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Qualification: M.Sc., M. Phil, PhD UGC-NET, ASRB-NET  
Designation: Associate Professor and Head  
Years of Experience: UG: 16 years PG: 17 years  
Other Experience: UG: 1 year 8 months  
Area of Specialization: Foods and Nutrition –  
Clinical Biochemistry, Research Methodology  
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### RESEARCH GUIDANCE

M. Phil Awarded	3
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### WORKSHOPS

S. No.	Organized by	State/ National/ International	Topic	Date(s)
1	ECRIC, Ethiraj College for Women, Chennai	State	Research, Innovations and Creativity	14/09/2019
2	IQAC, Ethiraj College for Women, Chennai	National	Learning Management Systems and Open Educational Resources – a student centered approach	25/01/2020

## CONFERENCES ATTENDED / PRESENTED PAPER

S. No.	Organized by	State/ National/ International	Participated/ Presented	Title	Date(s)
1	Apollo Hospitals Pvt Ltd	International	Participated	8 <sup>th</sup> Apollo International Clinical Update Colombo-2016, Srilanka	13/08/2016 14/08/2016

## SEMINARS

S. No.	Organized by	State/ National/ International	Topic	Date(s)
1	FSSAI	State	Basic Catering session	25/02/2021

## JOURNAL PUBLICATIONS

S. No.	Journal Name	UGC / SCI/ SCIE/ WOS	ISBN / ISSN Number	Reference	Date Of Publication/ DOI
1	Indian Journal of Health and Well being	UGC	ISSN: 2229-5356	Varalakshmi Rajam S, A study on dietary transition among west Indian and South Indian women in Urban Chennai, Indian Journal of Health and Well being, Volume – 8, Issue – 9, 2019	09/2017
2	Indian Journal of Nutrition	-	-	Varalakshmi Rajam S, Emerging trend of Dietary patterns as a risk factor of cardiovascular disease in Urban Chennai women. <a href="http://www.opensciencepublications.com">www.opensciencepublications.com</a>	2018
3	International Journal of Innovative Science and Research Technology	-	ISSN: 2456-2165	Umapriya S, Varalakshmi Rajam S, Macronutrient and aminoacid evaluation of formulated edible seed protein mix, International Journal of Innovative Science and Research Technology, Volume 4, Issue – 8, 2019	2019

## WEBINARS

S. No.	Organized by	State/ National/ International	Topic	Date(s)
1	Indigenous and Frontier Technology Research Centre	State	Breast Feeding – A Shared Responsibility	02/08/2020

**Authors of Book/ Chapters/ E-content**

S. No	Details of Book	Book / Chapter	Details of Publication	State/ National/ International
1	XI standard Textbook for Home science	One Chapter	April 2018, SCERT, Tamil Nadu	State
2	XII standard Textbook for Home science	One Chapter	April 2019, SCERT, Tamil Nadu	State

**OTHERS:****2021****Academic Audit Member** for SDNB Vaishnav College (08/09/2021)**Resource Person:****2016**

Delivered Guest lecture for Clinical Nutrition Excellence Academy – Key Learnings of AICNU-2016 on 10/09/2016 organised by Hexagon Nutrition