

PROFILE

NAME : Ms. N.CHELLAM

EDUCATIONAL QUALIFIATION : M Sc, (PhD)

DESIGNATION : ASSOCIATE PROFESSOR

DATE OF JOINING : 20.06.2000

DATE OF RETIREMENT : 31.05.2033

EXPERIENCE UG/ PG/ M. Phil : 18 YEARS

ACADEMIC DISTINCTIONS : NET PASSED

AREA OF SPECIALISATION : FOOD SERVICE MANAGEMENT AND DIETETICS



RESEARCH PUBLICATION

- **SEMINARS/CONFERENCE :** National (12); International (4)
- **BOOKS :** 6 CHAPTERS
- **PUBLICATION :** 19
- **PROJECT :** 1
- **AWARDS :** 4

MEMBERSHIP IN PROFESSIONAL BODIES

- Life Member in Indian Dietetics Association
- Life Member in Nutrition Society of India

EXTERNAL PROFESSIONAL SERVICES RENDERED

- District Monitoring and Motivation Committee Member and Subject Expert for Tiruchirappalli Chief Ministers Nutritious Noon Meal Programme, 2014 onwards.
- Subject Expert for Course Revision, Dhanalakshmi Srinivasan College of Arts and Science, Perambalare, Tiruchirappalli, 19.06.2018
- Technical Committee member for International Congress on Renaissance in Sports- Strategies, Challenges & Choices, National College & Ministry of Youth Affairs & Sports, Government of India ,2017
- Subject Expert for Faculty Development Program at Cauvery College for Women, Tiruchirappalli, 5.10.2017& 06.10.2017
- Nutrition Counselor for Integrated Child Development Services, Tiruchirappalli, 08.01.2018
- Examiner for UG and PG courses of Jamal Mohammed College, Tiruchirappalli, 12.10.2015
- Examiner for Clinical Nutrition Programme of Ramachandra Medical College, Chennai, 2015

- External examiner for SRM Medical College, Tiruchirappalli, 2015
- External Expert and Trainer for the IECD Program of Bharathidasan University, Tiruchirappalli, 2004
- Examiner for Practical Exams, Aiman College, Tiruchirappalli, 2017

CONTRIBUTIONS TO MOOCS / ePG -PATHSHALA

- e-module and online lesson on Equipment for Quantity Food Production-H06QF06
- e-module and online lesson on Processed and Preserved Foods in Food Service-H06QF15
- e-module and online lesson on Kitchen Layouts-H06QF16
- e-module and online lesson on Healthy Cooking for Food Service –H06QF25
- e-module and online lesson on Portion Control- H06QF36
- e-module and online lesson on Management Of Financial Resources- H06QF40

NON REMUNERATIVE CONSULTANCY SERVICES (EXTERNAL)

- Designed nutritionally balanced 15 days lunch menu for Brindavan Vidyalaya International School, Tiruchirappalli
- Suggestions offered for remodeling the infra structure of Government Noon Meal Production areas of Tiruchirappalli District
- Inspection to the Anganwadi and Noon meal Centers of Trichirappalli
- Annal Gandhi Small Scale Industry, Karur, Simple Food Processing Techniques
- Planning and guidance for the Food Festival conducted by the Department of ICDS, Tiruchirappalli under the supervision of District Collectorate.
- Breast cancer examination training to student, rural women and government employees.
- Health care counseling for the industrial employees of state bank, canara bank, BHEL Employees.

EVENTS ORGANIZED - HIGHLIGHTS

- UGC and Youth development fund jointly sponsored 2 days training and expo on “Health for Youth- Phase: I General and Reproductive Health of Adolescent girls” 4th and 5th January 2006.
- UGC sponsored workshop on “Health for youth- Phase II –A Social approach”, 2008.
- Mega district Nutrition week celebration in tie up with district Nutrition office, September 6, 2005.
- Grand Nutrition week celebration “Assofestember” 1 to 5 th September, 2015.
- Workshop on Ensuring Safe & Nutritious Food in tie up with Department of food safety & Drug Administrations, Tiruchirappalli District, 18.01.2018
- 2 days workshop on Fitness Management in tie up with Indian Dietetics Association, Coimbatore Chapter & Department of Physical Education, SRC, 2018

