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EDUCATIONAL QUALIFICATION

- UGC NET - Qualified in December 2024

Degree	Institution	Year	Specialization
Ph.D	The Gandhigram Rural Institute	2024	Food Science and Nutrition
M.Sc	Deemed to be University	2017	
B.Sc	Gandhigram, Dindigul, Tamil Nadu.	2015	Home Science

Teaching Experience

02 Years and 04 Months as a Guest Faculty in the Department of Home Science,
The Gandhigram Rural Institute - (Deemed to be University) Gandhigram,
Tamil Nadu, India.

Research Publications

S.No.	Category	Total
1.	No. of Scopus/ UGC-CARE Listed Publications/Refereed Online Journal	20
2.	No. of Chapters in Edited Volume /Proceedings	31
3.	Workshop/Seminar/Webinar Participations	39

Conference/ Proceedings and Book Chapters Presentations

S.No.	Category	Total
1.	Papers/Posters Presented in International Conference	21
2.	Papers Presented in National Conference	08
3.	Edited Volume Proceedings	21
4	Edited Volume Book Chapters	10

Award/ Achievement

Award	Title	Organisation	Month & Year
Young Scientist Award	Dietary Pattern Modification and Anemia Reduction among Adolescent Girls: An Intervention Based Study	University of Mysore and Karnataka State Open University	February 2026

Certificate and Online Courses

S.No.	Title	Mode	Year of Completion
1.	Art of doing Effective Literature Review by KOACH	Online	February 2021
2.	Food Nutrition for Healthy living By NCERT		October 2020
3.	Personality Development @ The Gandhigram Rural Institute (Deemed to be University)	Certificate	November 2013

Elsevier Certificate Course (Research Academy)

S.No.	Title	Year of Completion
1.	How Your Research Can Make an Impact on Society?	July 2021
2.	Ethics Responsibilities for Peer Reviewers	
3.	Publishing Open Access	
4.	10 Tips for Writing a Truly Terrible Review	
5.	An Editor's Guide to Writing a Review Article	
6.	Make The Most of Your Research: Publish Your Data & Methods	
7.	Writing A Persuasive Cover Letter for Your Manuscript	
8.	5 Diseases Ailing Research – And How to Cure Them	
9.	How Researchers Store, Share and Use Data?	
10.	How To Prepare a Proposal for a Review Article?	

Research Publications

S.No.	Title of the Article	Name of the Journal	I/N	ISBN/ISSN	Vol	Pg.No	Month and Year
1.	Interlinking Nutrition and Infant Stimulation: Implications for Achieving Sustainable Development Goals	Journal of Emerging Trends and Novel Research	I	2984-9276	4	b59-b66	April 2026
2.	Building Better Brains: The Role of Stimulation and Growth in Low Birth Weight Infants	EPRA International Journal of Research and Development	I	2455-7838	11	65-70	
3.	Early Stimulation, Lifelong Impact: Advancing Infant	International Journal of	I	3108-1762	2	1-6	March 2026

	Development Through Integrated Theories and Global Goals	Science, Strategic Management and Technology					
4.	Early Childhood Stimulation Through Traditional Infant Care Practices in India: A Systematic Review	International Journal of Advanced Multidisciplinary Research and Educational Development	I	3107-6513	2	1116-1120	March – April 2026
5.	From bonding to belonging: The role of infant attachment in shaping emotional and social outcomes	International Journal of Home Science	I	2395-7476	12	132-134	Feb 2026
6.	Functional Potential of Wheatgrass and Fenugreek in Detox Beverage Formulation : A Comprehensive Review	Journal of Xidian University	I	1001-2400	19	863-879	July 2025
7.	Mental Health Assessment Among Adolescent Girls Using the Strengths and Difficulties Questionnaire (SDQ): A Cross-Sectional Study	Journal of Xidian University	I	1001-2400	19	761-771	July 2025
8.	Sleep Hygiene and its Impact mood and Academic Performance among Adolescent Girls: A Multidimensional Review	Sri Sarada Journal of Frontiers of Knowledge	I	3048-9903	14	43-50	June 2025
9.	Exploring Nutritional and Therapeutic Efficacy of Amla, Curry Leaves, and Ginger: A Holistic Review	Journal of Xidian University	I	1001-2400	19	1550-1564	June 2025
10.	Anemia and BMI in Adolescent Girls: A School Based Study in Dindigul District	The Academic International Journal of Multidisciplinary Research	I	2583-973X	3	55-71	May 2025
11.	Impact of Gender Inequality on Nutritional Outcomes	Academic Research News	I	2584-167X	1	116-121	May 2025
12.	Exploring the Anti-Inflammatory Properties of Amla In Occupational Health	International Journal of Creative Research Thoughts	I	2320-2882	13	323-335	March 2025
13.	Assessing the Attitude of Rural Youth Towards Farming: A Cross Sectional Study of Dindigul District	International Journal of Agriculture, Environment and Biotechnology	I	0974-1712	17	199-206	August 2024

