

FACULTY PROFILE

DEPARTMENT OF NUTRITION & DIETETICS

I. PERSONAL DETAILS

Name	Mrs. P. TAMILARASI	
Designation	Head & Assistant Professor	
Qualification	M.Sc, MPhil, NET & SLET	
Area of Specialization	FOOD SERVICE MANAGEMENT AND DIETETICS	
Mobile No.	9487259624	
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II. EDUCATIONAL QUALIFICATION

S.NO	NAME OF THE DEGREE/DIPLOMA	NAME OF THE INSTITUTION / UNIVERSITY	YEAR OF PASSING
1.	B.Sc Home Science (Regular mode)	V.V.Vanniaperumal college for women, Virudhunagar. Madurai Kamaraj University, Madurai.	2000
2.	M.Sc Food Service Management and Dietetics (Regular Mode)	Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University, Coimbatore-43	2002
3.	M Phil Food Service Management and Dietetics (Regular Mode)	Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University, Coimbatore-43	2004
4	PhD Food and Nutrition (Doing)	Bharathiyar University, Coimbatore-14	

5.	NET	University Grants Commission, New Delhi.	June 2003
6.	SLET	Bharathiyar University, Coimbatore-14	September 2004

III. TEACHING EXPERIENCE

S.NO	TEACHING EXPERIENCE WITH NAME OF THE INSTITUTION	From -To	YEAR OF EXPERIENCE
1.	Sri Akilandeswari Women's College, Wandiwash, Thiruvannamalai District.	2004-2006	1 year and 6 Month
2	E.M.G Yadava Womens College	2006-Till Date	16 Years

IV. RESEARCH ACCOMPLISHMENTS

ORIENTATION/REFRESHER/MOOCs/FDP/ TRAINING PROGRAMMES ATTENDED			
S.NO	DATE	NAME OF THE COURSE/PROGRAMME	NAME OF THE INSTITUTION/UNIVERSITY
1	December 1998 - 2000	Computer Orientation Course	Department of Computer Science, V.V. Vanniaperumal College for Women, Virudhunagar-1.
2	19.07.1999 To 23.07.1999	Domestic Preservation Of "Fruits And Vegetables and Nutrition" Training	Government of India, Ministry Of Human Resource Development, Department of Women & Child Development, Food And Nutrition Board. Community Food And Nutrition Extension Unit – Madurai.
3	16.06.2001 To 15.07.2001	Dietetic Internship – Training(1 Month)	Dietary Department, Christian Medical College, Vellore.
4	17.09.2004	Mush room Cultivation – Training	Department Of Plant Pathology, Tamil nadu Agricultural University- Agricultural College and Research Institute, Madurai.
5	08.10.2016	"Trends in Teaching and Research to Improve Higher Education" (Faculty Development Programme) organized by IQAC – 2016	Nadar Mahajana Sangam Sermathai Vasan College for Women, Madurai – 12.

6	10.03.2020 & 11.03.2020	UGC Sponsored Faculty Training Programme on “Food Processing Techniques”	B.Voc Food Processing and Safety, & PG & Research Department of Nutrition and Dietetics, Jamal Mohamed College (Autonomous), Trichy.
7	18.05.2020	E-Learning and MOOCs in Higher Education and New Roles of Teachers – FDP	IQAC under UGC PARAMARSH Scheme. Sri GVG Visalakshi College For Women, Udumalpet.
8	27.05.2020 To 28.05.2020	International FDP Webinar- Challenges and Opportunities in Higher Education in COVID 19 Scenario: The Way Forward.	IQAC- St. Joseph College for Women, Visakhapatnam.
9	08.06.2020	National Level Live Faculty Development programme- Future of Examinations: Blooms Taxonomy and Multiple Assessment Tools.	G.T.N Arts College, Dindigul
10	12.06.2020	Faculty Development Programme- International webinar series COVID – 19 : Facing Challenges with Optimism.	PG and Research Department of Historical studies, Quaid- E –Millath Government College for women, Chennai, Tamilnadu, India.
11	15.06.2020	Faculty Development Programme Live webinar- New Approach To Curricular Design & Simplified Path Way To Outcome Based Education.	IQAC - E.M.G Yadava Women’s College, Madurai -14
12	18.11.2020	Online Faculty Development Programme - Professional Ethics For Teachers.	IQAC- Sri Saradha College for Women (Autonomous) , Salem -16.
13	19.11.2020 To 25.11.2020	National Level E- Faculty Development Programme- Revised NAAC Assessment and Accreditation Framework for Teacher Education Institutions.	Tamilnadu Teachers Education University - Collaboration with N.S.S Training College ,Pandalam.

14	27.11.2020 To 08.12.2020	Online International Skill Development Programme- Social Media Digital Marketing.	School of Commerce, Bharathiyar University, Coimbatore.
15	04.12.2020	Online Faculty Development Programme- Enhancing E – Content for Teaching & Learning.	IQAC – Teaching Learning Cell- E.M.G Yadava women's College, Madurai.
16	27.01.2021	Online Faculty Development Programme - Digital tools For Enhancing Teaching And Learning.	IQAC – Teaching Learning Cell - E.M.G Yadava women's College, Madurai.

