

NAME : MRS. C. HELEN
POSITION : ASSISTANT PROFESSOR
FACULTY OF : HUMAN NUTRITION AND NUTRACEUTICALS
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LANGUAGES PROFICIENCY

READ : TAMIL & ENGLISH

WRITE : TAMIL & ENGLISH

SPEAK : TAMIL & ENGLISH

1. QUALIFICATION

S. No.	DEGREE / DIPLOMA / CERTIFICATE	DISCIPLINE	NAME OF THE INSTITUTION	YEAR OF PASSING
1.	UG	HOME SCIENCE	SRI MEENAKSHI COLLEGE, MADURAI	2003
2.	PG	FOOD SCIENCE AND NUTRITION	AVINASHILINGAM UNIVERSITY FOR WOMEN, COIMBATORE	2005
3.	M.PHIL.	FOOD SCIENCE AND NUTRITION	MOTHER TERESA WOMEN'S UNIVERSITY, KODAIKANAL	2007
4.	PH.D.	FOOD AND NUTRITION	MOTHER TERESA WOMEN'S UNIVERSITY, KODAIKANAL	2014
5.	SET	HOME SCIENCE	BHARATHIAR UNIVERSITY, COIMBATORE	2011

2. TEACHING EXPERIENCE

S. No.	INSTITUTION	FROM – TO
1.	DR. N.G.P ARTS AND SCIENCE COLLEGE, CHENNAI	JUNE 2006 - FEB. 2007
2.	PROF. DHANAPALAN COLLEGE FOR WOMEN, CHENNAI	JULY 2008 - APRIL 2009
3.	FATIMA COLLEGE, MADURAI	AUG. 2010 - TILL DATE

3. POSITION HELD IN FATIMA

S. No.	NAME OF THE POSITION	DURATION
1.	REPRESENTATION FOR THE DEPARTMENT FOR NET COACHING CLASSES	2010 - TILL DATE
2.	REPRESENTATION FOR THE DEPARTMENT FOR HUMAN RIGHTS ACTIVITY	2010 - TILL DATE

4. AREAS OF SPECIALIZATION

- **FOOD SCIENCE**
- **CLINICAL NUTRITION**
- **DIETETICS**

5. ORIENTATION/REFRESHER/TRAINING PROGRAMMES/FDP ATTENDED

S. No.	PROGRAMME	THEME	ORGANIZED BY	DATE
1.	ORIENTATION	OPEN & DISTANCE LEARNING: DYNAMICS OF COURSE DESIGN, DEVELOPMENT & DELIVERY	IGNOU, NEW DELHI	JUNE 2008
2.	ORIENTATION	MOTIVATION, COUNSELLING AND COMMITMENT IN TEACHING PROFESSION	DR. N. G. P. ARTS & SCIENCE COLLEGE, COIMBATORE	JUNE 2006

6. NATIONAL/INTERNATIONAL SEMINAR, WORKSHOP, CONFERENCE & SYMPOSIUM

S. No.	PROGRAMME & THEME	ORGANIZED BY	DATE	PARTICIPATED / PRESENTED	TITLE OF THE PAPER
1.	NATIONAL SEMINAR ON NURTURING ACADEMIC INTEGRITY: CONSISTENCY & TRANSPARENCY IN ACADEMIA	DEPARTMENT OF LIBRARY & THE RESEARCH ADVISORY COMMITTEE, FATIMA COLLEGE(AUTONOMOUS), MADURAI	SEP 17, 2018	PARTICIPATED	--
2.	INTERNATIONAL CONFERENCE ON HUMAN WELLNESS – A HOLISTIC APPROACH	DEPARTMENT OF HOME SCIENCE, SRI SARADA COLLEGE FOR WOMEN, SALEM	FEB. 12, 2018	PRESENTED	PREVALENCE OF ANAEMIA AMONG COLLEGE GOING ADOLESCENT GIRLS
3.	NATIONAL CONFERENCE ON SOCIAL ISSUES; CHANGES AND CHALLENGES	DEPT. OF SOCIOLOGY AND SOCIAL WORK , FATIMA COLLEGE AND CENTRE FOR RESOURCE AND RESEARCH FOR PUBLICATION SERVICES	JAN. 25 , 2018	PRESENTED	PREDISPOSING FACTORS OF INFERTILE WOMEN
4.	REGIONAL SEMINAR ON INTRODUCTION TO NUTRIGENETICS	GENEOBE WELLNESS, COIMBATORE	MAR. 16, 2017	PARTICIPATED	-
5.	STATE LEVEL SEMINAR ON THERAPEUTIC POTENTIAL OF LOW CARB HIGH FAT DIET – AN OVERVIEW	DEPARTMENT OF HOME SCIENCE, SRI MEENAKSHI COLLEGE FOR WOMEN, MADURAI	JAN. 07, 2017	PARTICIPATED	-
6.	REGIONAL -EXPLORIA '17 RESEARCH FEST	RESEARCH ADVISORY COMMITTEE, FATIMA COLLEGE, MADURAI	MAR. 14, 2017	PRESENTED	AWARENESS ON THE CONTRIBUTING FACTORS OFFEMALE INFERTILITY
7.	WORKSHOP ON INTELLECTUAL PROPERTY RIGHTS	RESEARCH ADVISORY COMMITTEE, FATIMA COLLEGE, MADURAI	DEC. 10, 2016	PARTICIPATED	-
8.	INTERNATIONAL CONFERENCE ON NEW HORIZONS, EMERGING CHALLENGES & RECENT PARADIGMS IN FOOD MEDIATED IMMUNITY & THEIR ROLE IN HUMAN HEALTH & LONGEVITY	PG & RESEARCH DEPT. OF ZOOLOGY & DEPT. OF IMMUNOLOGY & MICROBIOLOGY, THE AMERICAN COLLEGE, MADURAI	AUG. 31, 2016	PRESENTED	IRON RICH POPPED LITTLE MILLET CHIKKIES
9.	INTERNATIONAL CONFERENCE ON FOOD, NUTRITION AND HEALTH	IDA, KILAKARAI CHAPTER	JUNE 06 - 08, 2016	PRESENTED	POPPING OFMILLETS – A REVIEW

