

BIOGRAPHY

MS.R.Vijayalakshmi,

Assistant Professor,

Department of Nutrition and Dietetics

STET Women's College, (Autonomous)

Sundarakkottai, Mannargudi 614 001,

Thiruvarur (DT) TamilNadu, India

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- 1. Name** : MS.R.Vijayalakshmi
2. Address (Residential) : 2/419 Sri Rengarajapuram
Malayappanallur (Post),
Sakkottai,
Kumbakonam
Thanjavur (Dt).
Mail ID : vijiharisenthil@gmail.com
- 3. Designation** : Assistant Professor
4. Department : Nutrition and Dietetics
5. Date of Birth : 20.06.1983
6. Area of Specialization : Food Science, Foods and Nutrition, Clinical Nutrition
7. Educational Qualifications : M.Sc., M.Phil.,

Exam Passed	Board/University	Subjects	Year	Division/ Grade/ Merit
Secondary School	State Board	Tamil, English, Mathematics, Science, Social Science	1998	1 st class
Higher Secondary	State Board	Tamil, English, Physics, Chemistry, Botany and Zoology	2000	1 st class
Bachelor's Degree B.Sc	Bharathidasan University, Tiruchirappalli.	Nutrition and Dietetics	2000 – 2003	1 st class Distinction
Master's Degree M.Sc	Bharathidasan University, Tiruchirappalli.	Foodservice Management and Dietetics	2003 – 2005	1 st class Distinction
Research Degree(s) M.Phil.,	Mother Teresa University, Kodaikanal.	Foodservice Management and Dietetics	2007 – 2008	1 st class Distinction

8. Total Teaching Experience as on 14.06.2006

S. No	Name of the Institution	From	To	YY/MM/DD
1	S.T.E.T Women's College (Auto), Mannargudi	14.06.2006	Till Date	16/01/00

9. Total Teaching Experience as on 14.06.2006

Name of the Institution	From	To	Subjects Taught
S.T.E.T Women's College (Auto), Mannargudi	14.06.2006	Till Date	<ul style="list-style-type: none"> • Food Science. • Food Microbiology • General Biochemistry and Nutrition, • Nutrition Through Life Cycle, • Food Preservation • Women's Health and Nutrition • Dietetics-I • Food Service Management-I • Food standards and Quality Control • Extension Education • Dietetics-II • Food Service Management-I • Soft skill Development • Advances in Food Science • Advanced Dietetics • Biochemical Changes in Diseases • Research Methods and Statistical Analysis • Front Office Management and Housekeeping • Applied Food Microbiology

10. Orientation / Refresher courses attended: -

S. No	Name of the Institution	Orientation / Refresher	Topic	YY/MM/DD
1	A.V.C.College (Atonomous) Mannampandal - Mayiladuthurai	Orientation	Statistical Packages of Social science	19.04.11 to 23.04.11
		Orientation	Soft skill development	17.04.13 to 20.04.13
		Refresher	Nutrition and Dietetics	10.05.12 to 30.05.12
2	Balaji Institute of Modern Management Pune	Special programme	Human Resource development	19.11.2012 to 23.11.2012

11. Conferences attended:

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- ❖ Participated in National Conference on “youth empowerment, employment peace & food” in Sastra University Thanjavur on 30th -31st Oct’ 2010.
- ❖ Participated in International Conference on food Technology, Greening food processing sector for sustainable safe Food supply on Indian Institute of Crop Processing Technology Thanjavur on 30th -31st Oct’ 2010.
- ❖ Participated in International Conference on “Innovations in Food processing Value chain management and food safety” in Indian Institute of Crop Processing Technology Thanjavur on 10th - 11stJan’ 2013.
- ❖ Participated in National Conference on “Recent advances in herbal drug research & sustainable health care” in Periyar Maniammai University, Vallam, Thanjavur on 08th– 9th Mar’ 2013.
- ❖ Participated and presented a Paper in National Conference on “Advance in the management & prevention of Clinical disorders & malnutrition”, Rajah Serfoji Govt. College Thanjavur on 7th – 8thFeb’, 2013.