NATIONAL/INTERNATIONAL SEMINAR, WEBINAR, WORKSHOP, CONFERENCE & SYMPOSIUM ATTENDED				
S.NO	DATE	TITLE	EVENT NAME	INSTITUTION NAME
1.	12-10.2000 To 13 .10. 2000	Indian Dietetic Association.	XXXIII Annual National Conference.	Indian Dietetic Association(Gujarat Chapter) And Department Of Foods and Nutrition, The Maharaja Sayajirao University Of Baroda, Vadodara, Gujarat.
2.	26-11.2001 To 27 .11. 2001	Indian Dietetic Association.	XXXIV Annual National Conference.	Indian Dietetic Association (Coimbatore Chapter) Avinashilingam Deemed University, Coimbatore
3.	20 .09.2002 To 21 .09. 2002	Employee Productivity to Global Standard.	2 nd National Seminar	Department Of Catering Science & Hotel Management, VLB Janakiammal College Of Arts & Science, Coimbatore
4.	29-10.2002 To 31 .10.2002	Gender And Women in Development Studies in Distance Education Programmes in Southern India.	Key Informant Workshop	Sponsored By Food and Agriculture Organization. Of the United Nations. Organized By Centre For Women's Studies. Avinashilingam Deemed University, Coimbatore.
5.	13.03. 2003	Women –Beckon Health With Soya.	Seminar	Department Of Food Service Management and Dietetics, Avinashilingam Institute For

				Home Science And Higher Education For Women- Deemed University, Coimbatore.
6.	05 .02.2004	Food Security –A Global Challenge To Nutrition.	State Level Seminar	Department Of Nutrition and Dietetics. Vellalar College for Women, Erode
7.	12.03.2004 To 14.03. 2004	Post – Harvest Technologies For Rural Development.	Regional Seminar	Department Of Home Science, Gandhigram Rural Institute- Deemed University.
8.	25 .03.2004 & 26 .03. 2004	Recasting Communication Strategy.	National Seminar	Department Of Communication, Madurai KamrajUniversity, School Of Information & Communication Sciences
9.	27 .02.2006 & 28 .02. 2006	New Horizons In Processing Of Value Added Convenience Food.	UGC Sponsored National Seminar	Department Of Home Science. V.V.VanniaperumalCollege For Women, Virudhunagar.
10.	06 .03.2007	Emerging Trends In Food Processing And Quality Control.	State Level Seminar	Department Of Food Processing, V.V.VanniaperumalCollege For Women, Virudhunagar
11.	09 .03. 2007	Disease Prevention And Health Promotion.	Seminar	Department Of Nutrition and Dietetics, Sourashtra College For Women, Madurai.
12.	14 .12.2007 & 15 .12. 2007	Home Science A Promising Future Ahead.	UGC Sponsored National Seminar	PG Department Of Home Science, Fatima College, Mary Land, Madurai.
13.	7 .08.2008 & 8 .08. 2008	Animal Food Processing.	UGC Sponsored National Seminar	Department Of Food Processing, V.V.VanniaperumalCollege For Women, Virudhunagar.
14.	29.07.2010 & 30.07. 2010	Functional Foods & Nutraceuticals in Preventive Diseases.	UGC Sponsored National Conference	PG Department Of Home Science with Food Biotechnology, Fatima College, Mary Land, Madurai.
15.	30.08.2010	Processing Of Millet Based Convenience Foods.	Regional Level Workshop	Department Of Food Processing, V.V.VanniaperumalCollege For Women, Virudhunagar.
16.	24.09.2010 & 25 .09.2010	Recent Trends In Biotechnology.	UGC Sponsored National Conference	Department Of Zoology with Biotechnology, E.M.G Yadava women’s College, Madurai.

17	27.12.2010	“Tips for preparation of Research project and Tapping funds from funding agencies”.	Research and development cell	E.M.G Yadava women’s College, Madurai
18	11.03.2011	“Shape and Shine”	State level seminar	Sourashtra college for women
19.	16 .12.2011 & 17.12.2011	Health, Nutrition and Elderly: Need For Strategies and Intervention.	National Seminar	Department Of Home Science, Gandhigram Rural Institute- Deemed University.
20.	02.02 2012	Dietary Modification In Prevention And Management Of Life Style Diseases.	National Seminar	Department Of Home Science V.V.VanniaperumalCollege For Women, Virudhunagar.
21	25-01-2012	Mind Relaxation and Health Promotion – Boost Your Brain Through Food	State level seminar	Sourashtra college for women
22.	08.03.2012 & 09.03.2012	Sports And Nutrition: Modern Scientific Technologies to Empower Sports Personnel.	International Conference	Department Of Food Science and Nutrition & Physical Education, Avinashilingam Institute For Home Science And Higher Education For Women University, Coimbatore.
23.	30.01.2014 & 31.01. 2014	Nutraceutical and Therapeutic Value of Traditional Foods.	National Seminar	Research Centre in Botany &Microbiology, Lady Doak College, Madurai.
24.	31.01. 2014	Emerging Trends in Functional Food.	State Level Seminar	Department Of Home Science, V.V.VanniaperumalCollege For Women, Virudhunagar.
25.	25.07. 2014	Prospects Of Entrepreneurship in Food Processing Sector.	Workshop	Indian Institute Of Crop Processing Technology (Under the Ministry Of Food Processing , Govt of India) Thanjavur. Maditssia Hall, Madurai.
26.	25 . 09 .2014	Potential Uses Of Natural Resources In Preventing Diseases”.	State Level Seminar	Department Of Nutrition and Dietetics, Sri S. Ramasamy Naidu Memorial College, Sattur.
27.	30.01.2015	Strategies To Overcome Bone Health Issues.	State Level Seminar	Department Of Home Science, V.V.VanniaperumalCollege For Women, Virudhunagar.

