

Yamunadevi Puraikalan, PhD, RDN.

Curriculum Vitae

Contact Information

Associate Professor, Nutrition Sciences Department, Borra College of Health Sciences, Dominican University, River Forest, IL-60305. Email- ypuraikalan@dom.edu

Education

- 2016 Dietetic Internship, ISPP, Dominican University, IL
- 2015 Ph.D. in Foods and Nutrition, Vellalar College for Women, Bharathiar University, India
- 2009 Master of Philosophy in Foods and Nutrition, Women's Christian College, India
- 2008 Master of Science in Foods and Nutrition, Ethiraj College for Women, India
- 2006 Bachelor of Science in Nutrition Food Service Management and Dietetics, Ethiraj College for Women, India

Recommended U.S Educational Equivalency

Doctor of Philosophy in Nutrition and Dietetics from a regionally- accredited institution of higher education in the US.

Master of Science in Food Science and Human Nutrition Research

Master of Science in Food Science and Human Nutrition

Bachelor of Science in Food Science and Human Nutrition

Academic Appointments

- 2022- Present Associate Professor, Nutrition Science Department, Dominican University, IL
- 2016- 2022 Assistant Professor, Nutrition Science Department, Dominican University, IL
- 2010- 2016 Assistant Professor, Home Science Dept, Mother Teresa Women's University, India

Non- Academic Appointments

- 2009-2010 Clinical Nutritionist, Global Hospitals and Health City, Chennai, India
- 2008-2009 Dietitian, Lifeline Multispecialty Hospitals, Chennai, India
- 2008 Dietitian, Labelle Body Care Private Limited, Chennai, India
- 2005& 2007 Dietetic Intern, Department of Clinical Nutrition and Dietetics, Sri Ramachandra Hospital, India

Professional Qualifications

Certification

- 2017 Registered Dietitian Nutritionist (RDN), Commission on Dietetic Registration. This is a national requirement for certification and practice for all dietitians.

Teaching and Research Experiences

Teaching: 14 years. Research: 16 years (as of Fall 2024).

Courses taught at Dominican University

- NUTR 404- Medical Nutrition Therapy - I - Fall 2016
- NUTR 410- Food Product Development- Fall 2017, Spring 2019, Spring 2022
- NUTR 455- Culinology Internship - Summer 2018, 2019, Fall 2019
- NUTR 390- Experimental Foods- Fall 2017-Present
- NUTR 370- Food Processing- Spring 2017, Fall 2018, Fall 2021
- NUTR 250- Basics of Nutrition- Spring 2018, 2020, Fall 2023, Fall 2024

NUTR 251- Advanced Basic Nutrition- Fall 2020- Present
 NUTR 240- Food Chemistry- Fall 2018, Spring 2019, Spring 2021
 NUTR 200- Fundamentals of Foods- Fall 2016-Present
 NUTR 101- Introduction to Dietetics- Fall 2020-Present

Courses taught at Mother Teresa Women's University - 2010-2015

SCP1- Research methods and statistics - 2010- 2015
 SC P2- Human Physiology- 2013- 2015
 SC P3- Advanced Food Science and Practical- 2010- 2015
 SE P1- Fundamentals of food technology- 2013- 2015
 SC P4- Food microbiology- 2013- 2015
 SC P5- Advanced Nutrition I- 2010- 2015
 SC P6- Advanced nutritional biochemistry- 2010- 2015
 SC P7- Nutrition through life cycle- 2010- 2015
 SC P8- Advanced Nutrition II- 2010- 2015
 SC P9- Advanced Dietetics- 2010- 2015
 SC P10- Community Nutrition- 2013- 2015
 SC P11- Clinical biochemistry- 2013- 2015

Research mentorship

Mentored six students who were awarded the (G)URSCI Research Stipend- 2018- Present
 Evaluated three dissertations as a member of the PhD thesis external evaluation committee
 Evaluated two Master of Philosophy Dissertation
 Mentored 10 Master of Philosophy students on their dissertations from 2010 to 2015
 Mentored 17 Master of Science students on their dissertations from 2010 to 2015