10.	TRAINING CUM WORKSHOP ON APPLICATION OF RSM IN FOOD PROCESSING	ICAR & CENTRAL INSTITUTE OF AGRICULTURAL ENGINEERING, COIMBATORE	JAN. 22, 2016	PARTICIPATED	-
11.	INTERNATIONAL CONFERENCE ON SOLUTIONS TO ECOLOGICAL CHALLENGES: MULTIDIMENSIONAL PERSPECTIVES	FATIMA COLLEGE, MADURAI	DEC. 11 - 13, 2014	PRESENTED	PHYTOCHEMICAL ANALYSIS AND ANTIBACTERIAL ACTIVITY OF TRICHOSANTHES CUCUMERINA VAR.CUCUMERINA.L.
12.	WORKSHOP ON RESEARCH METHODOLOGY	MOTHER TERESA WOMEN'S UNIVERSITY, KODAIKANAL	AUG. 27 & 28, 2014	PARTICIPATED	-
13.	NATIONAL SEMINAR ON RISING PREVALENCE OF CANCER AMONG WOMEN IN KERALA	DEPARTMENT OF HOME SCIENCE, ST. JOSEPH COLLEGE, KERALA	FEB. 04, 2014	PRESENTED	ANTIOXIDANT IN FIGHTING CANCER – DEVELOPMENT OF ANTIOXIDANT RICH FOOD PRODUCTS
14.	NATIONAL SEMINAR	LADY DOAK COLLEGE, MADURAI.	JAN. 30 & 31, 2014	PARTICIPATED	NUTRACEUTICAL AND THERAPEUTIC VALUE OF TRADITIONAL FOODS
15.	REGIONAL WORKSHOP	SRI MEENAKSHI COLLEGE FOR WOMEN, MADURAI	JAN. 31, 2013	PARTICIPATED	REDISCOVERING THE MAGICO MILLETS
16.	NATIONAL CONFERENCE ON INDIAN DIETS AND HEALTH : IN RETROSPECT AND PROSPECT	INDIAN DIETETIC ASSOCIATION, HYDERABAD	NOV. 29 - DEC. 01, 2012	PRESENTED	IMPACT OF SUPPLEMENTATION OF GARDEN CRESS SEEDS INCORPORATED IRON RICH FOOD SUPPLEMENT AMONG ANAEMIC ADOLESCENT GIRLS
17.	NATIONAL SEMINAR ON DIETARY MODIFICATION IN PREVENTION AND MANAGEMENT OF LIFESTYLE DISEASES	V. V. V. COLLEGE FOR WOMEN, VIRUDHUNAGAR	FEB. 03, 2012	PRESENTED	DEMOGRAPHIC PROFILE, DIETARY AND LIFESTYLE PATTERN OF THE SELECTED ADULT WOMEN IN THENUR, MADURAI.
18.	NATIONAL SEMINAR DIETARY MANAGEMENT IN NON COMMUNICABLE DISEASES, 2007	BHARAT COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR	DEC. 15 & 16, 2006	PRESENTED	TOTAL ANTIOXIDANT ACTIVITY OF PLANT FOODS AND FEASIBILITY OF DEVELOPING ANTIOXIDANT RICH EXTRUDED FOODS
19.	NATIONAL SEMINAR -RECENT TRENDS IN NUTRITIONAL SCIENCES, 2007	AVINASHILINGAM DEEMED UNIVERSITY, COIMBATORE	MAR. 15 & 16, 2006	PRESENTED	TOTAL ANTIOXIDANT ACTIVITY OF PLANT FOODS

