



## Resume

### Dr.Sr.M.S.Rubha

Associate Professor and Principal  
Department of Food Science and Nutrition  
Holy Cross Home Science College  
52 New colony  
Thoothukudi 628003  
Email ID : [msrubha17@gmail.com](mailto:msrubha17@gmail.com)

Date of Joining : 08.08.2005  
Education : MSc., M.Phil., Ph.D.  
Specialization : Food Science and Nutrition

### EDUCATION & CREDENTIALS

Degree	College / University	Specialization	Year of Passed
Ph.D.	Manonmaniam Sundaranar University, Tirunelveli	Home Science	2017
M.Phil	Mother Theresa Womens's University, Kodaikanal	Food and Nutrition	2008
M.Sc.	Holy Cross Home Science College, Thoothukudi	Institutional Food Service Management	2005
B.Sc.	Holy Cross Home Science College, Thoothukudi	Home Science	2003

### Conferences / Seminars Attended

#### International

- International Seminar on Recent Innovations in Natural Resources to Prevent Cancer 15.02.16 Dept. of Nutrition and Dietetics, Sadakathullah Appa College Tirunelveli
- International Seminar on Nutritional Epidemiology and Research Methods 30.08.16 Dept of Food Science and Nutrition, Sarah Tucker College Tirunelveli
- International on Cancer : Diet, Life Style Links and Newer Management 08.02.2019 Holy Cross Home Science college, Thoothukudi.
- Prevalence of obesity among school going adolescent girls (12-14yrs)in Thoothukudi District in (IARI - 20 ) on 10<sup>th</sup> - 11<sup>th</sup> March 2020 at Rome Italy.

## **PARTICIPATION IN WORKSHOPS AND SEMINARS**

### **National**

- National Seminar on Developing and Assessing Speaking Skills in English 17.11.2006 to 18.11.2006 Annammal College of Education for women Thoothukudi
- National Seminar on Human Rights and Value education, 20.09.2007 to 22.09.2007 St. Ignatius College of Education Palayamkottai
- National Seminar on Need to Assess the Nutritional Status of Adolescent Girls for Futuristic Tasks, 13. 10.2011, Dept of Home Economics of Shankarlal Khandelwal College. Akola –Amaravathi
- National Seminar on Quality Enhancement in teaching-learning process, 30.03.2012 to 31.03.2012, Holy Cross Home Science College, Thoothukudi
- National Seminar on Better Packaging for Better Foods, 28.12.2005 to 30.12.2005, Tamil Nadu Agricultural University Madurai.
- National Seminar on Nutraceuticals and Therapeutic value of Traditional foods 30.01.2014 to 31.01.2014 Lady Doak College Madurai
- National Seminar on Quality Enhancement in the Contemporary Higher Education Scenario 07.08. 2017 Sadakathullah Appa College Tirunelveli
- National work shop Application of SPSS Software 14. 07.2018 Holy Cross Home Science College Thoothukudi
- National Seminar on Traditional foods. A key to comprehensive health and longevity, 07.08.2014 to 08.08.2014 Dept. of Home Science, Morning star Home Science College, Angamaly, Ernakulam District
- National Seminar Prevention of Sexual Harassment at Working Places & Creation of Legal Awareness 03.10.2018 Manonmaniam Sundaranar University Tirunelveli

### **State Level**

- State level seminar on Nutri -Dia, 04.03.2005, Holy Cross Home Science College, Thoothukudi
- Seminar on “Consumer education and protection” 05. 07.2005 Manonmaniam Sundaranar University Tirunelveli
- State level study Camp on Youth Red Cross 22.02.2007 to 25.02.2007, Periyar University Salem
- District level study camp on Youth Red Cross 30 .03.2007, APC Mahalaxmi College, Thoothukudi
- State level Seminar on Scientific Development and Religious Response, 13.02.2009 to 14.02.2009 LATI (Loyola Academic Technical Institutions Campus, Gnanaolipuram. Madurai)
- Faculty Development Programme at Holy Cross Home Science College Thoothukudi

