**Yamunadevi Puraikalan, PhD, RDN.**

**Curriculum Vitae**

**Contact Information**

Associate Professor, Nutrition Sciences Department, Borra College of Health Sciences,

Dominican University, River Forest, IL-60305. Email- ypuraikalan@dom.edu

Home Address: 1192 Clarence Ave, Unit 15, Oak Park, IL- 60304

Cell: +1 708 980 6710

Email: [yamunacharan@gmail.com](mailto:yamunacharan@gmail.com)

**Education**

2016 Dietetic Internship, ISPP, Dominican University, IL

2015 Ph.D. in Foods and Nutrition, Vellalar College for Women, Bharathiar University, India

2009 Master of Philosophy in Foods and Nutrition, Women’s Christian College, India

2008 Master of Science in Foods and Nutrition, Ethiraj College for Women, India

2006 Bachelor of Science in Nutrition Food Service Management and Dietetics, Ethiraj College for

Women, India

**Recommended U.S Educational Equivalency**

Doctor of Philosophy in Nutrition and Dietetics from a regionally- accredited institution of higher education

in the US.

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

**Academic Appointments**

2022- Present Associate Professor, Nutrition Science Department, Dominican University, IL

2016- 2022 Assistant Professor, Nutrition Science Department, Dominican University, IL

2010- 2016 Assistant Professor, Home Science Dept, Mother Teresa Women’s University, India

**Non- Academic Appointments**

2009-2010 Clinical Nutritionist, Global Hospitals and Health City, Chennai, India

2008-2009 Dietitian, Lifeline Multispecialty Hospitals, Chennai, India

2008 Dietitian, Labelle Body Care Private Limited, Chennai, India

2005& 2007 Dietetic Intern, Department of Clinical Nutrition and Dietetics, Sri Ramachandra Hospital, India

**Professional Qualifications**

**Certification**

2017 Registered Dietitian Nutritionist (RDN), Commission on Dietetic Registration. This is a national

requirement for certification and practice for all dietitians.

**Teaching and Research Experiences**

Teaching: 13 years. Research: 19 years (as of Fall 2023).

**Courses taught at Dominican University**

NUTR 404- Medical Nutrition therapy - I - Fall 2016

NUTR 410- Food Product Development- Fall 2017, Spring 2019, Spring 2022

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

NUTR 390- Experimental Foods- Fall 2017-Present

NUTR 370- Food Processing- Spring 2017, Fall 2018, Fall 2021

NUTR 250- Basics of Nutrition- Spring 2018, 2020, Fall 2023

NUTR 251- Advanced Basic Nutrition- Fall 2020- Present

NUTR 240- Food Chemistry- Fall 2018, Spring 2019, Spring 2021

NUTR 200- Fundamentals of Foods- Fall 2016-Present

NUTR 101- Introduction to Dietetics- Fall 2020-Present

## **Courses taught at Mother Teresa Women’s University - 2010-2015**

SCP1- Research methods and statistics - 2010- 2015

SC P2- Human Physiology- 2013- 2015

SC P3- Advanced Food science and Practical- 2010- 2015

SE P1- Fundamentals of food technology- 2013- 2015

SC P4- Food microbiology- 2013- 2015

SC P5- Advanced Nutrition I- 2010- 2015

SC P6- Advanced nutritional biochemistry- 2010- 2015

SC P7- Nutrition through life cycle- 2010- 2015

SC P8- Advanced Nutrition II- 2010- 2015

SC P9- Advanced Dietetics- 2010- 2015

# SC P10- Community Nutrition- 2013- 2015

# SC P11- Clinical biochemistry- 2013- 2015

# Research mentorship

Mentored five students who were awarded the (G)URSCI Research Stipend- 2018- Present

Evaluated three dissertations as a member of the PhD thesis external evaluation committee

Evaluated two Master of Philosophy Dissertation

Mentored 10 Master of Philosophy students on their dissertations from 2010 to 2015

Mentored 17 Master of Science students on their dissertations from 2010 to 2015

# Publications in peer reviewed journals

24. **Puraikalan Y**, Laton A, Nutritional value of red-fleshed and skinned pitaya (Hylocereus polyrhizus) species.

