

Resume

I General Information

Name : S.Balasaraswathi
Father's Name : K.P.Subramani
Age - Date of Birth : 43 yrs , 13-04-1973
Designation : Assistant Professor
Department : Home Science
Mobile No : 9942367061,8248467619
Email ID : nallabala2006@gmail.com
Date of appointment : Self - 26.07.1997
Regular- 09.12.2013
Date of retirement : 31.04.2031



II Educational Qualification

Examination Passed	Board/University	Subject	Year of Passing
SSLC	Board of Secondary Education		Mar 1988
PUC/ Higher Secondary	Board of Higher Secondary Education		Mar 1990
Bachelor's Degree	Madurai Kamaraj University	Home Science	April 1993
Master's Degree	Avinashilingam Deemed University	Home Science Extension Education	May 1995
M.Phil	Avinashilingam Deemed University	Home Science Extension Education	Feb 1997
PGDPP.Ed	Annamalai University	Pre-Primary Education	March 1998
PGDCA	Madurai Kamaraj University	Computer Applications	May 2000
MCA	Madurai Kamaraj University	Computer Applications	Nov 2004
M.Sc	IGNOU	Food Service Management and Dietetics	-
NET	ASRB-ICAR		Oct 2001
NET	UGC		Dec 2001

III Teaching Experience : UG : 22 Years
PG : 13 Years

Field of Specialization : Home Science
 Awards won :

- Won Bronze Medal in Group Song (Indian) In the 15th MKU Youth Festival 2000.
- Winner in Throw ball Match conducted by Rotary Club of VNR in collaboration with VVV.C,VNR, on 12.01.2016

Awards/Prizes

Date	Name of the Programme	Topic	Venue	Position
2000	15 th MKU Youth Festival	Group Song (Indian)	SIT, Kariayapatti	III(Bronze Medal)
25.09.2014	State Level on Potential uses of natural resources in preventing diseases	Paper presentation on Development and standardization of VaraguVenthaya Kali mix	SRNM College,Sattur.	I Prize
12.01.2016	Throw Ball Match conducted by Rotary Club of VNR and VVVV, VNR.	Throw Ball	V.V.V.C,VNR	I Prize(Winner)
28.01.2017	National Level Seminar on Hurdles To Horizon Emerging Trends inn Food Technology	Poster presentation on Development and Standardization of Instant Masala A Bamboo Rice Porridge Ready Mix.	Department of Food Science and Technology, Arulanandhar College, Karumathur.	II Prize
8.02.2017	National Level Seminar on Nutritional Management in metabolic Syndrome	Development and Standardization of Herbal Sprinkles	Department of Nutrition and dietetics, SRNM College, Sattur.	I Prize
12.08.2017	Regional Conference on	Poster Presentation on Formulation of	IDA Kilakarai Chapter,	I Prize

	Nutrition Insight for Healthier Life	Okra Mucilage Squash I-Prize	PL.A Chidambaram Mahal, Thanjavur	
10.01.2018	International Workshop on Recent Trends in Food Biotechnology and Exploration of the opportunities to feed the world	Poster presentation on Utilization of Underutilized Date Seed Powder for the Preparation of Value Added Chocolates	MS University, Thirunelveli	I Prize
24.01.2018 & 25.01.2018	National Seminar on Contributing Lore of Wealthy Nature	Paper Presentation on Development of Value Added Spicy Porridge Mix By Using Mulberry Leaves Powder	Immanuel Arsar College of Hotel Management and Applied Science, Kanyakumari Dt.	I Prize
24.01.2018 & 25.01.2018	National Seminar on Contributing Lore of Wealthy Nature	Booklet preparation on "Millet Miracle"	Immanuel Arsar College of Hotel Management and Applied Science, Kanyakumari Dt.	II Prize

IV Research Experience

Minor Research Project

Period	Funding Agency	Topic	Amount sanctioned in Rs.
2 years 2014-2016	UGC Sponsored Minor Research	Development and Supplementation of Iron Rich Food Products for Rural Anaemic Adolescent Girls	1,94,413

No. of M.Phil scholars guided : 2 Nos

In-house projects guided

Year	UG / PG / M.Phil	Number of Students	Area of study
2007-2008	PG Diploma PG	2 1	Nutrition and Dietetics Food Processing
2008-2009	PG	1	Food Processing
2009-2010	PG	2	Food Processing

2010-2011	PG	1	Food Processing
2012-2013	PG	1	Food Processing
2013-2014	PG	1	Food Processing
2014-2015	PG	2	Food Processing
2015-2016	PG	1	Food Processing
2016-2017	PG	2	Food Processing
2017-2018	PG	3	Food Processing
2018-2019	PG	4	Food Processing