12. Publications of papers in Proceedings of Seminars/Conferences etc

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- ❖ R.Vijayalakshmi “Incorporation of mint leaves powder and their nutritive value,” Biotechnological and Nanotechnological approaches in food processing” seminar proceedings (21st Jan’ 2012) P.No. 71
- ❖ N.Amuthalakshmi and R.Vijayalakshmi “Nutritional evaluation of Indian penny wort (Vallarai) powder incorporated recipe,” Biotechnological and Nanotechnological approaches in food processing” seminar proceedings (21st Jan’ 2012) P.No. 75
- ❖ V.Bakiyalakshmi and R.Vijayalakshmi “Effect on incorporation of almond powder in biscuit cake and gulabjamun and its nutrient content,” Biotechnological and Nanotechnological approaches in food processing” seminar proceedings (21st Jan’ 2012) P.No. 78
- ❖ V.Bakiyalakshmi and R.Vijayalakshmi “Hypoglycemic effect of Spicy tea for type II diabetic patients,” Biotechnological and Nanotechnological approaches in food processing” seminar proceedings (21st Jan’ 2012) P.No. 81
- ❖ K.Kamala and R.Vijayalakshmi “Effect on supplementation of plantain stem juice for obesity,” Biotechnological and Nanotechnological approaches in food processing” seminar proceedings (21st Jan’ 2012) P.No. 815.
- ❖ Presented a paper on Finger millet Is Power House of Nutrients in National conference Emerging Vogue In Food Habits And Processing organized by Aiman college of arts and science for women at Trichy on 21.08.2015.
- ❖ Presented a paper on Health Education:Health Aspects of Piper Betel in National conference on Current perspectives of Bioscience(SCCPBs) organized by A.V.C .College (Autonomous),Mailadudhurai on 20.02.2016.
- ❖ Presented a paper on A Study on Customer Preferences and Microbial Analysis of Selected Non Vegetarian Pickles on International conference Microbes, Microbial Processes And Products”(MMPP by PG and Research Department of Microbiology,STET women’s college,Mannargudi on 12.09.2017.

- ❖ Presented a paper on Effect of Bittergourd (*Momordica Charantia*) Juice as a Supportive Therapy For NIDDM Patients International conference on Herbal Drug Development organized by PG and Research Department of Biochemistry, STET women's college, Mannargudi on 22.09.2017.
- ❖ Presented a paper on Use of Nutraceuticals in Prevention and Treatment of cancer International conference on Cancer Inferno and its Prevention Strategies (ICCIPS) organized by Periyar EVR College (Autonomous), Trichy on 22.02.2019.
- ❖ Presented a paper on Role Of Nutraceuticals in Human Health International conference on Microbial interventions for the welfare of human beings (MIWHB-2019) organised by PG and Research Department of Microbiology, STET women's college, Mannargudi. On 09-08.2019.
- ❖ Presented a paper on Role of Nutraceuticals in human Health in International Seminar on Microbial Interventions for the Welfare of Human Beings organized by PG and Research Department of Microbiology, STET Women's College, Mannargudi on 09.08.2019.
- ❖ Presented a paper on Role of Nutraceuticals in cancer Therapy in International Seminar on International conference on "Novel Approaches in Cancer Research and Therapy" Organized by PG and Research Department of Biochemistry, STET Women's College, Mannargudi on 26.09.2019
- ❖ Presented a paper on Role of Nutraceuticals in National conference on "Next Generation Nutrition" Organized by Department of Nutrition and Dietetics, STET Women's College, Mannargudi on 27.09.2019

Seminars/Conferences Attended:

- ❖ One Day International Workshop on Recent Trends in Research Methods in commerce and Management organized by Swamy Dayananda College of Arts and Science and Management, Manjakudi on 08.07.2019
- ❖ International Seminar on Intellectual property Rights –Emerging Issues and Challenges organized by STET Women's College, Mannargudi on 11.09.2019
- ❖ State Level Seminar on E-Waste Management organized by STET Women's College, Mannargudi on 11.09.2019
- ❖ Online webinar on Updates in Medical Nutrition Therapy Facts vs Fiction organized by Clinical Nutrition Excellence Academy on 30.04.2020
- ❖ Online webinar on Covid-19 pandemic awareness programme organized by National service scheme, JJ College of Arts and Science, Pudukkottai on 02.05.2020
- ❖ Online webinar on Post Covid -19, Job opportunities and Entrepreneurial possibilities - Indian and Global Scenario - An analysis" organized by EDC Cell in association with Institution's Innovation Council of Francis Xavier Engineering College, Tirunelveli, on 04.05.2020
- ❖ Online webinar on "Global Climate Change, Disease Outbreaks & Lockdown: Perspective on sustainability in the Environment" organized by Department of Biochemistry, SOKA IKAEDA Arts and science for women, Chennai on 05.06.2020
- ❖ Online webinar on Awareness Programme On Novel Corona Virus – (Covid 19) & Health Management organized by Department Of Life Science, Mass College Of Arts And Science, Kumbakonam. on 07.05.2020 -08.05.2020