International Journal of Home Science. 2023; 9(3): 271-275. [Read full-text](https://www.homesciencejournal.com/archives/?year=2023&vol=9&issue=3&part=D)

23. **Puraikalan Y**, Scott M. Sunflower Seeds (Helianthus Annuus) and Health Benefits: A Review. Recent

Progress in Nutrition **2023**; 3(3): 010; doi:10.21926/rpn.2303010. [Read full-text](https://www.lidsen.com/journals/rpn/rpn-03-03-%20%20%20010)

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). [https://dx.doi.org/10.12944/CRNFSJ.6.2.13](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. [Read full-text](https://openventio.org/wp-content/uploads/Perceptions-of-Body-Image-and-Obesity-among-Cross-Culture-A-Review-OROJ-5-133.pd)

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. [Read full-text](https://www.ijsr.net/get_abstract.php?paper_id=ART20162828)

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. [Read full-text](https://www.ijsr.net/archive/v5i4/NOV163072.pdf)

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. [Read full-text](https://www.ijsr.net/archive/v5i4/NOV163016.pdf)

17. Development and Objective evaluation of sunflower seed fortified cookies, ***Dr.Yamunadevi Puraikalan*,** Dr. Sabitha. N, International Journal of Current Research, Volume7, Issue 9, pp 19927-19930, September 2015, ISSN: 0975-833X, Impact Factor (2014): 5.349, Index Copernicus Value: 6.24. [Read full-text](https://www.journalcra.com/article/development-and-objective-evaluation-sunflower-seed-fortified-cookies)

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. [Read full-text](https://www.journalcra.com/article/extraction-cold-press-moringa-oil)

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. [Read full-text](https://www.journalcra.com/article/microbial-properties-cold-press-moringa-oil)

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. [Read full-text](https://www.ijsr.net/get_abstract.php?paper_id=SUB153286)

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. [Read full-text](https://www.ijsr.net/archive/v4i4/SUB153287.pdf)

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. [Read full-text](https://www.ijsr.net/archive/v4i4/SUB153042.pdf)

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. [Read full-text](https://www.ijsr.net/archive/v4i4/SUB153043.pdf)

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. [Read full-text](https://www.ijsr.net/archive/v4i3/SUB152705.pdf)

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. [Read full-text](https://www.ijsr.net/get_abstract.php?paper_id=SUB152420)

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. [Read full-text](https://www.ijsr.net/get_count.php?paper_id=SUB152423)

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. [Read full-text](https://www.ijsr.net/archive/v3i8/MDIwMTU2MDA=.pdf)

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. <https://www.doi.org/10.36106/gjra>. [Read full-text](https://www.worldwidejournals.com/global-journal-for-research-analysis-GJRA/article/development-and-sensory-evaluation-of-sunflower-seeds-and-sunflower-meal-incorporated-ready-to-eat-food-products/MTE4Mjc=/?is=1&b1=141&k=36)

5. Development and Sensory Evaluation of Cookies Using Grape Seed, Anisha Albert, ***Yamunadevi Puraikalan***, International Global Journal for Research Analysis, Volume 3, Issue 8, August 2014, ISSN No. 2277-8160. <https://www.doi.org/10.36106/gjra>. [Read full-text](https://www.worldwidejournals.com/global-journal-for-research-analysis-GJRA/article/development-and-sensory-evaluation-of-cookies-using-grape-seed/MTE4Mjg=/?is=1&b1=145&k=37)

4. Development of Lycopene Rich Noodles, Aarthi Sanjeevi, ***Yamunadevi Puraikalan***, International Journal of Scientific Research, Volume 3, Issue 3, March 2014, ISSN No. 2277-8179. <https://www.doi.org/10.36106/IJSR>

[Read full- text](https://www.worldwidejournals.com/international-journal-of-scientific-research-(IJSR)/article/development-of-lycopene-rich-noodles/Mjc0NA==/?is=1&b1=249&k=63)

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. <https://www.doi.org/10.36106/IJSR>. [Read full-text](https://www.worldwidejournals.com/international-journal-of-scientific-research-(IJSR)/article/development-and-sensory-evaluation-of-sunflower-seed-fortified-cookies/MjU2Ng==/?is=1&b1=249&k=63)

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. [Read full-text](https://www.worldwidejournals.com/global-journal-for-research-analysis-GJRA/recent_issues_pdf/2013/June/effect-of-supplementation-of-a-food-mixture-rich-in-essential-fatty-acids-on-women-with-polycystic-ovary-syndrome_June_2013_1598965167_34.pdf)

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.