Publications in peer reviewed journals

24. **Puraikalan Y**, Laton A, Nutritional value of red-fleshed and skinned pitaya (*Hylocereus polyrhizus*) species. *International Journal of Home Science*. 2023; 9(3): 271-275. [Read full-text](#)
23. **Puraikalan Y**, Scott M. Sunflower Seeds (*Helianthus Annuus*) and Health Benefits: A Review. *Recent Progress in Nutrition* **2023**; 3(3): 010; doi:10.21926/rpn.2303010. [Read full-text](#)
22. **Puraikalan Y**. Characterization of Proximate, Phytochemical and Antioxidant Analysis of Banana (*Musa Sapientum*) peels/skins and Objective evaluation of ready to eat/cook product made with banana peels. *Curr Res Nutr Food Sci* 2018; 6(2). <https://dx.doi.org/10.12944/CRNFSJ.6.2.13>
21. **Puraikalan Y**. Obesity: Perceptions of body image and obesity among cross culture: A Review. *Obes Res Open J*. 2018; 5(1): e1-e2. doi: 10.17140/OROJ-5-133. [Read full-text](#)
20. Proximate analysis and Objective evaluation of recipe made with sunflower meal, **Dr. Yamunadevi Puraikalan**, Dr. Sabitha. N, *International Journal of Science and Research (IJSR)*, Volume 5, Issue 11, November 2016, ISSN (Online): 2319-7064, Impact Factor (2015): 6.391, Index Copernicus Value 2013: 6.14. [Read full-text](#)
19. Therapeutic Efficiency of Centella Asiatica Flour Incorporated Fryums, Saranya Kulasekaran, **Dr. Yamunadevi Puraikalan**, *International Journal of Science and Research (IJSR)*, Volume 5, Issue 4, April 2016, ISSN (Online): 2319-7064, Impact Factor (2015): 6.391, Index Copernicus Value 2013: 6.14. [Read full-text](#)

18. Development and Effects of Jamun Seed Powder Incorporated Cookies, Abinaya Kannan, *Dr.Yamunadevi Puraikalan*, International Journal of Science and Research (IJSR) , Volume 5, Issue 4, April 2016, ISSN (Online): 2319-7064, Impact Factor (2015): 6.391, Index Copernicus Value 2013: 6.14. [Read full-text](#)
17. Development and Objective evaluation of sunflower seed fortified cookies, *Dr.Yamunadevi Puraikalan*, Dr. Sabitha. N, International Journal of Current Research, Volume7, Issue 9, pp 19927-19930, September 2015, ISSN: 0975-833X, Impact Factor (2014): 5.349, Index Copernicus Value: 6.24. [Read full-text](#)
16. Extraction of cold press moringa oil, Janaki.S, *Yamunadevi Puraikalan*, International Journal of Current Research, Volume 7, Issue 4 April 2015,pp 14956-14957, ISSN: 0975-833X, Impact Factor (2014): 5.349, Index Copernicus Value : 6.24. [Read full-text](#)
15. Microbial properties of cold press moringa oil, Janaki.S, *Yamunadevi Puraikalan*, International Journal of Current Research, Volume 7, Issue 4 April 2015, pp 14956-14957, ISSN: 0975-833X, Impact Factor (2014): 5.349, Index Copernicus Value : 6.24. [Read full-text](#)
14. Effect of supplementation of soy flour on rice fryums quality, Deepika Kadirvel, *Yamunadevi Puraikalan*, International Journal of Science and Research (IJSR), Volume 4, Issue 4, April 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14. [Read full-text](#)
13. Development and evaluation of banana blossom incorporated dark chocolate, Sharmila, *Yamunadevi Puraikalan*, International Journal of Science and Research (IJSR), Volume 4, Issue 4, April 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14. [Read full-text](#)
12. Formulation and Quality Evaluation of whey-based fruit juice, Nagadevi, *Yamunadevi Puraikalan*, International Journal of Science and Research (IJSR), Volume 4, Issue 4, April 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14. [Read full-text](#)
11. Effect of Supplementation with barley flour on bread quality, Nirmala, *Yamunadevi Puraikalan*, International Journal of Science and Research (IJSR), Volume 4, Issue 4, April 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14. [Read full-text](#)
10. Development and supplementation of fibre enriched formulated supplementary mixture on type 2 diabetes mellitus, Soumini G.P, *Yamunadevi Puraikalan*, International Journal of Science and Research (IJSR), Volume 4, Issue 3, March 2015, ISSN (Online): 2319-7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14. [Read full-text](#)
9. Development of food products using pomegranate skin, Sayeeda Fathima, *Yamunadevi Puraikalan*, International Journal of Science and Research (IJSR), Volume 4, Issue 3, March 2015, ISSN (Online): 2319- 7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14. [Read full-text](#)
8. Development and organoleptic evaluation of jamun juice, Abinaya Kannan, *Yamunadevi Puraikalan*, International Journal of Science and Research (IJSR), Volume 4, Issue 3, March 2015, ISSN (Online): 2319- 7064, Impact Factor (2013): 4.438, Index Copernicus Value 2013: 6.14. [Read full-text](#)
7. Development and Sensory Evaluation of Sunflower Meal Fortified Cookies, *Yamunadevi Puraikalan*, Dr. N. Sabitha, International Journal of Science and Research (IJSR), Volume 3, Issue 8, August 2014, ISSN (Online): 2319-7064, Impact Factor (2012): 3.358, Index Copernicus Value 2012: 5.34. [Read full-text](#)
6. Development and Sensory Evaluation of Sunflower Seeds and Sunflower Meal Incorporated Ready to Eat Food Products, *Yamunadevi Puraikalan*, Dr.N.Sabitha, International Global Journal For Research Analysis, ,Volume 3, Issue 8, August 2014, ISSN No. 2277-8160. <https://www.doi.org/10.36106/gjra>. [Read full-text](#)

