

CURRICULUMVITAE

Dr.R.SARASWATHI M.Sc., M.Phil, Ph.D.

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Madurai-652018.

Tamil Nadu



Part A: GENERAL INFORMATION AND ACADEMIC BACKGROUND

Name (in Block Letters)	:Dr.R. SARASWATHI
Educational Qualification	:M. Sc, M. Phil, Ph. D (FSN) UGC- NET & JRF and ASRB- NET
Date of Birth	:27 – 05 – 1983
Gender	:Female
Marital Status	:Married
Nationality	:Indian
Category	:OBC
Language Known	:English & Tamil
Area of specialization	:Food Science and Nutrition
Area of Research Interest	:Nutrition and Dietetics, Food Science Technology & Food Processing
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Objective

To carve in my career as Food and Nutrition, food processing to contribute to developing the right ecosystem for food processing to flourish and make the world free from malnutrition and hunger by establishing the food processing industry for job creations and boosting the rural economy, and work in any challenging environment making the best use of my communication and technical skills.

CATEGORY: I. Educational Qualification (starting from the most recent)

Examination Passed	Subject	Name of the Institution	Class / Division	Percentage (%)	Year of Passing
Ph.D	Food Science & Nutrition	Gandhigram Rural Institute, Gandhigram	First	61.5	February 2024
M.Phil.	Food & Nutrition	Mother Teresa women's University	First	72.5	May 2007
M.Sc.	Food Science & Nutrition	Gandhigram Rural Institute, Gandhigram	First	74.5	April 2005
B.Sc.	Nutrition, Food Service Management & Dietetics	Sri Meenakshi Government College for women, Madurai.	First	73.2	April 2003
Hr.Sc.	Bio-Maths	Avvai Corp. Girls Hr. Sec. School, Madurai	First	73.58	March 2000
S.S.L.C.	-	Avvai Corp. Girls Hr. Sec. School, Madurai	First	81.4	April 1998

Ia) Projects profile

- For U.G : A study on Selected Women Entrepreneurs in Madurai City.
- For P.G. : Assessment of Nutritional status of the Selected Antenatal Women in Urban Slums of Madurai District.

- For M.Phil. : Stress Management of the different profession of selected married working woman.
- For Ph.D : Development of Nutri- dense PastaProducts Using Extrusion Technology

I b) Computer Knowledge

- Application Software : Basics, CCLP

CATEGORY: II. Employment Profile

Professional Experience in chronological order upto the present post						
Organization	Designation	Teaching /Research /Industry	Nature of work	Work Experience (Date)		Total Experience (Month/Year)
				From	To	
St. George JeyarajChelladurai College for Women ,Madurai	Lecturer in B.SC -Home Science	Teaching	Lectures , practical's, Question paper setting , Invigilation and Evaluation for examination	10 th August 2005	11 th April 2008	2years and 7 Months
Sri S.Ramasamy Naidu Memorial College,Sattur	Assistant professor in B.SC - Nutrition & Dietetics	Teaching	Teaching , practical's, Question paper setting Invigilation and Evaluation for examination	22 nd September 2008	20 th April,2012	3years and 8 Months
Gandhigram Rural Institute,Gandhigram	UGC- JRF/Ph.D	Research	Teaching &Research work	30 th April, 2012	29 th April 2014	2 years
Gandhigram Rural Institute,Gandhigram	UGC- SRF/Ph.D	Research	Teaching &Research work	30 th April, 2014	29 th April 2017	3 years
TamilnaduFoodgrains Marketing Yard, Madurai	Research Fellow & Food Analyst	Research & Industry	Graincareproject, Preparing non chemical jaggery production, Food Analyses	26 th November 2018	24 th May 2019	Six Months
Indian Institute of Food Processing Technology,Thanjavur	Senior Research Fellow	Research	Development of Diversified Millet Products	14 th June 2019	24 th June 2022	3 years
Jamal Mohamed college, Trichy	Assistant professor in Nutrition & Dietetics	Teaching	Teaching , practical's, Question paper setting Invigilation and Evaluation for	23 rd January 2023	15 th April, 2023	3 Months

			examination			
MannarThirumalaiNaicker college, Madurai	Assistant professor in Food Science and Nutrition	Teaching and Research	Teaching , project work, practical's, Question paper setting Invigilation and Evaluation for examination	16 th May 2023	Till date	11 Months