### **Training Programme**

- Training on Front office, Housekeeping, Food & Beverage service 23.11.2003 to 06.12.2003 Hotel Singaar Kanyakumari
- Training on Bakery & Confectionery Internship from 07.02.2004 to Holy Cross Home Science College Thoothukudi
- Training on Dietetics Internship, 04.06.2004 to 25.06.2004 Sacred Heart Hospital Thoothukudi
- Training on Fish Processing and Preservation 05.07.2004 to 09.07.2004 Fish Processing Technology Thoothukudi
- Training on Fruits and Vegetables preservation & nutrition, 13.12.2004 to 17.12.2004, Community Food & Nutrition, Madurai

- Train the Trainers Programme on soft skills (TTT), 24.02.2009 to 26.02.2009 Manonmanium Sundaranar University, Tirunelveli

### **Workshop**

- National workshop on Methodologies for assessment of Vitamin A deficiency, Iron deficiency and Iodine deficiency disorders, 13.09.2004 to 15.09.2004, All India Institute of Medical Science (AIIMS), New Delhi
- Workshop on RRC Management, 08.09.2005 Manonmanium Sundaranar University, Tirunelveli
- National Workshop on HIV/ AIDS for teachers in Christian Colleges 03.11.2006 to 05.11.2006 Madras Christian College Madras
- District Administration Red Ribbon Express Campaign, 19.06.2008 to 20.06.2008 Tamil Nadu State AIDS Control Society Red Ribbon Express, Thoothukudi.
- National Conference on Occupational Health and Stress, 25.02.2011 to 26.02 2011 Gandhigram Rural Institute- Deemed University, Dept. of Home Science Dindigul
- National Workshop on Innovative and Interactive Strategies for Research and Development in a Knowledge Society, 03.03.2011 to 04.03.2011, Gandhigram rural institute- Deemed University, Dept of Applied Research, Dindigul
- Workshop for young lectures of Christian college in India towards developing foundational leadership 01.06.2012 to 02.06.2012 Arulanandar College Karumathur
- Workshop for young lectures of Christian college in India towards developing foundational leadership 09.10.2012 to 11.10.2012 Surveillance under ICDS NewDelhi
- Tamil Nadu State Council for Higher Education (TNSCHE) organized a workshop on NIRF India Ranking 2023 held on 29<sup>th</sup> December 2022.

### **Orientation & Refresher Programmes Attended**

- Training and Orientation for National Service Scheme 14.07.2010 to 23.07.2010 Avinashilingam Deemed University for Women Coimbatore
- One week Professional Development Programme (For Higher Education Teachers ) at Gandhigrme Rural Institute ( Deemed to be University) Dindigul
- Participating in the 50<sup>th</sup> Edition of Bridge – 2023 Chennai (A High impact Industry Institute Interaction event of India) Organized by ICT acadmy held on 14<sup>th</sup> March 2023 at Chennai Trade Centre, Chennai.

### **PAPER PRESENTED IN SEMINAR**

- National Seminar presented on Need to Assess the Nutritional Status of Adolescent Girls for Futuristic Tasks, **Paper presentation.** Impact of Supplementation of seaweed Incorporated Nutritional Mix on under nourished school going Anaemic girls (13-14 yrs) 13. 10.2011, Dept of Home Economics of Shankarlal Khandelwal College. Akola –Amaravathi
- National Conference on Emerging Trends and Opportunities in the Food Processing Sector. **Poster presentation on** Formulation & development of fruit Ice creams. Impact of supplementation of seaweed, 29.01.2010 to 30.01.2010 MOP. Vaishnav College for Women Chennai

