

**RESUME**  
**Department of Nutrition and Dietetics (SF)**

1. Name: **Ms. V.Kavitha**

2. Date of birth: 05.01.1985

3. Address:

**Residence:**

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4. Designation: Assistant Professor

5. Date of Entry in the Service:

Assistant Professor in Nutrition and Dietetics (SF) from 16-06-2009 at Jamal Mohamed College, Tiruchirappalli -620020, Tamilnadu

5. Educational Qualification

S.No	Examination passed	University / College	%	Class/ Grade	Year of Passing
1.	B.Sc	Seethalakshmi Ramaswami College- Bharathidasan University-Trichy	77.4 %	First class- Distinction	2005
2.	M.Sc	Cauvery College for Women- Bharathidasan University- Trichy	79.8 %	First class- Distinction	2007
3.	M.Phil	Avinashilingam University for Women-Coimbatore	75.2 %	First class	2008
4.	UGC- NET	University Grant commission			2012

**CERTIFICATE COURSE**

Short term training course on Limno biotechnology offered by Department of Biotechnology and secured 'O' Grade.

## TRAINING UNDERTAKEN

- Dietetic internship training for the period of 1 month in voluntary health service (VHS) – Chennai.
- Undergone hostel internship in Cauvery hostel in Trichy for the period of 15 days.
- Internship in Hotel Sangam (4\*Category) for the period of 15 days.

## PROJECT PROFILE

**M.Phil:** Prevalence of cancer among obese adult women and Impact of Diet Counseling.

**M.Sc:** Impact of dietary modification on Dyslipidemic diabetics.

**B.Sc:** A study to find out the existing breast feeding practices and its supportive system among the selected antenatal care and post natal care mother in Kovandakuruich village of Lalgudi - Trichy Taluk.

6. Experience: Undergraduate: 8 years  
Postgraduate: 4 years

7. Area of Specializations : Food Science/ Dietetics/Food Service Management/Community Nutrition

8 .Languages known : Tamil & English

### 9. Subjects Taught:

**Under graduate:** Food science, Food Preservation, Dietetics, Quantity food production and food service management and Community Nutrition

**Post graduate:** Applied physiology, Advanced Food Science, Advanced Dietetics, Functional foods and Nutraceuticals, Research methodology.

### 10. Details of Publications: 06

- Kavitha V, Saradha Ramadas.V. Prevalence and health complications of selected obese cancer women. Res.high, JADU October 2012; ISSN: 2231-2374:Vol.22, 256.
- Kavitha V. and Saradha Ramadas.V, Nutritional composition of raw fresh and shade dried form of spinach leaf (*Spinach oleracea*). JPR: BioMedRx: An International Journal. 2013, 1(8), 767-770.ISSN: 2321-4988. Impact factor 2.507

- Kavitha V, Saradha Ramadas .V, Formulation of Value Added Recipes with Spinach (*Spinach oleracea*). Res.high, JADU October 2013; ISSN: 2231-2374:Vol.23, No.4, 316.
- Kavitha V, Saradha Ramadas .V Prevalence of Diabetes and Associated risk factors among Selected Type II diabetes, International Journal of Science & Research (IJSR) ISSN (online):2319-7064, Volume 3.
- Kavitha V. and Saradha Ramadas.V, Evaluation of Antioxidant, Carotene and Alkaloid Content in *Spinach oleracea* and *Annona Squamosa*. Int J Pharm Bio Sci 2015 April ISSN 0975-6299, 6(2): (B) 1071 – 1076.
- Research abstract published in the title “ Value Addition of Spinach (*Spinach oleracea*)”in Third International Conference on Food Technology, conducted in Indian Institute of Crop Processing Technology,Thanjavur on 4<sup>th</sup> and 5<sup>th</sup> January,2013. ISBN publication: 978-81-926250-0-3 IICPT /incoftech/2013/pt 2-025.