<https://www.doi.org/10.36106/IJSR>. [Read full-text](https://www.worldwidejournals.com/international-journal-of-scientific-research-(IJSR)/recent_issues_pdf/2013/June/June_2013_1370004310_bae12_106.pdf)

# Presentations (Oral)

# 2022 Mahnoor Saghir and *Yamunadevi Puraikalan*, Dietary Trends and Lifestyle Changes During COVID-19.

# (URSCI Expo) and Global Learning Symposium, Dominican University

# 2019 Lucille Benoit and *Yamunadevi Puraikalan*, Applications of Whey in Orange Juice Based Beverages.

# URSCI Expo and Global Learning Symposium, Dominican University

# 

# 2018 Morganne Schmidt and *Yamunadevi Puraikalan*, Development and Objective evaluation of Buckwheat

# incorporated Sugar Cookies. URSCI Expo and Global Learning Symposium, Dominican University

# 2015 *Yamunadevi Puraikalan*, Effect of supplementation of a food mixture rich in essential fatty acids on

# anthropometric parameters among PCOS women. International Women’s Conference, Mother Teresa

# Women’s University, India

2011 ***Yamunadevi Puraikalan***, Effect of supplementation of a food mixture rich in essential fatty acids on

women with polycystic ovary syndrome. International Conference on Food and Nutraceuticals, Periyar

University, India

2010 ***Yamunadevi Puraikalan***, Role of Women in Promoting Peace. International conference on “Education for

Peace, Religious Harmony and Cultural Diversity. Department of Women studies, Mother Teresa

Women’s University, India

2009 ***Yamunadevi Puraikalan***, The Effect of supplementation of barley on the lipid profile of mildly

hypercholesterolemic adults. National Seminar on Nutritional Challenges, Periyar University, India