II a) Experience in Research Background

- Studied the Dough rheology of wheat flour , millet flour ,pulses flour and plantain flour using Farinograph, Amylograh,Extensograph at Flour milling baking technology,CFTRI,Mysore.
- Developed ready to cook food such as pasta and macaroni using composite flour (wheat , millet, pulses and plantain)
- Indo – UK collaborative “Graincare” project (Application of Modern low cost sensing technologies and advance analytics to reduce post-harvest spoilage of Grains)
- Preparing non chemical jaggery production
- Food testing and analysis

❖ **Total Period of Teaching Experience** : 8 Years

❖ **Total Period of Research Experience** : 8 Years and 6 Months (Academic year from 2012 to 2022)

Students Research Projects Guidance at Under Graduate Level Students

S. No	Year	Degree	Awarded
1.	2024	UG	6

CATEGORY: III.Particulars of NET/JRF/SLET/GATE etc:

Name of the Test	Name of the Testconducting body	Month and year	Roll No.	Subject	Achievement
UGC National Eligibility Test for Junior Research Fellowship and Eligibility for Lectureship	UNIVERSITY GRANTS COMMISON	JUNE, 2011	37120015	HOME SCIENCE	UGC- NET & JRF
ASRB -National Eligibility Test	Agricultural Scientists	April, 2023	51050538 13	HOME SCIENCE	ASRB – NET

	Recruitment Board				
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CATEGORY: IV.Participation of Training Programmes

1. **Dietetics Internship Training in Jawhar Hospital, Madurai** from 21st December2002 to 21st January 2003 – **One month**
2. **Dietetics Internship in Vadamalayan Hospital, Madurai** from 3.5.2005 to 31.5.2005 – **28days**
3. **Domestic preservation of fruits and vegetables and Nutrition** conducted by the community Food and Nutrition Extension Unit Madurai at Govt. Meenakshi college, Madurai from 27.1.2003 to 31.1.2003 – one week
4. **Capacity Building of women Managers in Higher Education – sensitivity/Awareness/Motivation workshop** (UGC sponsored) organized by Sri S.Ramasamy Naidu Memorial College,sattur. from 20th June to 24th June 2011 – one week
5. **Seminar & Workshop in Vegetable carving** on Tamil Nadu Advanced Technical Training Institute, Nungapakam, Chennai, organized by Sri S.Ramasamy Naidu Memorial College, Sattur. from 22.2.12 to 24.2.12– Three days
6. **Hands on Training in Bio chemical and Proximate Analysis in Food Grains** conducted by Food safety and Quality Testing Laboratory, Indian Institute of Food Processing, Thanjavur on 18.2.2019 to 20.2.2019– Three days.
7. **Food Safety supervisor certificate of competence** training on Advance Manufacturing & COVID held atSD Global Head Office SN 12 WN 12 Hanumangarh Rajasthan conducted by SD Global Certification ,Fostac on 11.9.2022– One day.
8. **Seven days National level Faculty development training programme on Advanced Teaching Skills** organized by IOT Academy,Coimbatorefrom 24.5.23 to 31.5.23– Seven days
9. **Seven days National level Faculty development training programme on Personality development for Teachers** organized by IOT Academy, Coimbatorefrom 1.12.23 to 8.12.23– Seven days
10. **Three days National level Faculty development training programme on The Art of Research** organized by IOT Academy, Coimbatorefrom 4.12.23 to 6.12.23– Three days
11. **Two days National level Faculty development training programme on Leadership skills and Team building strategies for Teachers** organized by IOT Academy, Coimbatore from 15.12.23 to 16.12.23– Two days

