

PROFILE

Profile of Dr.R.Radha

- (i) Designation : Assistant Professor
(ii) Department : Food Service Management and Dietetics
(iii) Qualification : M.Sc., M.Phil., Ph.D
(iv) Experience :9 years
(v) Specialization :Food Science and Nutrition
(vi) Email id :cberadhap@gmail.com Mob No:-9894625050

1. Projects

Research and Consultancy Projects – Completed

S.No	Investigator / Co-Investigator	Title of the Project	Funding Agency	Sanctioned Amount and Duration
Research Projects- Completed				
1.	Co-investigator	Effect of supplementation of complan enriched with memory chargers on the memory, cognitive development and growth of 7-12 year old children,	HEINZ India Pvt Ltd,	Rs. 54,69,744 10 June 2011- 10 Mar 2013
2.	Principal Investigator	Nutritional Status and Stress Level Assessment of Selected Employees of ELGI Equipments Pvt. Ltd	ELGI Equipments Pvt. Ltd, Coimbatore	Rs. 30,000, 3rd Oct 2013 - 3 rd Jan 2014,
3.	Principal Investigator	Analysis of Heavy Metal Contamination in Selected Green Leafy Vegetables	Avinashilingam Institute for Home Science and Higher Education for Women	Rs. 35,000/- 1 st Dec 2016- 31 st Apr 2016 – 5 months
Research in Progress				
1.	Principal	Effect of value added millet flakes on weight	Department of Science and	Rs. 43,72,800/- 28 April 2017 –

	Investigator	management and stress levels of selected obese women	Technology – Science for Equity Empowerment and Development Division - Ref - SEED/WN/048/2014	April 2019-3 years
2.	Principal Investigator	Effect of Protein Supplement on the Anthropometric and Biochemical Parameters in Selected Adults	SKM Egg Products Export (India) Limited, Erode	Rs.6,13,500 1 st Apr 2017-31 st March 2018 One year

2. Publications

S.No	Authors	Title of the Article	Name of the Journal, Vol. Year, page No	ISSN No. and Impact Factor
a) International Journal Publications:				
1.	Girija K and R.Radha	In-Vivo Evaluation and Comparison of Ileal Digestibility of Indispensable Amino Acids (IAA) of Formulated High Protein Cookies in Normal and Uremic Rats	International Journal of Health Science and Research	Vol 7, Issue 8, Aug 2017, 351-357, ISSN: 2249-9571
2.	R.Radha and K.Megha Murali	Developing and Evaluating software package for common ailments	International Journal of Science and research	Vol 5, Issue 11, Pp 1148-1150, Nov 2016, Impact factor – 6.391(2015)
3.	S.Abirami and R.Radha	Detection of food adulteration in selected food items procured by home makers	International Journal of Recent Scientific Research	Vol6, Issue 8 , Pp 5938-5943, Aug 2015 Impact Factor – 5.114
4.	P.Babina Devi, R.Radha	Prevalence of Kidney Disorders in Selected Diabetics	International Journal of Science and Research	Vol 4, Issue 6, Sep 15, ISSN:2319-7064 Impact factor 5.611 (2014)
5.	K Girija, R.Radha	Correlation between Subjective Global Assessment (SGA) and serum Albumin in hemodialysis	International Journal of recent scientific	Vol. 6, Issue, 2, February, 2015 ISSN: 0976-3031

		patients	research	Impact factor 3.908
6.	K Girija, R.Radha	Beneficial Effect of Physical activity in Hemodialysis Patients	Universal Journal of Engineering Science	Vol.1, Issue 2:P 40-44, Oct 2013 2332-3361
7.	Girija K and R.Radha	Role of phytomedicines and neutraceuticals in the prevention of chronic diseases	International Journal of pharmaceutical sciences and research	Vol 4, Issue 9 , p 0975-8232, Sep 2013, 2320-5148 Impact factor 1.89
8.	Radha.R and Girija.K	Eating Disorders In Hemodialysis Patients	International Journal of Food and Nutrition Sciences	Vol.2, Issue , 3, P 120-123, Jul-Sep 2013, e-ISSN: 2320-7876 Impact Factor 1.257
9.	Radha.R and Amirthaveni. M	Lifestyle pattern of selected diabetics	International Journal of Scientific Research	Vol 2, Issue 6, p 67-68 , Jun 2013 ISSN-2277-8179 Impact factor 0.3371
10.	Radha.R and Premapriya. S	Prevalence of stress in selected school children	International Journal of Recent Scientific Research	Vol 4, Issue 3, pp254-258, March 2013 ISSN:0976-3031 Impact Factor - 5.114
11.	Girija.K and Radha.R	Assessment of Nutritional Status of Hemodialysis Patients	Global Research Analysis- International	Volume : 2 , Issue : 3 , March 2013, ISSN No 2277 – 8160 Impact factor 0.2714
12.	Radha.R, Markynti.M. Sohalng	Treatment of Osteoarthritis through various alternative therapies	International Journal of current medical sciences	1,1, Pp 001-004, Dec 2011, ISSN 2320-8147 Impact factor 2.244.

