

CURRICULUM VITAE

Name : **Dr.M.ANGEL**

Date of Birth : 24.12.1982

Nationality : Indian

Designation : Assistant Professor,
Department of Nutrition and Dietetics,
Jamal Mohamed College (Autonomous),
Tiruchirappalli – 620 020.
Tamil Nadu, India.
(From 2016 till date)

Qualification : **M.Sc., PG.DN&D., PGDCA., Ph.D UGC NET**

Area of Specialization : Food Science and Nutrition

Address:

W/o Mr. M.Stephen AmalRaj,

10/97, Gundur Burma Colony,

Airport (Via),

Tiruchirappalli – 620007

Tamil Nadu, India.

Email: dr.angelstephen@gmail.com

Mobile: +91- 9500440635

Educational Qualifications :

Sl.No.	Examination Passed	University / Institution
1.	Ph.D - Food Science and Nutrition (Full Time)	Gandhigram Rural Institute – Deemed University, Gandhigram, Dindigul.
2.	M.Sc., Food Science and Nutrition	Gandhigram Rural Institute – Deemed University, Gandhigram, Dindigul.
3.	PG Diploma in Computer Applications	Cadd Cae, Dindigul
4.	PG Diploma in Nutrition and Dietetics	Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.
5.	B.Sc., Food Science and Nutrition	Gandhigram Rural Institute – Deemed University, Gandhigram, Dindigul.

School: Seventh Day Adventist Matriculation Higher Secondary School, Dindigul.

Qualified Examination : Passed UGC NET (National Eligibility Test – Home Science) in September 2012.

Total experience : 7 years as Assistant Professor till date
UG & PG – 7 years till date
M.Phil -1 year
6 months as Project Fellow in a project
Funded by the Department of Science and Technology (DST).

Research work being carried out:

- **Ph.D** - Supplementation to control anaemia
- **M.Sc.** – Nutrition Education intervention for Diabetes
- **B.Sc.** – Infant feeding and weaning practices

Award received:

- Meritorious Fellowship award by the UGC, New Delhi under –RFSMS (Research Fellowship in Sciences for Meritorious Students) in 2009.

Membership in Professional body:

Life Member in Nutrition Society of India

Patent published on: 22/7/2022

Project funds received and completed

Funding agency & Scheme	Title of the Project	Year of receiving Award	Fund received	Status
TAMILNADU STATE COUNCIL	Antioxidant activity and nutrient composition of	2019-2020	Rs.7500/-	Completed and

FOR SCIENCE AND TECHNOLOGY, CHENNAI. STUDENT PROJECT SCHEME(SCIENCE STREAM)(TNSCST) AS-035	banana peel powder incorporated food products			submitted the Utilisation Certificate
JAMAL MOHAMED COLLEGE - SEED MONEY PROJECT	Development and Nutrient composition of Vadanarayanan(Delonix elata) leaf incorporated arthritis preventive food products	2021-2022	Rs.10,000/-	Completed and submitted the Utilisation Certificate

Training undergone:

Internship training:

- a) Internship at Kongunad Hospital, Coimbatore. 1 $\frac{1}{2}$ month (1st Feb'04 -15th March'04)
- b) Internship at NAGA (Ltd) Foods, Dindigul). Twenty days (3rd-22nd May'06)
- c) Internship at savorit (Ltd), Dindigul. 1 month (16th April'07 to 16th May'07)

M.Phil guided and awarded: 1

Academic Responsibilities held:

- Member in Grievance Redressal Committee – Jamal Mohamed College, Tiruchirappalli.
- Member in Curriculum Development Cell – Jamal Mohamed College, Tiruchirappalli.
- Member in Board of Studies – Department of Nutrition and Dietetics, Jamal Mohamed College, Tiruchirappalli.
- Innovation Ambassador- Institution Innovation Council - (Underwent training conducted by the Ministry of Education, India).

Academic Responsibilities held in other colleges:

- Served as a subject expert for syllabus revision in the Department of Nutrition and Dietetics, PSG College of Arts and Science, Coimbatore.
- Served as a subject expert in staff selection committee in the Department of Food Service Management and Dietetics, Cauvery College for Women, Tiruchirappalli.

