

## CURRICULUM VITAE

**Yamunadevi Puraikalan, PhD, RDN.**

Assistant Professor

Nutrition Sciences Department

Borra College of Health Sciences

Dominican University

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### EDUCATION

- 2017            **Registration in Dietetics (RDN)** May 2017- present  
(Registration Number: 86090459)
- 2016            **Individualized Supervised Practice Pathways in Dietetics** at Dominican  
University, River Forest, IL- 60305
- 2011- 15        **Doctor of Philosophy** in Foods and Nutrition  
Vellalar College for Women, Erode, India  
(Affiliated to Bharathiar University, Coimbatore, India)  
**Dissertation Title:** *Development and quality evaluation of cookies and  
extruded product incorporated using sunflower seed and sunflower meal*  
Advisor: Dr. N. Sabitha
- 2008-09        **Master of Philosophy** in Foods and Nutrition  
Women's Christian College, Chennai, India  
(Affiliated to University of Madras, Chennai, India)  
**Dissertation Title:** *Effect of supplementation of a food mixture rich in  
essential fatty acids on women with polycystic ovary syndrome*  
Advisor: Dr. Gomathy Shivaji
- 2006-08        **Master of Science** in Foods and Nutrition  
Ethiraj College for Women, Chennai, India  
(Affiliated to University of Madras, Chennai, India)  
**Dissertation Title:** *The effect of supplementation of barley on the lipid  
profile of mild hypercholesterolemic adults*  
Advisor: Ms Bavani Pazhani
- 2003-06        **Bachelor of Science** in Nutrition Food Service Management and Dietetics  
Ethiraj College for Women, Chennai, India  
(Affiliated to University of Madras, Chennai, India)

## **Recommended U.S Educational Equivalency**

- Doctor of Philosophy in Nutrition and Dietetics from a regionally- accredited institution of higher education in the United States
- Master of Science in Food Science and Human Nutrition Research
- Master of Science in Food Science and Human Nutrition
- Bachelor of Science in Food Science and Human Nutrition

## **PROFESSIONAL MEMBERSHIPS**

- Institute of Food Technologists, Member ID: 01145994.
- Academy of Nutrition and Dietetics, Chicago, IL 60606, United States

## **ACADEMIC RANK AND POSITIONS**

08/2016- Present	Assistant Professor, Borra College of Health Sciences, Nutrition Science Department, Dominican University River Forest, IL- 60305.
09/2013-06/2016	Assistant Professor, Department of Home Science Mother Teresa Women's University Research and Extension Centre, Chennai, India- 600015
06/2010- 08/2013	Assistant Professor, Department of Home Science Mother Teresa Women's University (State Government University) Kodaikanal, India-624102

## **Other Professional experience**

10/09-05/10	Clinical Nutritionist, Global Hospitals and Health City, Chennai, India
05/08-06/09	Dietitian Lifeline Multispecialty Hospitals, Chennai, India
04/08- 05/08	Dietitian Labelle Body Care Private Limited, Chennai, India
06/07	Dietetic Intern, Department of Clinical Nutrition and Dietetics, Sri Ramachandra Hospital, Chennai, India

- 06/05 Dietetic Intern, Department of Clinical Nutrition and Dietetics, Sri Ramachandra Hospital, Chennai, India
- 09/05- 06/06 Medical Secretarial Services at Apollo Hospitals, Chennai, India.

**CERTIFICATIONS/AWARDS**

- 09/2020 Certificate of completion-Basic Food Safety Proficient Certification
- 09/2020 Certificate of completion- COVID-19 and Food safety
- 09/2020 Completed record of training on Servsafe Conflict De-escalation: COVID-19 Precautions
- 09/2020 Completed record of training on Servsafe Takeout: COVID-19 Precautions
- 09/2020 Completed record of training on Servsafe Re-opening Guidance: COVID-19 Precautions
- 09/2020 Completed record of training on Servsafe Delivery: COVID-19 Precautions
- 08/2020 Certificate of completion- Course on Staying Healthy: All Employees awarded by Everfi
- 07/2020 Certificate of completion- International Diabetes Federation (IDF) Online short course on Prevention of Type-2 Diabetes
- 07/2020 Certificate of completion-Diet on Human Gut Microbiome Diversity
- 06/2020 Certificate of completion-Certificate of Training in Neonatal Nutrition-Advanced
- 05/2020 Certificate of completion- COVID-19 and Diabetes: Clinical Implications
- 05/2020 Certificate of completion- Decoding the New Nutrition Facts Label: Protein
- 03/2020 Certificate of completion-Let's Break the Chain of COVID-19 Infection
- 02/2020 Certificate of Training in Community Nutrition
- 02/2020 Certificate of completion- Carbohydrate quality: What do I tell my patients?