b) National Journal Publications:				
13.	Girija.K and Radha.R	Requirements of macronutrients in Hemodialysis Subjects	Indian Journal of Science	Vol 22,(76), 27-33, 2015
14.	Radha.R, and Sasikala.A	Food Safety, Hygiene and Sanitation in Selected Midday Meal Providing Schools	The Indian Journal of Nutrition and Dietetics	49,.2P 78-84, Feb 2012, 0022-3174
15.	Radha.R	Stress and Cardiovascular Disease	Indian Journal of Health and Wellbeing	2,5, P.1150-1153, Dec 2011, 2229-5356
16.	Rajaathi.G and Radha.R	Stress a contributing factor for chronic diseases	Indian Journal of Health and Wellbeing	24, 4, Dec 2011, 2229-5356
17.	Radha.R, and Amirthaveni .M	Role of medicinal plant Salacia Reticulata in the management of Type II Diabetics	Ancient Science of Life	24,1, P.14, Jul-Sep 2009, 0257 7941
d) Full-length Articles in Proceedings/Books:				
18.	R.Radha	Role of extension professionals as enablers in improving the health status of the community	Emerging trends in communication and essential skill sets of extension professional for effective technology transfer	P 163-173, 2017, ISBN 938597767-9
19.	Girirja.K.and Radha.R	Pulses and Hyperkalemia in Hemodialysis Subjects	Pulses – The pulse of life	P202-207, 2017, ISBN 978-93-84234-92-8
20.	R.Radha and Salam Lakshmi	Assessment of Lifestyle pattern in selected special children in Coimbatore	Scientific perspectives of Home Science	P204-209,2017 ISBN-978-93-84234-06-5
21.	R.Radha	Effect of Nelumbo Nucifera on selected hyperlipidemia	Tamil Elakiyangalil malarkalin manbugalum,	P443-447 2017, ISBN – 938054324-7

			maruthuva gunangalum	
22.	R.Radha	Sanga Noolgalil magalirum virunthombalum (Hospitality in Ancient literature)	Aspects of prosperous life in tamil literature	P683-686 2016-01-31 ISBN-978-93-85267-13-0
23.	R.Radha	Various aspects of food habits	Kerala state council for science, technology and environment	P 17-20 2013 81-86366-85-7
24.	R.Radha and Themngamla	Impact of <i>centella asiatica</i> on selected hypertensive subjects	Traditional, Herbal Medicine, Dr.Parimelazhagan, Pointer Publishers, Jaipur	P 137-146, 2013 978-81-7132-743-0
25.	R.Radha and M.Amirthaveni	Aavaram Flower in the Management of Diabetes Mellitus	Horticulture	P119, 2013 978-93-87702-58-9
26.	S.Premapriya and R.Radha	Health status of school going children in rural area	Child exploitation exposing the unseen	P117, 2013 978-81-89630-69-0
27.	G..Rajaathi and R.Radha	Child trafficking in India	Child exploitation exposing the unseen	P 3-11, 2013, 9788-81-89630-69-0
28.	Girija.K.and Radha .R	Awareness of Health Impacts of genetically modified foods in India	Supplement to Advanced Biotech Journal	P49-51, 2013 2319-6750
29.	Girija.K.and Radha .R	Importance of Protein Supplementation in improving the nutritional status of hemodialysis patients	Management Research – Current Trends and Practices	P177-186, 2012 978-93-81505-48-9
30.	Radha.R.and Rajaathi.G	“Consequences of child rights “	Child Rights in the New Era	P 218-223 2012 978-81-7132-702-7

31.	Radha.R and Markynti.M.Sohl ang	Effect of supplementation of cardiospermum halicacabum capsules on the symptoms of osteoarthritis subjects of shillong	Nutritional Medicine and Wellness	P 223-230, 2012
32.	Premapriya.S, and Radha.R.	The healing power of Garlic	Nutritional Medicine and Wellness	P 267-276, 2012
33.	Radha.R	Medicinal use of Turmeric	Nutritional Medicine and Wellness	P 277-26, 2012
34.	Radha.R, and Sasikala.A	Nutritional Status of School Children of Midday Meal Programme in Coimbatore	Social Development in India , New Vistas and Challenges, Authors Press Publishers	P 323-328 2011
35.	Radha.R	Role of Banks in promoting financial inclusion	Gender Equality and Inclusive Growth, Excel India Publishers,	P295, 2010 93-80697-38-4

E pathsala Video Lessons Prepared for University Grants Commission (2015-2017)

1. Preparation of Sauces--HO6QF19
2. Preparation of Soups--HO6QF20
3. Salads and its types--HO6QF21
4. Baking basics--HO6QF23
5. Microwave cooking--HO6QF24
6. Healthy cooking in food service--HO6QF25
7. Waste disposal--HO6QF26
8. How to overcome hyperthyroidism and hypothyroidism? -F14TN27
9. Causes and management of GOUT - F14TN29
10. Eating disorders among adolescents - F14TN34
11. Significance of dietary fiber for healthy life- F14TN36
12. Water and health- F14TN39

13. Nutrition after Bariatric surgery -F14TN40
14. Nephrolithiasis F14TN42
15. Anti allergy diet for allergy relief-F14TN46
16. Diet for healthy skin and hair- F14TN47
17. Processing and products of wheat - F04PF30
18. Breakfast cereals - F04PF39

3. International / National Conferences / Seminars / Workshops

ONLY ATTENDED

International

S.No	Title	Date	Place
2014			
1.	International seminar on Qualitative and Quantitative methods in Nutrition and Health Research.	24 Dec 2014	Periyar University, Salem
2.	Global Conference on Nutrition and Science	26-28 Mar 2014	Conducted by UBM at Holiday Inn , Mumbai
2013			
3.	Two day workshop on HACCP and GMP for Food Industries	4-5 Jan 2013	Indian Institute of Crop Processing Technology
2010			
4.	Workshop on Conservation, cultivation, sustainable collection , processing and marketing of medicinal plants	Dec 2010	Bengaluru
5.	Pre congress workshop on Scientific writing conducted as part of 4 th World Ayurveda Congress and Arogya expo	Dec 2010	Bengaluru
6.	Conference on food Technology- edition II, "Greening Food Processing Sector for Sustainable Safe food Supply"	Oct 2010	Indian Institute of Crop Processing Technology, Thanjavur