# Presentations (Poster)

# 2023 Cassandra Hansen and *Yamunadevi Puraikalan*, Nutrition Education and Awareness of Nutrition Labels

# Across Cultures: Synchronous, Asynchronous, and In-Person. SI Expo, Dominican University

# 2021 Geneva Capp and *Yamunadevi Puraikalan*, Development and Objective Evaluation of Functional Muffin

# using Broccoli Stalk Flour. URSCI Expo and Global Learning Symposium, Dominican University

# Professional Faculty Development

**Conferences/Expo attended**

2022 Food and Nutrition Conference & Expo, Virtual

2016-2023 Chicago Section IFT Annual Supplier’s Night

2017 Food & Nutrition Conference & Expo

2013 International Conference on Quality Enhancement in Higher Education beyond Cognition, Tamilnadu

Open University, India

2009 National Symposium on Food and Nutrition Security, Women’s Christian College, India

2008 National Conference organized by NSI & ISPEN, Chennai.

**Workshops attended**

2021 Virtual Institutes on Integrative Learning and Signature Work& Interfaith Excellence, Association of

American Colleges and Universities

2021 Strategies for Increasing Interaction & Engagement Self-Paced Workshop, Online Learning

Consortium

2021 Teaching STEM in Hispanic Serving Institutions Mini- Course, ESCALA Educational Services

2020 Annual Faculty Workshop (virtual) Crisis as Catalyst for Reimagining Teaching, Learning, and

Community, Dominican University

2020 Online workshop on Building Effective Online Courses, Dominican University

2018 Annual Faculty Workshop Who Are Our Students, and What Do They Need? Dominican University

2018 17thTeam-Based Learning Collaborative Meeting, San Diego

2017 Innovative Pedagogies Academy, Dominican University

2016 Annual Faculty Workshop- Seeking Veritas in a Complex World: Tackling Wicked Problems

through Integrative Learning, Dominican University

2016 Introduction to University Teaching Workshop, Dominican University

2015 International Workshop on Researching, Writing and Publishing- Special Reference to Education,

Tamilnadu Open University, India

2014 Tamil Wikipedia, Tamilnadu Open University, India

2014 National workshop on Beyond the Barriers, Mother Teresa Women’s University, India

2013 Behavioral Pattern for Successful Living, Tamilnadu Open University, India

2013 Incorporating Heritage Component in Tourism curriculum, Mother Teresa Women’s University, India

2013 In house entrepreneurs training on Mushroom Cultivation, Preservation and Production of value- added

foods, Mother Teresa Women’s University, India

2012 Forefront Women achievers: Opportunities and Challenges, Mother Teresa Women’s University

2012 Proposal writing and funding agencies, Mother Teresa Women’s University, India

2011 Nutrition Research Methodology- Design and Data Analysis, PSG College of Arts and Science, India

# Seminar/Webinar attended

2023 The Power of Protein in Diabetes & Weight Management, recorded webinar

2023 Rethink Your Drink: Motivate Your Patients to Reduce Intake of Sugar Sweetened Beverages, recorded

Webinar

2023 Research Updates on Fiber, Good Fats, and Their Role in Diabetes Management

2023 Therapeutic Lifestyle Changes for Prediabetes and Type 2 Diabetes, recorded webinar

2023 Go Nuts: Help Your Clients and Patients Address their Pandemic Weight Gain and Health-related Issues,

recorded webinar

2023 Not All Plant-Based Diets are Created Equal: Practical Ways to Help Clients and Patients Replace

Processed Plant Foods with Whole Plant Foods, recorded webinar

2022 Self-Feeding from Baby’s First Bites: How to Incorporate Baby-Led, recorded webinar

2022 Healthy Lifestyle Behaviors (Including Good Nutrition) for Heart, recorded webinar

2022 Berries, Bioactive Nutrients, and Brain Health, recorded webinar

2021 An In-Depth Look at the 2020-2025 Dietary Guidelines for Americans, recorded webinar

2021 Carbohydrate Restriction for Obesity and Diabetes: What Does the Evidence Say? recorded webinar

2021 National Women's Food Science and Technology virtual conference, IIFPT, India

2020 Nuances to Applying the Low FODMAP Diet, recorded webinar

2020 Sleep, Stress and Nutrient Gaps, recorded webinar

2020 How Regenerative Agriculture and Nutrient-Dense Foods Can Help Support Human and Planetary Health,

recorded webinar

2020 Nutrition live Online, American Society for Nutrition

2017 AACU webinar on Advancing Diversity and Inclusivity through Multilevel Strategic Leadership,

Dominican University

2017 Dinner and Discussion, The Meaty Side of Mushrooms organized by RCA at Kendall College, Illinois

2016 Team based learning by Dr. Julie Bach, Dominican University

2016 The Culinary side of sensory evaluation, RCA Chicagoland Regional at Tate and Lyle, IL

2016 Color matters in Dietetics, Dominican University

2016 Seminar organized by NSAND and WSAND at Harper College, Illinois

2014 Research Methodology in Management, Department of Management Studies, Mother Teresa

Women’s University, India

2013 Making Special Education Inclusive- from Rhetoric to Reality, Tamilnadu Open University, India

2013 Research Methodology for Economics - A practical approach to advanced level research, Tamilnadu

Open University, India

2013 Issues and Trends in the Contemporary Politics and Public Administration, School of Politics and Public

Administration, Tamilnadu Open University and Department of Higher Education, Government of

Tamilnadu, India

2013 Challenges of Social Science Education, School of Education, Tamilnadu Open University and Department

of Higher Education, Government of Tamilnadu, India

**Service as a Resource Person**

2023 Virtual International Conference on Unleash and Reintegrate the Miracle Millets to Sustain Nutritional

Security, Department of Nutrition and Dietetics, Vellalar College for Women, India

