



Name: **Dr. P. Muthu Meenakshi**

Qualification: M.Sc, Ph.D UGC- NET

Designation: Assistant Professor and Head

Years of Experience: UG: 14 years PG: 14 years

Previous Experience:UG: 2 years PG: 4 years 6 months

Area of Specilization: Food Service Management and
Dietetics,Sports Nutrition

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MEMBERSHIP

S.No	Details	State/National/International
1	Life Member, Nutrition Society of India	National

RESEARCH GUIDANCE

M.Phil Awarded	9
M.Phil Guiding	Nil

WORKSHOPS

S.no.	Organized by	State/National/ International	Topic	Date(s)
1	IQAC Ethiraj College for Women	Regional	Training in Moodle	January 24 th 2020
2	IQAC Ethiraj College for Women	State	NAAC Regulations: a holistic approach	October 12 th 2019
3	ECRIC, Ethiraj College for Women	Regional	Research, Innovation and Creativity	September 14 th 2019
4	UGC Ethiraj College for Women	Regional	Work-Life Balance	August 22 nd 2017
5	IQAC Ethiraj College for Women	Regional	Performance enhancement	March 9 th 2017

CONFERENCES ATTENDED / PRESENTED PAPER

S.No	Organized by	State/National/ Inter national	Participated /Presented	Title	Date(s)
1	Department of Tamil, Economics, Chemistry, Physics and Plant Biology and Plant Biotechnology, Ethiraj College for Women	International	Participated and presented	Conservation of <i>Rauwolfia</i> <i>serpentina</i> – A potent hypotensive plant – Review	February 17 th and 18 th 2020
2	Department of Home Science – Nutrition, Food Service Management and Dietetics, Dr. Ambedkar Government Arts College	National	Participated	Prevention and Management of Non- Communicable Diseases and Screening Camp for Pre-diabetes	December 11 th and 12 th 2019
3	Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore	National	Participated and presented	Scientific perspectives of Home Science	6 th and 7 th March 2017
4	IQAC Ethiraj College for Women	National	Participated	From potential for excellence to excellence in Higher Education Institutions	18 th and 19 th July 2016

5	Women's Christian College	International	Participated and presented	Gender Dynamics developing synergies	June 29 th and 30 th 2016
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SEMINARS

S. no.	Organized by	State/national/international	Topic	Date(s)
1	Department of Biochemistry, Ethiraj College for Women	State	Health 2020 – An Alternative Perspective”	7 th January 2020
2	Dept of Home Science, JBAS College	International	Seminar on Home-Science – In Confluence	11 th and 12 th July 2017
3	Dept of Nutrition, MMM and IDA on	National	Nutrition Management in Surgery	15 th and 16 th September 2017
4	Home Science Dept, Queen Mary's College	State	Nutrigenomics - a tool for combating chronic diseases	8 th September 2017

CERTIFICATE COURSES /VALUE ADDED COURSES

S.no.	Offered by	Topic	Duration
1	Alison	Food safety and hygiene in the catering industry	One week
2	UGC-HRDC University of Madras.	Refresher course in Life sciences	February 1st – 21st 2019

JOURNAL / BOOK PUBLICATIONS

S.no.	Journal name	UGC /SCI/SCIE/WOS	ISBN / ISSN Number	Reference	Date of publication/ DOI
1	International Journal for Innovative Research in Multidisciplinary Field	Scopus Indexed	2455-0620	A cross sectional study on prevalence of osteoporosis and its associated risk factors among post menopausal women in North Chennai	September 2021, volume 7, Issue 9, 61-65 DOI :10.2015
2	Journal of Research in Siddha Medicine		ISSN No: 2528-1954.	Hypoglycemic effect of black cumin seeds (<i>Nigella sativa</i>) on type 2 diabetes	2019, July-Dec, Vol 2, issue 2; 42-48
3	Home Science of Tamilnadu textbook society SCERT			Authored a chapter in Dietetics in the textbook for +2	2018-19
4	International Journal of Applied Home Science	UGC	ISSN: 2394-1413.	Selected Complementary Feeding Practices and its Association with Maternal Demographics. A Hospital Based Descriptive Study	Vol 4, November and December, 2017: 980-986,
5	Proceedings of International conference on Gender Dynamics developing synergies at WCC		ISBN No. 978-93-85374-41-8.	A Comparative study on the impact of Nutrition education program on the usage of Supplements of Recreational Body Builders in Gym with and without a Fitness Trainer	29th and 30th June 2016.