National

S.No	Title	Date	Place
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2016			
7.	ICMR sponsored two day seminar on “exploring the Impact of Wireless Communication Technologies in Mobile Health Care”	4-5 th Aug 2016	Dept of electronics and Communication engineering, Faculty of Engineering, Avinashilingam University for Women
2014			
8.	DST-CURIE sponsored National Conference on “Packaging Techniques to hasten Emergency food Relief”	21-22 nd Feb 2014	Avinashilingam University for Women
2013			
9.	Preconference workshop current concepts in nutritional assessment , techniques and tools	12 th Dec 2013	Indian Dietetic Pune Chapter
2012			
10.	Delegate Speaker -Capacity Building Workshop to prevent Violence against Women	6th-8 th Nov 2012	Bhagat Phool Singh Mahila Vishwavidyalaya, Hkanpur kalan Sonapat, Haryana
2011			
11.	44 th Annual Conference of Indian Dietetic Association’s pre Conference workshop on Enteral and Parenteral Nutrition	14 th to 16 th July 2011	All India Institute of Medical Sciences, New Delhi.
	Seminar on “ Holistic Maternal and Child Nutrition”	Sep 2011	Avinashilingam University for Women, Coimbatore
2010			
12.	Workshop on “Sensitization of UGC norms for promotion and recruitment of University teachers(XI plan Regulations)	Nov 2010	Avinashilingam University for Women, Coimbatore
13.	Seminar on Food Technology – Progress and Prospects	Oct 2010.	By Dept of Biotechnology sponsored by Science city, Dept of Higher Education Govt of Tamilnadu at Bannari Amman Institute of Technology, Sathyamangalam
14.	Symposium on “Functional Foods and Nutraceuticals”	Mar 2010	Dept of Biotechnology, Kumaraguru College of

			Technology, Coimbatore
15.	“Eco Friendly procedures followed in the Hospitality Industry”	Feb 2010	SNR Sons college, Coimbatore.
2009			
16.	Workshop on “Life Skills Education”	Feb 2009.	Rajiv Gandhi National Institute of youth Development and Avinashilingam University for Women

State level

S.No	Title	Date	Place
2010			
17.	Best Research Topic Competition and has been awarded 2nd prize	Sep 2010	Sri Krishna Arts and Science College, Coimbatore.
18.	Workshop on “Research Methodology in Social Sciences”	Sep 2010	PG Dept of Social Work, Sri Krishna Arts and Science College, Coimbatore.

Regional

S.No	Title	Date	Place
2017			
19.	Participated in DST CURIE sponsored One day workshop on Ethical Considerations in Research	06 Dec 2017	Avinashilingam Institute for Home Science and Higher Education for Women , Coimbatore
2014			
20.	One day workshop on Intellectual Property Rights	15 th Mar 2014	Avinashilingam University for Women
21.	Life Sciences day & Hands on Training on chromatography system	6-7 March 2014	Avinashilingam University for Women

2011			
22.	Seminar on “Rural Development – Ghandhian Lens”	Mar 2011	UGC Sponsored at Avinashilingam University for Women, Coimbatore
23.	Seminar on Women in Hospitality Industry	Feb 2011	Avinashilingam University for Women, Coimbatore
24.	Training Workshop on Clinical Documenttaion software for physicians	Jan 2011	The Ayurvedic Trust Campus , Coimbatore

b) Paper Presented (Papers not in proceedings):

c) Abstract in proceedings (As presenting Author)

International

S.No	Author	Title of the article	Conference	Venue
2017				
1.	R.Radha and S.Premapriya	Role of functional foods in the management of Glycemia	International Conference of Environment, Genes, Health and Diseases	Bharathiyar University, 22 nd – 24 th August 2017
2.	R.Radha and G.Rajathi	Impact of fibre rich supplement on Hypertensives	International Conference of Environment, Genes, Health and Diseases	Bharathiyar University, 22 nd – 24 th August 2017
3.	Girija K and R.Radha	Pulses and Hyperkalemia	International Seminar on Pulses – The Pulse of Life	Avinashilingam Institute for Home Science and Higher Education for Women 01 March 2017
4.	Radha.R	Effect of Nelumbo Nucifera on selected hyperlipidemia	Tamil Elakiyangalil malarkalin manbugalum,	Thavathiru Santhalinga Adigalar Arts

			maruthuva gunangalum	and Science Tamil College , Perur 09 Jan 2017
2016				
5.	Radha.R	Sanga Noolgalil magalirum virunthombalum	Aspects of prosperous life in tamil literature	Avinashilingam Institute for Home Science and Higher Education for Women 9 Dec 2016
2015				
6.	Radha.R	Effect of ready- to-eat millet flakes on glycemia	International Conference on Converging Biotechnological Innovations for Health, Food and International Conference on Converging Biotechnological Innovations for Health, Food and Environmental Welfare	Karunya University, 2 nd - 4 th Dec 2015
7.	Radha.R	Potential Health Benefits of <i>Mentha Arvensis</i>	International Conference on Converging Biotechnological Innovations for Health, Food and International Conference on Converging Biotechnological Innovations for Health, Food and Environmental Welfare	Karunya University, 2 nd - 4 th Dec 2015
2013				
8.	Radha.R	<u>Impact of <i>Syzygium cumini</i> on selected Type II Diabetics</u>	3 rd Euro India International Conference on Holistic Medicine (ICHM-2013)	Institute of Holistic Medical Sciences, Kottayam 6-8 th Sep 2013
9.	Radha.R	Nanotechnology in food	Food processing Technology –	Indian Institute of Crop