02/2020 Certificate of completion- Intentional weight loss in older adults

01/2020 Certificate of completion- Food Addiction and Obesity

08/2019 Biomedical Data or Specimens Only Research - Basic/Refresher- Stage 2  
Expiration date: 08/2021

05/2019 **Completed Food allergens essentials course**

04/2018 Completed Certified Food Scientist Prep Course.

12/2017 Certificate of Training in Adult Malnutrition

12/2017 Social & Behavioral Research - Basic/Refresher- Stage I Basic Course-

12/2017 CITI Health Information Privacy and Security (HIPS) for Social and Behavioral Investigators- Stage I HIPS- Expiration Date: N/A

11/2017 Biomedical Data or Specimens Only Research - Basic/Refresher

11/2017 Biomedical Research - Basic/Refresher- Stage 2- Refresher Course,

11/2017 Stage –I Conflict of Interest

09/2017 **Certified Food Protection Manager**  
Serve safe - Certificate number: 15580290

09/2017 **Certified Food Service Sanitation Manager**  
ID Number: 180939, State of Illinois- Department of Public Health

05/2017 Dominican University 2017 Summer Stipend Awards- \$3000

07/2016 Completed the course- Bridges: Building a Supportive Community

06/2016 Completed online training – Mandated Reporter issued by Department of Children and Family Services

12/2015 CITI Health Information Privacy and Security (HIPS) for Biomedical Investigators- Stage I HIPS-Expiration Date: N/A

12/2015 Biomedical Research - Basic/Refresher- Stage I- Basic Course, Renewed

12/2015 Biomedical Investigators Responsible Conduct of Research- Stage I RCR

- 12/2015 Social & Behavioral Investigators Responsible Conduct of Research- Stage I RCR
- 12/2015 Certificate of Training attendance- Protecting God's Children for Adults
- 06/2011 **Junior Research Fellowship**, University Grants Commission, India
- 06/2008 Teaching certifications, **National Level University teaching certification**, University Grants Commission, India  
(10-15% successful candidates in nationwide examinations)
- 09/2009 Awarded Dr. Jubilee S. Prathap Kumar Prize for securing the **highest mark** in dissertation in Master of Philosophy (Foods and Nutrition)
- 09/2009 Awarded Dorothy Pearson Endowment Prize for securing the **highest scores** in the final total for course work in Master of Philosophy
- 06/2006 Certificate of Merit for securing the **highest scores** in all semesters during Bachelor of Science at Ethiraj College for Women, Chennai

#### **Editorial member in Journals**

- 11/2018 Editorial member in Journal of Culinary Science & Technology
- 01/2018 Editorial member in Advances in Food Engineering and Technology
- 12/2016 Editorial member in International Journal of Food Engineering and Technology

#### **EDUCATIONAL ACTIVITIES**

##### ***CURRICULUM AND COURSE DEVELOPMENT-MOTHER TERESA WOMEN'S UNIVERSITY***

###### *Semester I- June to December*

SCPI- Research methods and statistics- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2010- June 2015

SC P2- Human Physiology- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2013- June 2015

SC P3- Advanced Food science and Practical's- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2010- June 2015

SE P1- Fundamentals of food technology- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2013- June 2015

*Semester II – January - May*

SC P4- Food microbiology- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2013- June 2015

SC P5- Advanced Nutrition I- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2010- June 2015

SC P6- Advanced nutritional biochemistry- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2010- June 2015

*Semester III- June to December*

SC P7- Nutrition through life cycle- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2010- June 2015

SC P8- Advanced Nutrition II- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2010- June 2015

SC P9- Advanced Dietetics- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2010- June 2015