No. of papers presented in Seminars / Conferences

International	:	4
National	:	18
State/Regional	:	12

No. of articles published in Books / Conference Proceedings : 5

Articles Published

Title of the Article	Name of the Journal	Year and name of the Publisher	ISBN No	Impact Factor
A Study on development, Analysis and Supplementation of Value added Garden Cress Seed Nutri Ball for Anaemic Adolescent Girls	Multidisciplinary Research Journal of VVV College- Journal for Researchers	2014 VVV College for Women, VNR.	ISSN:2347-3967	
A Study on Development, Analysis and Supplementation of Instant Green Tea for Anaemic adolescent Girls.	2016 International Journal of Home Science.		ISSN 2395-7476	5.3
Legal Literacy- a Tool for Women Empowerment	Strategy for Women Empowerment	2019 Virudhunagar Hindu 4adir'sSenthilk umaranadarCollege(Autonomous),Virudhunagar-626001.	ISBN:978-93-81723-68-5	
Development and Standardization of herbal Sprinkles	Nutritional Management in metabolic Syndrome	2017 ShanlaxPublications, 61,66T.P.K.Ma	ISB:978-81-933316-2-0	

		in Road, Vasantha Nagar, Madurai- 625003, Tamil Nadu, India.		
Development and Standardization of Iron and Vitamin C Rich Biscuits	Biannual Multidiciplinary Journal	2017 Biannual Multidiciplinar yPublicaation, V.V.Vannaiape rumal College for Women, Virudhunagar- 626001, Tamil Nadu	2456-4613	

Papers Presented

Date	Seminar / Conference	Level	Title of the paper	Title of the Seminar/ Conference	Venue
11.09.2004	Research Fair	Inter collegiate	Presented- Poster on “Dissemination of Nutrition Messages- a Child – child Approach”	Human Development and Child Development	Avinashilinga m Deemed University, Coimbatore
23.02.2005 – 24.02.2005	Seminar	National	Presented-Paper on “Empowerment of Women through Micro Enterprises”	Empowerment of Marginalized Groups: Strategies and challenges	Gandigram Rural Institute, Gandhigram
1.09.2005 - 2.09.2005	Conference	National	Presented-Paper on “Women Entrepreneurship- Need of the Hour”	Recent Trends in Commerce Education and Research	V.V.V.College Virudhunagar
27.02.2006 – 28.02.2006	Seminar	National	Organising committee member Presented –Poster on “Attitude of	New Horzons in Processing of value Added Confenience Food	V.V.V.College Virudhunagar

			College Going Girls –wards the Consumption of Convenience Foods”		
29.2.2008	Workshop	National	Presented-Paper on “SangaIllakkiyathilUnavumurai”	Tamil Aaivu–Ponmuganukku	V.V.V.College Virudhunagar
07.08.2008 – 08.08.2008	Seminar	National	Organising committee member Presented-Paper on “Acceptability Study on Value Added Fried product prepared from Low Cost Fish”	Animal Food Processing	Dept of Food Processing, V.V.V.College Virudhunagar
07.08.2008 – 08.08.2008	Seminar	National	Organizing Committee member Presented- Poster on “HACCP In Poultry Industries”	Animal Food Processing	Dept of Food Processing, V.V.V.College Virudhunagar
20.02.2009	Seminar	National	Presented –Paper on” IllakkiyathilMaruthuvaUnavu”	KalanthoorumIllakkiyam	V.V.V.College Virudhunagar
29.01.2010	Conference	National	Presented –Poster on “Incorporation of Eleusine Corcana and Artificial sweetener”	Trends and Opportunities in the Food Processing Sec-r	M.O.P. Vaishnav College for women, Chennai
30.08.2010	Workshop	Regional	Presented –Poster on “A Study on Development of Instant Millet Kollukattai Mix”	Processing of Millet based Convenience Foods	V.V.V.College Virudhunagar
30.08.2010	Workshop	Regional	Presented –Poster on “A Study on Development of Instant Puttu Mix”	Processing of Millet based Convenience Foods	V.V.V.College Virudhunagar

30.08.2010	Workshop	Regional	Presented –Poster on “A Study on Development of KodaMurukku”	Processing of Millet based Convenience Foods	V.V.V.College Virudhunagar
16.09.2011 – 17.09.2011	Seminar	National	Presented-Paper on “KarisalkattuKath aikalilPenninPeru mai”.(ISBN No. 97’8177356618).	Tharkkala Tamil Illakkiyankalil GramapuraMahalirinVazhviyalNilai”	V.V.V.College Virudhunagar
29.08.2011	Conference	National	Presented-Poster	“Prognosis of Food Processing Sec-r in Health Promotion”	Dr.N.G.P. Arts and Science College,CBE
08.12.2011	Seminar	International	Presented –Paper on “Analysis and supplementation of anti aemicnutriballs– the Anemic Adolescent Girls”	Emerging Trends and Innovative Technologies in Biological Sciences for a Better –morrow”	V.V.V.College Virudhunagar
27.01.2012	Seminar	National	Organising secretary		V.V.V.College Virudhunagar
03.02.2012	Seminar	National	Presented –poster on “Development of Sweet Burfi Using Manathakkali”	Dietary Modification in Prevention and Management of Lifestyle Diseases	V.V.V.College Virudhunagar
03.02.2012	Seminar	National	Presented –poster on “Development of Intent Chutney Mix using Flax Seed”	Dietary Modification in Prevention and Management of Lifestyle Diseases	V.V.V.College Virudhunagar
03.02.2012	Seminar	National	Presented –poster on “Formulation and	Dietary Modification in Prevention	V.V.V.College Virudhunagar

