

## PROFILE

**N. REKHA**

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### ***EXPERIENCE SUMMARY:***

- Working as a **temporary Assistant Professor** in the **Department of Food Service Management and Dietetics** at **Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore** from **September 2010**.

### ***ACADEMIC QUALIFICATIONS:***

- **Qualified the UGC – NET examination for eligibility for Lectureship held on 31<sup>st</sup> December, 2005.**
- **Pursuing Ph.D (Doctor of Philosophy in Food Service Management and Dietetics)**, Avinashilingam Institute for Home Science and Higher Education for Women – University, Coimbatore, India.
- **M.sc (Master of Science in Food Service Management and Dietetics)**, 2004-2006, Avinashilingam Deemed University for Women, Coimbatore, India. **First Class (83.5%) with Distinction.**
- **B.sc (Clinical Nutrition and Dietetics and Catering Management)**, 2000-2004, Avinashilingam Deemed University for Women, Coimbatore, India. **First Class (82.3%) with Distinction and PROFICIENCY PRIZE WINNER.**

### ***PRACTICAL EXPERIENCES:***

- ***Dietetics Internship:***
  1. G Kuppusamy Naidu Memorial Hospital, Coimbatore for a period of one month in the year 2005.
  2. KG Hospital, Coimbatore for a period of one month in the year 2004.
- ***Catering Internship:***
  1. Nillgris Nest for a period of one month in the year 2003.
  2. Sree Annapoorna group of Hotels, Coimbatore for a period of one month each in the year 2002.

## **RESEARCH PROJECTS**

S.No	Major/ Minor	Title	Amount Sanctioned	Period of Research
1.	In house – UGC sponsored Minor Project	Enhancing g life coping skills of selected geriatric men and women in Coimbatore city	<b>Rs. 20000</b>	4 <sup>th</sup> Dec-2017- 31.April 2018

## **CONTRIBUTIONS TO THE PROJECTS /DISSERTATIONS:**

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- Co guided the post graduate research scholar in the department of Food Service Management and Dietetics on the thesis topic “Assessment of Nutritional Status of Selected Elderly and Impact of Life Style Education on Health”. May 2013.
- Co guided the post graduate research scholar in the department of Food Service Management and Dietetics on the thesis topic “Development and Standardization of Recipes with Broccoli and Analysis of Nutrient Content”. May 2014.
- Co guided the post graduate research scholar in the department of Food Service Management and Dietetics on the thesis topic “ Assessment of Nutritional Status, Life Behaviour and Health Condition of Selected Elderly in Coimbatore City”. March 2015.
- Co guided the post graduate research scholar in the department of Food Service Management and Dietetics on the thesis topic “Comparison of Health Status of Traditional Rice and Polished Rice Consumers”. March 2016.

## **PUBLICATIONS IN JOURNALS:**

### **International**

- Assessment of nutritional status of selected elderly and impact of life style education on health, Rekha.N. Karthigadevi.G and Vasanthamani.G., Asian Journal of multidimensional research Vol.7 Special issue 1 Feb 2018 page no.730-739 ISSN:2278-4853, Impact factor 4.708.
- Assessment of anthropometric indices of selected elderly in Coimbatore city, Rekha.N, and Saradha Ramadas V., Asian Journal of Multidimensional Research (AJMR) February 2018. Vol 7, Issue 2, Spl-1 , 164-169, ISSN: 2278-4853 Impact Factor 4.708

**Inhouse**

- Prevalence of Cardiovascular Complications Among Diabetics in Coimbatore City. Vasanthamani, G. and Rekha. N, The Indian Journal of Nutrition and Dietetics, July 2006, Vol 1, No2, Pp 112 – 114.

**PUBLICATIONS IN PROCEEDINGS (FULL PAPERS)**

- Pulse consumption pattern among selected elderly in Urban areas of Coimbatore city. Karthika, G. Rekha. N, and Vasanthamani, G.–International Seminar on Pulses – The pulse of Life, 1-03-2017, Pp 208-211, ISBN No: 978-93-84234-92-8.
- Development and Standardization of recipes with Broccoli. Reshma P.V., and Rekha. N. - National Conference on Scientific Perspectives of Home Science, 6-03-2017 to 7-03-2017, Pp 215-222, ISBN No: 978-93-84234-06-5.