*Semester IV- January to May*

SC P10- Community Nutrition- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2013- June 2015

SC P11- Clinical biochemistry- Course designer, Organizer and Instructor, Mother Teresa Women's University, India- June 2013- June 2015

**Courses taught at Dominican University**

NUTR 404- Medical Nutrition therapy –I – Fall 2016

NUTR 410- Food Product Development- Fall 2017, Spring 2019

NUTR 455- Internship - Summer 2018, 2019, Fall 2019

NUTR 390- Experimental Foods- Fall 2017, 2018, 2020(Hybrid)  
Spring 2018, 2019, 2020  
Summer 2019.

NUTR 370- Food Processing- Spring 2017, Fall 2018

NUTR 250- Basics of Nutrition- Spring 2018, 2020

NUTR 251- Advanced Basic Nutrition- Fall 2020(Online)

NUTR 240- Food chemistry- Fall 2018, Spring 2019

NUTR 200- Fundamentals of Foods- Fall 2016, 2017, 2018, 2020(Hybrid)  
Spring 2017, 2018, 2019, 2020

NUTR 101- Introduction to Dietetics- Fall 2020(Online)

### **Research mentorship**

- PhD Thesis External Evaluation Committee: 2 theses evaluated
- Master of Philosophy: Mentored 10 Students
- Graduate: Mentored 17 Students
- Mentored: Three students with URSCI Research Stipend- Spring 2018, 2019, 2021

### **Publications in peer reviewed journals**

22. **Puraikalan Y.** Characterization of Proximate, Phytochemical and Antioxidant Analysis of Banana (*Musa Sapientum*) peels/skins and Objective evaluation of ready to eat/cook product made with banana peels. *Curr Res Nutr Food Sci* 2018; 6(2). <http://dx.doi.org/10.12944/CRNFSJ.6.2.13>

21. **Puraikalan Y.** Obesity: Perceptions of body image and obesity among cross culture: A Review. *Obes Res Open J.* 2018; 5(1): e1-e2. doi: 10.17140/OROJ-5-133

20. Proximate analysis and Objective evaluation of recipe made with sunflower meal, **Dr. Yamunadevi Puraikalan, Dr. Sabitha. N,** *International Journal of Science and Research (IJSR)*, Volume 5, Issue 11, November 2016, ISSN (Online): 2319-7064, Impact Factor (2015): 6.391, Index Copernicus Value 2013: 6.14.

19. Therapeutic Efficiency of Centella Asiatica Flour Incorporated Fryums, Saranya Kulasekaran, **Dr. Yamunadevi Puraikalan**, International Journal of Science and Research (IJSR) , Volume 5, Issue 4, April 2016, ISSN (Online): 2319-7064, Impact Factor (2015): 6.391, Index Copernicus Value 2013: 6.14.
18. Development and Effects of Jamun Seed Powder Incorporated Cookies, Abinaya Kannan, **Dr. Yamunadevi Puraikalan**, International Journal of Science and Research (IJSR) , Volume 5, Issue 4, April 2016, ISSN (Online): 2319-7064, Impact Factor (2015): 6.391, Index Copernicus Value 2013: 6.14.
17. Development and Objective evaluation of sunflower seed fortified cookies, **Dr. Yamunadevi Puraikalan, Dr. Sabitha. N**, International Journal of Current Research, Volume 7, Issue 9, pp 19927-19930, September 2015, ISSN: 0975-833X, Impact Factor (2014): 5.349, Index Copernicus Value: 6.24.
16. Extraction of cold press moringa oil, Janaki.S, **Yamunadevi Puraikalan**, International Journal of Current Research, Volume 7, Issue 4 April 2015, pp 14956-14957, ISSN: 0975-833X, Impact Factor (2014): 5.349, Index Copernicus Value : 6.24.
15. Microbial properties of cold press moringa oil, Janaki.S, **Yamunadevi Puraikalan**, International Journal of Current Research , Volume 7, Issue 4 April 2015, pp 14956-14957, ISSN: 0975-833X, Impact Factor (2014): 5.349, Index Copernicus Value : 6.24.
14. Effect of supplementation of soy flour on rice fryums quality, Deepika Kadirvel, **Yamunadevi Puraikalan**, International Journal of Science and Research (IJSR) , Volume 4, Issue 4, April 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14.
13. Development and evaluation of banana blossom incorporated dark chocolate, Sharmila, **Yamunadevi Puraikalan**, International Journal of Science and Research (IJSR) , Volume 4, Issue 4, April 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14.
12. Formulation and Quality Evaluation of whey based fruit juice, Nagadevi, **Yamunadevi Puraikalan**, International Journal of Science and Research (IJSR) , Volume 4, Issue 4, April 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14.
11. Effect of Supplementation with barley flour on bread quality, Nirmala, **Yamunadevi Puraikalan**, International Journal of Science and Research (IJSR) , Volume 4, Issue 4, April 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14.