- ❖ Online webinar on Food and nutrition in the present scenario of Covid-19 organized by Department OF HOME SCIENCE on 13.05.2020--14.05.2020
- ❖ Online webinar on Latex-Learning by doing organized by PG AND Research department of Mathematics to 16.05.2020 -15.05.2020
- ❖ Online webinar on Tips and Tricks For Effective Research organized by Department of Computer Application and IQAC, idhaya college for women, Kumbakonam on 15.05.2020
- ❖ Online webinar on Let's Get Back to Routine with Ease organized by Department of Business Administration, SRM Institute of Science and Technology on 15.05.2020
- ❖ Online webinar on "Entrepreneurship Development organized by Department of Management Studies, Department of Commerce and Entrepreneurship Development Cell with Chennai Softech - Technical Partner. On 18.05.2020
- ❖ Online webinar on Food, Nutrition and Livelihood Security during COVID 19 Pandemic organized by IDA Kilakarai Chapter and Department of Home Science and Research Centre, TBAK College for Women, Kilakarai on 19.05.2020
- ❖ Online webinar on Immunity booster for COVID-19 organized by Department of nutrition and dietetics, Bishop heber college(autonomous), Tiruchirappali on 20.05.2020
- ❖ Online webinar on Nutritional awareness to Thrive in COVID-19 world ” organized by Department of Food Science and Nutrition, Periyar University, Salem - 11 on 21.05.2020
- ❖ Online webinar on Intellectual Property Rights organized by Department of Biochemistry, Department of Microbiology with Chennai Softech - Technical Partner on 22.05.2020
- ❖ Online webinar on "Internal Quality Assurance Mechanism" organized by IQAC Cell with Chennai Softech - Technical Partner. STET WOMEN;S COLLEGE MANNARGUDI on 25.05.2020
- ❖ Online webinar on Truths and Facts About Covid-19” organized by Department of Botany, Bon Secours College for Women, Thanjavur on 28.05.2020
- ❖ Online webinar on Covid-19: Paradigm Shift in Teaching-Learning & Learner's Physical and Mental Well Being organized by Department of Teacher Education (B.Ed.), Physical Education, Psychology & IQAC GOVT. RAZA P. G. College, Rampur, U. P. (India) on 31.05.2020
- ❖ Online webinar on Data Analytics using Excel- Hypothesis Testing organized by Rukmini Devi Institute of Advanced Studies, Delhi. On 30.05.2020
- ❖ Online webinar on Health and Well-Being During Covid-19 Pandemic" organized by PG and Research Department Of Microbiology, Biochemistry And Nutrition & Dietetics on 01.06.2020
- ❖ Online webinar on watch what you eat to fight COVID-19 pandemic organized by Department of Food, Nutrition and Dietetics, Sir Vithaldas Thackersey College of Home Science, S.N.D.T. Women's University, Juhu Tara Road, Santacruz (W), Mumbai - 400049 on 04.06.2020
- ❖ Online webinar on Beat The Heat With Right Choice Of Food organized by Department of Hospital Administration, Bon Secours College for Women, Thanjavur on 04.06.2020
- ❖ Online webinar on Global Climate Change, Disease Outbreaks & Lockdown: Perspective on sustainability in the Environment organized by Department of Biochemistry, SOKA

IKEDA College of Arts and Science For Women, Madhanangkuppam, Chennai 600 099. On 05.06.2020