		packaging	Challenges and solutions for sustainable food security	Processing Technology,4-5 Jan 2013
2012				
10	Radha .R. and Markynti.M.Sohlang	Effect of supplementation of <i>cardiospermum halicacabum</i> capsules on the symptoms of osteoarthritis subjects	Nutritional Medicine, Health and Wellness	St.Terasas College, Ernakulam, Kerala 7-8 June 2012
2011				
11	Radha.R	Stress and Cardio Vascular Disease	1 st Online International Conference on Psychology and Allied Sciences (IOCPAS 2011)	Indian Association of Health , Research and Welfare, Hisar, Haryana,2011
12	Radha.R	Role of functional foods in the prevention of diseases	Functional Foods and Health	Periyar University, Salem 19 th Nov 2011
13	Radha.R and Rajaathi.G	Effect of therapeutic supplementation and life style Intervention in the management of hypertension among Smokers	1 st Asia Pacific Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension (CODHy)	Kerry Hotel, Shanghai, China, June 2011
14	Radha.R and Sasikala.A	Food Safety, Hygiene, Sanitation and Nutritional Adequacy of Midday Meal Programme in Selected Schools	Food and Nutraceuticals for Nutrition and Health: Technology and Delivery	Periyar University, Salem 20-22 June 2011
15	Radha.R	Pepper as a functional food	Functional Foods and Health	Periyar University, Salem 19 th Nov 2011
2010				
16	Radha.R	Diet and Dietetics in	4 th World Ayurveda	Bengaluru

		Ayurveda – promotion of positive health and prevention of diseases	Congress and Arogya Expo	12 th Dec 2010
17	Radha.R	Life Style Diseases and Ayurveda	4 th World Ayurveda Congress and Arogya Expo	Bengaluru 12 th Dec 2010
18	Radha.R	Medicinal Plants for Health and Prosperity	Conservation, Cultivation, Sustainable Collection, Processing and Marketing of Medicinal Plants	Dept of AYUSH / Department of Forest, Government of Karnataka 11 th December , 2010
2009				
19	Radha.R	Importance of life skills education for youth	life skills education	Rajiv Gandhi National Institute of Youth Development, Sriperumbudur 6 th – 8 th April 2009
20	Radha.R and Priya	General Health Problems of Women	Gender and Health	Mother Terasa Womens University, Kodaikanal 25 th -27 th March 2009

National

S.No	Author	Title of the article	Conference	Venue
2017				
1	R.Radha and P.Vijayalaxmi	Functional Implications of pennisetum Glaucum on CardioVascular Diseases	One day State level Seminar on Millet- A Gold Coin II – Organized by Department of Rural Development Science	Arul Anandar College, Karumathur, Madurai, 27 th Sep 2017
2	R.Radha	Health Benefits of proso Millet	One day State level Seminar on Millet- A Gold Coin II – Organized by Department of	Arul Anandar College, Karumathur, Madurai, 27 th Sep 2017

			Rural Development Science	
3	Radha.R and Salam Lakshmi	Assessment of Lifestyle pattern of selected special children of Coimbatore	UGC Sponsored National Conference on Scientific Perspectives of Home Science	Avinashilingam Institute for Home Science and Higher Education for Women 6-7 th March 2017
2015				
4	Radha.R	Food Allergen	National conference on “Research strategies, technologies and upcoming challenges in food science and biotechnology for healthier life (RTCFSB)	Kongu Engineering College Perunthurai , 25 Sep 2015
5	Radha.R	Phytochemical analysis of <i>Glycyrrhiza glabra</i>	National conference on “Research strategies, technologies and upcoming challenges in food science and biotechnology for healthier life (RTCFSB)	Kongu Engineering College Perunthurai , 25 Sep 2015
6	Radha.R	Health Benefits of Pearl Millet	National Seminar on Emerging Vogue in Food Habits and Processing	Aiman College of Arts and Science for Women, Trichy , 21 Aug 2015
2013				
7	R.Radha and M.Amirthaveni	Hypolipidemic and hypoglycemic effect of <i>Cyprus rotundus</i> on selected diabetics	National Conference on Herbal Medicine ;Back to the future (NCHM-2013)	Frontier Lifeline Private Limited Oct 9-10 , 2013
2012				

8	R.Radha and Ms.Themngamla	Impact of centella asiatica on selected hypertensive subjects	National conference on Phytomedicine	Bharathiyar University, Coimbatore 4th and 5th October 2012
2011				
9	Radha.R and Rajaathi.G	The influence of lifestyle on development of hypertension in adults and its consequences on health	44 th Annual National Conference of Indian Dietetic Association	All India Institute of Medical Sciences, New Delhi 3 rd November 2011
10	Radha.R and Markynti.M. Sohlang	Treatment of osteoarthritis through various alternative therapies	44 th Annual National Conference of Indian Dietetic Association	All India Institute of Medical Sciences, New Delhi 3 rd November 2011
11	Radha.R	Probiotics and Health	Prognosis of food processing sector in health promotion	Dr.NGP Arts and Science College, Coimbatore 29 th August 2011
12	Radha	Preventive factors for heart diseases	Healthy heart – a life line to healthy life	Avinashilingam University for Women, Coimbatore Jan 18 th and 19 th 2011
13	Radha.R and Sasikala.A	Nutritional status of school children of mid day meal program in Coimbatore	Social Development in India – New Vistas and Challenges	Bharathidasan University, Tiruchirappalli 10 th 11 th Jan 2011
14	Radha.R	Applications of nanotechnologies for the food sector	12 th National Biological congress on Recent advances in biological sciences towards sustainable development	Muthayammal college of Arts and Science , Rasipuram, 9-10 Jan 2015
2009				
15	Radha.R and Amirthaveni. M	Effect of Triphala in the Management of Diabetics	42 nd National Conference of Indian Dietetic Association	Lucknow 12 th and 13 th Dec 2009
16	Radha.R and Amirthaveni. M	Healthy supplements that protects diabetics	Role of Home Science education and	Smt.VHD Central Institute of Home Science, Bangalore