7. ARTICLES PUBLISHED IN JOURNALS/PROCEEDINGS/MAGAZINES/BOOKS

S. No.	JOURNAL / PROCEEDING / MAGAZINE / BOOK NAME	TITLE OF THE ARTICLE	MONTH/ YEAR	VOL. No.	ISSUE No.	PAGE No.	ISSN / ISBN	PUBLISHER
1.	PROCEEDINGS OF THE INTERNATIONAL JOURNAL OF SCIENCE & RESEARCH	EVALUATION OF NUTRIENT CONTENT OF POPPED LITTLE MILLET	JULY 2016	5	7	1119-1121	2319-7064 (SCOPUS INDEXED)	IJSR PUBLICATIONS, INDIA
2.	PROCEEDINGS OF THE INTERNATIONAL CONFERENCE ON NEW HORIZONS, EMERGING CHALLENGES & RECENT PARADIGMS IN FOOD MEDIATED IMMUNITY & THEIR ROLE IN HUMAN HEALTH & LONGEVITY	IRON RICH POPPED LITTLE MILLET CHIKKIES	AUG. 2016	1	1	40	-	ICMR, NEW DELHI

3.	PROCEEDINGS OF THE INTERNATIONAL CONFERENCE ON FOOD, NUTRITION AND HEALTH	POPPING OF MILLETS – A REVIEW	JUNE 2016	1	1	124	-	IDA KILAKARAI
4.	PROCEEDINGS OF THE NATIONAL SEMINAR ON RISING PREVALENCE OF CANCER AMONG WOMEN IN KERALA	ANTIOXIDANT IN FIGHTING CANCER – DEVELOPMENT OF ANTIOXIDANT RICH FOOD PRODUCTS	FEB. 2014	1	1	72	-	ST. JOSEPH COLLEGE FOR WOMEN, ALAPEY
5.	PROCEEDINGS OF THE NATIONAL CONFERENCE ON INDIAN DIETS AND HEALTH: IN RETROSPECT AND PROSPECT	IMPACT OF SUPPLEMENTATION OF GARDEN CRESS SEEDS INCORPORATED IRON RICH FOOD SUPPLEMENT AMONG ANAEMIC ADOLESCENT GIRLS	DEC. 2012	36s	1	143	-	IDA, HYDERABAD
6.	PROCEEDINGS OF THE NATIONAL SEMINAR ON DIETARY MODIFICATION IN PREVENTION AND MANAGEMENT OF LIFESTYLE DISEASES	DEMOGRAPHIC PROFILE, DIETARY AND LIFESTYLE PATTERN OF THE SELECTED ADULT WOMEN IN THENUR, MADURAI.	FEB. 2012	-	-	16	-	VVV COLLEGE, VIRUTHUNAGAR
7.	PROCEEDINGS OF THE NATIONAL SEMINAR DIETARY MANAGEMENT IN NON-COMMUNICABLE DISEASES, 2007	TOTAL ANTIOXIDANT ACTIVITY OF PLANT FOODS AND FEASIBILITY OF DEVELOPING ANTIOXIDANT RICH EXTRUDED FOODS	DEC. 2006	-	-	72	-	BHARAT COLLEGE OF SCIENCE AND MANAGEMENT, THANJAVUR
8.	PROCEEDINGS OF THE NATIONAL SEMINAR -RECENT TRENDS IN NUTRITIONAL SCIENCES, 2007	TOTAL ANTIOXIDANT ACTIVITY OF PLANT FOODS	MAR. 2006	-	-	61	-	AVINASHILINGAM UNIVERSITY, COIMBATORE

8. CHAPTERS PUBLISHED IN BOOKS

S. No.	BOOK NAME	TITLE OF THE CHAPTER	YEAR	PAGE No.	ISBN	PUBLISHER
1.	HUMAN WELLNESS – A HOLISTIC APPROACH	DETERMINANTS OF SOCIOECONOMIC FACTORS, NUTRITIONAL STATUS AND SCHOLASTIC PERFORMANCE OF INTELLECTUALLY DISABLED CHILDREN	2018	131	978-93-80800-87-5	Q BOOKS, COIMBATORE
2.	INTERNATIONAL CONFERENCE ON SOLUTIONS TO ECOLOGICAL CHALLENGES: MULTIDIMENSIONAL PERSPECTIVES	PHYTOCHEMICAL ANALYSIS AND ANTIBACTERIAL ACTIVITY OF TRICHOSANTHES CUCUMERINA VAR. CUCUMERINA. L.	DEC. 2014	278	978-81-926370-2-0	REFLECTION BOOKS, MADURAI