5. Development and Sensory Evaluation of Cookies Using Grape Seed, Anisha Albert, **Yamunadevi Puraikalan**, International Global Journal for Research Analysis, Volume 3, Issue 8, August 2014, ISSN No. 2277-8160. <https://www.doi.org/10.36106/gjra>. [Read full-text](#)
4. Development of Lycopene Rich Noodles, Aarthi Sanjeevi, **Yamunadevi Puraikalan**, International Journal of Scientific Research, Volume 3, Issue 3, March 2014, ISSN No. 2277-8179. <https://www.doi.org/10.36106/IJSR> [Read full- text](#)
3. Development and sensory evaluation of sunflower seed fortified cookies, **Yamunadevi Puraikalan**, Dr. N. Sabitha, International Journal of Scientific Research, Volume 3, Issue 2, February 2014, ISSN No. 2277-8179. <https://www.doi.org/10.36106/IJSR>. [Read full-text](#)
2. Effect of supplementation of a food mixture rich in essential fatty acids on women with polycystic ovary syndrome, **Yamunadevi Puraikalan**, Dr. Gomathy Shivaji, International Global Research Analysis, Volume 2, Issue 6, June 2013, ISSN No. 2277-8160. [Read full-text](#)
1. The Effect of supplementation of barley on the lipid profile of mildly hypercholesterolemic adults, **Yamunadevi Puraikalan**, International Journal of Scientific Research, Volume 2, Issue 6, June 2013, ISSN No. 2277-8179. <https://www.doi.org/10.36106/IJSR>. [Read full-text](#)

Presentations (Oral)

- 2022 Mahnoor Saghir and **Yamunadevi Puraikalan**, Dietary Trends and Lifestyle Changes During COVID-19. (URSCI Expo) and Global Learning Symposium, Dominican University
- 2019 Lucille Benoit and **Yamunadevi Puraikalan**, Applications of Whey in Orange Juice Based Beverages. URSCI Expo and Global Learning Symposium, Dominican University
- 2018 Morganne Schmidt and **Yamunadevi Puraikalan**, Development and Objective evaluation of Buckwheat incorporated Sugar Cookies. URSCI Expo and Global Learning Symposium, Dominican University
- 2015 **Yamunadevi Puraikalan**, Effect of supplementation of a food mixture rich in essential fatty acids on anthropometric parameters among PCOS women. International Women's Conference, Mother Teresa Women's University, India
- 2011 **Yamunadevi Puraikalan**, Effect of supplementation of a food mixture rich in essential fatty acids on women with polycystic ovary syndrome. International Conference on Food and Nutraceuticals, Periyar University, India
- 2010 **Yamunadevi Puraikalan**, Role of Women in Promoting Peace. International conference on "Education for Peace, Religious Harmony and Cultural Diversity. Department of Women studies, Mother Teresa Women's University, India
- 2009 **Yamunadevi Puraikalan**, The Effect of supplementation of barley on the lipid profile of mildly hypercholesterolemic adults. National Seminar on Nutritional Challenges, Periyar University, India

Presentations (Poster)

