Reading, United Kingdom, at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 01.04.23.
- Attended in Faculty Development Programme (under DBT Star College Scheme), Organised by the PG & Research Department of Chemistry, Jamal Mohamed College

(Autonomous), Trichy on the Topic “Preparing winning Research Proposals” on 8.2.2023.

- Attended in FDP on “Digital Teaching & Learning” organized by the Department of Chemistry under the DBT Star College Scheme, from 24.01.2022 to 29.01.2022 at Jamal Mohamed College, Trichy.
- Attended online FDP on “Research Methodology” organized by Bon Secours College for Women, Thanjavur on 29th, 30th June & 1st July 2020
- Attended online FDP on “Data Science using Geo Gebra” organized by the Department of Mathematics, Jamal Mohamed College, Trichy on 11th May 2020
- Attended online FDP on “ Data Science using R programming” organized by the Department of Mathematics, Jamal Mohamed College, Trichy on 14th May 2020.
- Attended online FDP on “E-learning and MOOCs in Higher Education and New Roles of Teachers” organized by IQAC under PARAMARSH Scheme, Sri GVG Visalakshi College for women, Udumalpet on 18th May 2020.
- Attended International faculty development webinar on “Challenges and Higher Education in COVID 19 Scenario: The way forward” organized by St. Joseph’s College for women (Autonomous), Visakhapatnam on 27th & 28th May 2020.
- Participated in FDP on “E-Content Development” organized by IQAC of Jamal Mohamed College from 30.06.2020 to 04.07.2020.

List of Seminar, Webinar, Conference, Workshop, e-conference attended:

- Participated in International Conference on “The present and future innovative education practices in the post- pandemic world in the fields of Engineering, Science, Arts, Humanities, Commerce, Economic, Social Sciences, Law and Management – Changes, Challenges and Opportunities” organized by the Global Multidisciplinary Research and Academic Foundation, Chennai on 3.9.2022.
- Participated in one day conference AIRIDA’16 on “Opportunities and Challenges in Dietetic Profession” organized by IDA Chennai chapter & Department of Nutrition & Dietetics, Aiman College of Arts & Science for women, Trichy on 27th August 2016.
- Participated in the UGC CPE sponsored Two-Day workshop on Professional Development for Academic Leadership in Curriculum Design, organized by the

Curriculum Development Cell, Jamal Mohamed College, Trichy on 18th and 19th January 2019.

- Participated on Scientific writing, one-day workshop organized by Tanbio R&D solutions, Periyar Technology Business Incubator (PTBI), Periyar Maniammai Institute of Science and Technology, Thanjavur on 18.5,2019.
- Participated in State level webinar on “Innovation in higher education” organized by Aalim Muhammed Salegh College of Engineering, Chennai on 22.04.2020
- Participated State level webinar on “ Managing Stress and emotional & mental well-being during the COVID-19 crisis for educators” organized by VET institute of Arts and Science, Erode on 27.04.2020.
- Participated in International level webinar on “Nutrivigilance against COVID -19” organised by Signura on 28.04.2020
- Participated in National level webinar on “Potential and diverse application of Atmospheric Cold plasma for inactivation and mitigation of Coronavirus (nCovid-19)” organized by AFSTi, Govt of India on 30.04.2020
- Participated in State Level “Dietary Management – Post Covid-19” organized by Cauvery College for women, Trichy on 02.05.2020.
- Participated National Level “Use of Elsevier Tools in Research workflow” organised Department of Commerce, University of Madras, Chennai on 05.05.2020.
- Participated in International level webinar on “Nutrigenomics & Personalised Nutrition: New insight in disease prevention and cure” organized by Nehru Arts & Science College, Coimbatore on 13.05.2020
- Participated in State level webinar on “Food, Nutrition and Hygiene – keys to proactive health” organized by Department of B.Voc Food Processing and Quality Control, Stella Maris College, Chennai on 14.05.2020.
- Participated in International level webinar on “Nurturing Physical, mental and social health: During and post Covid-19” organized by Institute of Home Science, Dr.Bhimrao Ambedkar University, Agra on 16.05.2020.
- Participated in State level webinar on “Immunity boosters for Covid 19” organized by Department of Nutrition & Diets & Heber Diet Counselling Cell, Bishop Heber College (Autonomous), Trichy on 20.05.2020.