14.	Determinants of Junk Food Consumption and Dietary Diversity Score of Adolescent Girls in Thoppampatty Block	International Journal of Home Science	I	2395-7476	9	92-95	February 2023
15.	Intervention for Enhancement of Knowledge, Attitude And Practice on Prevalence of Anemia Among Adolescent Girls in Palani Block: An Application of Linear Regression Model.	International Journal for Innovative Research in Multidisciplinary Field	I	2455-0620	8	68-74	December 2022
16.	A Study of Anemia Prevalence and Deworming Practices Among Adolescent Girls in Palani Block	International Journal of Research Publication and Reviews	I	2582-7421	1	160-167	October 2020
17.	Attitude Towards Anemia Among Adolescent Girls	EPRA International Journal of Multidisciplinary Research	I	2455-3662	6	474-478	August 2020
18.	Prevalence of Anemia Among Adolescent Girls In Palani Block	International Journal of Trend in Scientific Research and Development	I	2456-6470	4	175-179	August 2020
19.	Reliability Measure of the KAP Statements for Anemic Adolescent Girls in Palani Block	EPRA International Journal of Multidisciplinary Research	I	2455-3662	6	361-366	July 2020
20.	Anemia A Short Review: An Approach to Adolescent Girls.	Juni Khyat	I	2278-4632	10	232-242	June 2020

Book Chapters

S.No.	Title of the Chapter	Name of the Publisher	ISBN/ISSN	Pg.No.	Month and Year
1.	Bridging Tradition and Global Standards: Empowerment Rights in Gestational Diabetes Management	Authorspress	978-93-6095-160-3	185	July 2026
2.	Integrating Indigenous Nutrition Practices for Sustainable Well-being			202	
3.	Family as a Social Support System for Special Needs Children: A Review	Yking book	978-93-49281-92-9	175	May 2026
4.	Connecting Care: The role of E-Health Platforms and Telemedicine in Healthcare Delivery	Authorspress	978-93-5529	129	2026

5.	Nourishing the Golden Years: Nutrition and Wellness Strategies for Aging Populations			136	
6.	Bridging Health and Governance : The Role of Social Scientists and Peace Activists in Combating Adolescent Anemia	Crown Publishing	-	205-223	March 2026
7.	Food Security and Nutrition : An Adolescent Perspective from Palani Block	Shanlax	9789-3-6163-7346	43-51	April 2025
8.	Resurgence from Covid 19: Connecting Communicable and Non Communicable Diseases through Nutrition Education Focusing on Anemic Adolescent Girls	Lambert Academic Publishing	978-620-3-04258-0	51-69	July 2020
9.	Exclusive Breast feeding - A Lifestyle Practices among Lactating Mothers	Shanlax	2321-788x	122-127	March 2020
10.	Phytonutrient and Antioxidant Activity of Gooseberry Candy incorporating basil		2321-788X	136-141	March 2018