- Organized video conferencing session for student with a reputed Bariatric Dietitian from Australia, 2018
- Cultural Events at Traditional Food Festival-25th December 2017, Integrated Child Development Services
- Diet Counseling Outlet and Health Awareness Cultural Events at Traditional Food Festival, District Collectorate and Integrated Child Development, 03.03.2017
- International Dietetics Day Campus Rally as part of Indian Dietetics Association Coimbatore Chapter, 11.01.2017
- Product Launching Ceremony for 14 Nutritionally Superior Health based standardized food products (out of them one product won the best invention award in an International Conference on Pulse for Pulses organized at Avinashilingam Deemed University, Coimbatore)
- Training for Competitive Examination for Campus Students in Tie-up with District Employment Office, Pace Academy and Viswas Academy, 2012-2018
- Training to the alumnae of Home science and Nutrition and Dietetics for Participation in TNPSC Child Development project officers post Exam 2016 in two phases for 22 candidates and 7 got placed in 3 districts of Tamilnadu.
- Breast Cancer Awareness workshops at State Bank of India, SRC and Rural Areas
- EDP Training programs for Rural Self Help Group a in tie up with District Industry Center- Navaloorekuttappattu & Vaaladi, 2003-2006
- Mass weighing Campaign at Pullambadi Block for Screening Undernourished Children among the Beneficiaries of Anganwadi Centers, 2016
- Breast Feeding Awareness for pregnancy & lactating mother of the Community and College Staff, 2008- 2017

PARTICIPATION IN MASS MEDIA

- Short talk – Nutrition for women in Akashwani, 01.09.2015
- Live phone-in programme- Nutrition for General Health in FM Rainbow, 03.09.2015
- Live phone-in programme – Value added products in millets, 29.09.2014
- Variety programme – Importance of Breast feeding, 01.09.2013
- Variety programme – Health and Nutrition, 01.09.2012
- 5 Talklets on Micronutrients in Maruthuva Neram Programme, 01.09.2011-05.09.2011
- Live phone-in programme- College Kalakkal in FM Rainbow, 05.03.2018
- Jaya TV, 'Magalir Mattum', Judge for Cookery Competition, 2000
- E Nadu Television interview on National Integration and Role of Youth, Berhampur university, Orissa, 2002
- Thanthi TV, Nutritional Benefits of Mushroom, 16.12.2017
- Sanga Thamizharin Unavu, Tiruchirappalli FM Rainbow, 23.03.2017
- Unavu Nalladhu Vendum, Live Phone-in Programme, 27.07.2017

