



KAROLIN.A

Assistant Professor & Head

Department of Food Science and Nutrition

Holy Cross Home Science College

Thoothukudi

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Date of joining : 01.07.2009

Education : M.Sc., M.Phil.,

Specialization : Nutrition and Dietetics

Teaching Experience: UG – 15 Years 1 Month, PG – 15 Years 1Month.

EDUCATION :

DEGREE	COLLEGE	SPECIALIZATION	YEAR
PhD	Muslim Arts College,Thiruvinthan code	Nutrition and Dietetics	Doing

M.Phil	Muslim Arts College,Thiruvinthan code	Nutrition and Dietetics	2018
M.Sc	Holy Cross Home Science College,Thoothukudi	Dietetics and Food Management	2009
B.Sc	Holy Cross Home Science college,Thoothukudi	Food Science and Nutrition	2004

Conference and seminar attended

International

1. International conference on EPIGENESIS – Empowerment for Excellence in Home Science in Lady Irwin College, University of Delhi.4th to 6th October 2007.
2. International seminar on Diet and Diabetes ,DIA – FEAST-' 14 held on 17th October 2014 at Sarah Tucker College,Tirunelveli,Tamilnadu.This CME is accredited by Tamilnadu,Dr.M.G.R.Medical University, Chennai.
3. International seminar on Cancer : Diet, Life Style Links and Newer Management organized by department of Food Science and Nutrition in collaboration with Indian Medical Association (IMA),Thoothukudi on 8th February 2019.
4. “International Conference on. Participated and presented in the “International Seminar on Personalized Nutrition Food – Healthier Choice for Healthier You”Sadhakkathullah Appa college,Tirunelveli.09/2023
5. Recent Progresses in Biological Sciences” organized by Department of Zoology, Ayya Nadar Janaki Ammal College, Sivakasi during 4th & 5th March 2022 sponsored by Department of Biotechnology (DBT), New Delhi
6. International conference on “Personalized nutrition in an innovative world “organized by department of food science and Nutrition, Holy Cross Home Science College, Thoothukudi.22/09/2023.

7. Participated in “International Conference on Sustainable Development and Innovative Research in Home Science-2023” on March 20/03/2023 Organized by Department of Home science Mother Teresa Women’s University, Research and Extension Centre, Madurai.
8. Participated in a two-day international conference on “Nutri-Omics in Biotechnological Innovations,” organised by the Department of Food Science and Nutrition at The American College, Madurai, on March 5 and 6, 2024.

National

1. National seminar on “Food Technovation” organized by the department of food science and nutrition Holy Cross Home Science College, Thoothukudi on 30th September -2008.
2. National conference on “Emerging Trends and Opportunities in the Food Processing Sector” held on 29th January 2010, NIFTEM and M.O.P.Vaishnav College for women, Chennai.
3. National seminar on “Ensuring the Sustainability of Coastal Environment “sponsored by TNSCST, Chennai and NCST, New Delhi, held on 15th and 16th December 2010 at St.Mary’s College, Thoothukudi.
4. One day National Conference on “Recent Trends in Food Processing and Health Scenario in INDIA on 27th January ,2012 at Muslim Arts College,Thiruvithancode,Kanyakumari District.
5. One day National Conference on “Prognosis of Food Processing Sector in Health Promotion 29th August 2011 at Dr.N.G.P.Arts and Science College, Kalapatti Road, Coimbatore.
6. National conference on “Life Style Modification towards Management of Diabetes” on 4th February 2012,organized by Panacea Heath Education in collaboration with Holy Cross Home Science College, Thoothukudi.

7. National seminar on “Quality Enhancement in Teaching Learning Process” organized by the IQAC of Holy Cross Home Science College, Thoothukudi held on 30th and 31st March,2012.
8. One day National Conference on Food Processing and Technology(IGNITING INDIA) – Towards Entrepreneurship,17th August,2016 at Dr.N.G.P.Arts and Science College, Kalapatti Road, Coimbatore.
9. POPULAR LECTURE SERIES 2 on Role of Biotechnology in Functional Foods to Cure Diseases sponsored by DBT-CTEP, Ministry of Science and Technology, Government of India, New Delhi, organized by the Department of Home Science, V.V.Vanniaperumal College for Women, Virudhunagar, Tamil Nadu via virtual mode on 02.02.2022.
10. One day national level webinar on “ importance of trends, technologies and industry expectation organized by the department of computer science on 19-03-2022.
11. National webinar on medicinal values of Indian traditional foods organized by the departments of tamil and home science, v.v.vanniaperumal College for Women, Virudhunagar, Tamil Nadu via virtual mode on 30.03.2022
12. Participated in the online webinar on “Healthy plant –based Carbs: Malto & glucose syrup in developing Healthy foods” Organized by protein foods & nutrition development Association of India & Roquette on 4 th Feb 2022.