			standardization of ValueAdded Fruit Bar”	and Management of Lifestyle Diseases	
10.03.2013	Seminar	National	Presented –Paper on “IllakkiyathilNallaram”	KalandhorumIlakkiam (ISBN 978-81-909440-5-2).	VallikannanIlakkiamand AnjuraithunbeIlakkiamVattam Virudhunagar
25.09.2014	Seminar	State	Development and standardization of Nutrient dense mighty Millet Chocolate	Potential uses of natural resources in preventing diseases	SRNM College, Sattur.
25.09.2014	Seminar	State	Development and standardization of VaraguVenthaya Kali mix	Potential uses of natural resources in preventing diseases	SRNM College,Sattur.
15.02.2016	Seminar	International	Acceptability study on black rice nutria ball mix	Recent Innovations in Natural Resources to Prevent Cancer	Sadakathullah Appa College, Tirunelveli
15.02.2016	Seminar	International	Development and standardization of Garlic chips	Recent Innovations in Natural Resources to Prevent Cancer	Sadakathullah Appa College, Tirunelveli
31.8.2016 AND 1.09.2016	Conference	International	A Study on Standardisation of Natural Immune Booster-“ Gingi Pumpkin Choco”	Emerging Challenges and Recent Paradigms in Food Mediated Immunity and their role in Human health and longevity	Department of Zoology,Immunology and Microbiology, The AmericanCollege, Madurai
19.01.2017 and 20.01.2017	Seminar	National	Literacy-A Tool for Women Empowerment	Strategy for Women Empowerment,	PG and Research Department of

				ISBN:978-93-81723-68-5	History, VVVC, VNR.
28.01.2017	Seminar	National	Development and Standardization of Instant Masala A Bamboo Rice Porridge Ready Mix. (II Prize)	Hurdles To Horizon Emerging Trends in Food Technology	Department of Food Science and Technology, Arulanandhar College, Karumathur.
8.02.2017	Seminar	National	Development and Standardization of Herbal Sprinkles	Nutritional Management in metabolic Syndrome. ISBN:978-81-933316-2-0	Department of Nutrition and dietetics, SRNM College, Sattur.
24.02.2017	Seminar	State	Development and Standardization of Nutrients Dense Mulayari Halwa	Vegetarian and Non Vegetarian Diet Panacea for Modern Life Diseases	Department of Home Science, VVV.College for Women, VNR.
24.02.2017	Seminar	State	Development and Standardization of Value Added Chocolate by Utilising Orange Peel Powder.	Vegetarian and Non Vegetarian Diet Panacea for Modern Life Diseases	Department of Home Science, VVV.College for Women, VNR.
24.02.2017	Seminar	State	A Study on Acceptability and Microbial Analysis of Non Dairy Chocolate.	Vegetarian and Non Vegetarian Diet Panacea for Modern Life Diseases	Department of Home Science, VVV.College for Women, VNR.
24.02.2017	Seminar	State	A Study on Development and Utilization of Seaweeds for Value Added Jelly.1.	Vegetarian and Non Vegetarian Diet Panacea for Modern Life Diseases	Department of Home Science, VVV.College for Women, VNR.
12.08.2017	Conference	Regional IDA Kilakarai Chapter	Poster Presentation on Formulation of Okra Mucilage Squash	Nutrition Insight for Healthier Life	PL.A Chidambaram Mahal, Thanjavur

			I-Prize		
12.08.2017	Conference	Regional IDA Kilakarai Chapter	Poster Presentation on Utilization of Peapod Powder for the Preparation of Chocolate	Nutrition Insight for Healthier Life	PL.A Chidambaram Mahal, Thanjavur
10.01.2018			Poster presentation on Utilisation of Underutilized Date Seed Powder for the Development of Value Added Chocolae		MS University, Thirunelveli
24.01.2018 & 25.01.2018	Seminar	National	Paper Presentation on Development of Value Added Spicy Porridge Mix By Using Mulberry Leaves Powder, I Prize	Contributing Lore of Wealthy Nature. ISBN:978-93- 87102-66-8	Immanuel Arsar College of Hotel Management and Applied Science, Kanyakumari Dt.
24.01.2018 & 25.01.2018	Seminar	National	Booklet Presentation on “Millet Miracle”	Contributing Lore of Wealthy Nature.ISBN:9 78-93-87102- 66-8	Immanuel Arsar College of Hotel Management and Applied Science, Kanyakumari Dt.
18.08.2018	Seminar	National	Paper presentation on Development and Standardisation of Sweet Brazil seed incorporated Idli Powder	Bring You Nutri Vision Healthy Eating for Longevity	Sadakathullah Appa College, Tirunelveli
3.10.2019	International	Conference	Paper presented on “ A Study on Awareness about Food Adulterants and its Effects on Mental Well-	Scientific and Social Approaches to Mental Well- being”	Department of Biochemistry, Zoology,Home Science and Botany VVV.College

			being among the College going Girls.		for Women, VNR.
3.10.2019	International	Conference	Paper presented on “ A Study on Prevalence of Pre Menstrual Syndrome(PMS) and Mental Stress Among the Adolescent Girls”	Scientific and Social Approaches to Mental Well-being”	Department of Biochemistry, Zoology,Home Science and Botany VVV.College for Women, VNR.
3.10.2019	International	Conference	Paper presented on “ A Study on Preparation and Standardisation of Vitamin-A Rich Palmyra Fruit Squash to Relief Stress”	Scientific and Social Approaches to Mental Well-being”	Department of Biochemistry, Zoology,Home Science and Botany VVV.College for Women, VNR.
3.10.2019	International	Conference	Paper presented on “ Comparative Study of Antioxidant Activity and Phytochemicals (Stress Relating Compounds) Screening on Different Pulses”	Scientific and Social Approaches to Mental Well-being”	Department of Biochemistry, Zoology,Home Science and Botany VVV.College for Women, VNR.
3.10.2019	International	Conference	Paper presented on “ A Study on Effects of Drying Methods on Vitamin-C (Stress Reliving Compounds) Content of Moringa Oliefora Leaves”	Scientific and Social Approaches to Mental Well-being”	Department of Biochemistry, Zoology,Home Science and Botany VVV.College for Women, VNR.
3.10.2019	International	Conference	Paper presented on “ A Study on Development of Flax Seed Incorporated Millet Health mix for Mental Well-	Scientific and Social Approaches to Mental Well-being”	Department of Biochemistry, Zoology,Home Science and Botany VVV.College for Women,

		being”		VNR.
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Articles published in Books / Conference Proceedings