- National Seminar on Prevalence of obesity among school going adolescent girls (12-14yrs)in Thoothukudi District
- National Seminar on Sustainable Health and Wellness – Issues and Challenges. **Paper presentation.** Prevalence of Anemia among school Adolescent girls in Thoothukudi District. 12.08.2015 to 13.08.2015, Dept. of Home Science, Morning Star Home Science College,
- International Conference on New Vistas in Life Science **Paper presentation.** Impact on Nutrition Education among School Going Adolescent girls in Thoothukudi District 11.09.2018 Holy Cross College Tiruchirapalli
- State Level Seminar on 21<sup>st</sup> Century Anthropogenic Disease-An Emerging Issue Padmashri Dr. Sivanthi Aditanar Collehe of Nursing at Tiruchendur . **Paper presentation Food culture –Non Communicable Diseases**
- Two Day International Conference on Scientific and Social Approaches to Mental Well being - 2019. Held on 3<sup>rd</sup> and 4<sup>th</sup> October 2019. V.V. Vanniaperumal College for Women , Virudhunagar.**Paper presentation on Nutraceutical Foods in Relation to Physical Wellness**
- Prevalence of obesity among school going adolescent girls (12-14yrs)in Thoothukudi District in (IARI - 20 ) on 10<sup>th</sup> - 11<sup>th</sup> March 2020 at Rome Italy.
- Study on Chia Seeds Incorporated Nutritional Health Mix-II International Conference on Emerging Trends Growth Opportunities and Future in Food Processing Sector Organised by PG department of Food Science and Nutrition , Bishop Heber College (Autonomous) - Tiuchirapalli

#### **PAPER PUBLISHED IN JOURNAL**

- Prevalence of obesity among school going adolescent girls (12-14yrs)in Thoothukudi District ISSN 0975-5101
- Prevalence of Anaemia among School going Adolescent Girls (12-14yrs) in Thoothukudi District ISBN 978-81-7255-070-7
- Socio- Economic Profile of the School Going Adolescent Girls (12-14 yrs) in Thoothukudi District, UGC and ISSN : 2349 – 8684
- Impact of Peer Group Nutrition Education among School Going Adolescent Girls In Thoothukudi District International Journal of Emerging Technologies and Innovative Research (JETIR). Impact Factor : 5.87 .UGC and ISSN : 2349-5162
- Prevalence of obesity among school going adolescent girls (12-14yrs)in Thoothukudi District (Which has been awarded as Best Research Paper ) in (IARI - 20 ) at Rome Italy.
- Development of bovine colostrum powder for autism children in Thoothukudi “International Journal Of Food And Nutrition Science” Issn 2320 – 7876 – UGC Care List”
- Study on pirandai powder for margin list women with osteoporosis in Tirunelveli district “International Journal Of Food And Nutrition Science” Issn 2320 – 7876 – UGC Care List”
- Study on socioeconomic status and source of water in Thoothukudi district “International Journal Of Food And Nutrition Science” Issn 2320 – 7876 – UGC Care List
- Effect of peer group nutrition education among school going adolescent girls in Thoothukudi district “International Journal Of Food And Nutrition Science” Issn 2320 – 7876 –UGC Care List”
- Impact of nutritional status among school going adolescent girls in Thoothukudi district “Multi Spectrum Publications – UGC Care List”
- Improving the nutritional status of undernourished school going anemic adolescent girls (11-14yrs)

- Impact of supplementation of seaweed incorporated nutritional mix on undernourished school going anemic adolescent girls (13-14 yrs)

### **Award**

- Prevalence of obesity among school going adolescent girls (12-14yrs)in Thoothukudi District (Which has been awarded as Best Research Paper ) in (IARI - 20 ) at Rome Italy.
- Institute of Researchers - Research Excellence Award 2021
- Best Teacher Award by Lions Internation of Tuticorin Pearls 2022
- Bharat Shiksha Ratan Award by Global Society for Health & Educational Growth 2022
- Best Principal Award by Nature Science Foundation, Coimbatore 2023
- Best College Principal Award by Association for Women Empowerment and Child Development 2024

### **Book Published**

- Nutri Health Mix – Shanlax Publication - 2018
- Shanlax Publication - September 2019
- Public Health Community Nutrition – Charulatha Publications - March 2021
- Impact of Peer Group Nutrition Education Among School Going Adolescent Girls in Thoothukudi District – Shanlax Publication - December 2022