- Participated in International level webinar on “Immune boosting diet for covid-19” organized by department of Food Science & Nutrition, The American College, Madurai on 21.05.2020.
- Participated in International level webinar of “Art of writing, Research Review/ Articles for publishing in peer reviewed journals” organized by IQAC, MES College, Erumely on 25.05.2020.
- Attended National level webinar on “Scientific paper writing to peer reviewed journals” organized by the Department of Food Science & Nutrition, Nehru Arts & Science College, Coimbatore on 28.05.2020.
- Participated in National level webinar on “Diabetes – Prevention and Management” organized by St.Joseph’s College for women (Autonomous) & IAPEN, Visakhapatnam on 29.05.2020.
- Participated in International level webinar on “Healthy Lifestyle” organized by the department of Nutrition, Food Service management & Dietetics, Marudhar Kesari Jain College for women, Vaniyambadi on 03.06.2020.
- Participated in National level webinar on “lifestyle and immunity during covid -19” organized by the Department of Food Science & Nutrition, Avinashilingam Institute for Home Science & Higher Education for women, Coimbatore chapter and Nutrition on 12.06.2020.
- Participated in national webinar series on “Assessment of Nutritional Status” organised by the Nutrition Society of India, Mumbai chapter on 12.06.2020 to 18.06.2020.
- Attended International webinar on “Priming our immune system for vital health” organized by the Department of Food Service management & Dietetics, Avinashilingam Institute for Home Science & Higher Education for women, Coimbatore on 25.06.2020.
- Attended International webinar on “Covid -19 & Food and Nutrition Security: Scenario in South and South East Asia” organized by the Department of Food Science & Nutrition, Avinashilingam Institute for Home Science & Higher Education for women, Coimbatore on 27.06.2020.

- Attended State level webinar on “Trends to sustain covid-19 through (Immune boosters)” organized by the department of Nutrition & Dietetics, SSM College of Arts & Science, Komarapalaya on 27.06.2020.
- Attended International e-conference on “Novel Nutrition Approach and emerging opportunities to sustain in pandemic scenario” organized by the Department of Nutrition & Dietetics, Mount Carmel college (Autonomous), Bengaluru in association with IITB remote centre, women’s polytechnic college, puducherry on 15.06.2020 to 18.06.2020.
- Participated in the webinar on “National Education Policy - 2020” organized by the IQAC, Jamal Mohamed College on 08.08.2020
- Participated in National Webinar to commemorate “Breast Feeding Week” organize by the Association of Nutrition & Dietetics & B.Voc Food Processing & Safety, PG & Research Department of Nutrition & Dietetics , Jamal Mohamed College (Autonomous), Trichy on 27.08.2020
- Attended International Virtual Conference on “Global Added Burdens of Diseases and Food Security” organized by the Department of Nutrition & Dietetics, Jamal Mohamed College, Tiruchirappalli on 5th January 2021.
- Participated in “Sensitization Programme on the First 1000 days of life as a window of opportunity” organized by National Institute of Public Cooperation and Child Development (NIPPCID) , Regional Centre (Bengaluru) from 8th – 9th February 2021.

PERSONAL DETAILS

Father Name : Mr. Jellendran Williams

Religion : Christian

Date of Birth : 28.05.1980

Sex : Female

Marital Status : Married

Permanent Address : No 11/C Aravanthidal.
Thiruvilaiyattam (Post),

Tharangambadi (Taluk)
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(J.HARINE SARGUNAM)