ARTICLES PUBLISHED IN MAGAZINES

- Diet care for students during examination, Thillai times, 16.01.2006
- Kodai kaala recipigal- Tender coconut, Dinamalar-Pengal Malar , 12.04.2014
- Kodai kaala recipigal- Palm fruit, Dinamalar Pengal Malar, 19.04.2014
- Kodai kaala recipigal- Watermelon, Dinamalar-Pengal Malar, 26.04.2014
- Kodai kaala recipigal- Cucumber, Dinamalar-Pengal Malar, 02.05.2014
- Kodai kaala recipigal- Muskmelon, Dinamalar-Pengal Malar, 10.05.2014
- Kodai kaala recipigal- Mango, Dinamalar-Pengal Malar, 17.05.2014
- Kodai kaala recipigal- Jack fruit, Dinamalar-Pengal Malar
- Kodai kaala recipigal- Butter milk, Dinamalar-Pengal Malar, 31.05.2014
- Kodai kaala recipigal- Fenugreek, Dinamalar-Pengal Malar, 07.06.2014
- Siru thaaniya unavugal- Kambu, Dinamalar-Pengal Malar, 14.06.2014
- Yedaiyai kuraikum ragi, Dinamalar-Pengal Malar, 21.06.2014
- Siru thaaniya unavugal- Cholam, Dinamalar-Pengal Malar, 28.06.2014
- Siru thaaniya unavugal- Kuthiraivaali, Dinamalar-Pengal Malar, 05.07.2014
- Siru thaaniya unavugal- Thinai, Dinamalar-Pengal Malar, 12.07.2014
- Siru thaaniya unavugal- Varagu, Dinamalar-Pengal Malar, 19.07.2014
- Siru thaaniya unavugal- Panivaragu, Dinamalar-Pengal Malar, 19.07.2014
- Siru thaaniya unavugal- Samai, Dinamalar-Pengal Malar, 02.08.2014
- Unavey Marundhu- Yeathirppusakthi Tharum Thayir, Dinamalar-Pengal Malar, 09.08.2014
- Unavey Marundhu- Puradhasathu tharum soya, Dinamalar-Pengal Malar, 16.08.2014
- Unavey Marundhu- Puttrunoyai thadukum Thakkali, Dinamalar-Pengal Malar, 23.08.2014
- Unavey Marundhu- Neerizhivunoyai kattupaduthum Kaalaan, Dinamalar-Pengal, Malar, 30.08.2014
- Unavey Marundhu- Yeathirpusakthi tharum Vengaayam, Dinamalar-Pengal Malar, 06.09.2014
- Unavey Marundhu- Puttrunoyai thadukum Inji, Dinamalar-Pengal Malar, 13.09.2014
- Ethirpusakthi neraindha Madhulai, Dinamalar- Pengal Malar, 27.09.2014
- Vitamin C Niraindha Koiya, Dinamalar- Pengal Malar, 04.10.2014
- Vitamin E Konda UlarPalangal, Dinamalar-Pengal Malar, 18.10.2014
- Nalam tharum Naval, Dinamalar- Pengal Malar, 25.10.2014
- Palangal tharum Parangi, Dinamalar- Pengal Malar, 08.11.2014
- Uyar Rathaaluthamum Unaviyal Theervugalum, Dinamalar-Pengal Malar, 15.11.2014
- Neerilivunoiku karanamana Udalparuman, Dinamalar-Pengal Malar, 29.11.2014
- Unavu kuzhai Allergy, Dinamalar- Pengal Malar, 13.12.2014
- Unavum Urakamum, Dinamalar- Pengal Malar, 20.12.2014
- Neendanaal Thurathum Asthma, Dinamalar- Pengal Malar, 27.12.2014
- Pengal Pirachanaigal, Dinamalar- Pengal Malar, 03.01.2015
- Udalai Thakum Ragasiya Aayudham- Unavu Kalapadam, Dinamalar- Pengal Malar, 10.01.2015

- Ninaivatralai Adhigarikum Unavugal, Dinamalar- Pengal Malar, 24.01.2015
- Mudhumaiyai Thalli Podum Unavugal, Dinamalar- Pengal Malar, 31.01.2015
- Ootasathu matrum Patthiya Unaviyal, Thinamani- Maanavar Malar, April 2015
- Women at higher risk Vitamin A deficiency rising exposure in the morning, Indian Express, 13.05.2018
- Timely Sleep Healthy Food Habits key to retaining focus during exams, Indian express, 22.02.2018
- Health watch: Adapt Food Habits according to changing Climatic Condition for best results: Expert; Indian Express, 19.01.2018
- Cool of this Summer with a dose of Health; Indian Express, 19.05.2018

CHAIR PERSON / RESOURCE PERSON IN SEMINARS & CONFERENCES

- Chair Person for a Technical Session , National Conference on Futuristic Research In Nutrition and Dietetics, Jamal Mohammed College, 12.10.2015
- Resource Person and Delivered a Lecture on Principles and Prospectus on Food Preservation Technology, National Conference on Futuristic Research In Nutrition and Dietetics, Jamal Mohammed College, 12.10.2015
- Chair person in a National Conference on Recent Trends in Adolescent Nutrition and Reproductive Health Care, Avinashilingam University, 04.02.2016 and 05.02.2016
- Chair Person for Paper Presentation for Sports Diet Management , International Congress on Renaissance in Sports Strategies ,Challenges and Choices, National College, Tiruchirappalli, 10.02.2017 and 11.02.2017
- Chair person for Short Film Documentary Contest on Indian Sports –Hither to and Hereafter, International Congress on Renaissance in Sports Strategies ,Challenges and Choices, National College, Tiruchirappalli, 10.02.2017 and 11.02.2017