Workshop organised:

Organised a two-day workshop on “Entrepreneurial Skills in Food Processing and Preservation” on 22nd of February 2021.

List of Publications:

JOURNALS- NATIONAL/ INTERNATIONAL

1. Impact of diabetic education intervention among adolescents, *Journal of Global Health and Education*
2. Impact of diabetic education intervention among adolescents, *Journal of Extension and Research*, 2009, ISSN No. 0972-351X, vol. XII, No.1, July, pp. 79-81.
3. Prevalence of anaemia among adolescent girls. *Journal of Extension and Research*, 2011. ISSN No. 0972-351X, Vol. XIII, No. 1 & 2, January, pp. 129-131
4. Cognitive Levels of Selected Anaemic Adolescent Girls (12- 15 Years) on Anaemia, *Research Analysis and Evaluation, International Referred Research Journal*, 2011, July, ISSN-0975-3486, RNI: RAJBIL 2009/30097, VOL-II*ISSUE 22, pp.45,46.
5. Evolving Iron Rich Recipe To Combat Anaemia, *International Research Journal of Management Science and Technology*, 2014, ISSN – 2250 – 1959, Vol. 5, Issue. 8, pp.36-45.
6. Effect of Garden Cress Seed Incorporated Health Mix Among Selected Anaemic Adolescent Girls (12- 15 Years) in Dindigul District, Tamil Nadu, India, *International Journal of Science and Research*, 2014, ISSN – 2319- 7064, Vol.3, Issue. 11, November, pp.64-66.
7. Therapeutic Impact of Garden Cress Seeds Incorporated Ladoo Among The Selected Anaemic Adolescent Girls (12- 15 Years), *Journal of Drug Discovery and Therapeutics*, 2015, ISSN – 2320- 4230, Vol.3, Issue. 25, January, pp.18-22.

8. Nutritional Knowledge On Anaemia Among The Selected Anaemic Adolescent Girls (12-15 Years), 2015, *Quest International Multidisciplinary Research Journal*, ISSN – 2278- 4497, Vol.IV, Issue.II, February, pp.61-66.
9. Nutritional Attitude on Anaemia among the Selected Anaemic Adolescent Girls (12-15 Years), 2018, *International Journal of Applied and Advanced Scientific Research*, ISSN (Online): 2456 – 3080, Vol. 3, Issue. 1, pp, 261-264.
10. Impact Of Nutrition Education On Hygienic And Preventive Practices Of The Selected Anaemic Adolescent Girls, 2019, *International Journal of Advance and Innovative Research* ISSN – 2394- 7780, Vol. 6, Issue 2 (II): April - June, pp, 181-183.

BOOK CHAPTERS

1. Anaemia among selected future mothers, chapter 36, *Women in Society*, 2013 ISBN: 978-93-313-1803-9, pp.301-307.
2. Probiotic – an elixir for human health, *Probiotics in sustainable food production: Current status and future prospects, Volume 1, Probiotic Foods*, 2013, ISBN: 978-93-823 38-47-5, pp.222-225.
3. Infant feeding practices in selected areas of Dindigul district, *Facets of rural health in India*, chapter 21, 2014, ISBN:978-81-8387-669-8, pp.185-192.
4. Nutrient Composition and Sensory Attributes of Banana Peel Powder Incorporated Soup, *Research Trends in Food Technology and Nutrition* , June 2021, Vol. 18 ISBN 978-93-91216-93-1.
5. Development and Sensory Attributes of Mixed Greens Using Beta Vulgaris, Psidium, Guajava and Amaranthus Dubius Leaves to Combat Anaemia, *Research Trends in Food Technology and Nutrition* , June 2021, Vol. 18, ISBN 978-93-91216-93-1.
6. Development of Mixed Fruit Jelly from Locally Available Fruits, *Advances in Nutrition, 2021*, Vol. 4, ISBN 978-93-91216-10-8.
7. Development and Acceptability of Infant Weaning Food from Indigenous Foods, *Research Trends in Home Science and Extension*, June 2021, Vol. 6, ISBN: 978-93-91216-94-8.