State level

1. State level seminar on” Emerging Trends in Computers” conducted by the department of Computer Science and Commerce with Computer Application on 30th January 2008,Holy Cross Home Science College, Thoothukudi.
2. State level seminar on “Health Promotion” organized by the department of Food Science and Nutrition, Sarah Tucker College, Tirunelveli, Tamilnadu on the 30th September 2011.
3. First Annual state level Symposium on clinical Nutrition on 28th February 2015 at Madurai.
4. Third Annual state conference on Clinical Nutrition on 18th February 2017 at Alpha Hospital and Research Centre, Madurai.

Regional

1. Regional seminar on “Role of Microbes in Aquaculture” held at Kamaraj College, Thoothukudi on 15th and 16th February 2008.

Workshop

1. One day workshop on “Global Warming “ organized by the Giants Group of Thoothukudi.on 17th to 23rd September 2010.
2. Two days Workshop for young lectures of Christian colleges in India towards Developing Foundational Leadership held at Arul Anandar College, Karumathur from 1st and 2nd June 2012.
3. Two days Workshop on “India – Southern Tamilnadu – Food System Research” from 17th and 18th organized by Engineering and Natural Sciences, University of Iceland, Chemical Engineering department ,Lund University,SCAD Group of Institutions Chennai, Tirunelveli, Thoothukudi and Coimbatore.
4. Five day workshop on “Entrepreneurship Development “ jointly sponsored by the Entrepreneurship cum skill Development centre – Manonmanium sundaranar University,Tirunelveli and Government of Tamilnadu from 16th to 20th December 2013 at Pope’s College,Sawyerpuram.
5. One day workshop on” E-GOVERNANCE” Organized by NSS Cell, Manonmanium sundaranar University,Tirunelveli on January 2014.
6. Two days workshop on “Effect of National Education Policy 2016 in the present Scenario” held on 8th and 9th September, 2016, V.O.CHITHAMBARAM College,Thoothukudi.
7. Five days Workshop on “E- Content: Processing and Development”organized by IQAC,St.MARY’S College,Thoothukudi from 18th to 22nd March 2019.
8. National level on One day workshop on “Food Processing”organized by department of Nutrition and Dietetics,Sadakathullah Appa College,Tirunelveli on 19th september2019.

9. Participated in Two days workshop on Laboratory Techniques in Nutrient Analysis, Organized by Department of Food Science and Nutrition, Holy Cross Home Science College, Thoothukudi.
10. Participated in one day Workshop on "Art of writing bibliography based on reference tools" on 15/12/2023. Organized by Department of Library and information Science & University Library, Manonmaniam Sundaranar University, Tirunelveli.

Training /Internship

1. Dietetic internship period of one month from 19th November to 18th December 2007 in Dr.Mohan's Diabetes Specialities Centre, Chennai.
2. Training course in Bakery and Confectionary conducted at Institute of baking Technology, Chennai at Holy Cross Home Science College, Thoothukudi, and from 18th to 28th November 2008.

Member :

Member in Nutrition society 2023 - still

Member in Board of Studies : Department of Food Science and Nutrition ,Manonmaniam Sundaranar University, Tirunelveli. 2023 to still.

Academic position

Question paper setter, Paper Evaluation and Practical Examiner:

1. Sri.Ramasamy Naidu Memorial College, Sattur 2016 -20219
2. Manonmaniam Sundaranar University, Tirunelveli 2021 -2024
3. Sadakathullah Appa College, Tirunelveli 2019 -2024
4. Sarah Tucker College, Tirunelveli 2022-2024
5. Bishop Heber College (Autonomous) Tiruchirappall -2023-2024
6. Question paper setter in Pondicherry University, Pondicherry 2023-2024

7. NSS Programme officer (2013 -2016)
8. Academic committee (2019 -2022)
9. Head of the Department, NPTEL, ASHE, Criteria II Coordinator 2022-still
10. Member of Governing body in Holy Cross Home Science College.
11. Staff secretary