2022 How can we develop an International Nutrition Movement, International Committee of World Critical

Dietetics, virtual forum

2022 Virtual guest lecture, Career options in Foods and Nutrition around the Globe-Find your fit, Women’s

Christian College for Women, India

2020 Online International Webinar Series- World Breastfeeding Week, Department of Nutrition and Dietetics,

Vellalar College for Women, India

2020 Webinar series on Imparting Online Teaching-Learning Methodology during COVID- 19, Post Graduate

Department of Business Administration, M.O.P. Vaishnav College for Women, India

2020 Online Faculty Development Programme on Strategies for Engaging Students in Learning, Department of

Nutrition and Dietetics, Vellalar College for Women, India

2020 Online Student Development Programme on Carve your own career path, Department of Nutrition and

Dietetics, Vellalar College for Women, India

2018 Guest lecture on Research Methodology- Scaling techniques and Shaping future nutritionist” at Women’s

Christian College for Women, Chennai, India

2017 Guest lecture on Nutrition in Global scenario, Ethiraj College for Women, India

2017 International Seminar on Home Science in Confluence, Department of P.G Studies and Research in

Home Science, Justice Basheer Ahmed Sayeed College for women, India

2017 Smart Shaping of future Nutritionist in Global Scenario and the road to become Dietitian in USA,

Department of Nutrition and Dietetics, Vellalar College for Women, India

2016 Diversity and Sustainability Within the Nutrition and Dietetics Profession, Dominican University, IL

2014 Functional Foods and Nanotechnology in Food Industry, Vellalar College for Women, India

2013 Nutrition for women: A health care scenario, Mother Teresa Women’s University, India

2011 Guest lecture on How to cook without polluting the environment and healthy cooking methods for Noon

Meal Scheme workers, Kodaikanal Union Office, India

2011 Guest lecture on Nutritional awareness for Adolescents, NSS team, Mother Teresa Women’s University

2011 Guest lecture on Healthy eating habits for children, NSS team for school children, Kodaikanal, India

# Service as External Examiner

# 2023 External foreign examiner for Doctor of Philosophy Dissertation Bharathiar University, India

2018 External foreign examiner for Doctor of Philosophy Dissertation Bharathiar University, India

2018 External foreign examiner for Doctor of Philosophy Dissertations, Avinashilingam Institute of Home

Science and Higher Education for Women, India

2015 Flying squad for monitoring the conduct of the distance examinations, Mother Teresa Women’s University

Study Centre, Tamilnadu, India

2015 Examiner to conduct Practical and Clinical evaluation for I Bachelor of Clinical Optometry and II Master of

Science in Clinical Nutrition- Nutrition dept , Sri Ramachandra University, India

2015 Organizer of the Skill Training Programme sanctioned by TAHDCO, Chennai region

2013 Question paper setter for Ph.D. Home Science- Entrance Examinations- Paper II for Mother Teresa

Women’s University, India

2013 Inspection Committee member, Study centers in Chennai- Distance Learning Programme Centre of Mother

Teresa Women’s University

2012 Chairperson, passing board for the undergraduate examinations of affiliated colleges of Mother Teresa

Women’s University

# 2012 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, India

2012 Question paper setter for Master of Philosophy in Foods and Nutrition and Bachelors of Science Fashion

designing and Garment Construction courses for the examinations of affiliated colleges of Mother Teresa

Women’s University, India

2011 Deputed to visit the study Centre for monitoring the conduct of the distance examinations, Mother

Teresa Women’s University Study Centre, Vellore

2011 Admission Committee Member for P.G courses during the academic year 2011 in Mother Teresa

Women’s University, India

2011Evaluated Master of Philosophy Dissertations from Bharathiar University, Tamilnadu, India

2010 Inspection Team Member at Paul Antony Community College, Sivakasi, India

# 

# Orientation/Refresher course /Education summit attended

2018 Second RCA- Research Chef Association Higher Education Summit, Chicago, Illinois

2017 First RCA- Research Chef Association Higher Education Summit, Chicago, Illinois

2015 Refresher Course on Research methodology organized by University of Madras, India

2013 Orientation Programme on Testing and Evaluation, Tamilnadu Open University and NTS- Mysore

2013 Orientation program on Reforms in CBCS at UG and PG level, Curriculum Development Cell and

Examination Section Mother Teresa Women’s University, India

2013 Orientation course, University of Madras, India

# Program’s organized

# 2014 Organized a special talk on Nutrition Through Lifecycle, Dr.A.J. Hemamalini, Professor, Sri

# Ramachandra Medical University, Chennai

2014 Organizing secretary in National level symposium on Novel enzyme technology for food &

textile processing, Mother Teresa Women’s University, Chennai.

# Professional Service

# Service to Dominican University

Member, Board of Trustees' Academic Affairs committee- Spring 2024.

Member, HLC - Criterion IV Teaching and Learning: Evaluation and Improvement Committee- 2023- Present

Member, TRHT (Truth, Racial Healing, and Transformation) core- 2021

Member, Assessment Committee- 2020- 2023

Member, Compensation and Benefit Committee - 2021-2024

Member, Global Learning Advisory Committee- 2021

Member, Interfaith cooperation committee and Diversity committee- 2018-2019

Member in Academic Technology and Facilities committee -2017-2018

Member in Diversity committee- 2017-2018

# Service to Borra College of Health Sciences

Member, BCHS- Assessment Committee- 2021-2023

Co- Chair, BCHS- Assessment Committee- 2023- present

**Service to Nutrition Science Department, Dominican University**

Member, Search committee for Associate Dean Search- Fall 2018

Member, search committee for Nutrition faculty search- Spring 2017, Fall 2017, Spring 2018

Assisted department chair in scheduling courses for the upcoming school year, from fall 2022 to present

**Service to the Profession**

|  |
| --- |
| Editorial member, Journal of Culinary Science & Technology- 2018- Present  Editorial member, Advances in Food Engineering and Technology- 2018- Present  Editorial member, International Journal of Food Engineering and Technology- 2016- Present |