SEMINARS/CONFERENCES PARTICIPATED AND PRESENTED

NATIONAL LEVEL

Participated and presented Papers/ Posters

1. Presented a paper entitled, **Need and Importance of Animal Food Processing**, in the UGC sponsored National level seminar on "Animal Food Processing" at V.V.Vanniaperumal College for women, Virudhunagar on 7th & 8th August 2008.
2. Presented a paper entitled, **Growth Challenges and opportunities of food processing industry**, in the UGC sponsored National level seminar on "Food Processing Industry in India: Growth Potential and Challenges" at Gandhigram Rural University, Gandhigram on 22nd and 23rd October 2008.
3. Presented a paper entitled, **Evaluation and Acceptability of Selected Recipes with Natural Food Colours**, in the UGC sponsored National level seminar on "Food Processing Industry in India: Growth Potential and Challenges" at Gandhigram Rural University, Gandhigram on 22nd and 23rd October 2008.
4. Presented a paper entitled, **Occupational Diseases Among Textile Mill Workers And Preventive Approaches**, UGC sponsored National conference on "Environmental status and Health of workers involved in textile production" at Chikkanna Government Arts College, Tirupur on 3rd & 4th August 2009.
5. Participated in the 41st National Conference of the Nutrition Society of India **Chronic Diseases – The new Pandemic** held at the National Institute of Nutrition, ICMR, Hyderabad on 20-21 November 2009.
6. Presented a paper entitled, "**Socio – Economic Profile and Food Hygiene Practices Prevailing Among the Selected Street Food Vendors**" in the National level seminar on Food Safety Management in Dairy and Agro Based Food Products" at Gandhigram Rural Institute, Gandhigram on 22nd & 23rd January 2010, Pp.65.
7. Presented a paper entitled, "**Formulated iron rich recipes by using locally available foods** " in the National level seminar on Food Safety Management in

Dairy and Agro Based Food Products" at Gandhigram Rural Institute, Gandhigram on 22nd & 23rd January 2010, Pp.25.

8. Presented a poster entitled, “**Effect of supplementation of Hypoglycemic mix on diabetic persons**”, in the National Conference on Wholesome Nutrition: Challenges, scope and management, Nutrition Society of India, Mumbai on 19th & 20th November 2010.
9. Presented a paper entitled, “**A tool to prevent anaemia among adolescent girls**”, in the XIth Tamil Science Congress, Gandhigram Rural Institute – Deemed University, Gandhigram – 624302, Dindigul, on June 26 and 27, 2011, Pp.171.
10. Presented a paper entitled, “**Probiotic – an elixir for human health**”, in the UGC and MOFPI sponsored National seminar on Probiotics in sustainable food production: Current status and future prospects, organized by Faculty of Agriculture and Animal Husbandry, Gandhigram Rural Institute – Deemed University, Gandhigram – 624302, Dindigul, on March 15 and 16, 2013, pp.59.
11. Presented a paper entitled, “**Nutrition, a boon to manage stress**”, in the UGC sponsored National seminar on Opportunities and challenges in contemporary management practices, at Gandhigram Rural Institute – Deemed to be University, Gandhigram, Dindigul, February 20 and 21, 2018.
12. Presented a paper entitled, “**Formulation, organoleptic evaluation and nutrient analysis of Lotus stem chocolate for anaemia**”, in the DST sponsored National conference on Recent Advances in plant science: towards food safety and food security, at Bharathidasan University, Tiruchirappalli on 15th March 2018, p.16.
13. Presented a paper entitled, “**Antioxidants in prevention of diseases**”, in the National conference on BIOMEMS (NCBM - 2018), at Dhanalakshmi Srinivasan Engineering College, Perambalur on 19th March 2018.