9. ACHIEVEMENTS

S. No.	NAME OF THE AWARD	AWARD RECEIVED FOR	SPONSORS / SOURCE	DATE
1.	BEST POSTER AWARD	PAPER PRESENTATION - UGC SPONSORED NATIONAL SEMINAR ON RISING PREVALENCE OF CANCER AMONG WOMEN IN KERALA	THE DEPT. OF HOME SCIENCE AT ST. JOSEPHS' COLLEGE FOR WOMEN, ALAPPUZHA, KERALA	MAR. 2014

2.	BEST POSTER AWARD	BEST POSTER - STATE SEMINAR	BHARAT COLLEGE OF SCIENCE & MANAGEMENT, TANJORE	DEC. 2006
3.	BEST POSTER AWARD	BEST POSTER - NATIONAL SEMINAR	ORGANIZED BY AVINASHILINGAM DEEMED UNIVERSITY, COIMBATORE	MAR. 2006
4.	RANK HOLDER	PROFICIENCY	SRI MEENAKSHI WOMEN'S COLLEGE, MADURAI	APR. 2003
5.	PROFICIENCY IN MAJOR, ALLIED & ANCILLARY	PROFICIENCY	SRI MEENAKSHI WOMEN'S COLLEGE, MADURAI	APR. 2003

10. COURSE MATERIAL PREPARED

S. No.	NAME OF THE COURSE	SUBJECT TITLE	NAME OF THE UNIVERSITY	YEAR
1.	B.SC. FOOD AND NUTRITION	FOOD SCIENCE	MADURAI KAMARAJAR UNIVERSITY, MADURAI (DISTANCE EDUCATION)	2014
2.	B.SC. FOOD AND NUTRITION	FOOD SCIENCE AND NUTRITION PRACTICALS	MADURAI KAMARAJAR UNIVERSITY, MADURAI (DISTANCE EDUCATION)	2014
3.	B.SC. FOOD AND NUTRITION	FOOD SCIENCE AND NUTRACEUTICALS	MADURAI KAMARAJAR UNIVERSITY, MADURAI (DISTANCE EDUCATION)	2015

11. MAJOR ASSIGNMENTS

S. No.	MAJOR ASSIGNMENT	INSTITUTION	THEME/TITLE	DATE
1.	RESOURCE PERSON	MOTHER TERESA WOMEN'S UNIVERSITY RESEARCH & EXTENSION CENTRE, COIMBATORE	FOOD ADDITIVES	JUNE 14, 2017
2.	RESOURCE PERSON	ICDS CENTRE, USILAMPATI	MILESTONES OF CHILD DEVELOPMENT	JULY 04, 2016
3.	RESOURCE PERSON	SRI MEENAKSHI COLLEGE, MADURAI	IMPORTANCE OF INFANT NUTRITION	SEP. 08, 2014
4.	RESOURCE PERSON	ICDS- SCHOOL HEALTH PROGRAMME	HEALTH & NUTRITION EDUCATION	MAY 06, 2014
5.	RESOURCE PERSON	GOVERNMENT ARTS & SCIENCE COLLEGE, SIVAGANGAI	HOME SCIENCE –PROMISING FUTURE	FEB. 16, 2013
6.	RESOURCE PERSON	LADY DOAK COLLEGE, MADURAI	ADOLESCENT HEALTH	FEB. 14, 2013
7.	RESOURCE PERSON	ICDS- SCHOOL HEALTH PROGRAMME	HEALTH & NUTRITION EDUCATION	APR. 26, 2013

12. PROJECT UNDERTAKEN

S. No.	TITLE OF PROJECT	POSITION	SPONSORED BY	DATE & YEAR	SANCTIONED AMOUNT
1.	PREVALENCE OF ANAEMIA AND IMPACT OF NUTRITION INTERVENTION AMONG ADOLESCENT GIRLS	CO-INVESTIGOR	FATIMA ALUMNAE ASSOCIATION, FATIMA COLLEGE, MADURAI	FEB, 2017	RS. 15000

13. MEMBERSHIP IN PROFESSIONAL BODIES

S. No.	NAME OF THE POSITION	NAME OF THE BODY	NAME OF THE INSTITUTION	DURATION
1.	MEMBER	NUTRITION SOCIETY OF INDIA	NSI	LIFE MEMBER
2.	MEMBER	INDIAN DIETETIC ASSOCIATION OF INDIA	IDA	LIFE MEMBER