

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 Specialization: Food Service Management and Dietetics,
Sports Nutrition

Email-ID: muthumeenakshi@ethirajcollege.edu.in



MEMBERSHIP

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

RESEARCH GUIDANCE

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|----------------|-----|
| 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. n o. | Organized by | State/National/International | 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 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 |

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|---|---------------------------|---------------|----------------------------|--------------------------------------|---|
| 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 18 th to 3 rd June 2020 |

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| | 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 |

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| 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 |

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| 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 | National | Safeguarding Savings | 6 th May 2020 |

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| | College for Women, Chennai. | | | |
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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.