#### **11. Projects completed: M.Sc project - 05**

#### **12. Details of Papers Presented: 04**

1. Presented a poster paper on “Impact of Dietary Modification on dyslipidemic Diabetics” in National Seminar on Nutritional Challenges –Past, Present and Future, Organized by Department of Food Science held at Periyar University, Salem on 27<sup>th</sup>Febuary, 2009.
2. Presented a poster review paper on “Alarming young heart for healthy living” in the National Conference on “Healthy Heart-A Life Line to Healthy Life” Organised by Department of Food Science and Nutrition, Avinashilingam Deemed University for women , Coimbatore,sponsored by UGC and Pepsi Co India Holding Pvt-Ltd on 18-19<sup>th</sup> January, 2011.
3. Presented a poster paper on value addition of spinach (spinach oleracea) in the Third International Conference on Food Technology 2013”Food Processing Technologies – Challenges and Solutions for Sustainable Food Security” Organized by IICPT, Thanjavur on 4-5<sup>th</sup> January 2013.
4. Presented a poster paper on “Organoleptic Evaluation and Nutrient Composition of Custard Apple Leaf Powder Incorporated Value Added Snack (sev)” in the 45<sup>th</sup> national conference of the nutrition society of India held at the National Institute of Nutrition, ICMR, Hyderabad on 21-22 November, 2013.

### **13 Details of Seminars / Conferences / Workshops Attended:**

1. Participated in 41<sup>th</sup> annual national conference of Indian Dietetics Association held at National Institute of Nutrition, Hyderabad, 5- 6<sup>th</sup> December, 2008.
2. Participated in Regional Seminar on “Gearing Home Science Curriculum Towards Better Career Prospects” Organized by Home Science Association of India, South Region and Avinashilingam Advanced Centre for Education and Research in Basic Science, held at Coimbatore, on 21-22<sup>nd</sup> August, 2009
3. Participated and Organized in TANSICHE sponsored State Level Seminar on “India’s Health-Double Burden of Diseases Scenario and Impact on Human Development Index” held at Seethalakshmi Ramaswami College (Autonomous ) Trichy, on 30<sup>th</sup> January 2009.
4. Participated in International Conference on Food Technology(INCOFTECH 2009),organized at IICPT, Thanjavur on 28-29<sup>th</sup> august 2009
5. Participated in the workshop cum training on “Career and Business Prospects in Processing” jointly organized by National Institute of Food Technology Entrepreneurship and Management, Indian Institute of Crop Processing Technology and Cauvery College for Women, Trichy on 19-20<sup>th</sup> December,2009
6. Participated in the DIACAREX-2009 mega exhibition conducted by Trichy Diabetes Speciality Centre (P) Ltd on 9-11<sup>th</sup>, January, 2009.
7. Participated in the National Seminar on “Nutritional Challenges-Past, Present and Future “held at Periyar University organized by Department of Food Science-Salem, on February 27, 2009.
8. Participated in seminar on “Creating Competitiveness to Excel in Higher Education- a TQM Approach “ Organized by Internal Quality Assurance Cell ,Jamal Mohamed college(Autonomous), Trichy on 7<sup>th</sup> December,2010
9. Participated in UGC sponsored State Level Seminar on “Examination Reforms “ held at Jamal Mohamed college(Autonomous), Trichy on 12<sup>th</sup> December,2010
10. Participated in NACC sponsored National level seminar on “Quality Enhancement in Teaching, Research an Extension in Higher Education Institutions- Prospects and Problems“ Organized by internal quality assurance cell ,Jamal Mohamed college(Autonomous), Trichy on 15-16<sup>th</sup> April ,2010
11. Participated in the International Conference on Food Technology –Edition –II,” Greening Food Processing Sector for Sustainable Safe Food Supply” Conducted at IICPT, Thanjavur, on 30-31<sup>th</sup>, October ,2010