- 2023 Cassandra Hansen and *Yamunadevi Puraikalan*, Nutrition Education and Awareness of Nutrition Labels Across Cultures: Synchronous, Asynchronous, and In-Person. SI Expo, Dominican University
- 2021 Geneva Capp and *Yamunadevi Puraikalan*, Development and Objective Evaluation of Functional Muffin using Broccoli Stalk Flour. URSCI Expo and Global Learning Symposium, Dominican University

Professional Faculty Development

Conferences/Expo attended

- 2022 Food and Nutrition Conference & Expo, Virtual
- 2016-2024 Chicago Section IFT Annual Supplier's Night
- 2017 Food & Nutrition Conference & Expo
- 2013 International Conference on Quality Enhancement in Higher Education beyond Cognition, Tamilnadu Open University, India
- 2009 National Symposium on Food and Nutrition Security, Women's Christian College, India
- 2008 National Conference organized by NSI & ISPEN, Chennai.

Workshops attended

- 2021 Virtual Institutes on Integrative Learning and Signature Work & Interfaith Excellence, Association of American Colleges and Universities
- 2021 Strategies for Increasing Interaction & Engagement Self-Paced Workshop, Online Learning Consortium
- 2021 Teaching STEM in Hispanic Serving Institutions Mini-Course, ESCALA Educational Services
- 2020 Annual Faculty Workshop (virtual) Crisis as Catalyst for Reimagining Teaching, Learning, and Community, Dominican University
- 2020 Online workshop on Building Effective Online Courses, Dominican University
- 2018 Annual Faculty Workshop Who Are Our Students, and What Do They Need? Dominican University
- 2018 17th Team-Based Learning Collaborative Meeting, San Diego
- 2017 Innovative Pedagogies Academy, Dominican University
- 2016 Annual Faculty Workshop- Seeking Veritas in a Complex World: Tackling Wicked Problems through Integrative Learning, Dominican University
- 2016 Introduction to University Teaching Workshop, Dominican University
- 2015 International Workshop on Researching, Writing and Publishing- Special Reference to Education, Tamilnadu Open University, India
- 2014 Tamil Wikipedia, Tamilnadu Open University, India
- 2014 National workshop on Beyond the Barriers, Mother Teresa Women's University, India

- 2013 Behavioral Pattern for Successful Living, Tamilnadu Open University, India
- 2013 Incorporating Heritage Component in Tourism curriculum, Mother Teresa Women's University, India
- 2013 In house entrepreneurs training on Mushroom Cultivation, Preservation and Production of value-added foods, Mother Teresa Women's University, India
- 2012 Forefront Women achievers: Opportunities and Challenges, Mother Teresa Women's University
- 2012 Proposal writing and funding agencies, Mother Teresa Women's University, India
- 2011 Nutrition Research Methodology- Design and Data Analysis, PSG College of Arts and Science, India

Seminar/Webinar attended

- 2023 The Power of Protein in Diabetes & Weight Management, recorded webinar
- 2023 Rethink Your Drink: Motivate Your Patients to Reduce Intake of Sugar Sweetened Beverages, recorded Webinar
- 2023 Research Updates on Fiber, Good Fats, and Their Role in Diabetes Management
- 2023 Therapeutic Lifestyle Changes for Prediabetes and Type 2 Diabetes, recorded webinar
- 2023 Go Nuts: Help Your Clients and Patients Address their Pandemic Weight Gain and Health-related Issues, recorded webinar
- 2023 Not All Plant-Based Diets are Created Equal: Practical Ways to Help Clients and Patients Replace Processed Plant Foods with Whole Plant Foods, recorded webinar
- 2022 Self-Feeding from Baby's First Bites: How to Incorporate Baby-Led, recorded webinar
- 2022 Healthy Lifestyle Behaviors (Including Good Nutrition) for Heart, recorded webinar
- 2022 Berries, Bioactive Nutrients, and Brain Health, recorded webinar
- 2021 An In-Depth Look at the 2020-2025 Dietary Guidelines for Americans, recorded webinar
- 2021 Carbohydrate Restriction for Obesity and Diabetes: What Does the Evidence Say? recorded webinar
- 2021 National Women's Food Science and Technology virtual conference, IIFPT, India
- 2020 Nuances to Applying the Low FODMAP Diet, recorded webinar
- 2020 Sleep, Stress and Nutrient Gaps, recorded webinar
- 2020 How Regenerative Agriculture and Nutrient-Dense Foods Can Help Support Human and Planetary Health, recorded webinar
- 2020 Nutrition live Online, American Society for Nutrition
- 2017 AACU webinar on Advancing Diversity and Inclusivity through Multilevel Strategic Leadership, Dominican University
- 2017 Dinner and Discussion, The Meaty Side of Mushrooms organized by RCA at Kendall College, Illinois
- 2016 Team based learning by Dr. Julie Bach, Dominican University
- 2016 The Culinary side of sensory evaluation, RCA Chicago and Regional at Tate and Lyle, IL
- 2016 Color matters in Dietetics, Dominican University