Year	Book title / Conference	ISBN	Article title
20.02.2009	KalanthoorumIllakkiyam	ISBN-978-81-909440-5-2	” IllakkiyathilMaruththuvaU navu”
16.09.2011 - 17.09.2011	Tharkkala Tamil IllakkiyankalilGramapuraMah alirinVazhviyalNilai	ISBN No.978177356618	KarisalkattuKathaikalilPen ninPerumai
08.12.2011	Emerging Trends and Innovative Technologies in Biological Sciences for a Better -morrow”	ISBN-978-93-80657-44-8	“Analysis and supplementation of anti aemicnutriballs- the Anemic Adolescent Girls”
10.03.2013	KalandhorumIllakkiyam	ISBN 978-81-909440-5-2	“IllakkiyathilNallaram”
19.01.2017 and 20.01.2017	Strategy for Women Empowerment	ISBN:978-93-81723-68-5	Literacy-A Tool for Women Empowerment
8.02.2017	Nutritional Management in Metabolic Syndrome	ISB:978-81-933316-2-0	Development and Standardization of herbal Sprinkles
24.01.2018 & 25.01.2018	Contributing Lore of Wealthy Nature	ISBN:97893-87102-66-8	Development of Value Added Spicy Porridge Mix By Using Mulberry Leaves Powder.

V Seminars/Conferences/Workshops attended

Date	Level	Name of the Seminar / Conference / Workshop	Venue
31.01.1992 -02.02.1992	National	Indian Association For pre-School Education	JBAS Women’s College, Madras.
20.12.2003	State	Environment For Health, wealth - peace	Guru Shree Shantibijaijain College for women, madras
11.09.2004	Intercollegiate	Human Development and Child Development	Avinashilingam Deemed University, Coimba-re
23.02.2005	National	Empowerment of Marginalized	Gandigram Rural

- 24.02.2005		Groups: Strategies and challenges	Institute, Gandhigram
22.08.2005 - 23.08.2005	National	Kongunadu Arts And Science College. Coimbatore	Vermitechnology Transfer - NSs Programme Officers
01.09.2005 -02.09.2005	National	Recent Trends in Commerce Education and Research	V.V.V.College Virudhunagar
15.12.2005 - 17.12.2005	Regional	Facets of women Subordination and their empowerment- Tamilnadu	V.V.V.College Virudhunagar
27.02.2006 - 28.02.2006	National	New Horizons in Processing of value Added Convenience Food	V.V.V.College Virudhunagar
02.02.2007	State	Recent Development of Biotechnology	Dept of Zoology, V.V.V.College Virudhunagar
06.03.2007	State	Emerging Trends in Food processing and Quality Control	V.V.V.College Virudhunagar
09.03.2007	Intercollegiate	Disease Prevention and Health Promotion	Sourashtra College For Women, Madurai
11.12.2007 -12.12.2007	National	Quality and Excellence- The Prime Mandras of Higher Education	IQAC, V.V.V.College Virudhunagar
29.02.2008	National	Tamil Aaivu-Ponmuganukku	V.V.V.College Virudhunagar
07.08.2008 -08.08.2008	National	Animal Food Processing	Dept of Food Processing, V.V.V.College Virudhunagar
07.08.2008 -08.08.2008	National	Animal Food Processing	Dept of Food Processing, V.V.V.College Virudhunagar
20.12.2008 - 21.12.2008	Regional	Herbal Sciences	SermathaiVasan College, Madurai
20.02.2009	National	KalanthoorumIllakkiyam	V.V.V.College Virudhunagar
02,04& 05. 12.2009	College level	Curriculum Designing and Evaluation for Autnomous Colleges	V.V.V.College Virudhunagar
29.01.2010	National	Trends and Opportunities in the Food Processing Sector	M.O.P. Vaishnav College for women, Chennai
30.08.2010	Regional	Processing of Millet based	V.V.V.College