### **WEBINAR ON - LINE DETAILS 2020-2021**

<b>S. No</b>	<b>Date</b>	<b>Conference/ Seminar /Workshop/FDP / Webinar</b>	<b>Topic</b>	<b>College / University</b>	<b>Presented/ Participated</b>
1.	17/5/2020	Webinar	Delegate	First Digital CNE of Indian Dietetic Association	Participated
2.	17/5/2020	Quiz	Online Covid 19 Awareness Quiz	Government Arts and Science College. Kanyakumari	Participated
3.	17/5/2020	FDP	Creating Perpetual Changes	Sri Meenakchi Government College for Women, Madurai	Participated
4.	16/5/2020 – 17/5/2020	FDP	Project Proposals for Funding Agencies	Patrician College for Women, Chennai.	Participated

5.	18/5/2020	FDP	My Life My Pride My Career	Patrician College for Women, Chennai.	Participated
6.	18/5/2020	Webinar	How to prepare to succeed in UGC-NET	Alagappa University, Karaikudi	Participated
7.	21/5/2020	Webinar	Research and Publication Ethics	Alagappa University, Karaikudi	Participated
8.	21/5/2020 – 22/5/2020	International Conference	Rediscovering you for the post Covid Success	Auxilium College, Vellore	Participated
9.	23/5/2020	Webinar	The Need of the Hour- Food that enhance Immunity	Stella Maris College, Chennai	Participated
10.	25/5/2020	Webinar	Industry 4.0 – A post Covid Paradigm	ICT Academy	Participated
11.	27/5/2020	International Conference	Fashion Trends Techniques	Holy Cross Home Science College, Thoothukudi	Participated
12.	26/5/2020	Webinar	How to Write and Publish Good Quality Research Article	Alagappa University, Karaikudi	Participated
13.	26/5/2020	Webinar	General Aspects of Curriculum	Tamil Nadu Teachers Education University, Chennai	Participated
14.	28/5/2020	Webinar	Opportunities after Studying M.A Economics	Alagappa University, Karaikudi	Participated
15.	28/5/2020	Webinar	Scientific Paper Writing	Nehru Arts and Science College, Coimbatore	Participated
16.	29/5/2020	Webinar	Challenge the challenge	Nanjil Catholic College of Arts and Science, Tirunelveli	Participated
17.	30/5/2020	International Webinar	World Out of Your Window	Holy Cross Home Science College, Thoothukudi	Participated
18.	1/6/2020	Workshop	Nutritional Sustenance through Dairy Products: Initiatives and Strategies	Tamil Nadu Veterinary and Animal Sciences University, Chennai	Participated

19.	14/6/2020	Webinar	On the Mounting trend of NPA	Holy Cross Home Science College, Thoothukudi	Participated
20.	17/6/2020 – 24/6/2020	FDP	Virtualization	Kalasalingam Academy of Research and Education, Krishnankoil.	Participated
21.	23/6/2020	Webinar	Food Safety Framework from Consumers Perspective	PSG College of Arts and Science, Coimbatore	Participated
22.	23/6/2020	Webinar	Nutritional Myths and Facts during Cancer Treatment	Holy Cross Home Science College, Thoothukudi	Participated
23.	25/6/2020	International Webinar	Priming our immune system for Vital Health	Avinashilingam Institute for Home Science and higher Education	Participated
24.	29/6/2020	Webinar	Challenges in Nutraceuticals as therapeutic Agents	Sri Meenatchi Government College for Women, Madurai	Participated
25.	2/7/2020	Webinar	Fostering Entrepreneurship Through MSME Schemes	Holy Cross Home Science College, Thoothukudi	Participated
26.	20/7/2020 – 25/7/2020	Workshop	Effective Life Skills – Empowering Youth for Success	Holy Cross Home Science College, Thoothukudi	Participated
27.	24/7/2020	Webinar	Mendeley for Managing References in Research Article	Hindusthan College of Engineering and Technology	Participated
28.	10/8/2020	Webinar	Market Condition and Consumer Behavior during Pandemic	Arul Anandar College, Madurai	Participated
29.	22/05/2021	Webinar	Power Seminar on Intellectual Property	Holy Cross Home Science College	Participated
30.	24/05/21 to 28/05/21	Webinar	Techniques in Education	Lakshmi College of Education	Participated