Proceedings

S.No.	Title of the Chapter	Title of the Conference	ISBN/ISSN	Pg.No.	Month and Year
1.	Sustainable Food Systems and Agricultural Innovations for Adolescent Nutrition and Food Security	Geoinformatics for Sustainable Development and Innovation	978-93-6163-840-4	54-55	March 2026
2.	Reimagining Adolescent Healthcare: Innovative and Sustainable Pathways to Improve Accessibility			114-115	
3.	Adolescent Girls Leadership and Participation in Indigenous Enterprises: A Community Nutrition Strategy for Advancing Sustainable Development Goals	Indian Knowledge Systems in Business and Management : Reviving Indigenous Wisdom for Sustainable and Inclusive Growth	978-93-48980-78-6	13	February 2026
4.	Role of Microbes in Advancing Human Health and Sustainable Development Goals: A Bioscience Perspective	Recent Development of Advanced Biological Sciences	978-81-998219-1-0	2	
5.	Analytical Intelligence as a Catalyst for Sustainable and Resilient Food Systems	Biosciences Innovations for Global Sustainability in Health and Environment	978-93-5701-917-0	3	
6.	Sustainable Biosciences Innovations for Adolescent Health: The Case of Turmeric and its Therapeutic Potential	Emerging Food Economics : The Intersection of Home, Health and Happiness	978-93-5655-169-5	94	
7.	Strengthening Food Security Programmes for College Going Girls Through Functional Foods and Nutraceuticals			118	
8.	Food Security Interventions and Mental Health Outcomes: A Gut Microbiome Perspective			120	

9.	Home Economics Education and Poverty Reduction: A Multidimensional Development Perspective			126	
10.	Healthy Living a Financial Security for Sustainable Happiness: An SDGs based review			130	
11.	Harnessing Innovation to Build Healthier, Greener and Inclusive Food System			133	
12.	Bridging Tradition and Global Standards Empowerment Right in Gestational Diabetes Management	From Local Wisdom to Global Futures: Indigenous Knowledge, Sustainability and Empowerment	978-93-6163-401-7	27	January 2026
13.	Integrating Indigenous Nutrition Practices for Sustainable Well -Being			35	
14.	Nourishing the Golden Years: Nutrition and Wellness Strategies for Aging Populations	Navigating India's Ageing Population: A Roadmap for Viksit Bharat 2047	-	23	October 2025
15.	Connecting Care: The Role of E-Health Platforms and Telemedicine in Healthcare Delivery		-	24	
16.	Non Communicable Diseases: A Governance and Social Justice Perspective	International Conference on Social Scientists and Peace Activities	-	23-24	
17.	Binding Health and Government : The Role of Social Scientists			40-41	
18.	Global trends and the Sustainable Development Goals: Advancing the well-being of Children and Adolescent Girls	Advancing Food Science: Global Trends and Future Perspectives – AFS 25	978-93-4867-9406	72-73	March 2025
19.	Promotion of Good Health and Wellbeing through Healthy Village SDG 2 and 3 among Adolescent Girls.	Sustainable Development Goals in India: Achievements and Challenges Ahead	-	38	
20.	Sustainable Develop Goals: The Key to Optimal Health			40	
21.	Resurgence from Covid 19: Connecting Communicable and Non Communicable Diseases through Nutrition Education Focusing on Anemic Adolescent Girls	Covid – 19: Emergence and Resurgence of Communicable Diseases from Social Sciences Perspectives	-		July 2020

Supervision of UG/PG Dissertations

S.No.	M.Sc Dissertation	Status
1.	Gut balance for Sustainable Living: Enhancing Mental Health	Completed (April 2026)
2.	Turmeric for Health and Sustainability : A Study connecting Functional Foods and Nutraceuticals with Sustainable Development Goals	
3.	Awareness to Action : Linking Hydration Knowledge, Attitude and Practice among Gandhigram Students Towards Sustainable Development Goals (UG)	
4.	Formulation and Development of Amla Fusion Health Mix	Completed (May 2025)
5.	Development and Functional Evaluation of a Detox Drink Mix: A Nutritional and Shelf Life Study	Completed (May 2025)
6.	Development of Chickpea Milk based Banana Blossm Ice Cream : A Healthy Dessert	Completed (May 2025)
7.	Prevalence and Knowledge on Obesity Among School Going Adolescents in Rural Areas	Completed (April 2024)

Awards / Achievements

Award	Title	Organisation	Month & Year
Young Scientist Award	Dietary Pattern Modification and Anemia Reduction among Adolescent Girls: An Intervention Based Study	University of Mysore and Karnataka State Open University	February 2026
Best Oral Presentation	Sustainable Agriculture and Production: Empowering Adolescent Girls Through Kitchen Garden	Department of Agriculture and Agricultural Engineering, Kalasalingam Academy of Research and Education	March 2025

(ABIRAMI. M)