			Interdisciplinary subjects towards promoting health for all	23 rd and 24 th July 2009
17	Radha.R and Amirthaveni. M	Phytochemical and antidiabetic activity of terminalia chebula	emerging trends in biotechnology	Sadakathullah appa college, Tirunelveli 21 st March 2009
18	Radha.R and Amirthaveni. M	Hypoglycemic effect of herbal plant (Salacia Reticulata) on selected diabetics	nutritional challenges – past, present and future	Periyar University, Salem Feb 27 th 2009
19	Radha.R and Vijayalaksh mi.P	Consumption pattern of selected foods among cardiovascular patients	New Innovation in cancer research & experimental therapeutics	Karunya University, Coimbatore Jan 2009

Regional

S.No	Author	Title of the article	Conference	Venue
2010				
1	Radha.R	Role of Banks in promoting Financial Inclusion	Gender Equality and Inclusive Growth	Avinashilingam University for Women, Coimbatore 14 th and 15 th December 2010
2009				
2	Radha.R	Skills needed by a women entrepreneur to start a micro enterprise	problems and prospects of women in Gandhian Thought	Avinashilingam University for Women, Coimbatore 02, 03 Oct 2009

d) Abstract in proceedings (As supervising Co-author):

International

S.No	Author	Title of the article	Conference	Venue
2015				
1.	Girija.K and	Requirements of	National conference	Kongu Engineering

	Radha.R	macronutrients in hemodialysis subjects	on “Research strategies, technologies and upcoming challenges in food science and biotechnology for healthier life (RTCFSB)	College Perunthurai , 25 Sep 2015
2.	Girija.K and Radha.R	Obesity and Kidney Disease	National Seminar on Emerging Vogue in Food Habits and Processing	Aiman College of Arts and Science for Women, Trichy , 21 Aug 2015
2013				
3.	Girija.K and Radha.R	Drug and Nutrient consideration in the biochemical changes of hemodialysis patients	New Horizons in Pharmaceutical and Biomedical Sciences	Siddhardha Institute of Pharmacy, Deheradun, 12 Jan 2013
4.	Girija.K and Radha.R	Beneficial effect of spray dried egg white powder	Food processing Technology – Challenges and solutions for sustainable food security	Indian Institute of Crop Processing Technology Jan 4-5, 2013
2012				
5.	Girija.K and Radha.R	Importance of protein supplementation in improving the nutritional status of hemodialysis patients	Management and Behavioral Sciences	Ahmedabad, Gujarat 1-2 Dec 2012
6.	Premapriya.S . and Radha.R	The healing power of garlic	Nutritional Medicine, Health and Wellness	St.Teresas College, Ernakulam, Kerala 7-8 June 2012
2011				
7.	Rajaathi.G and Radha.R	Stress a contributing factor for chronic diseases	I st Online International Conference on Psychology and Allied Sciences (IOCPAS 2011)	Indian Association of Health , Research and Welfare, Hisar, Haryana

National

S.No	Author	Title of the article	Conference	Venue
2016				
1	S.Abhirami and R.Radha	Food Adulteration	National Conference on	Avinashilingam University

			recent Trends in Adolescent Nutrition and Reproductive Health Care	,Coimbatore , 4-5 Feb 2016
2015				
2	Girija.K and Radha.R	Evaluation of Ileal Digestability of Dietary Indispensable Amino Acids in Uremic Rats	International Conference on Converging Biotechnological Innovations for Health, Food and International Conference on Converging Biotechnological Innovations for Health, Food and Environmental Welfare	Karunya University, 2 nd -4 th Dec 2015
3	Girija K and R.Radha	Nutritional status of hemodialysis patients	12 th National Biological congress on Recent advances in biological sciences towards sustainable development	Muthayammal college of Arts and Science , Rasipuram, 9-10 Jan 2015
2013				
4	Girija K and R.Radha	Eating Disorders in hemodialysis patients	46 th Annual Conference of Indian Dietetic Association	Maharastra Institute of Technology, Pune December 2013
5	P.Babina Devi and R.Radha	Prevalence of kidney disorders in selected diabetes	46 th Annual Conference of Indian Dietetic Association	Maharastra Institute of Technology, Pune December 2013
6	S.Premapriya and R.Radha	Nutritional status of mid day meal eaters and non-midday meal eaters of selected school children in urban area of Coimbatore district	46 th Annual Conference of Indian Dietetic Association	Maharastra Institute of Technology, Pune December 2013

7	Girija K and Radha R	Frequency of hemodialysis and nutritional status of hemodialysis patients	5 th Annual conference of Indian Society of Hemodialysis	Hotel Swosti Premium, Bhubaneshwar, Odhisa, 7-9 Mar, 2013
8	Girija.K and Radha.R	Drug and Nutrient consideration in the biochemical changes of hemodialysis patients	New Horizons in Pharmaceutical and Biomedical Sciences	Siddhardha Institute of Pharmacy, Deheradun, 12 Jan 2013
9	Girija.K and Radha.R	Beneficial effect of spray dried egg white powder	Food processing Technology – Challenges and solutions for sustainable food security	Indian Institute of Crop Processing Technology , 4-5 Jan 2013
10	S.Premapriya and R.Radha	Health status of school going children in rural area	Child exploitation exposing the unseen	J.H.A.Agrasen college, chennai
11	G..Rajaathi and R.Radha	Child trafficking in India	Child exploitation exposing the unseen	J.H.A.Agrasen college, chennai
2012				
12	G..Rajaathi and R.Radha	Role of Dietary Intervention in the Management of Ulcer	45 th Annual National Conference of Indian Dietetic Association	NIN , Hyderabad Nov 29-Dec 01, 2012
13	K.Girija and R.Radha Received best poster award	Assessment of Nutritional status of Hemodialysis patients	45 th Annual National Conference of Indian Dietetic Association	NIN , Hyderabad Nov 29-Dec 01, 2012
14	K.Girija and R.Radha	Awareness of health impacts of genetically modified foods in India	National Seminar on current perspectives in Biological Sciences	Rajah Serfoji Govt college (Autonomous) Thanjavur 11 th and 12 th October 2012
15	G..Rajaathi and R.Radha	Role of micro nutrients in prenatal	Holistic Maternal and	Avinashilingam Deemed University for

