



**Dr.Sr.Rubha**

**Associate Professor**

**HOD of Department of Food Science and Nutrition**

**Holy Cross Home Science College**

**52 New colony**

**Thoothukudi 628003**

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**Date of Joining** : 08.08.2005

**Education** : MSc., M.Phil., Ph.D.

**Specialization** : Food Science and Nutrition

## **EDUCATION & CREDENTIALS**

<b>Degree</b>	<b>College / University</b>	<b>Specialization</b>	<b>Year of Passed</b>
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

## **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 Collge 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 Manonmanium 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 Manonmanium 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 New Delhi

### **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

### **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**

### **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

**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

### **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
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### **Project Guided**

1. M.Sc., Dietetics and Food Management (14)

### **TEACHING EXPERIANCE**

Under Graduate : 14 years in Holy Cross Home Science College  
Post Graduate : 12 years in Holy Cross Home Science College