- ❖ Online webinar on Role of management during Covid-19 organized by Internal quality assurance cell and management studies.MES College,Erumely on 10.06.2020
- ❖ Online webinar on Lifestyle and Immunity During Covid-19 organized by Department of
- ❖ Online webinar on Self Sustainable Farming and How to Create Online Platform For Business organized byEntrepreneurship Development Cell, S.T.E.T Women's College (Autonomous), Sundarakkottai, Mannargudi On 08.03.2021 & 09.03.2021
- ❖ Online webinar on Food Product Development - From Concept to Marketing organized by Department of Nutrition and DieteticsS.T.E.T Women's College (Autonomous), Sundarakkottai, Mannargudi 19.03.2021-20.03.2021
- ❖ Incorporation of conventional and Innovative techniques in food processing: A healthy way. organized by Department of Nutrition & Dietetics and Institution's Innovation Council, K.S.R College of Arts and Science for Women .Namakkal on 03.05.2021
- ❖ “i. Mucormycosis and its effect on post covid patients; A brief introduction to white and yellow fungi”. ii). B Pharmacy, M Pharmacy & Pharm.D - Career, Scope and future prospects. organized byOrganized by Chilkur Balaji College of Pharmacy (CBCP) , Chilkur Balaji College of Pharmacy R.V.S Nagar, Aziz Nagar(V), Moinabad(M), R.R.Dist. Telangana on 05-06-2021.
- ❖ Online webinar on Entrepreneurs Mentoring and Boosting your Career organized by Department of Business Administration
- ❖ Sengamala Thayaar Educational Trust Women's College, (Autonomous), Sundarakkottai, Mannargudi.16.06.2021 &17.06.2021.
- ❖ Online webinar on Innovation and Incubation and Research challenges in india organized by IES College of Engineering ,Tirichur,Kerala 21.06.2021 to 25.06.2021
- ❖ Two-day Webinar on "Entrepreneurship Opportunities In Organic Terrace Farming And Value Addition" organized by Department of Nutrition and Dietetics, Sengamala Thayaar Educational Trust Women's College, (Autonomous), Sundarakkottai, Mannargudi.26.06.2021-27.06.2021
Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Nutrition Society of India, Coimbatore Chapter and Nutrition Association 12.06.2020.
- ❖ Online webinar on The paradigm in shift weight in managemnt organized byDepartment of Food service management and dietetics, Cauvery college for women (autonomous) on 17.07.2020
- ❖ Two days webinar on Covid 19 and its impact on higher education and career opportunities organized by PG and Research Department of Economics, Sengamala Thayaar Educational Trust Women's College, (Autonomous), Sundarakkottai, Mannargudi 05.07.2021-06.07.2021

13. Faculty Development Programme attended

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- ❖ Participated in the Faculty Development Programme on “Guidance & Counselling” on 24th & 25th July 2010 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “Tips for Effective Teaching & Teaching Value” on 4th June 2011 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “SET, NET Coaching class” on 30th July 2011 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “Innovative Methods in Teaching & Learning Process” on 18th December 2012 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “How to use College Library Effectively” on 18th November 2013 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “SET, NET Coaching class” on 26th May 2014 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “SET, NET Coaching class” on 5th June 2014 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “How to use NPTEL Resources” on 14th July 2014 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “Research Proposal & Funding Agencies” on 15th November 2014 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “Office Management” on 31.12. 2016 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “Effective Communication Skills” on 10.04.2017 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “Education Psychology for Effective Teaching” on 11.04.2017 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “Workshop on Speaking Skills” on 18.04.17 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “New Techniques in Environmental Cleaning” Tamil University, Thanjavur on 26.04.17 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “Effective Scientific Paper Writing” on 05.05.2017 organized by S.T.E.T Women’s College, Mannargudi.
- ❖ Participated in the Faculty Development Programme on “How to Plan, Draft and Complete the Research problem” on 06.05.2017 organized by S.T.E.T Women’s College, Mannargudi.

- ❖ Participated in the Faculty Development Programme on Intellectual Property Rights (IPR) on 08.07.2019 organized by S.T.E.T Women's College, Mannargudi.
- ❖ Participated in Faculty Training Programme on "Outcome Based Education" organized by the IQAC, S.T.E.T Women's College (Autonomous), Mannargudi from 04th June 2022.
- ❖ Participated in the Three Days Faculty Training Programme on "Implementation of Outcome Based Education" organized by the IQAC, S.T.E.T Women's College (Autonomous), Mannargudi from 07th to 09th June 2022.