I. Research paper Publication in an International journal - 6

1. Saraswathi.R., SahulHameed.R. (2016) **.Proximate composition of pasta using millet pulses plantain flour** anInternational Research journal of Management Sociology & Humanities May 2016, Vol.7 issue 5, Pp-36-43. ISSN 2277-9809 Impact factor 7.1893
 2. Saraswathi.R., SahulHameed.R. (2018). **Farinograph as a Rheological Tool to Predict the Quality Characteristics for Blend of Wheat with Pulse Flour** anInternational Journal of Advances in Agricultural Science and Technology, Vol.5 Issue.8, August-2018, pg. 146-153 ISSN: 2348-1358 Impact Factor: 6.057 NAAS Rating: 3.77.
 3. Saraswathi.R., SahulHameed.R. (2018). **“Fortification of Pasta Using Different Plant Sources”** on Journal of Agricultural Science and Technology B, USA, May 2018, Volume 8, Number 5. ISSN 2161-6264. Pp-327-340. GIF: 0.89.
 4. Saraswathi.R., SahulHameed.R. (2019). **“Rheology Of Barnyard Millet-Based Composite Dough ForChapathiPreparation”** anInternational journal of Agricultural Science and Research (IJASR), Volume 9, Issue 6, Dec.2019, Pp.61-68. ISSN(P): 2250–0057; ISSN(E): 2321–0087. Impact Factor(JCC) (2019): 8.3083; Index Copernicus Value (ICV) - (2016): 60.39; Naas Rating:4.13.
 5. Saraswathi.R., SahulHameed.R. (2020). **” Physico-Chemical and Functional Properties of Composite Flour to Develop Enrich Breakfast Food”** International Journal of Applied and Natural Sciences (IJANS) Vol. 9, Issue 3, Apr–May 2020. ISSN (P): 2319–4014; ISSN (E): 2319–4022. pp19–26. Impact Factor (JCC): 6.3238 NAAS Rating 3.73
 6. Saraswathi.R., SahulHameed.R. (2022). **” Value addition influenced in Millet Products – A Review”** Austin Journal of Nutrition and Food Science (AJNFS) Vol. 10, Issue 1, February 2022. ISSN: 2381–8980; P .1161. Impact Factor : 2.1
 7. Saraswathi.R., SahulHameed.R. (2021). **Development and evaluation of nutri-rich ready-to-cook millet flakes using little millet (Panicummiliare)** submitted to the Emirates Journal of Food and Agriculture, Impact Factor: 1.008. NAAS Rating 6.61.
- Two research article are in the pipeline for publication

Book Chapter

Hema, V., Ramaprabha, M., **Saraswathi, R.**, Chakkaravarthy, P.N., Sinija, V.R. (2022). **Millet Food Products**. In: Anandharamakrishnan, C., Rawson, A., Sunil, C.K. (eds) Handbook of Millets - Processing, Quality, and Nutrition Status. Springer, Singapore. https://doi.org/10.1007/978-981-16-7224-8_12

II. Papers presented in Conferences, Seminars, Workshops, Symposia

A) State level:

Oral presentation:

1. Saraswathi.R.,SahulHameed.R. (2017) **Functional properties of pasta prepared using millets, pulses and plantain.**State Level Seminar on Millet – A Gold Coin – II (UGC Sponsored)organized byDepartment of Rural Development Science in collaboration with Aruppe Center for Policy Research (ACPR),Arul Aanandar college, Karumathur, Madurai on 27th September 2017,P 39-40.

B) National level:

Oral presentation

1. Saraswathi.R.,SahulHameed.R. (2017). **Nutritional properties of composite flours prepared using millets, pulses and plantain.**National Seminar on Emerging Trends in Processing and Value addition of Small millets organized by Post Harvest Technology Centre, Tamil Nadu Agricultural University , Coimbatore & DHAN foundation, Madurai on 22nd& 23rd September 2017 P.55
2. Saraswathi.R.,SahulHameed.R. (2018) **Dough properties of wheat and pulse flour blend analysed by farinograph.**National Conference on Bio-Industries For Sustainable Livelihood (UGC Sponsored) organized byDepartment of Biology ,school of sciences,The Gandhigram Rural Institute (Deemed to be University)Gandhigram, on 27th&28th March 2018. P.95
3. Saraswathi.R.,SahulHameed.R. (2018) **Rheological properties of different pulses flour substituted to wheat flour.**National seminar on promoting pulses for Food, Nutrition and Health Security – The way forward organized byDepartment of Food Science and Nutrition, Community science college and Research Institute, TNAU, Madurai, on 27th - 28th September, 2018 P -79-80. **ISBN-978-93-5321-560-6.**
4. Saraswathi .R.,SahulHameed.R. (2021) **Effect of composite flour on wheat rheological properties and pasta making quality.** National Conference on Texture &Rheology of food materials organized by Indian Institute of Food Processing Technology, Thanjavur, on 18th – 19thFebruary , 2021.
5. SahulHameed.R. Saraswathi .R.(2023) **Rheology of wheat dough substituted with Nutri cereal flour.** National conference cum workshop **Millets as a Nutritional Paradigm in ensuring food security** held atCollege of Food and Dairy Technology, Chennai on 14th -15thSeptember, 2023.

Poster presentation

1. Saraswathi.R.,SahulHameed.R. (2008). **Gastro Intestinal Infections**in National symposium on “Infectious diseases” (ICMR) Sponsored organized by N.G.P Arts and Science College, Coimbatore on 8th – 9th August 2008. P-81.
2. Saraswathi.R.,SahulHameed.R. (2012). **Food Extrusion**.45th Annual national conference, Indian Dietetic Association (IDA), Indian Diets and Health: In Retrospect and Prospect, Vol 36S November, 2012 organized by AP chapter, Hyderabad, on 29th November -1st December 2012, P-78.
3. Saraswathi.R.,SahulHameed.R. (2016) **Functional properties of composite flours prepared using millets, pulses and plantain**. National Seminar on Functional foods to Achieve Nutrition and Health Security, organized by Department of Food Science and Nutrition , Home Science College And Research Institute ,Madurai & Indian Institute of crop processing Technology , Thanjavur on 19th September 2016,P-86-87.
4. Saraswathi.R.,SahulHameed.R. (2018). **Analyses the dough properties of composite flour and developed enrich pasta using millet and pulses**. National conference cum workshop on Zero Hunger challenges for food security organized by College of Food and Dairy Technology, Chennai on 20th -21st December, 2018 P-73.**ISBN-978-93-85418-51-8**.
5. Saraswathi.R.,SahulHameed.R. (2019). **Rheological properties of composite flour and its effect on product development**. (2019) .National seminar on Nutraceuticals and Functional Foods organized by Indian Institute of Food Processing Technology (IIFPT),Thanjavur on 30th January,2019 .P.2
6. Saraswathi.R.,SahulHameed.R. (2019) .**Fortification of wheat flour with millet flour of dough rheology**.National conference on new Horizons Food Processing Technology organized by SantLongowalInstitute of Engineering and Technology, Longowal held at National Institute of Technical Teachers Training and Research (NITTTR) , Chandigarh on March 1-2,2019 P-151-154.
7. Saraswathi. R.,SahulHameed.R. (2021) .**Effect of composite flour on wheat rheological properties and pasta making quality**. e-National conference on texture and rheology of food material organized by Indian Institute of Food Processing Technology (IIFPT),Thanjavur on 18-19th February 2021.

C) International conference

Oral presentation

1. Saraswathi.R.,SahulHameed.R. (2016) .**Millet, Pulses, plantain based pasta: opportunities for enhanced nutritional properties**.International Conference On “New

Horizons, Emerging Challenges And Recent Paradigms In Food Mediated Immunity And Their Role In Human Health And Longevity(DBT & ICMR sponsored)organized byPG & Research department of Zoology and Department of Immunology& Microbiology,The American college, Madurai31st August-1st September 2016. P-18.

2. Saraswathi.R.,Hema.V. (2021).**Comparative Study of Nutritional and Functional Characteristics of Little Millet Flakes and Commercial Flakes**.International virtual conference on Global added burdens of diseases and Food security organized by PG & Research department of Nutrition and Dietetics &B.Voc., Food Processing and Safety, Jamal Mohamed College, Trichy on 5th January 2021.