Orientation and refresher courses

1. NSS orientation Training from 4th to 10th December, 2013 organized by Avinashilingam University, Coimbatore, Tamilnadu.
2. Two days Faculty Development programme on “Teaching Techniques” conducted by ICT Academy on 25th to 26th April 2018 held at Holy Cross Home Science College, Thoothukudi.
3. Internal Quality Assurance Cell Faculty Development Programme on “E- Content Development Programme” organized by IQUAC on 23rd febraury, 2019.
4. Participated in a Webinar on Scientific Paper Writing to Peer Reviewed Journals held
5. on 28.05.2020, organized by Department of Food Science and Nutrition, Nehru Arts and
6. Science College, Coimbatore .
7. Attended the International Webinar on ‘Nurturing Physical, Mental and Social Health: During and Post COVID 19’ held on 16th May, 2020.
8. Participated in the Webinar Image Analytics and Processing organised by the Department of Computer Science, V.O.Chidambaram College on 25.05.2020
9. Participated in the two day Faculty Development Programme on “Impact of Research during Pandemic” under UGC funded Paramarsh Scheme conducted by The Kaypeeyes College of Arts and Science, Kotagiri in association with Nirmala College for Women, Coimbatore from 14-09-2021 to 15-09-2021

10. Participated in a webinar on “IMMUNONUTRITION- THE WAY AHEAD” 29th May, 2020 Organised by NUTRITION SOCIETY OF INDIA (MUMBAI CHAPTER)
11. Participated in National level Five day online Faculty Development programme on NEP 2020, Internal quality Assurance cell V.V. Vannia perumal college for women Viruthunagar.9 to14/12/2022.
12. Participated in the Five days Faculty Development Programme titled “ Food Factors “Dept.of Food processing Tectnology and Management in Hindusthan college of Arts and Science Coimbatore.
13. Online workshop on “National Intellectual Property Awareness Mission”organized by Intellectual property office.India,17/8/2022.
14. Attended the “NAN MUTHALVAN” FDP at MS university ,Tirunelveli 9 to10/2/23
- 15.8 Days International Faculty Development Programme on” A Tutelage Forum On Teaching, Learning & Research oraganized by Department of Food Processing Technology & anagement, Hindusthan College Of Arts & Science (Autonomous) Coimbatore.27/01/to 4/2/2024.
15. Participated in a webinar on the relevance of intellectual property rights in research and academia organised by the Department of Food Science and Nutrition at Holy Cross Home Science College, Thoothukudi-3, on February 15, 2024.
16. Participated in an 8-day international faculty development programme on “A Tutelage Forum on Teaching, Learning, and Research” was organised by the Department of Food Processing Technology & Management from January 27, 2024, to February 4, 2024.

Publications

Paper presented and conference /seminars

Proceedings

1. “Development of protein powder” presented in National conference on “Emerging Trends and Opportunities in the Food Processing Sector” held on 29th January 2010, NIFTEM and M.O.P.Vaishnav College for women, Chennai.
2. “Development of protein powder and incorporation clear porridge” presented in One day National Conference on Prognosis of Food Processing Sector in Health Promotion 29th August 2011 at Dr.N.G.P.Arts and Science College, Kalapatti Road, Coimbatore.
3. “Development of Crab Meat Powder” presented in One day National Conference on “Recent Trends in Food Processing and Health Scenario in INDIA on 27th January ,2012 at Muslim Arts College,Thiruvithancode,Kanyakumari District.
4. “A Study on the nutritional status of NIDDM patients” International seminar on Diet and Diabetes DIA – FEAST-‘ 14 held on 17th October 2014 at Sarah Tucker College,Tirunelveli,Tamilnadu.This CME is accredited by Tamilnadu,Dr.M.G.R.Medical University, Chennai.
5. “Storage behavior and Nutrient Analysis of food products from Alovera presented in One day National Conference on Food Processing and Technology(IGNITING INDIA) – Towards Entrepreneurship,17th August,2016 at Dr.N.G.P.Arts and Science College, Kalapatti Road, Coimbatore.
- 6.”Development of goungra green soup powder” presented in International seminar on Cancer : Diet, Life Style Links and Newer Management organized by department of food science and nutrition in collaboration with Indian Medical Association (IMA),Thoothukudi on 8th February 2019.
- 7.”Development and Comparative study on Multi Cereal Murukku” Presented in International seminar on Scientific and Social Approaches to Mental Well Being organized by department of Zoology and Home Science, VVV College Viruthunagar on 03 to 04/ October 2019.
8. Participated and presented in the “International Seminar on Personalized Nutrition Food – Healthier Choice for Healthier You” and published a paper entitled Formulation of green veggies powder and incorporated in batter and dough” on September 2022.