	Best Poster Award	and postnatal care of women and children	Child Nutrition	Women, Coimbatore 22 nd September 2011
16	G.Rajaathi and R. Radha	Natural food Products- Food as Medicine	Future Prospective of Natural Products and Food as Medicine	Rajah Serfoji Govt College, Thanjavur 1 st and 2 nd April 2011

4. Refresher Courses / Orientation Courses / Training Programmes / Equivalent attended

Refresher courses

S.No	Year	Nature of Training	Duration	Organization where training was provided
2016				
1.	15.09.2016 to 05.10.2016	Refresher Course in Social Sciences	21 Days	HRDC, UGC, Bharathiar University, Coimbatore
2014				
2.	Oct 2014	Short term course on SPSS Hands on training (Social Sciences)	6 days (7-12)	UGC- Academic Staff college , Bharathiyar University, Coimbatore
2012				
3.	3 rd October to 23 rd October 2012	Refresher Course on Research Methodology in Social Science (Multidisciplinary)	21 Days	Academic staff College, Bharathiyar University , Coimbatore

Orientation program

S.No	Year	Nature of Training	Duration	Organization where training was provided
2011				
1.	Feb-Mar 2011	86 th Orientation Course by UGC Academic Staff College	21 days	Bharathiyar University, Coimbatore
2009				

2.	June 2009	Orientation course on “food Safety and Hygiene:	4 days (8 – 11 th)	National Institute of public Cooperation and Child Development (NIPCCD), Bangalore.
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Training program received

S.No	Year	Nature of Training	Duration	Organization where training was provided
2014				
1	Dec 2014	One day Workshop on BioEthics In Research	1 Day 16.12.14	Avinashilingam University for Women
2	Sep 2014	DST sponsored International training programme on “ Leadership and career development for women scientists	5 days (8-12)	National Institute of Advanced sciences (NIAS) Bangalore
3	June 2014	Training on Basic baking	6 days (9-14)	A.K.R.Foods Pvt Ltd, Ganapathy , Coimbatore
4	Mar 2014	Global Conference on Nutrition and Science	26-28	Conducted by UBM at Holiday Inn , Mumbai
2013				
5	Dec 2013	Preconference workshop current concepts in nutritional assessment , techniques and tools	12 Dec	Indian Dietetic Pune Chapter
6	Feb 2013	Faculty Development programme on “Excellence in Research”	6 days (11-16 th)	Avinashilingam School of Management Technology, Avinashilingam University, Coimbatore.
7	Jan 2013	Two day workshop on HACCP and	4-5 Jan	Indian Institute of Crop Processing Technology

		GMP for Food Industries		
2012				
9	Nov 2012	Delegate Speaker - Capacity Building Workshop to prevent Violence against Women	6th-8 th	Bhagat Phool Singh Mahila Vishwavidyalaya, Hkanpur kalan Sonepat, Haryana
10	Feb 2012	Faculty Development programme on "Excellence in Research"	6 days (11-16 th)	Avinashilingam School of Management Technology, Avinashilingam University, Coimbatore.
2011				
11	October 2011	Faculty Development programme on "Emotional Intelligence for Excellence"	2 days (11-12 th)	Avinashilingam School of Management Technology, Avinashilingam University, Coimbatore.
12	Aug 2011	Chocolate Moulding	1 days (23 rd)	CSI Bishop Appasamy Collage of Arts and Science, Coimbatore in association with Institute of Baking and Cake Art.
2010				
13	Dec 2010	Workshop on Conservation, cultivation, sustainable collection, processing and marketing of medicinal plants	1 day	Bengaluru
14	Dec 2010	Pre congress workshop on Scientific writing conducted as part of 4 th World Ayurveda Congress and Arogya expo	1 d1 day ay	Bengaluru
15	Nov 2010	Workshop on "Sensitization of UGC norms for promotion and recruitment of University teachers(XI plan	1 day	Avinashilingam University for Women, Coimbatore

		Regulations)		
16	Oct 2010	Workshop on HACCP and GMP in Food Industries and ISO Certification”	1 day	Indian Institute of Crop Processing Technology, Thanjavur.
17	Sep 2010	Workshop on “Research Methodology in Social Sciences”	1 day	PG Dept of Social Work, Sri Krishna Arts and Science College, Coimbatore.
2009				
18	June 2009	Training program on “Fast Food”	2 days (17 th -18 th)	Post Harvest Technology Centre, Tamilnadu Agricultural University, Coimbatore.