Poster presentation

1. Saraswathi.R.,SahulHameed.R. (2013) **Nutritional and Functional Quality of extruded snack foods**.(2013).An International Conference on Food Technology (3rdincoftech) – Food Processing Technologies- challenges & solution for sustainable Food security organized by Indian Institute of Crop Processing Technology, Thanjavur4th -5th January, 2013, P.373.ISBN:978-81-926250-0-3
2. Saraswathi.R.,SahulHameed.R. (2013) **Extrusion an emerging Technology for novel food applications**.(2013).An International Conference on Food Technology (3rdincoftech) –Food Processing Technologies- challenges & solution for sustainable Food security organized by Indian Institute of Crop Processing Technology, Thanjavur4th-5th January, 2013,P.380.ISBN:978-81-926250-0-3
3. Saraswathi.R.,SahulHameed.R. (2018). **Analysis the dough and nutritional properties of composite flour using millet, pulses and plantain**. (2018). An International Conference on Recent Advances in Food processing Technology (iCRAFPT) Indian Institute of Food Processing Technology, Thanjavur, on 17th – 19th August, 2018,P.494.ISBN :8-9-978-81-926250-0-
4. Saraswathi.R.,SahulHameed.R. (2018) **Rheological and Functional Properties of Composite Flours using Millets, Pulses and Plantain**. 8thInternational Food Convention (IFCON2018)"HASHTAG-Holistic Approached for Start-ups, Human Resource Training for Agriculture and Food Industry Gemmation" organized by AFSTI held at CSIR-CFTRI, Mysore, India on 12th-15th December, 2018.

D) Participation in Conferences, Seminars, Workshops, Symposia

a) State level participation:

1. **Seminar and workshop on Hotel and Catering Management (2002)**, organized by Department of Home Science in Sri Meenakshi Government Arts and Science college, Madurai on 1.3.2002.
2. State level **workshop on “Entrepreneurial Avenues”**(2009) in Home Science Department , Fatima College, Madurai on 28th January 2009
3. State level seminar on “ **Paradigm Shifts in culture and women**”(2009) at Lady Doak college, Madurai on 21st March 2009
4. State level seminar on “**Mind relaxation and Health promotion**”(2012) at S.R.N.M .College , Sattur on 25.1.2012
5. One Day Workshop On **Developing Article Writing Skills For Social Scientists** organized by Dr. G. RamaChandran Library & Placement Bureau Gandhigram Rural Institute-DU, Gandhigram on 10th April 2013
6. One day workshop **on copyrights and antiplagiarism** organized by Dr .G. RamaChandran Library Gandhigram Rural Institute-DU, Gandhigram on 9th January 2015

b) National level participation:

1. National Workshop On **Emerging Technology In Processing And Value Addition Of Millets For Better Utilization** (2014)organized by Tamil Nadu Agricultural University ,Home Science College And Research Institute, Madurai, 13-14 March 2014
2. National seminar on **Advances in bulk grain storage & smart sensor and IoT applications in warehouses.**(2019) organized by Indian institute of Food Processing Technology (IIFPT),Thanjavur on 26th July 2019.
3. Webinar “**THE FASCINATING WORLD OF EDIBLE MUSHROOMS**” organized by Research cell, Padmashree Institute of Management and Sciences, Bangalore. on 30th May 2020.
4. Online **NATIONAL WORKSHOP** on Nutritional Sustenance through Dairy Products: Initiatives and Strategies organised by College of Food and Dairy Technology, koduveli, Chennai to commemorate **WORLD MILK DAY** on 1st June 2020.
5. Webinar “**LIFESTYLE AND IMMUNITY DURING COVID-19**” organized by Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Nutrition Society of India,Coimbatore Chapter and Nutrition Association on 12th June 2020.
6. Webinar on Trade in F&V products and Dairy commodities organized bycentre for Agricultural Market Intelligence, Anand Agricultural University, Anand on september15th 2020.

c) International level participation:

1. International Conference on **Bioactive Natural Compounds from Plant food in Nutrition and Health** (2012) organized by C.M.S. College , kottayam on 20th -22nd September, 2012
2. International virtual conference on **Immune Boosting Diet for Covid – 19** on 21st May 2020 organized by Department of Food Science and Nutrition ,The American college, Madurai.