28.	06.02.2015	Prebiotics and Probiotics in Promoting human health.	UGC Sponsored National Seminar	Department Of Home Science. Sri Meenakshi Government Arts College for Women(A), Madurai.
29.	08.10. 2015.	Women Empowerment – Milestones & Challenges.	National Seminar	Women’s Cell. N.M.S.S.VellaichamyNadarCollege, Madurai.
30.	12.10.2015.	Futuristic Research in Nutrition And Dietetics.	National Conference	PG Department Of Nutrition And Dietetics, Jamal Mohamed College, Trichy.
31.	29.01.2016	Strategies To Boost Human Immune System.	State Level Seminar	Department Of Home Science, V.V.VanniaperumalCollege For Women, Virudhunagar.
32.	09.02.2016	Recent Perspectives In Food Technology.	UGC Sponsored National Seminar	Department Of Food Science & Technology, Arul Anandar College, Karumathur, Madurai.
33.	19.03.2016	Clinical Nutrition.	2 nd Annual Symposium	Dietary Department, Alpha Hospital & Research Centre. Madurai.
34.	31.08.2016 & 01.09.2016.	New Horizons, Emerging Challenges And Recent Paradigms In Food Mediated Immunity And Their Role In Human Health And Longevity.	Department of Biotechnology (DBT) & Indian Council of Medical Research (ICMR) Sponsored International Conference	PG & Research Dept. of Zoology and Dept. of Immunology & Microbiology, The American College, Madurai – 2
35.	19.09.2016.	Functional Foods to Achieve Nutrition and Health Security.	National Seminar	Department of Food Science and Nutrition, & Home Science College and Research Institute. In association with Indian Institute of Crop Processing Technology, Thanjavur – 613 005. Tamil Nadu Agricultural University, Madurai – 625 104.
36.	28.09.2016	Nuclear Energy – Green Energy of the Future , NSNEGEF - 16.	Kudankulam Nuclear Power Project Sponsored National Seminar	Department of Physics, E.M.G Yadava Womens’s College , Madurai – 14.

37.	29.09.2016 & 30.09.2016	The Role of National Skills Qualifications Framework (NSQF) in Designing the Curriculum.	NAAC Sponsored Internal Quality Assurance Cell Organized "National Level Workshop	IQAC, V.H.N.SenthikumaraNadar College, Virudhunagar– 1.
38.	07.01.2017	Therapeutic Potential Of Low Carib High Fat Diet – An Overview.	UGC Sponsored State Level Seminar	Department of Home Science, Sri Meenakshi Government Arts College For Women, Madurai – 2
39.	28.01.2017	Hurdles To Horizon – Emerging Trends in Food Technology.	UGC Sponsored National Seminar	Department of Food Science and Technology, Arul Anandar College Karumathur, Madurai Dist.
40.	08.02.2017	Nutritional Management in Metabolic Syndrome.	National Seminar	Department Of Nutrition and Dietetics with Computer Application, Sri S. Ramasamy Naidu Memorial College, Sattur.
41.	24.02.2017	Vegetarian And Non Vegetarian Diet – Panacea For Modern Lifestyle Diseases.	State Level Seminar	Department Of Home science, v.v.vanniaperumal college for women, virudhunagar.
42.	01.03.2017	Pulses – The Pulse of Life.	UGC Sponsored International Seminar	Department of Food Service Management & Dietetics, Avinashilingam Women's University, Coimbatore – 43
43.	27.09.2017	Millets – A Gold Coin – II.	UGC Sponsored State Level Seminar	Department of Rural Development Science, Arul Anandar College Karumathur, Madurai Dist.
44.	03.02.2018	Nutrition – Diabetes – Women.	Workshop on Clinical Nutrition	Dietary Department, Alpha Hospital & Research Centre. Madurai.
45.	19.01.2019	Recent Trends in Food Processing Technology – 2019 (RTFPT- 19).	UGC sponsored International Seminar	Department of Food Science and Technology,

				Arul Anandar College Karumathur, Madurai Dist.
46.	22.01.2019	Advancement and Applications of Technology in Food and Textile Industry.	International Conference	Department of Home Science, Mother Teresa Women's University Research and Extension Centre, Madurai.
47.	15.02.2019	Food Processing and Safety Management.	National Conference	Department of Food Processing and Processing Management, SubbulakshmiLakshmipathy College of Science, Madurai.
48.	27.07.2019	Reforms in Curriculum Design and evaluation based on OBE.	workshop	Curriculum cell and Controller of Examinations, SFR college for woman, Sivakasi.
49.	27.09.2019	"Technology in Tele health Care & Dietetics"	National Conference	Department of Food Service Management and Dietetics , held at Avinashilingam Institute for Home science and Higher Education for Women, Coimbatore
50	03.10.2019 & 04.10.2019.	Scientific and Social Approaches to Mental Well being -2019.	UGC Autonomy fund International Conference	Departments of Biochemistry, Zoology, Home Science, & Botany, VVV College for women, Virudhunagar.
51	03.03.2020.	"Insights of Nutrition in Life Style Disorders" in association with Indian Dietetic Association , Kilakarai Chapter.	National Seminar	Dept of Home Science, TBAK College for Women , Kilakarai . organised by the PG Department of Home Science , held at Government Arts College for Women, Sivagangai
52	04.03.2020.	" The Art of Thesis Writing , Preparing the Research paper and Writing the Research Proposal "	State Level Workshop	PG & Research Department of Chemistry Raja Doraisingam Govt. Arts college , Sivagangai
53.	05.05.2020 To 09.05.2020	E-Lecture Series on Nutritional Goals During Self Quarantine.	Live Webinar	Department of Food Science and Nutrition, Holy Cross Home Science College, Thoothukudi.