- 2016 Seminar organized by NSAND and WSAND at Harper College, Illinois
- 2014 Research Methodology in Management, Department of Management Studies, Mother Teresa Women's University, India
- 2013 Making Special Education Inclusive- from Rhetoric to Reality, Tamilnadu Open University, India
- 2013 Research Methodology for Economics - A practical approach to advanced level research, Tamilnadu Open University, India
- 2013 Issues and Trends in the Contemporary Politics and Public Administration, School of Politics and Public Administration, Tamilnadu Open University and Department of Higher Education, Government of Tamilnadu, India
- 2013 Challenges of Social Science Education, School of Education, Tamilnadu Open University and Department of Higher Education, Government of Tamilnadu, India

Service as a Resource Person

- 2023 Virtual International Conference on Unleash and Reintegrate the Miracle Millets to Sustain Nutritional Security, Department of Nutrition and Dietetics, Vellalar College for Women, India
- 2022 How can we develop an International Nutrition Movement, International Committee of World Critical Dietetics, virtual forum
- 2022 Virtual guest lecture, Career options in Foods and Nutrition around the Globe-Find your fit, Women's Christian College for Women, India
- 2020 Online International Webinar Series- World Breastfeeding Week, Department of Nutrition and Dietetics, Vellalar College for Women, India
- 2020 Webinar series on Imparting Online Teaching-Learning Methodology during COVID-19, Post Graduate Department of Business Administration, M.O.P. Vaishnav College for Women, India
- 2020 Online Faculty Development Programme on Strategies for Engaging Students in Learning, Department of Nutrition and Dietetics, Vellalar College for Women, India
- 2020 Online Student Development Programme on Carve your own career path, Department of Nutrition and Dietetics, Vellalar College for Women, India
- 2018 Guest lecture on Research Methodology- Scaling techniques and Shaping future nutritionist" at Women's Christian College for Women, Chennai, India
- 2017 Guest lecture on Nutrition in Global scenario, Ethiraj College for Women, India
- 2017 International Seminar on Home Science in Confluence, Department of P.G Studies and Research in Home Science, Justice Basheer Ahmed Sayeed College for women, India
- 2017 Smart Shaping of future Nutritionist in Global Scenario and the road to become Dietitian in USA, Department of Nutrition and Dietetics, Vellalar College for Women, India
- 2016 Diversity and Sustainability Within the Nutrition and Dietetics Profession, Dominican University, IL
- 2014 Functional Foods and Nanotechnology in Food Industry, Vellalar College for Women, India

- 2013 Nutrition for women: A health care scenario, Mother Teresa Women's University, India
- 2011 Guest lecture on How to cook without polluting the environment and healthy cooking methods for Noon Meal Scheme workers, Kodaikanal Union Office, India
- 2011 Guest lecture on Nutritional awareness for Adolescents, NSS team, Mother Teresa Women's University
- 2011 Guest lecture on Healthy eating habits for children, NSS team for schoolchildren, Kodaikanal, India