		Convenience Foods	Virudhunagar
16.09.2011 -17.09.2011	National	Tharkkala Tamil Illakkiyankalil Gramapura Mahalirin Vazhviyal Nilai". (ISBN No.97'8177356618).	V.V.V.College Virudhunagar
29.08.2011	National	"Prognosis of Food Processing Sec-r in Health Promotion"	Dr.N.G.P. Arts and Science College,CBE
08.12.2011	International	Emerging Trends and Innovative Technologies in Biological Sciences for a Better -morrow"	V.V.V.College Virudhunagar
20.01.2012	Intercollegiate	"Green Health Therapy"	V.V.V.College Virudhunagar
06.03.2012 -07.03.2012	National	Innovative Strategies in teaching – Learning and Evaluation Process	IOAC, V.V.V.College Virudhunagar
03.02.2012	National	Dietary Modification in Prevention and Management of Lifestyle Diseases	V.V.V.College Virudhunagar
21.02.2013 - 22.02.2013.	National	Food Security: Issues and Concern	Department of Rural development Science, Arul Anandar College, Karumathur
10.03.2013	National	Kalandhorum Illakkiyam (ISBN 978-81-909440-5-2).	Vallikannan Illakkiya M andram and Anjurait hunbe Illakkiya Vattam, Virudhunagar
31.01.2014	State	Emerging Trends in Functional Food	V.V.V.College Virudhunagar
31.01.2015	State	Strategies - Overcome Bone Health Issues	V.V.V.College Virudhunagar
29.01.2016	State	Strategies to Boost Human Immune System	V.V.V.College Virudhunagar
7.01.2017	State	Therapeutic Potential of Low Carb High Fat Diet-an Overview	Sri Meenakshi Governmet Arts College for Women, Madurai.
29.07.2017	National	Research projects, Funding Agencies and E-Resources	SBK College, Aruppukottai.
12.08.2017	Regional	Nutrition Insight for Healthier Life	PLA Chidambaram Mahal, Near Meenakshi Hospital Tanjore.
7.02.2018 & 8.02.2018	National Level Seminar	Women Entrepreneurship in Comprehensive Environment- A	Department of Commerce,

		Paradigm Shift in Indian Contest	V.V.V.College Virudhunagar
18.09.2018	National Level Seminar	Bring You Nutri Vision Healthy Eating for Longevity	SadakathullahAppa College, Tirunelveli
20.09.2018	State Level Workshop	Mushroom Cultivation	Department of Botany and Biotechnology, V.V.V.College Virudhunagar
30.01.2019 & 31.01.2019	International Workshop	Personalized Nutrition- A Way towards BetterHealth	Department of CND, PSG College, Coimbatore
24.07.2019	Intercollegiate Conference	Advertising:In-N-Out	Department of Management Studies, V.V.V.College Virudhunagar
27.07.2019	State Level Workshop	Reforms in Curriculum Design and Evaluation Based on OBE	IQAC and Controller of Examination, SFR college, Sivakasi.
3.10.2019	International Conference	Scientific and Social Approach to Mental Well bing-2019	Department of Biochemistry, Zoology, Home Science and Botany V.V.V.College Virudhunagar

VI Course attended (Refresher / Orientation / any other)

Name of the Course	Venue	Duration
Training	V.V.V.College Virudhunagar	08. 03.1991
Training on Domestic Preservation of fruit and Vegetables	V.V.V.College Virudhunagar	19.07.1999 – 23.07.1999
NSS Programme Officers Orientation and Training	Avinashilingam Deemed University, Coimbatore	11.10.2000 – 20.10.2000
NSS Programme Officers Orientation and Training	Idayajothi, Thirunelveli	26.09.2001 – 28.09. 001
Training on Bakery and Confectionery	V.V.V.College Virudhunagar	09.01.2002
Training on Domestic Preservation of fruit and Vegetables	V.V.V.College Virudhunagar	14.07.2003 – 18.07.2003

Refresher Course for NSS Programme Officers	Avinashilingam Deemed University, Coimba-re	23.08.2004 – 27.08.2004
Refresher Course for College and University Teachers	Avinashilingam Deemed University, Coimba-re	01.09.2004 – 22.09.2004
Refresher cum camp for the Lecturers	Vivekananda Kendra, Kanyakumari	24.08.2007 – 25.08.2007
Training on Millet Based Convenience Foods	TNAU,MDU	30.07.2010
Re-Training of Teachers Programme	V.V.V.College Virudhunagar	31.10.2011 – 01.11.2011
Orientation Programme	MKU Madurai	17.12.2014-13.01.2015
Retraining Teacher Programme	V.V.V.College, Virudhunagar	08.09.2015
Toast master International- Success Communication and Success Leadership Series-Speech Craft	V.V.V.College, Virudhunagar	24.10.2016
Re-training of teachers Programme	IQAC, V.V.V.College, Virudhunagar	4.08.2018
Hands on Training Programme	IQAC, V.V.V.College, Virudhunagar	28.08.2018
Refresher Course	MKU Madurai	16.11.2018-06.12.2018

VII Role in Academic Bodies :

As a member of Board of Studies :

University / College	Period	Board
ANJA College	2006-2007	UG
SFR College	2007-2009	UG
MKU	2008-2013	UG/PG
SRNM College, Sattur.	2016-2017	UG
SRN college, Sattur	2017-2018	UG
Sarah Tucker College, Thirunelveli	2017-2018	UG/PG

Academic Audit

Year	Name of the University / College	Course
2007-2009	SFR College	UG
2013	Yadava Women's College	B.Sc. Nutrition and Dietetics
2014	Arulanadar College, Karumathur	B.Sc.,

2015	Yadava Women's College	B.Sc. Nutrition and Dietetics
27.4.2017	Holy Cross Home Science College, Thoothukudi	B.Sc Food Science and Nutrition