RESOURCE PERSON FOR LECTURES INVITED

- Micronutrients Deficiency-A drawback of Indian economy, Valedictory function of Nutrition week Celebration, World bank assisted Integrated Child Development Services III, Tiruchirappalli, 21.09.2005
- Health and Nutrition-A journey towards Women empowerment by Reproductive Health, Department of Health care and Hospital Management, Shrimathi Indhira Gandhi college, Tiruchirappalli, 12.09.2005
- Programme Your Meal, Department of Computer science, Seethalakshmi Ramaswami College, Tiruchirappalli, 07.01.2010
- Nutrition and Dietetics- Science seminar for Rural School teachers Extension, Department of St.Joseph college and Tamilnadu State Council for Science and Technology, Chennai, National council for Science and Technology Communications, New Delhi, 23.01.2010
- SPICON'10-Effects of Spices and Condiments on Human health, PG and Research Department of Nutrition and Dietetics, Bharath College of Science and management, Tanjore, 03.03.2010

- Planning strategy for Organizing Association Activity in the field of Nutrition and dietetics, Department of Nutrition and Dietetics, Jamal Mohammed College, Tiruchirappalli, 30.08.2010
- Nutrition for Achievers PG Department of social welfare, Shreemath Andavan Arts and Science college, Tiruchirappalli, 12.10.2010
- Science Conference for the Anganwadi workers of Thogaimalai and Andhanallur block, Tamilnadu State Technology Board and National Science and Technology Department, New Delhi and extension Department of St. Joseph College, Tiruchirappalli, 03.12.2010
- District Level inspection Committee meeting for Siddha Doctors Pudukkotai District Government, General Siddha Hospital, 03.11.2014
- Principles and Prospects of Food Technology, Department of Biotechnology, Seethalakshmi Ramaswami College, Tiruchirappalli, 14.09.2014
- Road Map to Healthy life, Department of Commerce, Seethalakshmi Ramaswami College, Tiruchirappalli, 11.06.2015
- Principles and Prospectus On Food Preservation And Technology, National Seminar on Futuristic Research in Nutrition and Dietetics, Department of Nutrition and Dietetics, Jamal Mohammed College, Tiruchirappalli, 12.10.2015
- Food-The epitome of Existence, Department of History, Seethalakshmi Ramaswami College, Tiruchirappalli, 26.09.2013 to 28.09.2013
- General and Reproductive Health of Women, Teachers Day Celebration, Savithiri Vidhyasala, Tiruchirappalli, 10.09.2015
- Adolescents- A period of Mysterious wonders, PNRM Polytechnic, Tiruchirappalli, 12.10.2012
- Health and Nutrition for School going Children Kamakoti Vidyalaya, Tiruchirappalli, 24.06.2015
- Health management for Anbalayam Working Staff, Anbalayam Rehabilitation Centre BHEL, 27.08.2014
- Health and Nutrition at Work Spot-Awareness to the employees BHEL, Tiruchirappalli, 10.09.2012
- Back to Nature-Save the Future, Canara Bank-Study Circle, Tiruchirappalli, 21.02.2013
- Diet care for Diabetes, State Bank of India, Head office, Tiruchirappalli, 11.08.2014
- Health and Nutrition for Teenagers, Kajamalai Ladies Association and Rehabilitation, Department of Holy Cross College, 21.08.2015
- Training Programme for Anganwadi Teachers of Manachanallur block, Department of ICDS, Manachanallur block, 18.06.2016
- Food and Nutrition for All age group, Faculty Enrichment programme for Physical Education Teachers, Amirtha Vidyalayam, Tiruchirappalli, 25.06.2016
- Brain Boosting Nutrition for School Children, Teachers Refresher Course Kamakoti Vidyalaya, 2017
- Parenting Session at Amirtha Vidyalayam for Parents on 16.07.2016