Workshop Attended: 03

- ❖ Participated in the Regional Workshop on Food Adulteration: Identify Your Safe Food for Good Health" organized by the Department of Nutrition and Dietetics, Sengamala Thayaar Educational Trust Women's College, Mannargudi on 27.09.17.
- ❖ Participated in the Science Academies Lecture Workshop on Current Scenario in Life Sciences organized by the PG & Research Department of Microbiology, PG & Research Department of Biochemistry and Department of Nutrition and Dietetics, Sengamala Thayaar Educational Trust Women's College, Mannargudi on 11.10.17 & 12.10.17.
- ❖ Participated in the International Workshop on Research Methodology organized by the PG & Research Department of Economics and Department of Business Administration, Sengamala Thayaar Educational Trust Women's College, Mannargudi on 04.01.2019.



14. Invited Talk /Guest Lecture: 2

1. Invited talk on "Women's Health and Nutrition" organized by NSS camp Sengamala Thayaar Educational Trust Women's college on 17th January 2018
2. Invited talk on "child care and Development" organized by NSS Camp ICDS Anganwadi center on 14th December 2018

15. Books/Book Chapters published:

Vijayalakshmi, R. 2021. Effect on supplementation of Bittergourd juice for NIIDDM Diabetic patients in Thanjavur District ISBN: 978-93-93737-39-7

16. Research Articles Published:

- **R .Vijayalakshmi*and S.Rajalakshmi,** 2018 Nutrient evaluation and comparison of fresh milk in formulated recipes, *J. Sci. Trans. Environ. Technov.* 2018, 11(4) : 205-210 and its consumer acceptability.
- **S Nandhini, R Vijayalakshmi,** 2021, Effect of orally administered cucumber (Cucumis sativus L.) and its beneficial effects on hypertensive patients, *International Journal of Botany Studies*, Volume 6, Issue 6, 2021, Page No. 1347-

17. Research Experiences**Dissertation and Thesis submitted**

- **M.Phil., 2008.** A study on Risk Factors and Prevention of Osteoporosis among Post menopausal women in Thanjavur District submitted to Mother Teresa University ,Koodaikanal.
- **M.Sc., 2005.** Effect on supplementation of Bittergourd juice for NIIDDM Diabetic patients in Thanjavur District ,Tamil Nadu, Dissertation submitted to Bharathidasan University, Trichy-620 024.

PG Dissertations completed under my Guidance (60)**18.Other positions Held in STET College:**

S.No.	Positions held	From	To	Nature of Work
1.	Alumnae Association	2005	Till Date	Member
2.	YRC Co-Ordinator	2009	2012	Treasurer
3.	Health Club	2012	Till Date	Member
4.	Tutorial Ward	2012	Till date	Tutor
5.	UG External Examiner & UG Practical Examiner	2012	Till Date	Central Valuation Bharathidasan University, Tiruchirappalli
6.	UG Practical Examiner	2011	2012	External Examiner toconduct Practical examination, Bharathidasan University, Tiruchirappalli
7.	PG Practical Examiner	2013	Till Date	External Examiner, Bharathidasan University, Tiruchirappalli
8.	Question Paper Setter for UG Nutrition and Dietetics	April 2020	Till Date	<ul style="list-style-type: none"> • Cauvery College,Trichy. • Bishop Heber college,Trichy. • Vellalar College, Erode
9.	Question Paper Setter for PG Food service management and Dietetics	April 2020	Till Date	<ul style="list-style-type: none"> • Cauvery College,Trichy. • Bishop Heber college,Trichy. • Vellalar College, Erode

18. Membership in other professional bodies

1. Indian Dietetic Association– Life member -2008 – Till date
2. Indian Academic Researchers Association– Life member -February 2019

19. Participation in Special Courses [2 NPTEL]

NPTEL (National Programme on Technology Enhanced Learning) Online Certification funded by the Ministry of HRD, Govt. of India:

1. Better Spoken English - February to April 2018 (4 week course)
2. Introduction to Research- February to April 2019 (8 week course)

20. Participation in Special Courses (ICT)

Certificate Course:

Digital Teaching Techniques organized by ICT Academy.

21. Short Term Courses Attended

Participated in UGC sponsored online Short Term Course in Outcome based Education and Learning outcome based Curriculum Framework organized by the UGC –Human Resource Development Centre, Bharathidasan University, Tiruchirappalli from 19.01.2021 to 25.01.2022.