VIII Resource Person / Chairperson

Activity	Date	Theme	Event	Venue
Women's day celebration	08.03.2007	Empowerment of Women	Guest Lecture	Department of History, V.V.Vanniaperumal College For Women, Virudhunagar.
ICDS Programme	14 .09.2008 - 19 .09.2008	Imparting Knowledge on Improving diet at Low cost, Modified Family food, Conservation of Nutrients	Guest Lecture	V.V.V.College Virudhunagar Ministry of Women -Child Development, Food - Nutrition Board, Madurai
Women Empowerment Cell Activity	05.01.2009	Women Health Empowerment	Guest Lecture	V.V.V.College Virudhunagar
Training Programme for noon Meal Organizer, cooks, cook Assistants	23.02.2010	Art of Food Preservation and Preparing Nutritious Food in Proper Quality	Guest Lecture	Virudhunagar Panchayat Union Office, Virudhunagar
Community development Through Polytechnics Scheme	29.09.2010	Food Preservation Techniques	Guest lecture cum Demonstration	NSS Camp, Periyavallikulam
Dietetic Association	8.10.2010	Health and Adolescent	Guest Lecture	Department of Nutrition and Dietetics SFR College, Sivakasi.
Teachers Training Programme	26.10.2010	Nutritious Food	Guest Lecture	District Sports Office, VNR
Teachers Training Programme	03.11.2010	Nutritious Food	Guest Lecture	DIET, Palayampatti
Teachers	08.11.2010	Nutritious Food	Guest	Angel Teachers

Training Programme			Lecture	Training Institute, Rajapalayam
Muthamilmadam	03.03.2011	Arokkiyavazhalvirkanavazhimuraikal	Guest Lecture	Department of Tamil, V.V.V.College Virudhunagar
TUNE UR MIND-Summer Special Camp	2.05.2012	“UyarnthaVazhlvukkuSeeriyacinthanaiVentum	Guest Lecture	K.V.S. Higher Scondary School, Virudhunagar.
TUNE UR MIND-Summer Special Camp	10.05.2012	“UyarnthaVazhlvukkuSeeriyacinthanaiVentum	Guest Lecture	K.V.S. Higher Scondary School, Virudhunagar.
NSS Special Camp	30.11.2012	Diet for Diabetes	Guest Lecture	V.V.V.College NSS Special Camp, VadamalaiKuruchi and Chinnamoopanpatti
NSS Special Camp	02.08.2014	.Arokiyamana Unavu	Guest Lecture	K.V.S. School NSS Special Camp,, Kunthalapatti, VNR
NSS Special Camp	02.08.2104	NSS Camp of VVV College, Virudhunagar.	Guest Lecture	V.V.V.College NSS Special Camp, Sivaganapuram Virudhunagar.
K.V.S. School NSS Special Camp	02.10.2014	Moral values of Youth	Guest Lecture	K.V.S. School NSS Special Camp,, Kunthalapatti, VNR.
Medical Camp	07.11.2014	Diet Habits	Guest Lecture	Virudhungar Court
Women’s Day Celebration	15.03.2015	Women Empowerment through education	Guest Lecture	NadarMahalirMahasanaSangam, Virudhunagar
Women’s Day Celebration	18.03.2015	Importance of Women’s Education	Resource person	NadarMahalirMahasanaSangam, Virudhunagar
Police Training Centre	21.07.2015	Good Health and Dietary Practices	Guest Lecture	Private Security Force Virudunagar
K.V.S. School NSS Special Camp	28.09.2015	Secret of Success	Guest Lecture	K.V.S. School NSS Special Camp,, Kunthalapatti, VNR
JC Women Club	01.01.2016	Importance of Millets in our Daily life	Guest Lecture	Virudhunagar
CDPO,ICDS,V	10.06.2016	Understanding Child	Guest	ICDS,Sengundrapur

NR		Development	Lecture	am,VNR
CDPO,ICDS,Narikudi	11.06.2016	Understanding Child Development	Guest Lecture	ICDS,Narikudi
CDPO,ICDS,Fatima Nagar, VNR	14.06.2016	Understanding Child Development	Guest Lecture	ICDS,Fatimanagar, VNR
Social Welfare and ICDS,Sattur, VNR Dt	26.10.2016	Importance of Millet	Resource person	Sattur
Guidane and Couselling Training,SSi, VNR	11.11.2016	Teaching Methods for Resident School Teachers	Guest Lecture	SSI,VNR
District Level Special Programme for Underweight Children conducted by ICDS,VNR	19.11.2016	Food practices for Children	Guest Lecture	ICDS,VNR
K.V.S. School NSS Special Camp	28.12.2016		Guest Lecture	K.V.S. School NSS Special Camp,, Kunthalapatti, VNR
Orientation Programme on Home Science	14.07.2017	Scope of Home Science	Resource Person	Department of Women Studies, AlagappaUniversty, Karaikudi.
TNSTC Programme	22.09.2017	Preparation of Jam and jelly	Guest Speaker cum Trainer	Government Arts College, Nilakottai
Application of Rural Science and Technology	22.09.2017	Preparation of Value Added Products from Fruits and Vegetables	Demonstration and Guest Lecture	Government Arts College, Nilakottai.
NSS Special Camp	29.10.2017	Diet for Diabetes	Guest Lecture	V.V.V.College NSS Special Camp, VadamalaiKuruchi
NSS Special Camp	29.10.2017	NSS Camp of VVV College, Virudhunagar.	Guest Lecture	V.V.V.College NSS Special Camp, Chinnamoopanpatti
World Food Day	24.10.2017	Promoting the Value Chains of Deserted and Underutilized grains	Resource Person	Holy Cross College, Tuticorin
ArokiyaVizhlip	29.10.2017	Parambariya	Resource	Rtn.P.Ayyasamy-

