

CURRICULUM VITAE



Name : **Dr. S. PARAMESHWARI, M.Sc., M.Phil., Ph.D.**

Designation and Address : **ASSOCIATE PROFESSOR**

Department of Clinical Nutrition and Dietetics

Periyar University, Salem – 636011

Educational Qualification

Degree Completed	Name of the College	University	Year passed
B.Sc. (Home Science)	SeethalakshmiRamasamy College, Trichy.	Bharthidasan University	1997
M.Sc., (Foods & Nutrition)	Vellalar College for Women, Erode.	Bharathiar University	1999
M.Phil. (Foods & Nutrition)	Part Time	Mother Teresa Women's University, Kodaikanal.	2002
Ph.D. (Food Science & Nutrition)	Part Time	Periyar University, Salem.	2013

❖ UGC/NET – National Eligibility Test passed in June 2011.

Teaching and Other Experiences

Sl. No.	Institution	Position	Duration	Total Years of Service
1.	Sengamala Thaayar Educational Trust Women's College, Mannargudi.	Lecturer & Head	06.08.1999 to 15.04.2009	9 years & 8 months
2.	Dietician in Kilpauk Medical College, Chennai.	Dietician	27.07.2009 to 18.06.2010	11 Months
3.	Thanjavur Medical College Hospital, Thanjavur.	Dietician	21.06.2010 to 31.03.2015	4 years & 9 Months
4.	Mother Teresa Women's University, Kodaikanal	Assistant Professor	1.04.2015 to 16.09.16	One year & 4 Months

Research Experiences:

Sl. No.	Positions Held	Name of the Institutions	Research guidance for M.Phil Candidates	Research guidance for M.Sc., candidates
1.	Research Advisor	Sengamala Thaayar Educational Trust Women's College, Mannargudi.	-	19
		Mother Teresa Women's University, Kodaikanal.	16	-
2.	External Examiner	Mother Teresa Women's University, Kodaikanal.	11	
		Periyar University, Salem	1	
3.	External Examiner for M.Sc. Viva-Voce	Cauvery College for Women, Trichy.	-	18 th & 19 th April 2003 batch.
4.	External Examiner for M.Phil. Viva-Voce	Bharath College of Science and Management, Thanjavur.	1 (2009)	-

Other Academic Service

Sl. No.	Nature of Service	Institution / University	Duration	Total Years of Experience
1.	Member in Board of Studies	Bharathidasan University	01.10.2005 to 15.04.2009	3 Years & 5 months.

Supervisor for M.Phil Research Degree

Degree	Positions held	Name of the University	No. of M.Phil Candidates	Year
M.Phil (Part time)	Research Advisor	Mother Teresa Women's University, Kodaikanal.	11 Candidates	2007 - 2009
M.Phil (Regular)	Research Advisor	Mother Teresa Women's University, Kodaikanal	5 candidates	2015-2016

RESEARCH PAPERS PUBLICATIONS

International Journals (Refereed Journals)

S. No	Author	Title of the article	Name of the Journal	Volume ,issue, Page No.	Month and year of publication	ISSN No.	Impact factor
1.	S.Parameshwari P. Nazni	Fatty Acid composition and Hypolipidemic effect of Roasted Flax Seed Powder	International Journal of Pharma Medicine and Biological Science (www.ijpmbs.com)	Vol : 1 Issue:2 Page. 150 – 158	Oct 2012	2278 – 522I	0.559
2.	S. Parameshwari P. Nazni	Application of Response Surface Methodology in the Development of Omega 3 Rich Snack Food	International Journal a Current Research (www.journalcra.com)	Vol : 4 Issue: 11 Page. 240 – 246	Nov 2012	0975 – 833 X	6.226
3.	P. Nazni S. Parameshwari	Formulation of Omega 3 Enriched Biscuits using Response Surface Methodology	International Journal of Agricultural and Food Science (www.urpjournal.com)	Vol : 5 Issue : 1 Page 13 – 20	Feb 2015	2249 8516	-
4.	S. Parameshwari P. Nazni	Analysis of Bioactive Compounds in Raw, Dried, Autoclaving, Boiling and Roasted Linumusatissimum seed using Gas Chromatography and Mass Spectroscopy	Indian Journal of Applied Research (www.ijar.in)	Vol : 5 Issue : 8 Page. 33 – 36	Aug 2015	2249 – 555 X	3.919
5.	S. Parameshwari Jemima Beryl Mohankumar	A comparative study on serum means Calcium, Phosphorus levels and Beverages intake and Osteoporosis in selected Post-Menopausal Women of Thanjavur District.	Health Science. An International Journal (www.urpjournals.com)	Vol : 5 Issue : 2 Page. 12 – 14	August 2015	2249 – 0361	-