10. Development and supplementation of fibre enriched formulated supplementary mixture on type 2 diabetes mellitus, Soumini G.P, ***Yamunadevi Puraikalan***, International Journal of Science and Research (IJSR) , Volume 4, Issue 3, March 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14.

9. Development of food products using pomegranate skin, Sayeeda Fathima, ***Yamunadevi Puraikalan***, International Journal of Science and Research (IJSR) , Volume 4, Issue 3, March 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14.

8. Development and organoleptic evaluation of jamun juice, Abinaya Kannan, ***Yamunadevi Puraikalan***, International Journal of Science and Research (IJSR) , Volume 4, Issue 3, March 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14.

7. Development and Sensory Evaluation of Sunflower Meal Fortified Cookies, ***Yamunadevi Puraikalan***, Dr.N.Sabitha, International Journal of Science and Research (IJSR) , Volume 3, Issue 8, August 2014, ISSN (Online): 2319-7064, Impact Factor (2012): 3.358, Index Copernicus Value 2012: 5.34.

6. Development and Sensory Evaluation of Sunflower Seeds and Sunflower Meal Incorporated Ready to Eat Food Products, ***Yamunadevi Puraikalan***, Dr.N.Sabitha, International Global Journal For Research Analysis, , Volume 3, Issue 8, August 2014, ISSN No. 2277-8160.

5. Development and Sensory Evaluation of Cookies Using Grape Seed, Ms Anisha Albert, ***Yamunadevi Puraikalan***, International Global Journal for Research Analysis, Volume 3, Issue 8, August 2014, ISSN No. 2277-8160.

4. Development of Lycopene Rich Noodles, Ms. Aarthi Sanjeevi, ***Yamunadevi Puraikalan***, International Journal of Scientific Research, Volume 3, Issue 3, March 2014, ISSN No. 2277-8179.

3. Development and sensory evaluation of sunflower seed fortified cookies, ***Yamunadevi Puraikalan***, Dr.N. Sabitha, International Journal of Scientific Research, Volume 3, Issue 2, February 2014, ISSN No. 2277-8179.

2. Effect of supplementation of a food mixture rich in essential fatty acids on women with polycystic ovary syndrome, ***Yamunadevi Puraikalan***, Dr. Gomathy Shivaji, International Global Research Analysis, Volume 2, Issue 6, June 2013, ISSN No. 2277-8160.

1. The Effect of supplementation of barley on the lipid profile of mildly hypercholesterolemic adults, ***Yamunadevi Puraikalan***, International Journal of Scientific Research, Volume 2, Issue 6, June 2013, ISSN No. 2277-8179.

## **PROFESSIONAL FACULTY DEVELOPMENT**

### **Served as a Resource Person**

14. Served as a speaker in an Online International Webinar Series- World Breastfeeding Week- August 1 to 7 2020 organized by Department of Nutrition and Dietetics, Vellalar College for Women, Erode-12, India

13. Served as a speaker in a webinar series on Imparting Online Teaching-Learning Methodology during COVID-19 on June 2, 2020 organized by Post Graduate Department of Business Administration (MBA), M.O.P. Vaishnav College for Women, Chennai, India

12. Served as a speaker in an Online Faculty Development Programme on Strategies for Engaging Students in Learning on April 27, 2020 organized by Department of Nutrition and Dietetics, Vellalar College for Women, Erode-12, India

11. Served as a speaker in an Online Student Development Programme on Carve your own career path on April 16, 2020 organized by Department of Nutrition and Dietetics, Vellalar College for Women, Erode-12, India

10. Delivered a guest lecture on the topic “Research Methodology- Scaling techniques and Shaping future nutritionist” at Women’s Christian College for Women, Chennai, India organized by Department of Home Science held on 2<sup>nd</sup> August 2018.