54.	09.05.2020	Gender and Nutrition.	Live Webinar	Council of Home Science Extension, CHSE.
55.	09.05.2020	Nutrigenomics.	Live Webinar	Xcellogen Biotech India Pvt Ltd.
56.	14.05.2020	Food, Nutrition And Hygiene – Keys To Pro Active Health.	Webinar	Department of B.VOC Food Processing And Quality Control, Stella Maris College, Chennai.
57.	14.05.2020 & 15.05.2020	Outcome Based Curriculum Design.	Live Webinar	Internal Quality Assurance Cell, V.V.Vanniaperumal College for Women, Virudhunagar.
58.	16.05.2020	Nurturing Physical, Social and Mental Health during and Post Covid 19.	International Webinar	Institute of Home science, Dr.Bhimrao Ambedkar University, Agra.
59.	16.05.2020 To 17.05.2020 & 23.05.2020	Food Forensics: Investigating Food Crimes and Frauds.	Webinar series and Virtual Conference	Institute ,of Research and Development, Gujarat Forensic Sciences University.
60.	19.05.2020	Paradigm in Teaching and Learning with Blended mode and Flipped Classroom Model.	Webinar	Hosted by the Controller of Examinations Office. SDNB Vaishnav College, Chennai.
61.	19.05.2020	Food, Nutrition and Livelihood Security during COVID 19 Pandemic.	Webinar	Indian Dietetic Association, Kilakarai Chapter, ThassimBeevi Abdul Kader College for Women,Kilakarai.
62.	19.05.2020	Assessment &Accrediation as a Measure of Internal Quality in HEI's.	Webinar	IQAC, LoganathaNarayanasamy Government College, Ponneri, Thiruvallur Dist.
63.	20.05.2020	Immunity Boosters for COVID19	Webinar	Department of Nutrition & Dietetics& Heber Diet Counselling Cell, Bishop Heber College, Trichy.
64.	20.05.2020	Therapeutic role of foods in enhancing immunity for fighting against COVID – 19 infection.	Webinar	Women Empowerment Cell, Vellalar College of Engineering and Technology, Thindal, Erode -638012.
65.	20.05.2020 To 22.05.2020	Issues & Concerns during COVID.	Online Workshop	IITB Remote Centre (RC1400), Women's Polytechnic College

				&BharathidasanGovtCollege For Women, Pudhucherry.
66.	21.05.2020	Immune Boosting Diet for Covid – 19.	International Virtual Conference	Department of Food Science & Nutrition, The American College, Madurai.
67.	21.05.2020	Nutritional awareness to Thrive in COVID -19 World	Live Webinar	Department of Food Science & Nutrition, Periyar University, Salem.
68.	22.05.2020	Thy Food...Thy Medicine	National Webinar	Department of Home Science and Centre for Research in Association with IQAC. ST.Teresa's College, Ernakulam.
69.	23.05.2020	Energy, Water & Resources Savings' How To Go About Sustainability?	Webinar	Department of B.VOC Sustainable Energy Management, Stella Maris College, Chennai.
70.	23.05.2020	The Need Of The Hour – Food That Enhances Immunity.	Webinar	Department of B.VOC Food Processing And Quality Control, Stella Maris College, Chennai.
71.	25.05.2020	Vitamin D & its Role On Prevention of COVID 19	Webinar	Department of Nutrition & Dietetics, PSG College of Arts & Science,Coimbatore.
72.	28.05.2020	E- Assessment Tools	Webinar	Department of Physics, SeethalakshmiAchi College For Women. Pallathur, Sivagangai Dist.
73.	29.05.2020	Immunonutrition- The way ahead	Webinar	Nutrition Society Of India, (Mumbai Chapter).
74.	29.05.2020 & 30.05.2020	Quality in Teaching, Learning and Evaluation: A Need for Academic Excellence”	Online National Conference	Internal Quality Assurance Cell, St.Aloysius college, Madhya Pradesh.

75.	01.06.2020	Nutritional Sustenance through Dairy Products : Initiative Strategies.	National Workshop	College of Food and Dairy Technology, Tamilnadu Veterinary and Animal Sciences University.
76.	01.06.2020	Health and well-being during Covid-19 Pandemic.	Webinar	PG and Research Department of Microbiology, Biochemistry and Nutrition & Dietetics, Sengamala Thayar Educational Trust Women's College.
77.	03.06.2020	Immune Boosting Herbals – Healthy Practices.	Webinar	PG and Research Department of Plant Biology and Plant Biotechnology, Quaid- E –Millath Government College for women, Chennai, Tamilnadu, India.
78.	03.06.2020 & 04.06.2020	Recent Updates And Current Advances.	International Virtual Conference	Department of Microbiology, The American College, Madurai.
79.	06.06.2020	Art of Writing Research Article.	Webinar	Department of Commerce, E.M.G Yadava Women's College Madurai -14.
80.	09.06.2020	Indian Economy in Post Covid19 : Prospects & Challenges.	National Webinar	Department of Economics in association with Internal Quality Assurance Cell, T.H.K College, Kolkatta.
81.	10.06.2020	Is it possible to manage PCOS Naturally	Webinar	Education online.
82.	13.06.2020	Climate change and Forestry	National Webinar	Department of Zoology, E.M.G Yadava Women's College, Madurai -14.
83.	13.06.2020	Role of Women Entrepreneurs in the Economic Development of India	webinar series 4.0	Women's forum, Bharathidasan College of Arts and Science, Erode – 638116.
84.	14.06.2020	7 tips to increase Wealth during Economic Slow – Down	National Webinar	Department of Commerce, E.M.G Yadava Women's College, Madurai -14.
85.	15.06.2020 & 16.06.2020	Nutrition and Immune System support during COVID 19 Pandemic.	Live webinar	Department of Home Science, Sri Padmavati Mahila Visvavidyalayam (Women's University), Tirupati.