6.	S. Parameshwari P. Nazni	Optimization of Roasted Linseed Powder (RLSP) Incorporated Dalia Porridge Food using response Surface Methodology	International Journal of Science and research (www.ijsr.net)	Vol : 4 Issue : 8 Page. 1772 – 1782	August 2015	2319 – 7064	2015: 6.391
7.	S. Parameshwari P. Nazni	Optimization of Roasted Linseed Powder (RLSP) Incorporated Chapatti Food using Response Surface Methodology	International Journal of Current Research (www.journalcra.com)	Vol : 7 Issue : 09 Page. 20488 – 20492	September 2015	0975 – 833 X	SJIF: 2015 6.226
8.	S. Parameshwari P. Nazni	Physicochemical and Nutrient Analysis of Linseed (LinumUsitatissimum) Powder	International Journal of Multidisciplinary Research and Development (www.allsubjectjournal.com)	Vol:2 Issue:10 Page.392-395.	October 2015	e-2349-4182 p-2349-5979	RJIF: 5.72
9.	S. Parameshwari P. Nazni	Effect of different consumer parameters on sensory attributes of the developed linseed(LinumUsitatissium) products	International Journal of Applied Research (www.allresearchjournal.com)	Vol:1, Issue:11, Part K, Page No 762-766	October 2015	e-2394-5869 p-2394-7500	RJIF: 5.2
10.	S. Parameshwari Jemima Beryl Mohankumar	Comparison of Anthropometric Measurements in the selected post- menopausal women osteoporosis and control groups	World Journal of Science and Research (www.harmanpublications.com)	Vol:1, Issue:2, page no 56-59	2015	2455-2208.	-
11.	S. Parameshwari P. Nazni	Optimization of Roasted Linseed Powder (RLSP) Incorporated omapodi snacks using response surface methodology,	International Journal of Home Science (www.homesciencejournal.com)	Vol 2 Issue:1 Part 'B', page 85-91	2016 (Jan-April)	2395-7476.	5.3
12.	S. Parameshwari P. Venkateswari	Physio chemical properties of soya flour incorporated high protein biscuits	International Journal of Innovative Research in	Vol 2, issue-6, pages 96-	2016	ISSN:2395-5619	0.417

			Technology, Science & Engineering (www.ioirp.com)	99			
13.	S.Parameshwari	Anemia 'a Silent Killer' among Pregnant Women in India	Asian Journal of Innovative Research(www.asianjir.com)	Vol 1,Issue:2, pp 06-10	March 2016	ISSN 2455 7285	-
14.	S.Parameshwari R.Sujatha	Biochemical Profile and Anthropometric Assessment of Selected Infants and Young Children in Rural Areas	International journal of Institutional Pharmacy and Life Sciences. (www.ijipls.com)	Vol.6,Issue:3,Life science,pp55-64	2016, May-June	ISSN:2249-6807	3.57
15.	S. Parameshwari P. Nazni	Optimization of Roasted Linseed Powder (RLSP) Incorporated ChidwaLaddu Food using response surface methodology	International journal of Pharma and Bio Sciences. (www.ijpbs.net)	Vol.7,Issue:3,Biological science,pp512-524.	2016 (July-Sep)	ISSN:0975-6299	5.121
16.	Venkateswari P Parameshwari S	Development of Functional Biscuits from Soya Flour	International Journal of Advanced Research andDevelopment. (www.advancedjournal.com)	Vol.1,Issue 6,pp 8-11	June 2016	ISSN:2455-4030	RJIF: 5.24
17.	S.Parameshwari, A.Bharathy and P.Mehalai	A Study on Anthropometrics and Biochemical analysis among the school going children in Thanjavur district	International Journal of Advanced Research in Biological Sciences. (www.ijarbs.com)	Volume 3, Issue 7,pp 68-74	July, 2016	ISSN: 2348-8069	2015: 5.142
18.	Venkateswari P Parameshwari S	Effect of Incorporation of Soya flour to Wheat flour on Nutritional and Sensory quality of Biscuits	International Journal of Applied Research (www.allresearchjournal.com)	Vol2, Issue:6, Part 'M', pp827-832	June 2016	ISSN:2394-5869	RJIF: 5.2
19.	Venkateswari P	Formulation of Wheat soya	International journal	Vol 1,Issue:7,pp	July 2016	ISSN:2455-	