9. Delivered a guest lecture on the topic “Nutrition in Global scenario” at Ethiraj College for Women, Chennai, India organized by Department of Clinical Nutrition and Dietetics held on 15<sup>th</sup> July 2017.

8. Served as a resource person for the ‘**International Seminar on Home Science in Confluence**’ organized by Department of P.G Studies and Research in Home Science, Justice Basheer Ahmed Sayeed (JBAS) College for women, Chennai, Tamilnadu, India on July 11<sup>th</sup>2017.

7. Served as a resource person for the sessions “**University Grant Commission funded guest lecture programme**”

**SESSION I: SMART SHAPING OF FUTURE NUTRITIONIST IN GLOBAL SCENARIO.**

**SESSION II: THE ROAD TO BECOME DIETICIAN IN USA**

Organized by Department of Nutrition and Dietetics, Vellalar College for Women, Erode, Tamilnadu, India in July 6<sup>th</sup>2017.

6. Served as a resource person for the session “**Our Daily Bread, Before and After the Border** in one day seminar entitled Diversity and Sustainability Within the Nutrition and Dietetics Profession” organized by Dominican University, River Forest, IL on November 18<sup>th</sup>2016.

5. Delivered a Guest lecture on the topic “Functional Foods”, “Nanotechnology in Food Industry” at Vellalar College for Women, Erode organized by Department of Nutrition and Dietetics held on 11.08.2014.

4. Served as a resource person in One day workshop on Nutrition for women: A health care scenario organized by Department of Home science, by Mother Teresa Women’s University, Kodaikanal held on 12.04.2013.

3. Delivered a Guest lecture on the topic “How to cook without polluting the environment and healthy cooking methods for Noon Meal Scheme workers” organized by Kodaikanal Union Office.

2. Delivered a Guest lecture on the topic ‘Nutritional awareness for Adolescents’ organized by NSS for College girls at Mother Teresa Women’s University, Kodaikanal.

1. Delivered a Guest lecture on the topic of ‘Healthy eating habits for children’ organized by NSS for school children, Attuvampatti, Kodaikanal.

#### **Service as External Examiner**

15. Served as an external foreign examiner for Doctor of Philosophy Dissertations from Avinashilingam Institute of Home Science and Higher Education for Women, Coimbatore, Tamilnadu, India.

14. Deputed to visit the study centre as flying squad for monitoring the conduct of the distance examinations held at Mother Teresa Women’s University Study Centre, Villupuram and Kallakurichi, Tamilnadu held during July 2015.

13. Appointed as an Examiner to conduct Practical and Clinical evaluation for I Bachelor of Clinical Optometry – Nutrition during April 2015

12. Appointed as an Examiner to conduct Practical and Clinical evaluation for II M.Sc Clinical Nutrition during March 2015

11. Appointed as organizer of the Skill Training Programme sanctioned by TAHDCO at Chennai region from 20.01.2015.

10. Appointed as a Question paper setter for Ph.D Home Science- Entrance Examinations- Paper II for Mother Teresa Women’s University, Kodaikanal during March 2015, October 2014, March 2014 and October 2013.