UnarvuKarutha rangam conducted by PROBUS Club of Virudhunagar and Rotary Club of Virudhunagar		Unavuvagaikal	Person	Vairamani Rotary Hall,VNR
Seminar	16.11.2017	Diet for Pregnant Woman	Guest Speaker	Rtn.P.Ayyasamy-Vairamani Rotary Hall,VNR
Training Programme to Anganwadi Workers	23.12.2017	Child Psychology and Brain Development	Guest Lecture	T.Kallupatti Block ICDS, Peraiyur.
Training Programme to Anganwadi Workers	30.12.2017	Child Psychology and Brain Development	Guest Lecture	T.Kallupatti Block ICDS, Peraiyur.
One Day Workshop on Preparation of Audio Visual Aids	26.08.2018	Preparation of Audio Visual Aids for M.A Integrated Home Science students	Resource Person	Department of Women's Studies, Alagappa University, Karaikudi
One Day Consortium on Home Science to School Teachers	23.03.2018	Career Opportunities in Textiles and Home Science Extension	Resource Person	Department of Women's Studies, Alagappa University, Karaikudi
Training Programme to Anganwadi Workers	4.07.2018	Micro Nutrient Deficiency, Symptoms,signs,control,prevention and homecare	Guest Lecture	ICDS, Aruppukottai
Training Programme to Anganwadi Workers	30.12.2018	Child psychology and Brain Development	Guest Lecture	T.Kallupatti Block ICDS, Peraiyur.
UG History Association	24.01.2019	Traditional Food Habits in Tamilnadu	Guest Lecture	VHNSN College, Virudhunagar
Awareness Programme-2019 Food Adulteration Sponsored by TNSCST-	22.02.2019	Food Adulterants and its Ill Effects on Human Health	Resource Person	Department of Chemistry, VHNSN College, Virudhunagar

Chennai				
Guest Lecture to Non-Teaching Staff	12.04.2019	Healthy Way of Living	Guest Lecture	VVVC,VNR
Training Programme to Anganwadi Workers	27.04.2019	Aspects, Stages, Milestones, Characteristics, Domains of Child Development	Guest Lecture	ICDS,Vembakottai,
Training Programme to Anganwadi Workers	29.04.2019	Aspects, Stages, Milestones, Characteristics, Domains of Child Development	Guest Lecture	ICDS, Aruppukottai and ICDS, Thiruchuli
Training Programme to Anganwadi Workers	02.05.2019	Aspects, Stages, Milestones, Characteristics, Domains of Child Development	Guest Lecture	ICDS, Narikkudi
Training Programme to Anganwadi Workers	04.05.2019	Milestone and preschool Education	Guest Lecture	ICDS,Vembakottai, And ICDS,Kariyapatti
Training Programme to Anganwadi Workers	22.06.2019	Milestone and preschool Education	Guest Lecture	ICDS, VNR
Vazhiviyal Mandram	16.07.2019	Unavaemarunthu, Marunthae Unavu	Guest Speaker	VVVC,VNR
Nutrition Awareness Programme	19.09.2019	Food Habits of the Youth	Guest Lecture	Women Haressment Cell, SBK College, Aruppukkottai.
Nutrition Awareness Programme in connection with Poshan Abiyan	25.09.2019	Balanced Diet for Adolescence	Guest Lecture	Polytechnic College, VNR
NSS Special Camp	30.09.2019	Vazhamana Valkkaikku Thevai Arokiyamana Unavu	Guest Lecture	V.V.V.College NSS Special Camp, Meenanakshipuram, Virudhunagar
NSS Special Camp	30.09.2019	Vazhamana Valkkaikku Thevai Arokiyamana Unavu	Guest Lecture	V.V.V.College NSS Special Camp, Pavali, Vrudhunagar.
Training Programme to Anganwadi	5.10.2010	Importance of Balanced Diet	Guest Lecture	ICDS centre, Kunnoor, Virudhunagar

Workers				District.
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IX Seminars / Conferences / Workshops /Training organized /conducted

Date	Level	Theme
27.02.2006 – 28.02.2006	National	New Horizons in Processing of value Added Convenience Food”
06.03.2007	State	Emerging Trends in Food processing and Quality Control
07.08.2008 - 08.08.2008	National	Animal Food Processing
31.01.2014	National	Emerging Trends in Functional Food
31.01.2015	State	Strategies – Overcome Bone Health Issues
24.7.2017- 26..07.201 7	State	Three Days Training Programme for Self Help Group Women sponsored by Tamil Nadu State Council for Science and Technology on “Dissemination of Innovative Technology (DIT)- Food Preservation and Convenience Food

X Student – oriented Service :