**PUBLICATIONS (CHAPTERS IN BOOKS)**

- Role of Women in Entrepreneurship in Tamil Literature , Rekha. N, Aspects of prosperous life in Tamil Literature, part – II, in International Conference, November 2016, Pp 679-682, ISBN No: 978-93-85267-13-0.
- Role of Night Jasmine in Cure of Diseases, Rekha. N, Characteristics and Medicinal Properties of flowers in Tamil Literature, January 2017, Pp 581-583

**PUBLICATIONS--- E CONTENT (E-PG PATHSHALA IN HOME SCIENCE)****Title of the paper: Front Office and Housekeeping**

S.No	Module code	Module title	Total no. of modules
1.	04FO12	Guest relations (May 2017)	4
2.	04FO14	Currency exchange (Aug 2017)	
3.	4FO15H	Front desk log (Aug 2017)	
4.	04FO31	Purchasing methods (Aug 2017)	

**Title of the paper: Management of Food Service**

S.No	Module code	Module title	Total no. of modules
1.	05MF05	Types of Organization (June 2017)	2
2.	05MF11	Resource for management (July2017)	

**Title of the paper: Nutrition Through Life Span**

S.No	Module code	Module	Total no. of modules
1.	F12NT19	Infant – weight as the indicator Aug 2017)	3
2.	F12NT20	Feeding premature infant and low birth weight infant Aug 2017)	
3.	F12NT23	Supplementary feeding and weaning foods May 2017)	

**Title of the paper: Therapeutic nutrition**

S.No	Module code	Module	Total no. of modules
1.	F14 TN 06	Principles of Hospital Menu planning (July2017)	2
2.	F14TN37	Dietary management in Burns (September 2017)	

**PAPERS AND POSTERS PRESENTED:**

- ✎ Oral presentation on Assessment Of Nutritional Status Of Selected Elderly And Impact Of Life Style Education On Health in UGC sponsored International conference on Bridging innovations in sports education and nutrition. Avinashilingam Institute for home Science and higher education for women Coimbatore 9<sup>th</sup> Feb. 2018.
- ✎ Oral presentation on Assessment Of Anthropometric Indices Of Selected Elderly In Coimbatore City in *DST CURIE*-National conference Jointly organized by faculty of home science – Home science towards young India and new India Avinashilingam Institute for home Science and higher education for women Coimbatore 17<sup>th</sup> Feb. 2018
- ✎ Pulse consumption pattern among selected elderly in Urban areas of Coimbatore city – Poster presented at the International Seminar on Pulses – The pulse of Life, Department of Food Service Management and Dietetics, Avinashilingam University, Coimbatore on 1.03.2017.

- ✎ Development and Standardization of Recipes with Broccoli – Oral Presentation at the National Conference on Scientific Perspective of Home Science, Avinashilingam University, Coimbatore on 6.03.2017 to 7.03.2017.
- ✎ Enrichment of Academic Skills – Oral presentation on International Students’ Day, UGC sponsored - Students Workshop on “ Quality Education for All”, 2015.
- ✎ “Cinnamon the Super Spice” – Poster presented at the International Symposium on Functional foods and Health, Department of Food Science, Periyar University, Salem on 19.11.11.

#### **CONFERENCES / SEMINARS/ WORKSHOPS PARTICIPATED: INTERNATIONAL**

- Attended UGC sponsored International Conference on Bridging Innovations in Sports, Education and Nutrition – Post Conference Workshop on “Universal Design for Inclusion” on 10<sup>th</sup> February 2018.
- Attended UGC sponsored International conference on Bridging innovations in sports education and nutrition on 8<sup>th</sup> and 9<sup>th</sup> Feb. 2018 in Avinashilingam Institute for home Science and higher education for women Coimbatore.
- Attended DST – CURIE sponsors workshop on Ethical Considerations in Research on 6.12.2017
- International Conference on Food Technology – Edition II, Green Food Processing Sector for Sustainable Safe Food Supply, Indian Institute of Crop Processing Technology – Thanjavur, 30<sup>th</sup> and 31<sup>st</sup> October 2010.

#### **CONFERENCES / SEMINARS/ WORKSHOPS PARTICIPATED: NATIONAL**

- Attended DST- CUIRE sponsored National conference Jointly organized by faculty of home science – Home science towards young India and new India on 16<sup>th</sup> and 17<sup>th</sup> Feb. 2018 in Avinashilingam Institute for home Science and higher education for women Coimbatore.
- DST – CURIE sponsors workshop on Ethical Considerations in Research on 6.12.2017.
- DST-CURIE sponsored National Workshop on “ Intellectual Property Rights IPR – 2014” on 15.03.2014.
- UGC sponsored Two Day National Seminar on Quality Management in hospitality Industry on 22.01.13 to 23.01.13.