9. Nominated as the renewal of Inspection Committee member to inspect four study centres in Chennai, to start the Distance Learning Programme Centre of Mother Teresa Women's University, Kodaikanal.
8. Nominated as Chairperson of the passing board for the undergraduate examinations of affiliated colleges of Mother Teresa Women's University, Kodaikanal held on 12.01.2012, 15.06.2012.
7. Nominated as a Selection Committee Member as Subject Expert to interview guest faculty for the department of Nutrition Food Service Management and Dietetics and Fashion Designing and Garment Construction held on 11.02.2012.
6. Appointed as a Question paper setter for M.Phil Foods and Nutrition and B.Sc Fashion designing and Garment Construction courses for the examinations of affiliated colleges of Mother Teresa Women's University, Kodaikanal
5. Deputed to visit the study centre for monitoring the conduct of the distance examinations held at Mother Teresa Women's University Study Centre, Vellore held on 09.12.2011.
4. Nominated as an Admission Committee Member for P.G courses during the academic year June 2011 in Mother Teresa Women's University, Kodaikanal.
3. Evaluated Master of Philosophy Dissertations from Bharathiar University, Coimbatore, Tamilnadu, India.
2. Acted as an Inspection Team Member at Paul Antony Community College, Sivakasi for the courses- B.Sc Fashion designing and Diploma in Health assistance on 29<sup>th</sup> July 2010.
1. Actively participated and revised the syllabus for M.Sc Food Service Management and Dietetics, M.Sc Foods and Nutrition in Board of Studies meeting held on 29.07.2013 and 28.01.2011 at Mother Teresa Women's University, Kodaikanal.

### **Papers Presented in conferences**

4. "Effect of supplementation of a food mixture rich in essential fatty acids on anthropometric parameters among PCOS women" in the International Women's Conference – Bridging Rural and Global held on 14<sup>th</sup> to 16<sup>th</sup> July 2015 organized by, Mother Teresa Women's University, Kodaikanal, India
3. "Effect of supplementation of a food mixture rich in essential fatty acids on women with polycystic ovary syndrome" in the International Conference on Food and Nutraceuticals held on 20<sup>th</sup> to 22<sup>nd</sup> January 2011 organized by Department of Food Science, Periyar University, Salem, India

2. “Role of Women in Promoting Peace” in the International conference on “Education for Peace, Religious Harmony and Cultural Diversity” held on 30<sup>th</sup> and 31<sup>st</sup> August 2010 organized by Department of Women studies, Mother Teresa Women’s University, Kodaikanal, India

1. “The Effect of supplementation of barley on the lipid profile of mildly hypercholesterolemic adults in the National Seminar on Nutritional Challenges- Past, Present & Future held on 27<sup>th</sup> Feb 2009 organized by Department of Food Science, Periyar University, Salem, India

### **CONFERENCES /EXPO ATTENDED**

5. Attended Chicago Section IFT Annual Supplier’s Night- Expo in 2016, 2017, 2018 Attended Academy of Nutrition and Dietetics – 2017 Food & Nutrition Conference & Expo from Oct 21<sup>st</sup> to 24<sup>th</sup> 2017.

4. Two days International Conference on Quality Enhancement in Higher Education beyond Cognition held on 21.11.2013- 22.11.2013 at Tamilnadu Open University, Chennai

3. National Symposium on Food and Nutrition Security in India organized by Women’s Christian College, Chennai on 7<sup>th</sup> September 2009.

2. National Conference organized by NSI & ISPEN held on 20<sup>th</sup> to 22<sup>nd</sup> November 2008, Chennai.

1. National Conference organized by the Internal Quality Assurance cell, Women’s Christian College, Chennai.

### **WORKSHOPS ATTENDED**

17. Participated in Teaching STEM in Hispanic Serving Institutions Mini- Course in Spring 2021 organized by ESCALA Educational Services.

16. Attended 2020 Annual Faculty Workshop (virtual) Crisis as Catalyst for Reimagining Teaching, Learning, and Community on August 27<sup>th</sup>, 2020 organized by Dominican University, River Forest, IL- 60305.

15. Participated in an online workshop on Building Effective Online Courses organized by Dominican University, Illinois-60305 in June 2020.