86.	17.06.2020	Food Safety During COVID-19 Pandemic	Live Webinar	Department of Food Science & Nutrition, Periyar university, salem-1.
87.	09.07.2020	Metabolic : A novel research tool to examine mechanism underlying diet disease association.	International webinar	Department Of Food Service Management and Dietetics, Avinashilingam Institute For Home Science And Higher Education For Women-Deemed University, Coimbatore -43.
88.	14.07.2020	Career Avenues for Home science graduates.	Alumni talk series	Department of Home science, Sri Meenakshi Government Arts College for women (A), Madurai.
89.	14.07.2020	Diet, Epigenetics and Cognitive Performance.	National Webinar	Department Of Food Service Management and Dietetics, Avinashilingam Institute For Home Science And Higher Education For Women-Deemed University, Coimbatore -43.
90.	15.07.2020	PYTHON – An Unique Sword To Win Over Job War.	Webinar	Department of Computer science, computer Applications & Information Technology, E.M.G Yadava Women’s College, Madurai - 14.
91	16.07.2020 To 20.07.2020	World Tiger Day in the theme Cognize About Tiger	National Level Awareness Programme	NATURE CLUB of Rajapalayam Rajus College and Wildlife Association of Rajapalayam (WAR)
92.	18.07.2020	3D Materials for Future Energy Technology.	Live webinar	Department Of Chemistry, E.M.G Yadava Women’s College, Madurai -14.
93.	21.07.2020	Graduate Attributes and Professional Competencies.	Webinar	Department of Home science, Sri Meenakshi Government Arts College for women (A), Madurai.
94.	05.08.2020 & 06.08.2020	Entrepreneur as A Career.	Live Webinar	IQAC Research, Innovation & Extension Cell and Entrepreneurial Development Cell, E.M.G Yadava Women’s College, Madurai - 14.
95	27.08.2020	The Emerging Trend of Literature during COVID – 19 Pandemic Period: A Global Perspective	International webinar	Department of English & Comparative Literature, School of English & Foreign

				Languages of Madurai Kamaraj University, Madurai - 21.
96.	29.08.2020	Building Emotional Resilience in Ties of Stress.	Live National webinar	Department of Nutrition & Dietetics, Government Arts College For Women, Nilakottai, Dindigul.
97.	29.08.2020	A Pathway to International Patenting.	Webinar	SNS Institutions.
	29.08.2020	Patent	National level webinar	spot light MDU, Madurai, Tamilnadu and Tamilnadu Science Forum.
98.	04.09.2020	Farm Fresh Produce Processing: Challenges and Intervention	Webinar	ICAR-CIAE, Regional Centre, Coimbatore.
99.	05.09.2020	The Psychology and Dietary Management of Eating Disorders	Nutri Bulletin series	Indian Dietetic Association, Mumbai chapter.
100.	07.09.2020	Dietary Approach for Health and Fitness Busting Myths on Fad Diets	Webinar	Department of Food Service Management and Dietetics & Diet Counselling Cell, Cauvery College for Women , Trichy.
101.	07.09.2020	Eat Right, Bite by Bite During Global Pandemic	Webinar	Department of Food Science and Nutrition, CMC College of Science and Commerce.
102	10.09.2020	Food Safety Series – Food Risk Analysis	Webinar	Department of Food Science and Technology, School of Life Sciences, Pondicherry university.
103	11.09.2020	Eat Right, Bite by Bite During Global Pandemic	Webinar	Research centre of Home Science, Fatima college, Madurai.
104	11.09.2020	Drudgery Reduction in Rice Cultivation Operations through Farm Mechanisation	Webinar	ICAR, CIAE Regional centre, Coimbatore.
105.	12.09.2020	Eat Right, Bite by Bite During Global Pandemic.	National Nutrition Week program webinar session	Department of Home science, Sri Meenakshi Government Arts College for women (A), Madurai.

106.	30.10.2020	Importance of Staple Food Fortification with Special Reference to Salt Fortification.	State Level webinar	Indian Dietetic Association (IDA) Kilakarai, ThasimBeevi Abdul Kader College for Women, Kilakarai, Consumer Welfare Association, Kilakarai, Tamilnadu Consumer Protection and Environmental Research Centre (TNCPERC), Thiruvarur, & Nutritional International (NI) New Delhi.
107	02.11.2020 & 03.11.2020	Human Microbiome at the Interface of Health and Disease	TNSCST sponsored National Virtual Conference	Postgraduate Department of Microbiology, The American College, Madurai.
108.	10.11.2020	NAAC Re accreditation Process During Post Covid Scenario	National webinar	Internal Quality Assurance Cell, Yadava College, Madurai.
109.	11.11.2020	Dietary Dilemma in Diabetes	Webinar	Health Foods and Dietary Supplements Association (HADSA).
110.	12.11.2020	Teacher Education in the NEP 2020 : Opportunities and Challenge.s	National Online Webinar	Center for Capacity Building Programmes for School Teachers, Tamilnadu Teacher's Education University, Chennai.
111.	12.11.2020	Stewardship of Natural Resources and Green Industry Development & Best Practices of Collaborative Research and Innovations for Rural Development.	National Webinar	Extension Department, St. Joseph's College, Trichy.
112	14.11.2020	Online Diabetes Awareness Drive	AEDEN	IAPEN (Indian Association for Parenteral and Enteral Nutrition), Kochi chapter.
113.	18.11.2020	Copyright and Patent Laws: An overview.	Special Lecture National Webinar	Internal Quality Assurance Cell, Yadava College, Madurai.
114	03.12.2020	Copyright and Patent Laws: An overview	Special Lecture National Webinar	Internal Quality Assurance Cell of Yadava College, Madurai.