9. Presented in the “National Seminar on Opportunities and Challenges in Nutrigenomics and Health Care” and published a paper entitled “ A Study of polycystic ovarian ((PCOD) in rural” on September 30 th , 2022.

11. Published a research paper entitled Paper on “standardization and incorporated vallarai greens nutritive balls”. Fatima College Multidisciplinary Annual Journal of Reserch, Secial issue,volume:11,2022, ISSN:0975-6973

11. Participated and presented in the National seminar on Recent Trends in nutritional sector organized by PG and Research Department of Nutrition and Dietetics, Muslim Arts College, Thiruvithan code. Presented paper on Biological behavior energitics and biochemical of Buccinum undatum. ISBN:978-93- and innovative business practices”organized by Thassim Beevi,Abdul 84734-98-5, Feb,22,2023.

12. Two days national seminar on Research methodology organized by the Library Advaisary Committee in collaboration with Research development committee, Holy Cross Home Science College,Thoothukudi.28 th to 29 th October,2022.

13.Participated in an international seminar on”Advanced research in life Sciences, information technologies Kader College for women, Kialakarai on 21.12.2022.

14.Paper published in national seminar on multidisciplinary research ethics,04 to 5/9/2023. Biochemical and health benefits of millets.

15. **Five Papers** are presented in International conference on “Personalized nutrition in an innovative world “organized by department of food science and Nutrition, Holy Cross Home Science College, Thoothukudi.22/09/2023. Papers are standardization and incorporation of broccoli with pearl millet and foxtail millet cookies, determined and standard of the oleifera, formulation of value added product from sprouted pulses powder, standaization of ice cream incorporated in traditional foods, standaization and incorporation of broccoli powder in cake.

16. Presented poster entitled ” Development and Standardization of Millet Kulfi Ice” in 55th Conference of the Nutrition Society of India to be held at the National Institute of Nutrition, Hyderabad on 25-26 November, 2023.

Journals

1. “Development and Supplementation of Green soup powder for school going children (9 – 11 years)”. 2018 presented in Journal of Teacher Learner and Society ISSN 2348-8409 TeLeS VOLUME -14 Number – 3 May – 2018 Page N.o:199 – 204.
2. “Development of ponnanganni green soup powder” presented in International Journal of Advanced Research Ideas and Innovations In Technology, volume -5,issue -1 –January – February,2019,ISSN:2454-132X,impact factor 4.295
3. Published a paper entitled “Sensory Analysis For Cake, Cookies And Wafer Biscuit Developed From WHELK (Chicoreus ramosus) MUSCLE” in Industrial Engineering Journal: ISSN 0970-2555 Volume:52 UGC Care Approved, Group I, Peer Reviewed Journal with IF=6.82. May 2023.

Book chapter:

Phosphorous

Resource person

- 1.ICDS for - Anganwadi workers and school children Tamilnadu
- 2.All India Radio for public
- 3.Kalvi channel for school children
4. Hands on training on baking ,Organized by STAR Programme, St.Mary’s College, Thoothukudi.on 23&27/11/2023
5. Served as Food processing training for entrapreship and college students organized by Holy Cross Home Science College, Nagerkovil, 12/08/2023
- 6.Served as Resource person St.Joseph Girls Hr.Sec.Scool, Thoothukudi, St.Joseph Matriculation School,Magalakiri.Topic on Nutrition for adolescent Girls.on 25/08/2023
- 7.State level Seminar on “Emerging trends in food nutrition health”oraganized by V.H.N.SenthiKumara Nadar College,Viruthunagar on 1/09/2023.
- 8.Chief guest on”Nutrition awareness about the food consumption” C.V.Hr.Sec.School, Thoothukudi,8,9/9/2023.
9. Hands on training on baking ,Organized by St.Mary’s College,Thoothukudi.on 23&27/11/2023

10. Chief guest “Importance of millet for school children”organized by ICDS for - Anganwadi workers and school children Tamilnadu on 16/02/2024.

11.Chief guest for Valitatory function organized by Holy Cross Home Science Matriculation School,Thoothukudi, 29/02/2024.

Member in NUTRITON SCOEITY OF INDIA, NIN, Hydrabad from 2023

Organized Programme :

Guest Lectures: 7

National seminar: 1

International seminar: 1

Workshop: 5

Awards

1. University Level Best NSS Programme Officer Award for the year 2014 -15
2. Appreciation of Award Tamil Nadu innovative and initiative book scheme 2021on 07/10/2023
3. Community Engagement Award Association for Women Empowerment and Child Development on 03/08/2024

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