	Parameshwari S	bean biscuits and their quality characteristics	of academic Research and development. (www.academicjournal.com)	04-07		4197	RJIF: 5.12
20	Parameshwari S Roselin .C	Dietary Management of Cardiovascular diseases	International journal of physical education, sports and Health. (www.khelijournal.com)	Vol3,Issue:4,pp 173-176	July-August 2016 Part 'D'	ISSN:2394-1685	5.38
21.	R.Selvarani S.Parameshwari	A Study on biochemical measurements and clinical assessment of hemodialysis patients	International Journal of Advanced Education and Research. (www.alleducationjournal.com)	Vol 1,Issue7, pp69-72	July 2016	ISSN:2455-5746	RJIF: 5.34
22	R.Selvarani S.Parameshwari	Assessment of Nutritional status of Haemodialysis patients in Virudhunagar District	International Journal of Advanced Education and Research. (www.alleducationjournal.com)	Vol 1,Issue:7,pp87-89	July 2016	ISSN:2455-5746	RJIF: 5.34
23	S.Parameshwari R.Sujatha	Diet and Nutritional Assessment of Selected Infants and Young Children in Rural Areas	Journal of Global Bioscience. (www.mutagens.co.in)	Vol.5,Number 5,pp. 4049-4061	August 2016	ISSN 2320-1355	GIF: 0.676

LEARNED BODY MEMBERSHIP DETAILS

Sl. No.	Organization	Position	Duration
1.	Indian Dietetic Association	Life Member	2009 onwards
2.	International Association of Engineers	Life Member	From Sep, 2015 onwards
3.	Association of Food Scientist and Technologists (AFST) (CFTRI Mysore Campus)	Annual Member	From November 2015 onwards
4.	Nutrition Society of India (NIN)	Life Member	From November 2015 onwards
5.	Indian Science Congress Association	Life Member	From October 2015 onwards
6.	The Home Science Association of India	Life Member	Applied in September 2015

Seminars / Conference Papers Presented & Attended Details

I. **I. Papers Presented in International Conferences :**

Sl. No.	Name of the Conferences / Seminar	Topic	Organized by	Period
1.	International Conference on Food and Nutraceuticals for Nutrition and Health: Technology and Delivery (ICFAN-2011)	Comparative study on Black Tea and Herbal Tea in Cardiac Patients	Periyar University, Salem	Jan 20 – 22 nd 2011
2.	International Women Conference Bridging Rural and Global	Dietary knowledge of bridging rural women with global community	Mother Teresa Women's University, Kodaikanal	Jul 14 – 16 th 2015
3.	International Conference on Textile, Apparel and Fashion (INCOTAF-2015)	Eco-Friendly Natural Colours Fabrics	Mother Teresa Women's University, Kodaikanal & Sri Jayendra Saraswathy Mahavidyalaya College of Arts and Science, Coimbatore.	Sep 30 th 2015
4.	International symposium on Bioscience Research for present and Future	Role of Phytoestrogen in post-menopausal women	Vivekananda college of Arts and Science for women, Tiruchengode.	December 14 th 2015
5.	International Conference on Recent Innovations in Natural Resources to prevent Cancer(NRPC-2016)	Beet Leaves are Beat the Blights	Akathullah Appa College (autonomous) Tirunelveli	February 15 th 2016