115.	14.12.2020	Strategic plan for Implimentation of NEP in Universities through online mode.	Attended the panel discussion	During the MOU Signing Ceremony, For Academic Collaboration between the Institute of company secretaries of India, New Delhi and Bharathiyar University, Coimbatore ,Tamilnadu.
116.	16.12.2020	Nutrition, Nutraceuticals, Health and Wellness- Academia Industry Interface.	National Webinar	Nutrition and Nutraceutical Research Centre (NNRC), Ramaiah University of Applied Sciences (RUAS), Bengaluru, India.
117.	02.01.2021	Best Practices in SSR Preparation with special reference to revised NAAC Framework.	National Workshop	IQAC cell, Padmashree Institute of Management and Sciences, Bengaluru.
118.	06.01.2021	Revised Accreditation Framework Of Naac.	National Webinar	IQAC – Teaching Learning Cell , E.M.G Yadava women’s College, Madurai.
119.	22.01.2021	Intellectual Property Rights.	Online National Level Webinar	IQAC and IPR cell, Rathinam College of Arts and Science, Coimbatore.
120.	29.01.2021	Intellectual Property Rights.	Online webinar	IQAC and Research and Development Cell, E.M.G Yadava women’s College, Madurai.
121.	30.01.2021	Academic Writing and Research Avenues.	Online webinar	Department of Home science, Sri Meenakshi Government Arts College for women (A), Madurai.
122.	01.02.2021 & 11.02.2021	New Education Policy :The urge for transformation in Higher Education.	Online National Seminar	IQAC supported by NAAC, Bengaluru, E.M.G Yadava women’s College, Madurai.

123.	12.02.2021	Food, Nutrition, Health And Wellness.	Talk Series	Department of Home Science, Gandhigram Rural Institute (Deemed to be University), Dindigul.
124.	19.02.2021	Sports Management And Sports Nutrition.	Online International Webinar	Department of Physical Education, Food Science and Technology and Business Administration, Arul Anandar College, Madurai.
125.	06.03.2021	Women's Health.	Symposium	Nutrition Society of India, Chennai Chapter.
126.	10.03.2021	Nutrition and Immunity Post Pandemic.	National Webinar	Internal Quality Assurance Cell in Collaboration with Department of Clinical Nutrition and Dietetics, Saint Mary's College, Shillong, Meghalaya.
127.	07.04.2021	Weight Loss Nutrition & Bariatrics	Webinar	Indian Bariatrics.
128	18.08.2021 To 20.08.2021.	Criteria -IV Infrastructure & Learning Resources & Department of library sciences	Webinar	EMG Yadava Women's College, Madurai -14
129	23.08.2021 To 25.08.2021.	Department of library sciences & Infrastructure and Learning Resources	Webinar	EMG Yadava Women's College, Madurai -14
130	17.09.2021	Intellectual Property Rights	Online Workshop	IQAC and Research & Development Cell , E.M.G Yadava Women's College, Madurai - 14.

NATIONAL/INTERNATIONAL SEMINAR, WEBINAR,WORKSHOP, CONFERENCE & SYMPOSIUM ORGANISED			
S.NO	DATE	TITLE	EVENT NAME
1	03.01.2007	“Women and Entrepreneurship	Guest Lecture
2	10.01.2007.	“Nutritional problems of Teenage girls and Remedies	Guest Lecture
3	13.09.2013	In commemoration of BREAST FEEDING WEEK AUG 1-7 “Breast Milk is Best Milk”	Poster Competition
4	30.09.2013	World Heart Day Celebration - ”Food for the Heart”	poster Competition
5	04.10. 2013	Inter-college nutrition quiz contest	Inter – Collegiate Quiz Competition
6	21.02.2014	State Level Science Expo	State Level Science Expo
7	29.01.2014	Scope for research and development in nutrition and dietetics.	Research and Development programme seminar
8	28.07.2014	Nutri - Quiz	Nutri - Quiz
9	11.08.2014	Food for Health and Fitness. inter collegiate cookery competition in the topic – preparing and displaying ‘Iron Rich Snack’	Symposium
	05.08.2015	“Role of Functional Foods in Women’s Health”	Guest lecture
10	07.02.2019	Mental Health and Nutrition”	Guest lecture
11	02.08.2019	“ Healthy Lungs – An Overview”	Guest lecture
12	09.08.2019.	In commemoration of BREAST FEEDING WEEK AUG 1-7 “Breast Milk is Best Milk”	poster Competition
13	20.07.2020 To 24.07.2020	“Nutrition and Diet to Boost your Immunity”	Online Certificate course
14	31.08.2021	“Role of Nutrients on Immunity”	Guest lecture
15	16.10.2021 To 18.10.2021	“World Food Day	Online Quiz
16	01.11.2021	World Vegetarian Day - Mushroom soup	Sales Day

ACTED AS RESOURCE PERSON IN OTHER INSTITUTION

S.NO	DATE	TITLE OF THE PROGRAMME/ EVENT NAME	NAME OF THE INSTITUTION	DISTRICT/STATE/NATIONAL/INTERNATIONAL
1	16.02.2007.	Acted as Resource person and delivered a lecture RRC - orientation programme to all I Year students - "Importance of Nutrition during Adolescent Age Group.	E.M.G Yadava Women's college	College level
2	23.09.2008	Acted as Resource person and delivered a lecture 150 NSS students "Iron Deficiency Anaemia & Cognitive behaviour of adolescence.	sivakasi Nadar Pioneer Meenakshi womens college , Poovanthi, Sivagangai	College level
3	17.09.2009	Lecture given for the event - "Apple Dumpling day" celebration - "Health benefits of Apple"	live program of Suriyan FM, Madurai	
4	14.11.2009.	"Diabetes Awareness camp" at lingavadi village Acted as Resource person and delivered a lecture in the topic "Food habits in relation with diabetes"	live program of Suriyan FM, Madurai	
5	09.12.2009	"Quiz programme"	E.M.G Yadava Women's college	