Service as External Examiner

- 2023 External foreign examiner for Doctor of Philosophy Dissertation Bharathiar University, India
- 2018 External foreign examiner for Doctor of Philosophy Dissertation Bharathiar University, India
- 2018 External foreign examiner for Doctor of Philosophy Dissertations, Avinashilingam Institute of Home Science and Higher Education for Women, India
- 2015 Flying squad for monitoring the conduct of the distance examinations, Mother Teresa Women's University Study Centre, Tamilnadu, India
- 2015 Examiner to conduct Practical and Clinical evaluation for I Bachelor of Clinical Optometry and II Master of Science in Clinical Nutrition- Nutrition dept , Sri Ramachandra University, India
- 2015 Organizer of the Skill Training Programme sanctioned by TAHDCO, Chennai region
- 2013 Question paper setter for Ph.D. Home Science- Entrance Examinations- Paper II for Mother Teresa Women's University, India
- 2013 Inspection Committee member, Study centers in Chennai- Distance Learning Programme Centre of Mother Teresa Women's University
- 2012 Chairperson, passing board for the undergraduate examinations of affiliated colleges of Mother Teresa Women's University
- 2012 Selection Committee Member as Subject Expert to interview guest faculty for the department of Nutrition Food Service Management and Dietetics and Fashion Designing and Garment Construction, India
- 2012 Question paper setter for Master of Philosophy in Foods and Nutrition and Bachelors of Science Fashion designing and Garment Construction courses for the examinations of affiliated colleges of Mother Teresa Women's University, India
- 2011 Deputed to visit the study Centre for monitoring the conduct of the distance examinations, Mother Teresa Women's University Study Centre, Vellore
- 2011 Admission Committee Member for P.G courses during the academic year 2011 in Mother Teresa Women's University, India
- 2011 Evaluated Master of Philosophy Dissertations from Bharathiar University, Tamilnadu, India
- 2010 Inspection Team Member at Paul Antony Community College, Sivakasi, India

Orientation/Refresher course /Education summit attended

- 2018 Second RCA- Research Chef Association Higher Education Summit, Chicago, Illinois
- 2017 First RCA- Research Chef Association Higher Education Summit, Chicago, Illinois
- 2015 Refresher Course on Research methodology organized by University of Madras, India
- 2013 Orientation Programme on Testing and Evaluation, Tamilnadu Open University and NTS- Mysore
- 2013 Orientation program on Reforms in CBCS at UG and PG level, Curriculum Development Cell and Examination Section Mother Teresa Women's University, India
- 2013 Orientation course, University of Madras, India

Program's organized

- 2014 Organized a special talk on Nutrition Through Lifecycle, Dr.A.J. Hemamalini, Professor, Sri Ramachandra Medical University, Chennai
- 2014 Organizing secretary in National level symposium on Novel enzyme technology for food & textile processing, Mother Teresa Women's University, Chennai.

Professional Service

Service to Dominican University

- Member, Board of Trustees' Academic Affairs Committee- Spring 2024.
- Member, HLC - Criterion IV Teaching and Learning: Evaluation and Improvement Committee- 2023- Present
- Member, TRHT (Truth, Racial Healing, and Transformation) core-2021
- Member, Assessment Committee- 2020- 2023
- Member, Compensation and Benefits Committee - 2021-2024 and 2024-2027
- Member, Global Learning Advisory Committee- 2021
- Member, Interfaith cooperation committee and Diversity committee- 2018-2019
- Member of Academic Technology and Facilities Committee -2017-2018
- Member in Diversity Committee- 2017-2018

Service to Borra College of Health Sciences

- Member, BCHS- Assessment Committee- 2021-present
- Co- Chair, BCHS- Assessment Committee- 2023

Service to Nutrition Science Department, Dominican University

- Member, Search committee for Associate Dean Search- Fall 2018
- Member, search committee for Nutrition faculty search- Spring 2017, Fall 2017, Spring 2018
- Assisted department chair in scheduling courses for the upcoming school year, from fall 2022 to present

Service to the Profession

Editorial member, Journal of Culinary Science & Technology- 2018- Present
 Editorial member, Advances in Food Engineering and Technology- 2018- Present
 Editorial member, International Journal of Food Engineering and Technology- 2016- Present

Community Involvement

2012 Awareness programme on Drug abuse and illicit trafficking, Mother Teresa Women's University, India
 2011 Nutrition Health Articles in 'Health Women's Healthy Living Goals
 2010 Visited IT Concerns like Cognizant, Infosys, RMZ ford and Accenture for Diet counseling and Health talk on Dietary habits for corporate world
 2010 Rendered one day diet counseling for DLF, Chennai organized by Lifeline Multispecialty Hospitals and Fidelity Ltd
 2009 Scripted the Chapter 8 of the book "The Walk off Weight", published by Emerald Publishers, Egmore, Chennai. The Chapter is on Indian equivalent recipes compare to nutritious Australian recipes
 2009 Health camp on Preventive Cardiac Health measures organized by Times of India and given counseling on the Dietary habits to prevent cardiac problems
 2009 Health camp organized by Global Hospitals for Sri Lankan refugees at Puzhal, Chennai.
 2008 Guest lecture on the topic of Healthy eating habits for women at Coast Guard Women Welfare Association, Chennai