12. Participated in the national conference on “Healthy Heart-A Life Line to Healthy Life” Organized by Department of Food Science and Nutrition, Avinashilingam Deemed University for women ,sponsored by UGC and Pepsi Co India Holding Pvt-Ltd on 18-19<sup>th</sup> January, 2011.
13. Participated in UGC sponsored One day seminar on “Teaching, Learning and Research in Higher Education- Excellence and Beyond the Excellence” Organized by internal quality assurance cell ,Jamal Mohamed college(Autonomous), Trichy on 19<sup>th</sup> March ,2012.
14. Participated in research convention on “Path Finder-Explore,Experiment,Elucidate research” Organized by Avinashilingam Institute for Home Science and Higher Education for women,Coimbatore on 21-23<sup>rd</sup> February, 2012.
15. Participated in research convention on “Research Ethics and Post Research Methods ” Organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 13-15<sup>th</sup> September , 2012.
16. Participated in the Third International Conference on Food Technology 2013”Food Processing Technologies –Challenges and Solutions for Sustainable Food Security” Organized by IICPT, Thanjavur on 4-5<sup>th</sup> January 2013.
17. Participated in the 45<sup>th</sup> national conference of the Nutrition Society of India held at the National Institute of Nutrition, ICMR, and Hyderabad on 21-22 November, 2013.
18. Participated in the 45<sup>th</sup> national conference of the Nutrition Society of India held at the National Institute of Nutrition, ICMR, and Hyderabad on 21-22 November, 2013.
19. Participated in one day seminar on Scientific / Technical writings organized by Department of Industrial Biotechnology, Bharathidasan University, Tiruchirappali on January 22<sup>nd</sup> ,2014
20. Participated in a four day workshop on LATEX AND SPSS Organized by PG and Research department of Mathematics, Jamal Mohamed College from 22.09.2014 to 25.09.2014.
21. Participated in national seminar on “Emerging Vogue in Food Habits and Processing” Organized by Department of Nutrition and Dietetics, Aiman college of Arts and science for women, Trichy on 21th August 2015
22. Participated in national seminar on “Futuristic Prospects of Biological Sciences” prospects Organized by Department of Biochemistry, Holy Cross College, Trichy on 26<sup>th</sup> February 2015
23. Participated in one day inter-collegiate workshop on “E-Content development for Teaching- Learning” Organized by Internal Quality Assurance cell, Jamal Mohamed College , Trichy on 22<sup>nd</sup> December 2015

24. Participated in national conference on “Futuristic Research in Nutrition and Dietetics(NCFRND) “ Organized by PG Department of Nutrition and Dietetics, Jamal Mohamed College , Trichy on 12<sup>th</sup> October 2015.

### **13. Details of Seminars / Conferences / Workshops Organized**

- Organized a National Conference on Futuristic Research in Nutrition and Dietetics (NCFRND- 2015) on 12th October 2015.
- Organized a Bakery workshop during the academic year 2010, 2013, 2015.

### **14. Awards/ prizes received**

- Received First prize in quiz competition conducted by inner wheel club of Trichy
- Best research paper in the field of Experimental Nutrition organized by Department of Food Science held at Periyar University, Salem on 27<sup>th</sup>Febuary.
- Best review poster Award in the national conference organized by Department of Food Science and Nutrition, Avinashilingam university for women, Coimbatore on January 2011

### **15. Administrative Positions held in the College:**

At present acting as a programme officer in consumer club and youth red cross from June 2015 till date.

### **16. Details of In charge / Membership in Committees for Autonomous Programme Implementation:**

- (i) Tutor in charge during 2009 - 2012 (UG)
- (ii) Acted as vice-president in Nutrition and Dietetics Association during 2010-2011
- (iii) Tutor in charge during 2012 - 2014 (PG)

### **17. LIFE MEMBERSHIP**

ACTIVE MEMBER OF INDIAN DIETETIC ASSOCIATION

STUDENT MEMBER IN NUTRITION SOCIETY OF INDIA

### **18. OTHER ACTIVITIES**

Accompany students to be participated in various events conducted by other college.

Guidance to students to make a diet demo and counseling to the public through exhibition conducted by hospitals.

Actively participated and organized in the state level seminar conducted by our college during my work period.