Other

1. Participation in Online QUIZOPHILE 2020 Competition on 7.6.2020 organized by EGS Pillay Group of Institutions-Nagapattinam, Tamil Nadu.
2. CERTIFICATE OF appreciation QUIZOPHILE-logo IDENTIFICATION e-quiz Competition on 7.6.2020 and secured 94 / 100% marks organized by EGS Pillay Group of Institutions, Nagapattinam, Tamil Nadu.
3. CERTIFICATE OF EXCELLENCE for the Coronavirus Quiz Competition on 9-4-2020,

CATEGORY: VI.Membership

1. **Life member in Association of food scientists & Technologists (India)**
MEMBERSHIP NO: (AFSTI/LM/5-2018/ZON/1953)
2. **Board of studies member as Alumini in Sri.MeenakshiGovt Arts and Science College for women, Madurai**

CATEGORY: VII.Awards and Achievements:

Awards, prizes and recognitions			
Sl. No.	Name of the Award	Purpose of Award	Awarding organization and year of award
1	Rank Holder IIIrd place	University Rank in Undergraduate	Sri Meenakshi Government college for women ,Madurai and 2003
2.	UGC-NET AND JRF Award UGC Ref No:1272/NET- JUNE 2011,(Roll no-37120015)	UGC National eligibility test Fellowship & JRF	University Grants Commission & 2011
3.	Best Oral Presentation Award	National Seminar on Emerging Trends in Processing and Value addition of Small millets	Post Harvest Technology Centre Tamil Nadu Agricultural University , Coimbatore &

			DHAN foundation, Madurai & 2017
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EXTENSION, PROFESSIONAL DEVELOPMENT RESEARCH ACTIVITIES

Food Product Development

- Development of various food products Pasta, Noodles, Vermicelli, Flakes from traditional grains, pulses and millets
- Different flavoured Millet Milk powder such as vanilla ,choco, fruit and vegetable flavored millet milk powder
- Kinno products such as jelly, jam, candy, Nectar, Ready to serve beverages, supari
- Development of Functional fruit drink such as various combination of fruit and vegetable juice
- Value addition of cashewnuts
- Value addition of sugarcane products
- Value addition of fig products
- Development of Nutribar
- Development of instant breakfast such aspoha ,santhagai
- Development of instant pongal mix
- Value addition of bablimas fruit
- Value addition of orange
- Developed the in-house foods products and made it a self sustainable unit utilizing perishable horticultural products – fruits and vegetable such as papaya, hibiscusetc(for the low cost foods)
- Millet herbal candy
- Nutri rich fortified instant idiyappam

HandledHands on Training Programmes for SHG's, startup companies, farmers and others

- Value addition of Millets
- Value addition of Moringa
- Value addition of Amla
- Value addition of seasonal fruits
- Value addition of Mushroom
- Value addition of tomato and onion

- Value addition of fruits and vegetables
- Value addition of Mango
- Ready to eat and Ready to cook food products
- Processed fruits and Vegetables
- Processing of culinary paste ,pickles and masala powders
- Homemade chocolate training
- Pickling techniques
- Fruit processing beverages
- Value addition of cereals and pulses
- Value addition of coconut
- Value addition of nuts and oilseeds
- Value addition of milk products

Consultancies for Food Industries

- Value addition of Tapioca products
- Shelf life of gulabjamun
- Rice ball with jaggery preparation
- Instant soup mix
- Development of fig products such as Nectar, Jam, Jelly, RTS, Squash, Candy, Dehydration of foods
- Roasted channa snacks
- Value addition of cashew nuts
- Millet based Convenience Products - Pasta, Noodles, Vermicelli, Flakes, Health mix, and Nutribar
- Honey Amla candy
- Value addition of Pulses