5. Achievements (Chairperson / Resource Person / Invited Lectures)

Resource person	
Resource person – delivered a talk in the Mass Yoga Orientation programme, on “Important aspects of yoga and health” for 321- I UG NSS Volunteers and 56 Avinashilingam primary school students as a part of International yoga Day Celebration.	08 June 2017
Resource person - Delivered a talk on Importance of Protein in Health Awareness program for the employees of Roots Industries Limited (2 Batches – 81 employees)	25 Sep 2017
Resource person - delivered a talk on Importance of yoga for wellbeing to Avinashilingam Primary School Children – 252 students	19 June 2017
Resource person - delivered a talk on Importance of Adolescent Nutrition for uneducated adolescent children at Seyur ICDS Centre- 2 nd Batch 33 Students	25 May 2017
Resource person - delivered a talk on Nutritional Requirement for Adolescent , uneducated children at Seyur ICDS Centre – 1 st Bacth 45 students	24 May 2017
Resource person - delivered a talk on Importance of Adolescent Nutrition for uneducated adolescent children at Thekkalur ICDS Centre – 36 students	22 May 2017
Resource person in Maniapl university , Dubai , Delivered a lecture on Lifestyle Health for the our going students of Undergraduates	18 Apr 2017

Resource person - delivered an invited lecture on “Role of Extension Professionals as Enablers in Improving the Health Status of the Community in the ten day ICAR short term course entitled “Emerging Trends in Communication and Essential Skill Sets of Extension Professionals for Effective Technology Transfer” organized by Department of Agricultural Extension and Rural Sociology, Agricultural College and Research Institute Madurai.	14 Feb 2017
2016	
Resource person in a Traditional Food Festival organized by ICDS for the Tirupur and Avinashi Block Anganwadi workers at Kulalar Wedding Hall, Avinashi . Gave a lecture on Importance of Millets for 300 Anganwadi staff	13 th Aug 2016
Resource person in Early childhood Care and Education Training program organized by ICDS for the Anganwadi Staff incharge and given nutrition education for 45 members	11 th June 2016
Resource person in Early childhood Care and Education Training program (level 2) organized by ICDS for the Anganwadi Staff incharge and given nutrition education for 42 members	22 nd June 2016
Resource person in Early childhood Care and Education Training program organized by ICDS for the Anganwadi Staff incharge and gave a talk on Various stages of child development for 45 members	25 th June 2016
Resource person for the retiring employees of ELGI Equipment Private Limited , given a talk on Diet and Health	08 th April 2016
Resource Person in the NSS camp special activity, delivered a talk to the school children and public on Healthy Living at Dheenampalam, Thonadamuthur village	21 March 2016
Resource person in the International Womens Day celebrations held at Thiruchengodu K.S.Ramasamy College of Technology , Tiruchengodu	8 March 2016
Resource Person in a three day national workshop on Research Methodology in Social Sciences held at Tagore College, Chrompet, Chennai	26-28 Feb 2016
2015	
Resource person in a a training programme for warden of Education	23-28 th Mar 2015

for all programme, Tamilnadu , Avinashilingam Institute for Home Science and Higher Education for Women	
2014	
Resource person in a training programme for cooks of Education for all programme, Tamilnadu , Avinashilingam Institute for Home Science and Higher Education for Women	16-20 th Nov 2014
2013	
Resource person in Two day seminar on Community and Social Service organized by Department of Home Science Extension Education, Avinashilingam Institute for Home Science and Higher Education for Women	14 th -15 th Mar 2013
2012	
Resource person in one day work shop on Perspectives to Prospects in Home Science organized by Department of Home Science Extension Education, Avinashilingam Institute for Home Science and Higher Education for Women	09 th Aug 2012
Resource person in CME on Management of Cardiac Diseases Organized by Santhigiri Healthcare & Research Organization In association with Ayurveda Hospital Management Association, Santhigiri Research Foundation and Arogyapadmam Health Magazine , delivered a talk on Nutritional Aspects in Cardio Vascular Disease -Dietary approaches for the prevention of CVD	13 th May 2012
Resource person in the training programme organized by ICDS and delivered a talk on “Nutrition for school going children and food safety at Rangammal Girls Higher Secondary school, Ram Nagar, Coimbatore	18 Jan 2012
2011	
Participated as a resource person in the working group meeting for finalization of competency based modular vocational curricula in the area of eggless bakery held at PSS Central Institute of Vocational Education Conducted by Pandit Sunderlal Sharma Central Institute for Vocational Education, Bhopal	19 to 23, 2011
Resource person in the training programme organized by ICDS and delivered a talk on “Balanced Diet, budgeting, Special Nutrition Programme, Body Mass Index” at Health Center, Race course, Coimbatore	16 Dec 2011
Resource person in children’s day programme organized by ICDS and delivered a talk on Nutritional Needs of school going children at Indian Medical Associations Hall, Coimbatore	18 Nov 2011
Resource person in the five day training programme entitled “Skill	15 th Sep 2011

training for entrepreneurship skill development programme” held at Bannari Amman Institute of Technology Business Incubator, delivered a talk on the “Need and methods of Food Preservation”	
Resource person in the one day training programme on nutritious meal to the Noon Meal staff of Gudalur Panchayat Union	16th Aug 2011
Rapporteur in a Regional Seminar on Rural Development – Gandhian Lens held at Avianshilingam Deemed University	19th Mar 2011
Resource person in a National seminar on Nutrition and Food Habits held at St.Josephs College for Women,Alappuzha	16th Mar 2011
2009	
Guest in thanks giving day function of Avinashilingam Primary School	15 Apr 2009
Guest in the Thanks Giving Day of Nursery School function	26 th Mar 2009

4. Awards and Recognitions

- Received **First prize** in Essay writing (English) competition in the 2nd International Yoga Day celebration at Avinashilingam University for Women on 21st June 2016
- Received **First prize** in Slogan writing (English) competition in the 2nd International Yoga Day celebration at Avinashilingam University for Women on 21st June 2016
- Received **Second prize** in Essay writing (Tamil) competition in the 2nd International Yoga Day celebration at Avinashilingam University for Women on 21st June 2016
- Received **Young Scientist award from Government of Tamilnadu** (From Honorable Educational Minister for Higher Education, Govt of Tamilnadu Mr.P.Palaniappan And U .Sahayam , Vice Chairman, Science City) at Queen Marys College Chennai on 29 Feb 2016
- Received the **Best Oral Presentation award** for the presentation on Effect of Ready to Eat millet flakes on glycemia in the International Conference on Converging Biotechnological Innovations for Health food and environmental welfare(ICCBI),, organized by the department of Biotechnology School of Biotech and Health Sciences, Karunya University on 2-4 Dec 2015
- Won **first prize** in the paper presentation in the National Conference on “Herbal Medicine in Health care” Organized by the Department of Biotechnology, Kongunadu Arts and Science College, Coimbatore 17 Mar 2015