- Nutrition for early Childhood, Amirtha Vidyalayam, KG Refresher course, 12.04.2018
- Kamakoti Vidyalaya , Student Refresher program, 2014
- Breast Feeding Week Celebrations of Karur District
- Role of Nutrition on Brain Development of Pre School Children, CDPOs Training Programme, ICDS, 24.11.2016
- Resource person for Heritage Food Festival, Extension Department of St Joseph College, 10.03.2017
- Judge for Role Play Competition for Founder's day celebration Kamakoti Vidyalaya Tiruchirappalli, 09.10.2017
- Miss. Nutrition Competition Hospitality Club, Cauvery College for Women, Tiruchirappalli, 03.09.14
- Celebrity Speaker for SARAS (Sale of Arical Rural Arisan Society), Tamil Nadu Corporation for Development of Women Ltd, Tamil Nadu State Rural Livelihood Mission, District Mission Management Unit, Tiruchirappalli, 06.01.2018
- Speaker for Early Childhood Care and Preschool Syllabus Training, Inegrated Child Development Services Programme II, Srirangam Block, 08.01.2018
- Speaker for Association of PG and Research Department of Mathematics, Bishop Heber College, 18.12.2017
- Heritage Food Festival for College Students, Extension Department ,St Joseph College, 10.03.2017
- Understanding the issues of Diversity and Exclusion in Early Childhood Settings, Early Childhood Education Training to Anganwadi Workers at Mannachanallore, 01.07.2016
- Early Years or Crucial Years of Development-Vitamin A, Calcium and IFA Supplementation, Early Childhood Education Training to Anganwadi Workers at Mannachanallore, 01.07.2016
- Nutrition and Health Intervention in the Context of ECE Policy, Early Childhood Education Training to Anganwadi Workers at Mannachanallore, 21.06.2016
- Importance of Nutrition-Growth Monitoring, Vitamin A, Calcium and IFA Supplementation, Early Childhood Education Training to Anganwadi Workers at Mannachanallore, 21.06.2016

RESEARCH PROJECT

- Assessment of Health status of Selected samples consuming coconut oil and kernel over a decade, Part of Masters program, 1998-1999
- Dissemination of Nutrition Knowledge to the Rural Women of Tiruchirappalli District through information communication technology , UGC, Newdelhi, 2009-2012
- Anthropological perspectives of Ethnic Foods of Tamilnadu, (ongoing)

RESEARCH PAPERS PRESENTED

- Women for Women, National seminar on recent trends in NSS projects and programs, 13 &14 March 2004, Jamal Mohammed College, Tiruchirappalli.
- Economic autonomy to empower women-A pioneer project in NSS, National seminar on recent trends in NSS projects and programs, 13 &14 March 2004, Jamal Mohammed College, Tiruchirappalli.
- Poster on Breast Cancer, Research fair on Human Development and Child Nutrition, 11.09.2004, Avinashilingam Institute for Home science and Higher Education for women-Deemed University, Coimbatore.
- Ergogenic AIDS in athletes diet- Role in enhancing performance, UGC sponsored national conference on The Felicitous Intertwined Trio of Physical activities, wellness and Sports, 05.02.2011.
- Paleolithic Nutrition- Remembering our History, UGC sponsored National Seminar on Yoga towards enhancement in sports, Department of Physical Education and Centre for Ethics and Human Values, SRC, 26.08.2013 to 28.08.2013.
- Medicine for the soul, UGC sponsored national seminar on Art in Everyday life, Department of Home science, SRC, 05.12.2013.
- Hypolipidemic and Cardio Protective Effects of Green Tea, International Seminar on Smart Diets for Cardiac Health “Cardiac Care”, Department of Food Science and Nutrition, holy cross Home science college, Tuticorin, 06.02.2015.
- Functional foods for Pediatrics, ICMR sponsored National seminar on Malnutrition and its impacts among women-Effective remedy to herbals for sustainable health care, Periyar Manniyammai University, Tanjore, 24.01.2014 and 25.01.2014.
- Non Invasive Approach of Music to Women well being, UGC sponsored National seminar on Complementary Approach to the Aspects and Applications of Music and Yoga, Department of Music and Centre for Ethics and Human values, SRC, 12.08.2014 to 14.08.2014.
- Banana-The Humble Fruit Makes Wonder on Workout, UGC sponsored one day seminar on Role of Yoga and Technology in Enhancing Sports Performance and Populace Health, Department of Physical Education, Urumu Dhanalakshmi College, Tiruchirappalli, 28.01.2016 and 29.01.2016.
- Education Program on Knowledge, Attitude, and Behavior toward Functional Foods, UGC sponsored seminar on Recent Trends in Adolescent Nutrition and Reproductive Health Care, Avinashilingam University for Women, Coimbatore, 04.02.2016 and 05.02.2016.
- Introduction of Novel added Traditional Snack for Obesity, Avinashilingam university, Coimbatore, 1.03.2017
- Pre and Post Perspectives of Research Convention, Avinashilingam University for Women, Coimbatore, 4th 2017.
- Dietitians for Global Alliance, Department of Food Service Management and Dietetics and Indian Dietetic Association, Avinashilingam University for Women, Coimbatore, 28.08.2017