6.	International Conference on Innovation in Science, Engineering & Technology	Physio chemical properties of soya flour incorporated high protein biscuits	Greentech College of engineering for women, Attur	February 27 th 2016
II. Participation in International Conferences :				
1.	2 nd International Conference on Food Technology	-	Indian Institute of Crop. Processing Technology, (IICPT) Thanjavur	Oct 30 – 31 st 2010
III. Papers Presented in National Conferences :				
1	National Conference on Implications and Intervention of Phyto Medicine in Disease Management (IIPDM - 2013)	Fatty acids compositions of processed linseed powder	Periyar University, Salem	Feb 18 – 19 th 2013
2.	National Seminar on “Vision India 2020: Dr.A.P.J.AbdulKalam’s Dreams through Women”	Women Entrepreneurs of Food Processing Industries in India-Problems, Psychological Problems, Emerging Issues and Challenges	Bharathidasan University, Tiruchirappalli	Oct 15-16 th 2015
3.	National Seminar on Women Empowerment and Human Rights: Transforming their Rights in the 21 st Century	Challenges of Securing women Nutrition and Hygiene in India	Annamalai University, Chidambaram	January 29 th & 30 th 2016
4.	National Conference on Botanicals and Phytochemicals: The Challenges and promise for Health Care and Drug Development	Health Benefits and Potential Effect of Phytochemicals	Rev.Jacob Memorial Christian college, Ambilikkai, Dindigul	February 4 th 2016
5.	9 th National Symposium on Modern Biological Science	Scope and Development of probiotic dairy products as	SNMV College of Arts and Science, Coimbatore	February 11 th & 12 th 2016

		functional foods		
6.	ICSSR Sponsored two day National Seminar on Challenges on Girl Child's Health, Education and Protection-Making the Right a Reality	Dangers of teen girls stress and Nutrition	Annamalai University, Cidambaram	March 17 th &18 th 2016
7.	Two – day National Conference on Value Education Through Teacher Education	Imparting the value of Nutrition Education to the Adult Women	ShanthiNiketan College of Education, Uthamapalayam.Theni.	March 10 th &11 th 2016
8.	ICSSR Sponsored AOne Day National Seminar on Literature and Human Rights (HURL-2016)	Food and Nutritional Rights for Senior Citizens	Shree SevuganAnnamalai College, Devakottai.	March 28 th 2016
9.	A One Day National Seminar on 'Status and Development- De-Notified, Nomadic, Tribal Women and Children in Tamil Nadu.	Health and Nutritional Status of Tribal Women in India	Mother Teresa Women's University, Kodaikanal, Department and Centre for Women studies, SIPCOT Industrial complex, pallappatty.	Mother Teresa Women's University, Kodaikanal, Department and Centre for Women studies, SIPCOT Industrial complex, pallappatty

IV. Poster Presented in National Conferences :

1.	3 rd INCOFTECH-2013 An International Conference on Food Technology	Optimization of Roasted Linseed Fortified Savory Snack Ingredients Using Response Surface Methodology	Indian Institute of Crop Processing Technology, Thanjavur	4 th & 5 th January 2013
2.	National Conference on Food Processing and Technology for Health Progression (NCFPTH - 2013)	Chemical Profile of the various Processed Linseed	Periyar University, Salem	Jan 9 -10 th 2013
3..	National Seminar on Whole Grain for Healthy life	Brown Rice is the Crown of Our Health	Indian Institute of Crop Processing Technology, Thanjavur	Oct 16 ,2015