Certifications/Awards

2024 Completed Online Teaching Certificate Program
 2024 Certificate of Completion- Increasing Interaction and Engagement
 2024 Certificate of Completion- Game-based learning
 2024 Certificate of Completion- Flipped Learning Course Design
 2023 Certificate of Completion- Online Teaching Essentials 1: Getting Started.
 2023 Certificate of completion- Low carbohydrate eating patterns for health: Friend or Foe?
 2022 Certificate of completion- Understanding food waste: Opportunities for impact
 2022 Completed Food allergens essentials course
 2021 Social and Behavioral research- Basic/Refresher- Stage 2- Refresher Course
 2021 Biomedical Research- Basic/Refresher- Stage 2- Refresher Course
 2021 Certificate of completion- Use of Prebiotics and Probiotics in infants.
 2021 Certificate of completion- Culturally responsive STEM teaching in Hispanic serving institution
 2020 Certificate of completion- Basic food safety proficient certification
 2020 Certificate of completion- COVID-19 and Food safety
 2020 Completed record of training on Servesafe conflict de-escalation: COVID19 precautions
 2020 Completed record of training on Servesafe takeout: COVID19 precautions

- 2020 Completed record of training on Servesafe re-opening guidance: COVID19 precautions
- 2020 Completed record of training on Servesafe delivery: COVID19 precautions
- 2020 Certificate of completion- Course on staying healthy: All employees awarded by Everfi
- 2020 Certificate of completion- International Diabetes Federation (IDF) online short course on prevention of type- 2 diabetes.
- 2020 Certificate of completion- Diet on human gut microbiome diversity
- 2020 Certificate of completion- Certificate of training in neonatal nutrition- advanced
- 2020 Certificate of completion- COVID 19 and Diabetes: Clinical implications
- 2020 Certificate of completion- Decoding the new nutrition facts label: Protein
- 2020 Certificate of completion- Let's break the chain of COVID 19 infection
- 2020 Certificate of training in community nutrition
- 2020 Certificate of completion- Carbohydrate quality: What do I tell my patients?
- 2020 Certificate of completion- Intentional weight loss in older adults
- 2020 Certificate of completion- Food addiction and Obesity
- 2019 Biomedical data or specimens only research- basic/refresher- stage 2
- 2018 Completed Certified food scientist prep course
- 2017 Certificate of training in Adult malnutrition
- 2017 CITI Health Information Privacy and Security (HIPS) for social and behavioral investigators- Stage 1
- 2017 Biomedical Data or Specimens only research- basic/refresher
- 2017 Biomedical research- basic/refresher- Stage 2 – refresher course
- 2017 Stage – I Conflict of Interest
- 2017 Certified Food Protection Manager, Servesafe
- 2017 Awarded Dominican University Summer Stipend, 2017
- 2016 Completed the course- Bridges: Building a supportive community
- 2016 Completed online training – Mandated reporter issued by Department of Children and Family Services
- 2015 CITI Health Information Privacy and Security (HIPS) for biomedical investigators- Stage 1
- 2015 Biomedical research- basic/refresher- Stage 1-Basic course
- 2015 Biomedical investigators responsible conduct of research- Stage I RCR
- 2015 Social and Behavioral investigators responsible conduct of research - Stage I RCR
- 2015 Certificate of training attendance – Protecting God's children for adults
- 2011 Junior Research Fellowships, University Grants Commission, India.
- 2009 Awarded Dr. Jubilee S. Prathap Kumar Prize for securing the **highest mark** in dissertation in Master of Philosophy
- 2009 Awarded Dorothy Pearson Endowment Prize for securing the **highest scores** in the final total for course work in Master of Philosophy.

- 2008 Teaching certifications, **National Level University teaching certification**, University Grants Commission, India (10-15% successful candidates in nationwide examinations)
- 2006 Certificate of Merit for securing the **highest scores** in all semesters during Bachelor of Science at Ethiraj College for Women, Chennai
- 2005 Medical Secretarial Services at Apollo Hospitals, Chennai, India

Professional Memberships

Academy of Nutrition and Dietetics - 2016- present

Institute of Food Technologists (IFT) Premier Membership and Chicago section- 2017-present