- Effect of Erratic Dietary Behavior of Young girls on Alopecia, UGC sponsored seminar on Recent Trends In Adolescent Nutrition And Reproductive Health Care, Avinashilingam University for Women Coimbatore, 4th and 5th Feb 2016.
- Root Cause Analysis of Hair loss among Teenagers, UGC sponsored seminar on Recent Trends In Adolescent Nutrition And Reproductive Health Care, Avinashilingam University for Women Coimbatore, 04.02.2016 and 05.02.2016.
- Importance of Micro Nutrients in hair care, UGC sponsored seminar on Recent Trends In Adolescent Nutrition And Reproductive Health Care, Avinashilingam University for Women Coimbatore, 04.02.2016 and 05.02.2016.
- Effective Remedies for the established Dietary behavior of Early Childhood, International Conference on Approaches in Rehabilitation-Research and Practices (A Quest for Innovation), Department of Rehabilitation Science, Holy Cross College, Tiruchirappalli

RESEARCH PAPERS PUBLISHED

- A review on Food Labeling of Snacks, March 2014, Beverage and Food world/Volume 41/no.3/pg.21, National, ISSN-0970-6194
- A study on Food labeling methods followed by Food Processing Industries manufacturing ready to eat extruded snacks, September 2014, International Journal of Science and Research/volume 3/no.9/Online, International ISSN-2319-7064/Impact factor 3.358
- Paleolithic Nutrition - Remembering our History, 26-28 September 2013, National seminar on Yoga towards enhancement in Sports/pp.10-112/, Department of Physical Education and Centre for Ethics and Human Values, SRC.
- Medicine for the soul, 5 th December 2013, National seminar on Art and Everyday life/pp.231-23 , National seminar by Department of Home science, SRC , ISBN- 978-81-92288-2-1
- Hypolipidemic and Cardio protective effects of Green tea, 6th February 2015, International seminar on Smart Diets for cardiac health Cardiac care/pg.61,62, Department of Food Science and Nutrition, holy cross Home science college, Tuticorin.
- Functional foods for Pediatrics, 24-25 January 2014, ICMR sponsored National seminar on Malnutrition and its Impacts among Women-Effective Remedy to Herbals for Sustainable Health Care Pediatrics, Periyar Manniyammai University, Tanjore.
- Non Invasive Approach of Music to Women, 12-14 August 2014, UGC sponsored National seminar on Complementary well being Approach to the Aspects and Applications of Music and Yoga pg., Department of Music and Centre for Ethics and Human Values.
- Banana-The Humble Fruit Makes Wonder On Workout, 28th,29th January 2016, UGC sponsored one day seminar on Role of Yoga and Technology in Enhancing Sports Performance and Populace Health, Department of Physical Education, Urumu Dhanalakshmi College, Tiruchirappalli, 28 & 29 January 2016

- Sangam Valartha Maduraiyin Angamana Unavupazhakkangal, International Conference on livelihood in Sangam Literature, Avinashilingam University, Coimbatore, 04.01.2017

RESEARCH PROJECTS GUIDED

- Miss. R. Indra (No:127479470), PG Diploma in Food Safety and Quality Management, Indira Gandhi National Open University, A Study on Food Labeling Methods Followed By Food processing Industries Manufacturing Ready to Eat Snacks; 2012-2013