INTERNATIONAL CONFERENCES

14. Presented a paper entitled, **Evolving iron rich recipes using locally available foods**, in the International conference on Food Technology, organized by, Indian Institute of Crop Processing Technology, Thanjavaur, Tamil Nadu, from 28th to 29th August 2009, pp.120,121.
15. Presented a paper entitled, **Incorporation of Natural Food Colours with Selected Recipes**, in the International conference on Food Technology, organized by, Indian Institute of Crop Processing Technology, Thanjavaur, Tamil Nadu, from 28th and 29th August 2009, pp.130, 131.
16. Participated in the International Conference on Food Technology – Edition II on **Greening Food Processing Sector for Sustainable Safe Food Supply** conducted at Indian Institute of Crop Processing Technology, Thanjavur, Tamil Nadu on 30th and 31st October 2010.
17. Presented a poster entitled, **“Formulation of iron rich health mix to combat anaemia”**, in the International conference on Food and Nutraceuticals for nutrition and health: technology and delivery, organized by, the Department of Food Science, Periyar University, Salem, Tamil Nadu, from 20th to 22nd January 2011, Pp. 177, 178.
18. Presented a paper entitled, **“Perspectives of curcumin in cancer prevention and therapy”**, in the International conference on Advances in Nutrition and Food safety, organized by the Department of Nutrition and Dietetics, Jamal Mohamed College, Trichy, on 4th and 5th of March 2019.

NATIONAL / INTERNATIONAL SEMINARS/ CONFERENCES/ WORKSHOPS ATTENDED

19. **National Workshop on Scientific Writing in Home Science, Extension and Rural Development** organized by the Department of Home Science, Gandhigram Rural Institute, Gandhigram(22nd & 23rd Feb 2010).
20. **International Workshop on HACCP and GMP in Food Industries and ISO Certification** conducted as part of the International Conference on Food Technology – Edition II at Indian Institute of Crop Processing Technology, Thanjavur, Tamil Nadu on 30th October 2010.

- 21. One –day Workshop on The Role of a Teacher in the Present Scenario**
organized by the Internal Quality Assurance Cell, Jamal Mohamed College, Trichy on 10th December 2016.
- 22. International Seminar on Emerging Trends in Biological Research (ETBR 2018)**
organized by PG and Research Department of Biotechnology & Microbiology, Jamal Mohamed College (Autonomous), Tiruchirappalli on 3rd March 2018.
- 23. National Seminar on New Vistas in Food Processing in Augmenting Entrepreneurship Organised by the Department of Nutrition and Dietetics and B.Voc., Food Processing on 31st January 2020.**

SYMPOSIUM ATTENDED

- 24. Sensitising Home Makers/ Dietitians/ Food Service Managers On The Desirable Features of Edible Oil For Health Promotion** organized by Avinashilingam Deemed University and Indian Dietetic Association, Coimbatore Chapter, Coimbatore on 15th September 2003.

FACULTY DEVELOPMENT PROGRAMME ATTENDED

- 1. Faculty Development Program – Presentation Skills Level 1**
organized by the Department of Information Technology, Jamal Mohamed College, Trichy on 23rd and 24th February 2017.
- 2. NLP – Based Faculty Empowerment Programme**
organized by the Internal Quality Assurance Cell, Jamal Mohamed College, Trichy on 17th , 19th and 20th June 2017.

SPECIAL LECTURES GIVEN :

1. Delivered a talk in Rotary club, Dindigul on “Arockya Vazhvu” on 23rd September 2008.
2. Delivered a talk in Walkers club Dindigul on “ Diabetes “ on 31st May 2009.
3. Have given interview in DD Podhigai for the programme “Araaichi Arangil” telecasted on 19.4.2014 and 26.4.2014.

4. Delivered lectures on nutrition, health and hygiene, anaemia and diabetes among school children and adolescents.
5. Delivered a lecture on “Antioxidants” in Bishop Heber College, Trichy.
6. Delivered a lecture on Balanced diet, on “POSHAN MAAH- NUTRITION MONTH , 2019,” On 19.09.2019 in Jamal Mohamed College , Trichy.
7. Delivered a lecture on Food Science and Nutrition towards the preparation for UGC NET HOME SCIENCE Examination on 14.03.2020 in Periyar University, Salem.
8. Delivered a lecture on Trends to sustain Covid-19 through Immune Boosters on 27.6.2020 in SSM College of Arts and Science, Komarapalayam.
9. Delivered a lecture on Paradigms of Research in Home Science on 15.3.2021 in Gandhigram Rural Institute – Deemed to be University, Gandhigram.
10. Delivered a lecture in the UGC NET – HOME SCIENCE coaching program on 25.03.2023 in Periyar University, Salem through online mode.