- One day workshop on on Bioethics in Research Department of Food Science and Nutrition & NSI, Coimbatore Chapter on 16.12.2014
- Seminar on Holistic Maternal and Child Nutrition at Avinashilingam University, Coimbatore on 22.09.2011.
- Conference on healthy heart – a lifeline to healthy life at Avinashilingam Deemed University for women, Coimbatore on 18.01.2011.
- Workshop on Sensitisation of UGC norms for promotion and recruitment of university teachers at Avinashilingam Deemed University for women, Coimbatore On 30.11.2010.
- XXXVIII Annual Conference of Indian Dietetic Association (IDA) held at Indore in the year 2006.
- A Healthy vision for lifestyle diseases” at Avinashilingam University for Women, Coimbatore on 20th and 21<sup>st</sup> March, 2006
- Sensitizing Home makers, Dietitians and Food service managers on desirable features of edible oil for health promotion" at Avinashilingam Deemed University Coimbatore on 13<sup>th</sup> September, 2003.
- Women – Beckon Health with Soya” at Avinashilingam Deemed University, Coimbatore on 13<sup>th</sup> March, 2003.
- The Role of Dietetics in Public Health” at RVS College of Arts and Science, Coimbatore on 1<sup>st</sup> October, 2003.

#### **ORIENTATION COURSES UNDERGONE**

- Attended the one week Orientation training for NSS in Empanelled Training Institute – National Service Scheme at Avinashilingam Institute for Home Science and Higher Education for Women – University, 14.02.2014 to 20.02.2014.

#### **FACULTY IMPROVEMENT (TRAININGS UNDERGONE)**

- Attended the one week training course in Bakery at KR Bakery, Ganapathy, Coimbatore for 6 days (9.06.2014 to 14.06.2014).
- Attended the one week training course in Fruit and vegetable preservation conducted in the department of Food Service Management and Dietetics by the community food and Nutrition extension Unit Madurai at Avinashilingam University for Women, Coimbatore from 18.02.2013 to 22.02.2013.

#### **CO-CURRICULUR ACTIVITIES**

- NSS Assistant Programme Officer from June 2011 to April 2013

- NSS Programme Officer from June 2013 to May 2016.

#### **AWARDS RECEIVED**

- **Best NSS Programme Officer Award** for the year 2014-2015 at University Level.

#### **INVITED AS RESOURCE PERSON :**

- Deilvered a talk on “ How to eat healthy” at All India Radio, Coimbatore on 08.09.2010.
- Deilvered a talk on “Nutrition Education Through Play way method” at NSS camp conducted byShri Nehru Vidyalaya Matriculation Higher Secondary School, Coimbatore on Coimbatore, December 26, 2013.
- Deilvered a talk on Nutrition for Adolescent Girls at Kovilmedu Government High School. ICDS Kovilmedu, March 7<sup>th</sup>, 2014.
- Deilvered a talk on “Healthy Youth for Wealthy Nation” at NSS camp conducted byShri Nehru Vidyalaya Matriculation Higher Secondary School, Coimbatore on Coimbatore, December 13, 2016.

#### **CONTRIBUTIONS TOWARDS ORGANAIZATION OF EVENTS:**

- Executive committee member for the UGC sponsored International conference on Bridging innovations in sports education and nutrition. Avinashilingam Institute for home Science and higher education for women Coimbatore 8<sup>th</sup> and 9<sup>th</sup> Feb. 2018.
- Executive committee member for the DST CURIE-National conference Jointly organized by faculty of home science – Home science towards young India and new India Avinashilingam Institute for home Science and higher education for women Coimbatore 16<sup>th</sup> and 17<sup>th</sup> Feb. 2018
- Executive committee member for the Interantional seminar on Pulses – “The Pulse of Life” on 1.03.2017 at Avinashilingam University for Women, Coimbatore.
- Executive committee member for the National Conference on Scientific Perspective of Home Science, on 6.03.2017 to 7.03.2017 at Avinashilingam University for Women, Coimbatore.
- Executive committee member for the National seminar on “Quality Management in Hospitality Industry” on 22.01.13 to 23.01.13 at Avinashilingam University for Women, Coimbatore.

- Executive committee member for the National seminar on “ Holistic and Maternal and Child Nutrition” on 22.09.2011 at Avinashilingam University for Women, Coimbatore.
- Executive committee member for the regional seminar on “ Women in Hospitality Industry” on 10.02.2011 at Avinashilingam Deemed University for Women, Coimbatore.
- A member in organising diabetic camp, by RRV Diabetes Specialties and Research Centre, Coimbatore on 19<sup>th</sup> and 20th December, 2006.

**Life Member in national organisations:**

- Indian Dietetic Association
- Home Science Association of India

**PERSONAL DETAILS:**

Date of Birth : 03-09-1981

Father’s Name : Mr. N.Nagamanickam

Gender : Female

Marital Status : Married

Languages Known : English, Tamil & Hindi (Speak, read and write).

Residence Address : 45, Karuppannan Street, Telgupalyam post,  
Chokkampudur, Coimbatore – 641 039.

Office Address : Assistant Professor (temporary)  
Dept. of Food Service Management and Dietetics  
Avinashilingam Institute for Home Science and Higher  
Education for Women  
Coimbatore – 641 043.

**REFERENCES: <Could be produced on request>**

I hereby assure that the information’s furnished above are correct to the best of my knowledge.

**[N.REKHA]**