14. Attended Annual Faculty Workshop-2018; Who Are Our Students, and What Do They Need? organized by Center for Teaching and Learning Excellence on August 22 and 23<sup>rd</sup> 2018 at Dominican University, River Forest, IL- 60305.
13. Participated in 17<sup>th</sup> Team-Based Learning Collaborative Meeting on March 1 to 3 2018 at San Diego, California.
12. Participated in the new Innovative Pedagogies Academy (IPA), which focused designing inclusive, interactive, and integrative courses in face-to-face, flipped, blended/hybrid, or online formats organized by Borra Center for Teaching and Learning Excellence, Dominican University, Illinois held from July 31<sup>st</sup> to 11<sup>th</sup> August 2017.
11. Attended Annual Faculty Workshop- Seeking Veritas in a Complex World: Tackling Wicked Problems through Integrative Learning on August 25<sup>th</sup>, 2016 at Dominican University, River Forest, IL- 60305.
10. Attended Introduction to University Teaching Workshop organized by Center for Teaching and Learning Excellence on August 18 and 19<sup>th</sup> 2016 at Dominican University, River Forest, IL- 60305.
9. Attended International Workshop on “Researching, Writing and Publishing- Special Reference to Education” organized by School of Education, Tamilnadu Open University held on 21.08.2015 at Chennai.
8. Attended workshop on “Tamil Wikipedia” organized by School of Tamil studies- Tamilnadu Open University held on 17.09.2014 at Chennai.
7. Attended National workshop on “Beyond the Barriers” organized by Mother Teresa Women’s University, Kodaikanal held on 08.03.2014 at Mother Teresa Women’s University, Research and Extension Centre, Chennai.
6. Attended workshop on “Behavioral Pattern for Successful Living” organized by School of Education- Tamilnadu Open University and Department of s Higher Education, Government of Tamilnadu held on 04.10.2013 at Chennai.
5. Attended workshop on “Incorporating Heritage Component in Tourism curriculum” organized by Department of Historical Studies and Tourism Management, Mother Teresa Women’s University, Kodaikanal held on 05.08.2013
4. Participated In house entrepreneurs training on Mushroom Cultivation, Preservation and Production of value-added foods organized by Mother Teresa Women’s University, Kodaikanal held on 16.04.2013 and 17.04.2013.
3. Attended workshop on “Forefront Women achievers: Opportunities and Challenges” organized by Mother Teresa Women’s University, Kodaikanal held on 23.09.2012

2. Participated in “Proposal writing and funding agencies” organized by Mother Teresa Women’s University, Kodaikanal held on 04.09.2012.

1. Attended workshop on “Nutrition Research Methodology- Design and Data Analysis” organized by Department of Nutrition and Dietetics, PSG College of Arts and Science, Coimbatore on 16<sup>th</sup> and 17<sup>th</sup> September 2011.

### **SEMINAR/WEBINAR ATTENDED**

16. Certificate of completion -Recorded Webinar: Nuances to Applying the Low FODMAP Diet, July 4<sup>th</sup> 2020.

15. Certificate of completion -Recorded Webinar: Sleep, Stress and Nutrient Gaps, July 4<sup>th</sup> 2020

14. Certificate of completion- Recorded webinar on Sustainable Diets: How Regenerative Agriculture and Nutrient-Dense Foods Can Help Support Human and Planetary Health, July 4<sup>th</sup>, 2020

13. Participated in NUTRITION 2020 LIVE ONLINE organized by American Society for Nutrition, June 2020.

12. Participated in AACU webinar on Advancing Diversity and Inclusivity through Multilevel Strategic Leadership on Monday, November 5, 11-12, in the CTLE, Dominican University, IL-60305.

11. Participated in Dinner and Discussion- The Meaty Side of Mushrooms organized by RCA at Kendall College, Chicago, Illinois on April 10, 2017.

10. Participated in “Team based learning” by Dr. Julie Bach, Organized by Department of Nutrition and Science, Dominican University, River Forest, IL on October 6<sup>th</sup> 2016.

9. Participated in One day seminar on The Culinary side of sensory evaluation Organized by RCA Chicagoland Regional at Tate and Lyle- Hoffman Estates, IL on September 22<sup>nd</sup> 2016.

8. Participated in “Color matters in Dietetics” on April 23<sup>rd</sup>, 2016 at Dominican University, River Forest, IL- 60305.

7. Volunteered the Raffle and food donation session at IAND Spring Assembly on April 7<sup>th</sup>, 2016

6. Participated in seminar organized by NSAND and WSAND on March 5<sup>th</sup>, 2016 at Harper College, Palatine, Illinois – 60067

5. Attended a seminar on “Research Methodology in Management” organized by Department of Management Studies, Mother Teresa Women’s University, Research and Extension Centre, Chennai held on 23.09.2014 at Mother Teresa Women’s University, Research and Extension Centre, Chennai.