** Have Given background voice for the film “**Genesis of Gandhigram**”
(www.ruraluniv.ac.in)

ONLINE EVENTS ATTENDED DURING COVID’19 LOCKDOWN

Faculty Development programme attended:

S.No.	Faculty Development programme	Details of the organizer	Date(s) DD-MM- YYYY
1.	The future of skills, education, employment and entrepreneurship	ICT Academy	11-05-2020
2.	The future of skills, education, employment and entrepreneurship	ICT Academy	12-05-2020
3.	The future of skills, education, employment and entrepreneurship	ICT Academy	13-05-2020

4.	The future of skills, education, employment and entrepreneurship	ICT Academy	14-05-2020
5.	The future of skills, education, employment and entrepreneurship	ICT Academy	15-05-2020
6.	Accelerating industry 4.0 – A post COVID paradigm	ICT Academy	25.05.2020
7.	Accelerating industry 4.0 – A learning and development perspective	ICT Academy	26.05.2020
8.	Accelerating industry 4.0 – Impact of artificial intelligence and cognitive computing. A post COVID 2019	ICT Academy	27.05.2020
9.	Accelerating industry 4.0 – Discover a diamond in you	ICT Academy	28.05.2020
10.	Accelerating industry 4.0 – Catching the cyber virus	ICT Academy	29.05.2020

WEBINARS

Participation in online webinars organized by other institutions:

S.No	Name of the webinar & organizer of the programme	International / National / State Level	Date(s) DD-MM-YYYY
1.	Nutrivigilance against COVID'19- Signutra	International	20-04-2020
2.	Technological innovations for anaemia prevention programme - WHO	International	21-04-2020
3.	Managing stress emotional and mental wellbeing during the COVID'19 crisis for Educators	International	27-04-2020

4.	Nutrivigilance against COVID'19- Signutra	International	28-04-2020
5.	Growth monitoring and anthropometric assessment in children and adolescents	International	29-04-2020
6.	Nutrivigilance against COVID'19 Signutra and Indian Association for Parenteral and Enteral Nutrition	International	04-05-2020
7.	The Power of a teacher - ICT Academy	International	04-05-2020
8.	Voice Thread and UDL-Voice Thread	International	05-05-2020
9.	Kids growth and gut health	International	09-05-2020
10.	Gender and Nutrition Council of Home Science Extension	National	09.0.2020

11.	Nutrivigilance against COVID'19 Signutra and Indian Association for Parenteral and Enteral Nutrition	International	11-05-2020
12.	Choreography of cells to shape the organs St. Francis college for women, Hyderabad	International	13-05-2020
13.	Webinar on mental health and hygiene Sastra University, Thanjavaur.	State	13-05-2020
14.	Food, Nutrition and hygiene – Keys to proactive health Stella Marris College, Chennai.	State	14-05-2020
15.	Secrets to get quickly published as a scientific author and hasten your PhD research writing Aristocrat Research	International	17-05-2020

16.	Nutrivigilance against COVID'19 Signutra and Indian Association for Parenteral and Enteral Nutrition	International	18-05-2020
17.	At the intersection of teaching, learning and technology. Illinois	International	20.05.2020
18.	Immune boosting diet for COVID'19- American College, Madurai.	International	21-05-2020
19.	Education 4.0. The future of learning in the pandemic world. IQAC, P.S.R Engineering College, Sivakasi.	National	22-05-2020
20.	Intellectual Property Rights, Research and Development cell and IPR Cell, STET College, Mannargudi.	State	22.05.2020
21.	Nutrivigilance- Signutra and Indian Association for Parenteral and Enteral Nutrition	International	25-05-2020
22.	Diabetes Prevention and Management St.Joseph's College and IAPEN	National	29.05.2020
23.	Combating COVID 19, Annamalai University.	International	30.5.2020

DECLARATION

The about said particulars are true to the best of my knowledge.

(M.ANGEL)