4.	2 nd Annual Symposium on Clinical Nutrition	Diet for Multiple Disorders	Alpha Hospital & Research Centre, Madurai.	19 th March 2016
V. Participation in National Conferences / Seminar				
1.	National Conference on 'Energy Trends and Opportunities in Food Processing Sector'	-	Indian Institute of Crop Processing Technology, (IICPT) Thanjavur, Tamilandu and M.O.P. Vaishnav College for Women, Chennai, Tamilnadu.	Jan 29 – 30 th 2010
2.	National Seminar on BioTechnological and NanoTechnological Approaches in Food Processing	-	Indian Institute of Crop Processing Technology, (IICPT) Thanjavur, Tamilandu & Sengamala Thayar Education Trust Women's College, Mannargudi	Jan 21 st 2012
3.	National Seminar – Managing Risks of Hazardous Chemicals at Work.		Mother Teresa Women's University, Kodaikanal.	Sep 28 th 2015
4.	National Seminar on Whole Grain for Healthy Life		Indian Institute of Crop Processing Technology, Thanjavur	October 16 th 2015
5.	National Seminar on Recent Trends in Postharvest Pest Management in		Indian Institute of Crop Processing Technology, Thanjavur	November 4 th 2016
VI. Participation in State Level Seminar				
1.	State Level Seminar Cum Workshop on Dietary Management in Non-Communicable Disease.	-	Bharat College of Science and Management, Thanjavur	Dec 15 – 16 th 2006
2.	One Day Seminar on Recent Advances in Medical Research (RAMR-2015)		Bharathidasan University, Thiruchirappali.	December 7 th 2015

Conference proceedings:

FULL PAPERS IN CONFERENCE PROCEEDINGS:

1. S.Parameshwari, "Women Entrepreneurs of Food Processing Industries in India-Problems, Psychological Profile, Emerging Issues and Challenges," in Mission for Vision 2020: An Indian Journey, Dept. of Women's Studies, Bharathidasan University, Trichy, 2015, pp 111-116,(ISBN: 978-93-83213-09-2).
2. S.Parameshwari and M.Akilandeswari, Health Benefits and Potential Effect of Phytochemicals, in "Botanicals and Phytochemicals: The Challenges and promise for Health Care and Drug Development", Dept. of Biochemistry, Rev.Jacob Memorial Christian College, Ambilikai, 2016,pp C159,(ISBN 978-93-82323-60-0).
3. S.Parameshwari, Dangers of Teen Girls-Stress and Nutrition, in "Budding Generation and Bridging Freedom- Girl Child," Dept. of Political Science & Public Administration,DDE, Annamalai University, 2016, pp 114,(ISBN-81-8446-756-7)

Chapter Contribution in Books:

1. Chapter Contribution in " Women- The Comprehensive" chapter entitled "Nutritional Status of women in India-Current Scenario, Dr.Mohan Educational & publication Trust, Karaikkudi, ISBN No 978-81-920462-9-7, Pp 185-199.

Published Books

1. S.Parameshwari, Pediatric Nutrition", 2 nd Edition, Harman publications, Thanjavur, 2014, (www.harmanpublications.com) (ISBN: 978-8-192788-08-1).
2. S.Parameshwari, "Nutrition through Life cycle" 2nd Edition, Harman publications, Thanjavur, 2015, (www.harmanpublications.com) ISBN: (978-93-840080-55).
3. Dietary Approaches for Non-Communicable Diseases, 2nd Edition (2015), Author: Dr.S.Parameshwari, Harman Publications, Thanjavur, (www.harmanpublications.com) ISBN: 978-93-840088-116.
4. S.Parameshwari, Food and Nutritional Security of Women in India, 24by7 publishing.com, Kolkata, 2016(store.24by7publishing.com) (ISBN: 978-93- 84882-91-4).
5. S.Parameshwari, Food Allergy-Facts and Principles, Bonfring publication, Coimbatore, 2016(bookpub.bonfring.org) (ISBN: 978-93-85477-96-6).
6. S.Parameshwari, "Text Book of Nutrition for Pregnancy and Lactation," Research India Publications, Delhi, 2016, (www.ripublication.com) (ISBN 978-93-84443-64-1).
7. Nutritional Programmes in India (2016), Author: Dr.S.Parameshwari, Research India Publishers, Delhi, India. (www.ripublication.com) ISBN978-93-86138-02-6.
8. Dietary Management of Diabetes Mellitus (2016) Author: Dr.S.Parameshwari
New Delhi Publishers, New Delhi. (www.renupublishers.com) ISBN: 978-93-85503-52-8.
9. Fundamentals of Food Science (2016), Author: Dr.S.Parameshwari, Renu Publishers, New Delhi. (www.renupublishers.com) ISBN: 978-93-85502-35-4.