6	04.03.2010.	Mini health tips given in the topic “Food choices during summer days”	live program of Suriyan FM, Madurai	
7	25.03.2010	Lecture given in the topic“Health impact of vegetarian and non-vegetarian foods”.	live program of Suriyan FM, Madurai	
8	01.08.2011.	Acted as Judge for Cookery Competition .	Jain Vidyalaya School Thirupalai, Madurai – 14	School level
9	24.07.2012	Flower arrangement Demo class – III N&D .	E.M.G Yadava Women’s college	
10	28.02.2013	health tips and selection of foods during hectic examination days exclusively for plus two students	live program of Suriyan FM, Madurai	
11		Acted as Judge for E Poster Competition in the topic HEALTHY FOOD FOR HEALTHY LIFE, organized by Dept of Home Science,	S.D.N.B Vaishnav college for women, Chennai. 2020.	College level
12	08.09.2016.	Resource person For guest lecture given in the topic - Iron Deficiency Anaemia and Cognitive Behaviour of Adolescents”	Home science department students of Government College For Women, at Sivagangai	

13	17.09.2016.	“Iron Deficiency Anaemia and its Dietary treatment” to women folk	Social Welfare and ICDS department ,Government of Tamil Nadu	
14	27.09.2019.	Acted as one of the judge for the oral presentation in the DST – CURIE Sponsored One Day National Seminar on “Technology in Telehealth Care & Dietetics”.	Department of Food Service Management and Dietetics , held at Avinashilingam Institute for Home science and Higher Education for Women, Coimbatore	National

ARTICLES PUBLISHED IN JOURNALS / MAGAZINES

S.N O	TITLE WITH (DOI)	NAME OF THE JOURNAL/MAGAZINE	NATIONAL/ INTERNATIONAL	IMPACT FACTOR	SCOPUS	CITATION INDEX	h-index	VOLUME, ISSUE, MONTH & YEAR
1	Development and Standardization of Iron Rich Biscuits and their Physical and Sensory Attributes	International Journal of Research and Analytical Reviews (IJRAR)	International	5.75	-	-	-	Volume 6 , Issue 2, May 2019
2	“ Effectiveness of Nutritional Intervention on Anemia Among Adolescent Girls With Iron Deficiency Anemia”	UGC CARE Approved Group 2, An ISO NO:7021 – 2008 Certified Journal . Infokara Research	International	5.3				Volume 8, Issue 12 December - 2019.
3	Article published in the topic- Mini Bus.	Voice Your Views Column - The Hindu News paper	National					26.1.2004

4	Article published in the topic- Use of Loud Speakers in Election Campaign.	Voice Your Views Column The Hindu News paper	National					22.3.2004
5	Article published in the title Hostels for Working Women in the City – Additional Funds	Voice Your Views Column The Hindu News paper	National					7.5.2005
6	Article published in the title School Children and Safety	Voice Your Views Column The Hindu News paper	National					25.11.2010

PUBLICATION OF BOOK / BOOK CHAPTERS / MONOGRAPH / PAPERS PUBLISHED IN CONFERENCE/ PROCEEDINGS

S.NO	TITLE OF THE BOOK / CHAPTERS / PROCEEDINGS	TITLE OF THE PAPER	NATIONAL / INTERNATIONAL	PUBLISHER DETAILS	ISBN / ISSN OF THE PROCEEDINGS	YEAR
1	Recasting Communication Strategy to Health for all	Communication Strategy on Non-Communicable diseases.	National	-	-	2004
2	Recent Trends in Biotechnology	Genetically Modified Foods.	National	-	-	2010
3	Sports And Nutrition: Modern Scientific Technologies to Empower Sports Personnel	Sports and Nutrition	International	Macmillan publishers India limited,	ISBN 978-9350-59339-4	2012
4	Women Empowerment Milestones and Challenges	A Case Study on women Entrepreneur in Electronic Field.	National	Shanlax press, TPK main road, Vasantha nagar , Madurai - 3	978-81-910124-4-6	2015
5	Futuristic Research in Nutrition & Dietetics”(NCFRND-2015)	Food Consumption Pattern and Nutritional Status of selected Physically Handi capped Children.	National	-	-	2015
6	New Horizons, Emerging Challenges And Recent Paradigms In Food Mediated Immunity And Their Role In Human Health And Longevity	Nutritional qualities of Biscuits Prepared from Barnyard Millet and Garden cress Seed To Combat Iron Deficiency Anaemia.	International	-	-	2016

7	Nutritional Management in Metabolic Syndrome	Formulation and Acceptability Study of Micro Nutrients Rich Biscuits, prepared using Millets.	National	First edition 2017	ISBN Number 978-81-933316-2-0	2017
8	Pulses –The Pulse of Life”	Development and Evaluation of Value added Minor Millets – Pulse Based Iron Rich Biscuit to treat Anaemia	International	Laser Park Publishing House , Coimbatore.	ISBN 978-93-84234-92-8	2017
9	Insights of Nutrition in Life Style Disorders	“Prevalence of Anemia among Adolescent Girls in Madurai – Tamilnadu.	National	-	-	2020

LEADERSHIP/TEAM WORKING SKILLS

S.NO	CELL/CLUB/COMMITTEE/ASSOCIATION	POSITIONS HELD (NODAL, COORDINATOR/ ASSISTANT COORDINATOR / MEMBER)	DURATION MONTH/YEAR
1	HOD	HOD	Since 2008 to till date.
2	Staff Club In - charge for SF dept	Member	2009 – 10
3	Magazine	Member	2008 - 09
4	IQAC – Curriculum Cell	Member	2018- till date

POSITIONS HELD AT OTHER INSTITUTIONS (BOS, ACM etc.,)