31.	07/06/2021	Webinar	Importance of Agriculture and Food	United College of Arts and Science	Participated
32.	07/06/2021	Webinar	Food Safety and Nutrition and More Importance During Pandemic	TamilNadu Consumer Protection and Environmental Research Centre in Association with Department of Food Safety and Drug Administration and Nutrition International NewDelhi.	Participated
33.	08/ 06/2021	Webinar	3 Keys to Thrive Healthy Life During Pandemic	Sadakathullah Appa College	Participated
34.	09/ 06/2021	Webinar	Food Safety and Health	United College Of Arts and Science	Participated
35.	11/06/2021	Webinar	Innovative Teaching Practices in Higher Education	TMM College of Arts & Science	Participated
36	11/06/2021	Webinar	Workshop on Make your Tax Journey Simpler&Easier with DIY E-Filling	Patrician College	Participated
37	01. 09. 2021 to 07.09.21	Webinar	International webinar - National Nutrition Month 2021	Department of Home Science , University of Calcutta	Participated
38	25.09.2021	Webinar	Promote Health Trough Supplement Foods	Department of Food science and Technology- Arul Aandar College Madurai	Participated
39	19.03.22	Webinar	Importance of Trends , Technologies and Industry Expectation	organized by Dpt of Computer Science Kaypeeyes College of Arts and Science	



**Research Topic:** Impact of Peer Group Nutrition Education among School Going Adolescent Girls in Thoothukudi District.

**Service rendered to Manonmaniam Sundaranar University, Tirunelveli**

1. Board Member UG/PG Food Science and Nutrition
2. National Service Scheme
3. Red Ribbon Club
4. Board of study Chairperson in UG/ PG Food Science and Nutrition Manonmaniam Sundaranar University, Tirunelveli.
5. Nominated for Inspection Commission as to visit Geetha Jeevan Arts and Science College, Thoothukudi on 09.06.2023

**Board of study in Sadakathullah Appa College**

6. Board of study member in PG Nutrition and Dietetics Sadakathullah Appa College

**Board of Medical Services Recruitment**

7. The Confidential work for the recruitment for the post of Food Safety officer in the office of the Medical Services Recruitment Board, DMS Campus, Teynampet, Chennai on 16.12.2022.

**Subject Expert in**

1. Served as Vice Chancellor as Subject Expert in Nutrition and Dietetics for the Muslim Arts College, Thiruvithancode on 10.12.2022
2. Served as subject expert in Home Science in the Interview Board of Fatima College, Madurai on 26.07.2023.
3. Served as subject expert in Nutrition and Dietetics for the Arunachala Arts and Science (Women) College, Nagercoil, on 24.02.2024.

**Question Paper setter in**

1. Sri Ramasamy Naidu Memorial College, Sathur
2. TamilNadu Public Service Commission
3. Yadava College, Madurai
4. Manonmaniam Sundaranar University, Tirunelveli
5. V.V. Vanniaperumal College for Women
6. Sadakathullah Appa College
7. Thassim Beevi Abdul Kader college for women
8. Tamilnadu Food Safety and Drug Administration Department
9. Sarah Tucker College (Autonomous), Tirunelveli

**Project Guided**

1. M.Sc., Dietetics and Food Management (28)

**TEACHING EXPERIANCE**

Under Graduate : 19 years in Holy Cross Home Science College  
Post Graduate : 16 years in Holy Cross Home Science College

### **Online Course Certificate**

1. Swayam Online Course Certificate is awarded in Food Science and Processing November 2019.
2. Swayam Online Course Certificate is awarded in Food Nutrition for Healthy Living 2019 to 20<sup>th</sup> April 2019 Offered by NCERT, New Delhi.

Yours faithfully

Dr. M.S.Rubha