10. Text Book of Nutrition (2016), Author: Dr.S.Parameshwari, Renu Publishers, New Delhi. (www.renupublishers.com) ISBN: 978-93-85502-36-1

Programmes Attended

Attended UGC Sponsored Orientation programme from 20.5.16 to 16.6.16 (28 days) at UGC-Human Resource Development Centre, Bharthidasan University, Trichy, Conducted by Bharthidasan University, Tiruchirappalli.

Served as a Resource Person:

1. Served as a Guest Lecture in Cauvery College for Women, Trichy on 19.09.2014.
2. Served as a Guest Lecturer in Seethalakshmi Ramaswamy College, (Autonomous), Trichy on 12.12.2014.
3. Served as the Resource Person for the National Seminar “Emerging Vogue in Food Habits and Processing” (NUTC - 15) held on 21, August 2015 at AIMAN College of Arts and Science for Women, Trichy.
4. Served as Chairperson on “National Conference on Futuristic Research in Nutrition and Dietetics (NCFRND – 2015)” to be held on 12th, Oct 2015 in Department of Nutrition and Dietetics Jamal Mohamed College (Autonomous), Trichy.
5. Appointed as an External Examiner for 12 M.Phil. Candidates in Mother Teresa Women’s University, Kodaikanal in the Year of 2008 – 2009.
6. Appointed as an External Examiner for 1 (One) M.Phil, Candidate’s Viva Voce Examination at Bharath College of Science and Management, Thanjavur in the year of 2009 (June).
7. Appointed as an External Examiner for M.Sc., Food Service Management and Dietetics Viva Voce at Cauvery College for women, Trichy on 18 and 19th April 2003.
8. Appointed as an Examiner for UG Paper Valuation in the Year at 2007 – 2009.
9. Appointed as an Internal and External Examiner for UG and PG Practical Examination in Bharthidasan University, Tiruchirappalli Affiliated Colleges viz., Bharath College of Science and Management, Thanjavur and STET Women’s College, Mannargudi in the year of 2003 – 2009.
10. Appointed as a Chief Superintendent for M.Phil, Part Time Examinations in May 2015 in Mother Teresa Women’s University, Kodaikanal.
11. Appointed as Member in TN Govt. Noon Meal Scheme Evaluation Study in Salem District by Salem District Administration on 16.02.2012.

12. Appointed as an External Examiner for B.Sc., Nutrition and Dietetics Subject Viva Voce at The Standard Fireworks Rajaratnam College For Women, Sivakasi on 21.11.15
13. Appointed as a subject expert for Faculty Improvement Programme Selection Committee Meeting on 08 01 2016 at Sri Meenakshi Govt. Arts college for women (autonomous), Madurai.
14. Appointed as an External Examiner for B.Sc., Nutrition and Dietetics Practical at The Standard Fireworks Rajaratnam College For Women, Sivakasi on 21.3.16 and 22.3.16
15. Appointed as an External Examiner for M sc., Food Processing & Quality Control Practical at VVVanniaperumal College For Women (Autonomous), Virudhunagar on 29.3.16.
16. Served as Chief Resource Person in Breast Feeding Week Celebration and Delivered a Talk on 'Breast Feeding-The Way Forward for Healthier Children, Conducted by Social Welfare and Nutritious Meal Department, from 8.8.2016 to 9.8.2016 in Krishnarayapuram Block, Karur District,
17. Appointed as an Internal Examiner for Mphil Foods and Nutrition (Regular) Viva Voce at Mother Teresa Women's University Research and Extension Centre, Chennai on 06.09.16.
18. Appointed as an Question Paper Setter in Diploma in Health Management at Mother Teresa Womens University, Kodaikanal on 28.09.16.
19. Appointed as an External Examiner for PhD Viva Voce Examination at Prist University, Vallam, Thanjavur on 16.12.16.