S.NO	NAME OF THE INSTITUTION	POSITIONS HELD	DURATION MONTH/YEAR
1	Board of Studies – For Food Processing & Quality Control (Both UG & PG). V.V.Vanniaperumal College for Women, Virudhunagar.	Member	13.04.13 April 2013
2	Board of Studies – For B.Sc Nutrition & Dietetics & Certificate Course- Food Preparation & Food Preservation. SFR College for Women, Sivakasi	Member	08.02.2014 February 2014
3	Academic Audit Member – For B.Sc Food Science & Technology.	Member.	December 2014

	Arul Anandar College, Karumathur, Madurai.		
4	Board of Studies –Dept of Home Science, For M.Sc Food Processing & Quality Control .V.V.Vanniaperumal College for Women, Virudhunagar.	Member.	01.04.16 April 2016
5	Board of Studies –Dept of Home Science V.V.Vanniaperumal College for Women, Virudhunagar.	Member.	07.06.2018. June 2018
6	Board of Studies –Dept of Home Science V.V.Vanniaperumal College for Women, Virudhunagar.	Member.	25.10.2019. October 2019

V. INNOVATIVE TEACHING SKILLS

ICT ENABLED TEACHING METHODS	
S.NO	
1	Online Teaching Method – Google Meet
2	PPT Method
3	Google Class Room

COLLABORATIVE ACTIVITIES IN OTHER INSTITUTION – EXTENSION/ CONSULTANCY			
S.NO	DATE	TITLE	NAME OF THE INSTITUTE/CORPORATE/ ADOPTED VILLAGE
1	13.05.2013	Resource person For guest lecture - IMPORTANCE OF BALANCED DIET AND FOOD GROUP - to rural school going adolescent girls.	ICDS i.e Integrated Child Development Service in Govt Girls Hr.Sec.School ,BB Kulam Madurai.
2	22.03.2021	“Dietary Guidelines to Boost Your Brain During Exam Days” for Higher secondary students.	PSY Matriculation higher secondary school, Narayanapuram, Madurai - 14.
3	22.08.2021	“IMMUNE BOOSTING FOODS TO OVERCOME COVID-19 (NUTRITION EDUCATION PROGRAMME)”.	Harish Bakery, Madurai

e- CONTENT DEVELOPED

S.NO	DATE	TITLE	SOCIAL NETWORK (YouTube, Slideshare, Blog, MOOCs, Others)	LINK
1.	05.08.2021	Unit – I Nutrition during Adulthood	<u>SLIDESHARE</u> https://classroom.google.com/c/Mzc1OTU0MTcyNzE1/m/Mzc3MjMwNTMzMDgz/details	https://drive.google.com/file/d/1ZeVMnFYx802XZNYZxYXCxGP0ZW6p7iIU/view?usp=sharing
2.	11.08.2021	Unit – II	<u>SLIDESHARE</u> https://classroom.google.com/c/Mzc1OTU0MTcyNzE1/m/Mzc5MTQzMjY1Njky/details	https://drive.google.com/file/d/1j3UPjXnjoCwp_26nFSy-gme9nCQAxqj9/view?usp=sharing
3.	11.08.2021	Unit – IV Lipids	<u>SLIDESHARE</u> https://drive.google.com/file/d/1KDhnZ_WK3oSDpL-0kTSU6PCIakrPCuet/view?usp=sharing	https://drive.google.com/file/d/1KDhnZ_WK3oSDpL-0kTSU6PCIakrPCuet/view?usp=sharing

4.	25.09.21	Nutrition and diet to boost your immunity	<p><u>SLIDESHARE</u></p> <p><u>https://docs.google.com/presentation/d/1dpIIDWGqeIhsyJWYwpOEeo5qApaBiW73/edit?usp=drivesdk&oid=114885889220151937727&rtpof=true&sd=true</u></p>	<p><u>https://youtu.be/tb1jhZ01zyc</u></p>
5.	25.09.21	Nutrition and diet to boost your immunity	<p><u>SLIDESHARE</u></p> <p><u>https://docs.google.com/presentation/d/1Y_yBGc2uBtd2xLCnt4Rc8v-VmU_ZtEFB/edit?usp=drivesdk&oid=114885889220151937727&rtpof=true&sd=true</u></p>	<p><u>https://youtu.be/Ogl8p_yZiUg</u></p>
6.	25.09.21	Nutrition and diet to boost your immunity	<p><u>SLIDESHARE</u></p> <p><u>https://docs.google.com/presentation/d/1G3aUMHZoykjyYY3FKz6ri1mRMB1iUu8u/edit?usp=drivesdk&oid=114885889220151937727&rtpof=true&sd=true</u></p>	<p><u>https://youtu.be/XLLHH3BPS0c</u></p>

7.	25.09.21	Nutrition and diet to boost your immunity	<u>SLIDESHARE</u> https://docs.google.com/presentation/d/1a8-laEv1O4-3KXDWKH4raXeBCyqKBnIC/edit?usp=drivesdk&ouid=114885889220151937727&rtpof=true&sd=true	https://youtu.be/9eHubHwChBI
8.	25.09.21	Nutrition and diet to boost your immunity	<u>SLIDESHARE</u> https://docs.google.com/presentation/d/1kR36TOgLeycaFFvz5UVNCaxw2gxQESNx/edit?usp=drivesdk&ouid=114885889220151937727&rtpof=true&sd=true	https://youtu.be/zgLiQEVDnkc

VI. COMPUTER SKILLS

COMPUTER LANGUAGE/TECHNICAL SKILLS	
S.NO	
1.	Know to type English word document in computer.

VII. LANGUAGE PROFICIENCY

S.NO	LANGUAGE	SPEAK	READ	WRITE
1	Tamil	✓	✓	✓
2	English	✓	✓	✓

VIII. OTHER SKILLS

S.NO	SKILLS
1	Drawing, Rangoli , Singing, Cooking, Reading books