- Won the **Golden Jubilee Award** in the 46th Annual National Conference of Indian Dietetic Association held at Pune 12-15 Dec 2013
- **First prize** in elocution competition on “Gandhian thoughts and its relevance to the modern era” Oct 2nd 2013
- **Best Paper award** in the 3rd Euro India International Conference on Holistic Medicine (ICHM – 2013), organized by Institute of Holistic Medical Sciences, Kottayam 6-8 Sep 2013
- **First Prize** in Essay writing competition (in English) in the International women’s day celebrations –March 2013
- Received **Best poster award for the paper** Assessment of Nutritional status of Hemodialysis patients, in the 45th Annual National Conference of Indian Dietetic Association, National Institute of Nutrition , Hyderabad ,Nov 29-Dec 01, 2012
- **Second Prize** - Cookery competition in XXXI Nutrition week celebrations at Avinashilingam Institute for Home Science and Higher Education for Women from 3rd to 6th sep 2012
- **First prize** in Avinashilingam university Newsletter wrapper designing – June 2012
- **Won the trophy** -Treasure Hunt organized by YWCA - Mar 2012
- **Won a cash prize**- Barbeque Banquet conducted by Ideal Stores at The residency Hotel- 17Dec 2011
- **Received Best Poster Award, for the paper on** Role of micro nutrients in prenatal and postnatal care of women and children, in the Conference Holistic Maternal and Child Nutrition Organized by the Department of Food Service Management and Dietetics , Avinashilingam Deemed University for Women, Coimbatore 22nd September 2011
- **Third prize** - Cookery Contest conducted by Coimbatore Malayali Samajam - Mar 2010
- **Second prize** - cookery contest organized by The Hindu and Gangotree sweets - Feb 2011
- **Best CSS Unit Award** 2010
- **Provisionally qualified for the State Eligibility Test (SET) for Lectureship in 2000**
- **Third prize** - cookery contest organized by The Hindu and Gangotree sweets - Feb 2010

- **Second** prize in State level Best Research Topic Competition award organized by Krishna Arts and Science College ,Cbe –Sep 2010
- **Best Oral presentation award-** National Seminar - Sadakathullah Appa college, Mar 2009

Conferences / Seminars / Symposia / Workshops Organized:

Event	Date
2016	
Organizing committee member in the Research Convention on Research Ethics, methods and Post research methods held at Avinashilingam Institute for Home Science and Higher Education for Women	18-20 Feb 2016
Organized a hands on training on Chocolate Bouquet making for III UG and I PG students - Nalini V Kumar, Tasty Zone Coimbatore	10 Feb 2016
2015	
Organizing committee member in the Research Convention on Post research methods held at Avinashilingam Institute for Home Science and Higher Education for Women	3-4 Aug 2015
Organizing member in the Research Convention titled “Post Research Methods” held at Avinashilingam Institute for Home Science and Higher Education for Women	Aug 2015
Organized a one day workshop on Icing Arts – A.Amsamani. Cindrella cakes	06 Mar 2015
Organized a special lecture on body fluids - Dr.Babu Head of the Department of Biochemistry and Hormones, Bioline Laboratory	13 Feb 2015
Organized a one day workshop on Cake baking – Mrs. Latha from Lathas Kitchen studio	04 Feb 2015
Organizing member in the Research Convention titled “Path finder- Explore,Experiment,Elucidate Research” held at Avinashilingam Institute for Home Science and Higher Education for Women	23- 24 Jan 2015
2014	
Organizing member in the Research Convention titled “Post Research Methods” held at Avinashilingam Institute for Home Science and Higher Education for Women	1 - 2 Aug 2014

Organized a special lecture on “Maintenance of PH” by Dr.Mr.Babu , Bioline Laboratory	18 Mar 2014
Organizing member in the Research Convention titled “Path finder- Explore,Experiment,Elucidate Research” held at Avinashilingam Institute for Home Science and Higher Education for Women	5-7 th Feb 2014
2013	
Organizing member in the Research Convention titled “Research ethics and Post Research Methods” held at Avinashilingam Institute for Home Science and Higher Education for Women	1-3 Aug 2013
Organized a Special lecture on body fluids – Nagabhusan Microbiological laboratory	2 Mar 2013
Organized a One day Workshop on Basic Baking and Icing Arts	26 th Feb 2013
Organized a Special lecture on “Disorders associated with acidosis and alkalosis” By Dr.G.P.Jeyanthi, Professor Department of BCBT,(Controller of Examinations) Avinashilingam University	15 Feb 2013
Organizing committee member in Research Convention “Path finder – Explore, Experiment, Elucidate Research” organized at Avinashilingam Institute for Home Science and Higher Education for Women University, Coimbatore	7-9 th Feb 2013
Organized a one day workshop on Vegetable and fruit carving	26 th Jan 2013
Organizing committee member in the UGC Sponsored Two day National Seminar on “Quality Management in Hospitality Management- Sustenance for Success”	22-23 rd Jan 2013
2012	
Organizing committee member in Research Convention organized in Avinashilingam Institute for Home Science and Higher Education for Women University, Coimbatore on Research Ethics and Post Research Procedures such as dissemination, IPR and patenting.	13 th to 15 th September 2012
2011	
Organizing committee member in the National Seminar on “Holistic Maternal and Child Nutrition”	22 nd Sep 2011
Organizing committee member in the regional Seminar on “Women in Hospitality Industry ”	10 th Feb 2011