TRAININGS, WORKSHOPS AND COURSES UNDERTAKEN

- 31st July to 2nd August 2000, Training on Health Management Information system, Center for Development Research and Training, Chennai.
- 8th to 11th December 2000, social Mobilization, Centre for Development Research and Training, Chennai.
- 1 to 28, June 2002, 4th Orientation Course by Bharathiyar University, Coimbatore.
- 27, February 2003, UGC sponsored Workshop on Herbal way of Living in the new millennium in Coordination with shepherd extension department of St. Joseph College, Tiruchirappalli.
- 1 to 20, September 2005, Refresher Course in Home Science at Avinashilingam Institute for Higher Education, Deemed University, Coimbatore
- 24th to 26th August 2006, state level Training Programme for Resource Persons on Detection and Prevention of Food Adulteration, Stella Maris College, Chennai.
- 20th December 2008 to 9th January 2009, Refresher course in Women Study for the Teachers of discipline by UGC Academic Staff College, Bharathidasan University, Tiruchirappalli.
- 1 to 21st February 2013, Refresher course in life science, Batch XI, Academic Staff College, University of Madras, Chennai.
- 13th August 2015, EDUSKILL, organized by the skill development corporation of Tamilnadu and confederation of Indian Industry at Hotel Sangam, Tiruchirappalli.
- “Access to Web Resources” IQAC and General Library Seethalakshmi Ramaswami College, Tiruchirappalli, 05.12.15
- “NAAC Reaccreditation–Road Map to NAAC 2017” IQAC Seethalakshmi Ramaswami College, Tiruchirappalli, 11.07.2015
- Orientation Programme for MOOCs online courses, Bharathidasan University, 2018
- 10 to 15th November 2000, Faculty Workshop for Partnership Colleges, Campus Diversity Initiative, Osmania University, Hyderabad.
- 7-17th February 2001, 10 days Yoga camp, Association of Department of Nutrition and Dietetics, SRC.
- 12th April 2001, Orientation Programme on Voluntary Blood Donation, Bharathidasan University, Tiruchirappalli

- 18 to 27 July 2001, general orientation course for NSS programme officers by Training Orientation and Research Centre of Madras School of social work, Chennai.
- 27th to 29th August 2001, Orientation and Training on universities Talk on AIDS Phase II, Bharathidasan University, Tiruchirappalli.
- 26th to 30th September 2001, Training for NSS programme Officers, Rajeev Gandhi National Institute of Youth Development, Sriperubuthur, and Chennai.
- 11th December 2002, Training on AIDS Awareness, Health Manpower and Development Institute, Villupuram.
- 4 to 8th August 2003, Refresher Course for NSS programme Officers by Training Orientation and Research Centre of Madras School of Social Work, Chennai.
- 5th and 6th October 2012, Workshop on Impact of Ethics and Human values on Aura and Chakras, Centre for Ethics and Human Values, Seethalakshmi Ramaswami College
- 14th to 19th December 2015, Work shop on yoga for Holistic Health by Department of Physical Education & Centre for Ethics & Human value, Seethalakshmi Ramaswami College.
- Devotional Music, Faculty Development Programme, Seethalakshmi Ramaswami College, 2018

CONTRIBUTION TO NEW VENTURES / STARTUPS WITHIN INSTITUTION

- SEERAS DIET CLINIC in tie up with Indian Dietetics Association, Coimbatore Chapter 2016
- YOUTH FORUM STUDY CIRCLE in tie up with District Employment Office 2011
- EDC Certificate Courses for Non Major Students on 'Flower Arrangement and Food Preservation' and professionally trained by the Commercial Sectors 2005
- Launched Online Consultation Services through Whatsapp Groups for Pregnant Women (SEERAS DEVINE MOTHERS) and General Public (SEERAS DIET CLINIC)

OTHER POSITIONS HELD IN THE INSTITUTION

- NSS program Officer 2000-2005
- Entrepreneurial Development Cell Coordinator 2005-2006
- Youth forum Coordinator, 2011-2018
- Board of Studies Member-Since 2000
- Staff Secretary 2017-18
- SWAYAM MOOCS Nodal Officer, 2018-19
- IQAC Micro Committee Member 2014-2018
- Association Vice President, 2001, 2006, 2009, 2012, 2014, 2015
- Admission Committee Member-2002, 2004, 2006, 2009, 2012, 2014, 2016

LAURELS WON

- **Best NSS Officer Award (2006)**
- **Best contingent Leader Award by Berhampur University, Orissa (2004)**
- **Best disciplinary contingent Award by Berhampur University, Orissa (2004)**
- **Best PhD Bursary Award by GIRACT International Consultancy and NESTLE and TATA Educational Trust (2016)**
- **The Women Achiever in the field of Nutrition and Dietetics on International Women Day 2017 by NAMMA TRICHY Weekly News Paper**

***** End of Profile *****