# Community Involvement

# 

# 2012 Awareness programme on Drug abuse and illicit trafficking, Mother Teresa Women’s University, India

# 2011 Nutrition Health Articles in ‘Health Women’s Healthy Living Goals

# 2010 Visited IT Concerns like Cognizant, Infosys, RMZ ford and Accenture for Diet counseling and Health

# talk on Dietary habits for corporate world

2010Rendered one day diet counseling for DLF, Chennai organized by Lifeline Multispecialty Hospitals and

Fidelity Ltd

2009 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

2009 Health camp on Preventive Cardiac Health measures organized by Times of India and given counseling

on the Dietary habits to prevent cardiac problems

2009 Health camp organized by Global Hospitals for Sri Lankan refugees at Puzhal, Chennai.

2008 Guest lecture on the topic of Healthy eating habits for women at Coast Guard Women Welfare

Association, Chennai

**Certifications/Awards**

2023 Certificate of completion- Online Teaching Essentials 1: Getting Started.

2023 Certificate of completion- Low carbohydrate eating patterns for health: Friend or Foe?

2022 Certificate of completion- Understanding food waste: Opportunities for impact

2022 Completed Food allergens essentials course

2021 Social and Behavioral research- Basic/Refresher- Stage 2- Refresher Course

2021 Biomedical Research- Basic/Refresher- Stage 2- Refresher Course

2021 Certificate of completion- Use of Prebiotics and Probiotics in infants.

2021 Certificate of completion- Culturally responsive STEM teaching in Hispanic serving institution

2020 Certificate of completion- Basic food safety proficient certification

2020 Certificate of completion- COVID-19 and Food safety

2020 Completed record of training on Servesafe conflict de-escalation: COVID19 precautions

2020 Completed record of training on Servesafe takeout: COVID19 precautions

2020 Completed record of training on Servesafe re-opening guidance: COVID19 precautions

2020 Completed record of training on Servesafe delivery: COVID19 precautions

2020 Certificate of completion- Course on staying healthy: All employees awarded by Everfi

2020 Certificate of completion- International Diabetes Federation (IDF) online short course on prevention of

type- 2 diabetes.

2020 Certificate of completion- Diet on human gut microbiome diversity

2020 Certificate of completion- Certificate of training in neonatal nutrition- advanced

2020 Certificate of completion- COVID 19 and Diabetes: Clinical implications

2020 Certificate of completion- Decoding the new nutrition facts label: Protein

2020 Certificate of completion- Let’s break the chain of COVID 19 infection

2020 Certificate of training in community nutrition

2020 Certificate of completion- Carbohydrate quality: What do I tell my patients?

2020 Certificate of completion- Intentional weight loss in older adults

2020 Certificate of completion- Food addiction and Obesity

2019 Biomedical data or specimens only research- basic/refresher- stage 2

2018 Completed Certified food scientist prep course

2017 Certificate of training in Adult malnutrition

2017 CITI Health Information Privacy and Security (HIPS) for social and behavioral investigators- Stage 1

HIPS

2017 Biomedical Data or Specimens only research- basic/refresher

2017 Biomedical research- basic/refresher- Stage 2 – refresher course

2017 Stage – I Conflict of Interest

2017 Certified Food Protection Manager, Servesafe

2017 Awarded Dominican University Summer Stipend, 2017

2016 Completed the course- Bridges: Building a supportive community

2016 Completed online training – Mandated reporter issued by Department of Children and Family Services

2015 CITI Health Information Privacy and Security (HIPS) for biomedical investigators- Stage 1

HIPS

2015 Biomedical research- basic/refresher- Stage 1-Basic course

2015 Biomedical investigators responsible conduct of research- Stage I RCR

2015 Social and Behavioral investigators responsible conduct of research - Stage I RCR

2015 Certificate of training attendance – Protecting God’s children for adults

2011 Junior Research Fellowships, University Grants Commission, India.

2009 Awarded Dr. Jubilee S. Prathap Kumar Prize for securing the **highest mark** in dissertation in Master of

Philosophy

2009 Awarded Dorothy Pearson Endowment Prize for securing the **highest scores** in the final total for course

work in Master of Philosophy

2008 Teaching certifications, **National Level University teaching certification**, University Grants

Commission, India (10-15% successful candidates in nationwide examinations)

2006 Certificate of Merit for securing the **highest scores** in all semesters during Bachelor of Science at Ethiraj

College for Women, Chennai

2005 Medical Secretarial Services at Apollo Hospitals, Chennai, India

# Professional Memberships

Academy of Nutrition and Dietetics - 2016- present

Institute of Food Technologists **(**IFT) Premier Membership and Chicago section- 2017-present