FDP/STTP

S.no.	Organized by	State/National/International	Topic	Date(s)
1	Teaching Learning Centre, Ramanujan College,	National	Two weeks Faculty Development Programme on Managing Online	May 18th to 3rd June 2020

	University of Delhi.		Classes And Co-Creating Moocs:2.0	
2	Department of Physical Education, Ethiraj College for Women, Chennai from	National	Faculty Development Programme on Rejuvenation of Body, Mind and Soul organized by	15 th June to 19 th June 2020
3	Teaching Learning Centre, Ramanujan College, University of Delhi.	National	One week Faculty Development Programme on Open Source Tools for Research	8 th June to 14 th June 2020
4	Research and Development Cell in association with Internal Quality Assurance Cell (IQAC), Women's Christian College	National	Innovation and Research Opportunities for Faculty in the New Normal	5 th June 2020
5	IQAC team, Ethiraj College for Women	State	Recasting from onsite to online pedagogy	20 th July to 24 th July, 2020.
6	IQAC team, Ethiraj College for Women		Quality Publications and E-learning	19 th Sept 2018

WEBINARS [National/International]

S.no	Organized by	State/National/International	Topic	Date(s)
1	MBA Department, Ethiraj College for Women, Chennai in association with SALIS	State	Open Educational Resources	11 th July, 2020
2	MBA Department, Ethiraj College for Women, Chennai in association with SALIS	State	Working with Moodle platform	7 th & 8 th July, 2020
3	NetProFAN, Indian Dietetic Association, Jharkhand Chapter	National	Healthy Diet Tools - MNT in PCOS and GDM	28 th June 2020

4	NetProFAN, Indian Dietetic Association, Jharkhand Chapter	National	Healthy Diet Tools - Nutritional management during pregnancy with hypertension	26 th June 2020
5	NetProFAN, Indian Dietetic Association, Jharkhand Chapter	National	Healthy Diet Tools - Boost your health with sports and fitness	25 th June 2020
6	NetProFAN, Indian Dietetic Association, Jharkhand Chapter	National	Healthy Diet Tools - Advances in MNT in Type 2 Diabetes	24 th June 2020
7	Department of Management Studies (MA HRM), Women's Christian college – Chennai	Regional	The Art of Business Storytelling	10 th June 2020
8	Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Nutrition Society of India, Coimbatore Chapter and Nutrition Association	National	Lifestyle and immunity during covid-19	12 th June 2020
9	Research cell, Department of Food Processing, Department of Food and Nutrition, Padmashree Institute of Management and Science, Bangalore	National	Food adulteration and Labelling	11 th June 2020
10	Edunationonline	Regional	Is it possible to manage PCOS Nutritionally	10 th June 2020
11	Department of Biotechnology, Sri Venkateswara College of Engineering	National	Biotherapeutic Role of Probiotics”	5 th June 2020
12	Dept of Home Science, Shrimathi Devakunvar Nanalal Bhatt Vaishnav College for Women, Chrompet, Chennai.	National	Healthy Foods for Healthy Life- Eat Right to Nourish You	4 th June 2020
13	CURI Hospital & Indian Dietetic Association, Chennai Chapter	International	Critical care & Renal Nutrition	1 st June to 3 rd June 2020

14	Department of Corporate Secretaryship, Ethiraj College for Women	National	Plan Your Financial Future Today	2 nd June 2020
15	Post Graduate and Research Department of Chemistry, Ethiraj College for Women	National	Plants vs Good Health	27 th May 2020
16	Stella Maris College	National	The Need of The Hour – Food that Enhances Immunity	23 rd May 2020
17	IQAC & Department of Home Science – Sri Kanyaka Parameswari Arts & Science College for Women, Chennai	National	Make your Work from Home (WFH) more Ergonomic & Good Posture for Better Health	23 rd May 2020
18	Department of English association with ELTAI , Ethiraj College for Women , Chennai	National	Web Tools for Teaching	21 st May 2020
19	Department of Nutrition, Food Service Management and Dietetics (Aided), Ethiraj College for Women, Chennai	National	Eat Smart: Lockdown and Beyond	18 th May, 2020
20	Department of computer science, Ethiraj College for Women, Chennai in association with Oneyes Technologies	National	Usage of ICT Tools – Why? How?	14 th May 2020
21	Department of Commerce, Ethiraj College for Women, Chennai.	National	Safeguarding Savings	6 th May 2020

Resource person / Chairperson / Subject Expert, University Nominee

1. University Nominee for Dept of Home Science, JBAS College for Women on 30th July 2021.
2. University Nominee for B. Voc Food Processing and Quality control at Stella Maris College on 22nd February 2021.
3. Resource person to deliver a lecture on Empower Yourself – A Healthy way to the students of Gender studies offered by the Centre for Women’s Studies of Ethiraj College on 25th January 2021.
4. Chairperson at the National Conference on Prevention and Management of Non-

- Communicable Diseases at Dr Ambedkar govt arts college on 11th December 2019.
5. External academic audit member at Quaid-e - Millat Govt college on 26.3.2019.
 6. Subject Expert in staff recruitment at Anna Adarsh college for Women on 13th August 2018
 7. Board of Studies member for UG and PG syllabus revision at MOP Vaishnav College on 4th July 2018.
 8. Member of the inspection commission for affiliation (third year) of the B.Sc Home Science Nutrition, FSM and Dietetics course in shift 2 at SDNB Vaishnav College Chrompet, 01.06.2018.
 9. Member of the inspection commission for provisional affiliation of the B.Sc Home Science Nutrition, FSM and Dietetics course in shift 2 at SDNB Vaishnav College Chrompet, 26.05.2016.
 10. Resource person to deliver a lecture on Hydration – key to health, fitness and athlete to sports physicians in Feb 2016 in the 37th Annual conference of Indian Association of sports Medicine, IASMCON 2016 at Sri Ramachandra University, Chennai.