4. Participated in International Seminar on Making Special Education Inclusive- from Rhetoric to Reality held on 19.11.2013 Tamilnadu Open University, Chennai

3. Participated in International Seminar on Research Methodology for Economics - A practical approach to advanced level research held on 13.09.2013 Tamilnadu Open University, Chennai

2. Participated in International Seminar on Issues and Trends in the Contemporary Politics and Public Administration organized by School of Politics and Public Administration - Tamilnadu Open University and Department of Higher Education, Government of Tamilnadu held on 05.09.2013 at Chennai.

1. Participated in International Seminar on Challenges of Social Science Education organized by School of Education- Tamilnadu Open University and Department of Higher Education, Government of Tamilnadu held on 20.08.2013 at Chennai.

#### **Orientation/Refresher course /Education summit attended**

6. Participated in second RCA- Research Chef Association Higher Education Summit on October 26<sup>th</sup> 2018 in Chicago, Illinois

5. Participated in first RCA- Research Chef Association Higher Education Summit on November 9<sup>th</sup> and 10<sup>th</sup> 2017 in Chicago, Illinois.

4. Participated in Refresher Course on Research methodology organized by University of Madras conducted from 19.05.2015 to 08.06.2015.

3. Participated in Orientation Programme on Testing and Evaluation organized by Tamilnadu Open University and NTS- Mysore held on 07.11.2013 to 09.11.2013 at Tamilnadu Open University, Chennai.

2. Participated in Orientation program on Reforms in CBCS at UG and PG level organized by Curriculum Development Cell and Examination Section Mother Teresa Women’s University, Kodaikanal held on 30.07.2013.

1. Participated in Orientation course (Batch-114) organized by University of Madras conducted from 26.11.2013 to 23.12.2013.

### **Programme's organized**

2. Organized a special talk for the celebration of Nutrition Week on “**Nutrition Through Lifecycle**” delivered by Dr.A.J.Hemamalini, Associate Professor, Sri Ramachandra Medical University, Porur, Chennai, 10<sup>th</sup> September, 2014.

1. Served as an Organizing secretary in one day National level symposium on Novel enzyme technology for food and textile processing” on 21<sup>st</sup> March 2014 at Research and extension center, Mother Teresa Women's University, Chennai.

### **Service in College level committee**

- Member in BCHS- Assessment Committee- Spring 2020, Fall 2020, Spring 2021
- Member in search committee for Associate Dean Search- Fall 2018, Borra College of Health Sciences, Dominican University, River Forest, Illinois.
- Member in search committee for Nutrition faculty search –spring 2017, fall 2017, spring 2018, Dominican University, River Forest, Illinois.

### **Service in University level committee**

- Member in TRHT (Truth, Racial Healing, and Transformation) core team at Dominican University- Spring 2021.
- Member in Assessment Committee-Fall 2020, Spring 2021
- Member in Interfaith cooperation committee and Diversity committee- fall 2018 and Spring 2019.
- Member in Academic Technology and Facilities committee - Fall 2017 and Spring 2018.
- Member in Diversity committee- Fall 2017 and Spring 2018.

### **Community services**

- Participated in an awareness programme on “Drug abuse and illicit trafficking” held at Mother Teresa Women's University, Kodaikanal on 26.06.2012.
- Visited IT Concerns like Cognizant, Infosys, RMZ ford and Accenture for Diet counseling and Health talk on Dietary habits for corporate world.

- Rendered one day diet counseling for DLF, Chennai organized by Lifeline Multispecialty Hospitals and Fidelity Ltd.
- Scripted the Chapter 8 of the book “**The Walk off Weight**”, published by Emerald Publishers, Egmore, Chennai. The Chapter is on Indian equivalent recipes compare to nutritious Australian recipes.
- Actively participated in the health camp on Preventive Cardiac Health measures organized by Times of India and given counseling on the Dietary habits to prevent cardiac problems.
- Participated in a health camp organized by Global Hospitals for SriLankan refugees at Puzhal, Chennai.
- Guest lecture on the topic of Healthy eating habits for women at Coast Guard Women Welfare Association, Chennai.
- Writing Nutrition Health Articles in ‘Health Women’s Healthy Living Goals’ from March 2011 onwards