Staff – in – charge of various activities in the

i. **Institution**

2010 – 11	Self-Finance Co-coordinator Admission Committee Member Students Welfare Committee Member Examination Committee Member Awards Committee Member Discipline Committee Member In- Charge for Short term courses In-Charge for Diploma in Yoga, Meditation and Holistic Health Course In- Charge for Stationery
2011 – 12	Self-Finance Co-coordinator Admission Committee Member Students Welfare Committee Member Examination Committee Member Awards Committee Member In- Charge for Short term courses In-Charge for Diploma in Yoga, Meditation and Holistic Health Course In- Charge for Stationery
2012 – 13	Self-Finance Co-coordinator Admission Committee Member Students Welfare Committee Member Examination Committee Member Awards Committee Member In- Charge for Short term courses In-Charge for Diploma in Yoga, Meditation and Holistic Health Course In- Charge for Stationery
2013 – 14	Students Welfare Committee Member Short term courses In-Charge for Diploma in Yoga, Meditation and Holistic Health Course In- Charge for Stationery. In-charge for Health Club
2014 – 15	In- Charge for Short term courses In-Charge for Diploma in Yoga, Meditation and Holistic Health Course
2015-16	Diploma in Yoga, Meditation and Holistic Health Course In- Charge for Stationery.
2016-17	Diploma in Yoga, Meditation and Holistic Health Course In- Charge for Stationery and Canteen. Green Club
2017-18	In- Charge for Stationery, Canteen and Green Club
2018-2019	Green Club

	Old students Executive committee member
2019-2020	Green Club Old students Executive committee member

ii.

Department

2010 – 11	EDP In-Charge Tutor for Ward Students
2011 – 12	EDP In-Charge Study –tour Tutor for Ward Students
2012 – 13	EDP In-Charge Tutor for Ward Students
2013 – 14	EDP In-Charge Tutor for Ward Students
2014 – 15	Tutor for Ward Students Association In-charge
2015-16	Tutor for Ward Students
2015-16	Tutor for Ward Students Association In-charge
2016-17	Tutor for Ward Students Association In-charge
2017-18	Tutor for Ward Students EDP In-Charge Extension Activities

iii. Any other information (Membership in various academic related bodies / societies / associations)

- Home Science Association Member.
- Indian Dietetics Association Member.
- V.V.V.College Old Students Association Member.

Role in Government Services:

Date	Designation/Nature of Service	Category
8.11.2015	Chief Invigilator	TNPSC Group I Exam
24.01.2016	Chief Invigilator	Combined Civil Service Examination-Ii(Non-Interview Post(Group IIA Services) Preliminary Examination 2014-15 and 2015-16
Jan2016-Mar 2016	Research Assistant	Social Audit of Mid-day Meal Scheme of Tamilnadu government.
6.11.2016	Chief Invigilator	Group-IV Services Examination
19.01.2017	Chief Invigilator	Group-I (Preliminary)Examination
6.08.2017	Chief Invigilator	Group-IIA Services (Non-Interview Pos Examination

27.01.2018	Chief Invigilator	
16.02.2019	Chief Invigilator	Competitive Examination for the Post of Executive Officer Grade-III
17.02.2019	Chief Invigilator	Competitive Examination for the Post of Executive Officer Grade-IV
3.03.2019	Chief Invigilator	Competitive Examination for the Post of Group-I Services Preliminary Examination
1.09.2019	Chief Invigilator	Combined Civil Service Examination GoupIV

Consultancy Services Provided:

Date/Year	To Whom	Topic
25.11.2009	Commuity Development Programme through Poly Technique Colleges	Convergence Meeting-Food Processing
9.11.2009	Hostel and officials Workers, MEPCO SCHLENK ENGINEERING COLLEGE,Sivakasi.	Hostel menu and Hygienic Condition.
2015-2017	Sri MookambikaInfosystems, 26,subramaniya SwamyKovil Street, Sivakasi-626123,Tn,India	Nutrition side in the development of nutrioptimizer Software

Participated in Patti Mantrum:

Date	Topic	Place
23.01.2016	Vzhalkkaiyil Neemmathiyum, Mkizzhilchchiyum Neelava Perithum Thaevai Soththu Sugamae? Sontha Sugamae?	Nagarcoil,
4.10.2016	ValkkaiyenMunnedrathirkkumMahilchikkumthunaiNirppathu: KudumbaUrava/ NatpuUrava?	Chinthamani, ThirunelveliDt
5.10.2017	IndraiyaValkkaiyiChellumVazhi :AnbuVazhiya? ArivuVazhiya?	Chinthamani, ThirunelveliDt

Other than Teaching Experience:

1. Two months experience as a **Project Assistant** in the short term research project entitled “Applied Research on Indira MahilaYoyana” sponsored by the Department of Women and Child Development, Ministry of Human Resource Development, Government of India.

2. Six months(3.12.1996-24.6.1997) experience as a **Social Educator** in the “Campaign Against Female Infanticide in TN” (CAFIT) project sponsored by the Department of Women and Child Development, Ministry of Human Resource Development, Government of India.
3. Five years experience as a **Programme Officer** in **NSS**, V.V.Vanniaperumal College For Women, Virudhunagar.
4. One Year experience as a **Programme Officer** in **Red Ribbon Club**,V.V.Vanniaperumal College For Women, Virudhunagar.
5. **Handled coaching classes** in Home Science in the 20-day coaching for UGC-NET/CSIR-UGC-Exam, organized by the Department of Youth Welfare, Madurai Kamaraj University, Madurai from 1st to 20th June 2001.
6. **Co-ordinated** the ‘On the Job Training’ on Clinical Nutrition and Dietetics Catering at SIPO,Madurai from 13.5.2005 to 1.6.2005.
7. Three Years experience as Self Finance Coordinator, V.V.Vanniaperumal College For Women, Virudhunagar.
8. Six months (24.2.2015-26.7.2015) experience as Deputy Warden, V.V.Vanniaperumal College For Women, Virudhunagar.

Residential Address:6/225 BThamari Street,

NGO Colony East,

Virudhunagar-626 001.