



Ms. R.Ramya
Teaching Assistant

Contact		
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Degree	Institution	Year	Branch	Class
Academic Qualifications				
M.Phil	Foods & Nutrition	Mother Teresa Women's University, Kodaikanal	2006-2007	First Class
M.Sc.,	Institutional Foods and Service Management	Holy Cross Home Science College, Tuticorin. Manonmaniyam Sundaranar University, Nellore.	2004-2006	First Class
B.Sc.,	Nutrition Food Service Management and Dietetics.	Sri Meenakshi Govt. College for Women, M.K. University, Madurai.	2001-2004	First Class

Teaching Experience : 12 Years		
Position	Institution	Duration
Teaching Assistant	Department of Nutrition and Dietetics	09-08-2023 to till date
Teaching Assistant in Home Science	Department of Women's Studies	19-08-2016 to 08-08-2023
Guest lecturer	Karuna college of Nursing & Karuna Medical College and Hospital, Chittur, Palakkad	21-01-2009 to 21-01-2011
Dietitian	Kovai Medical Centre and Hospital, Coimbatore	03-01-2007 to 31-12-2009

Research Experience : 08 Years

Position	Institution / University	Duration
Teaching Assistant	Department of Nutrition and Dietetics	09-08-2023 to till date
Teaching Assistant in Home Science	Department of Women's Studies	19-08-2016 to 08-08-2023

Areas of Research

- **Food Science and Nutrition**
Food Science and Nutrition is essential for advancing our understanding of the relationship between food, nutrition, and health, and for developing evidence-based strategies to promote optimal dietary habits and improve public health outcomes.
- **Nutrition and Dietetics**
nutrition and dietetics are interdisciplinary fields that play critical roles in promoting public health, preventing chronic diseases, and improving individuals' quality of life through evidence-based dietary interventions and education
- **Food Service Management and Dietetics**
Food Service Management and Dietetics focusing on the management of food systems and the application of nutrition principles to promote health and well-being.

Research Supervision/Guidance

Program of Study	Completed	Ongoing
PG	4	-

Selected Research Papers

1. Gomathirajashyamala. L., Ramya. R Prabakaran. P., **Rameshthangam. P** (2024). Protective Role of *Evolvulus Alsinoides* Linn. on Chemical Induced Prostatitis in Male Albino Rats. *Journal of Biological Sciences (Shanlax)*. P-ISSN: 2321-788X E-ISSN: 2582-0397
2. Muthulakshmi Muthumanickam ., **Rameshthangam Palanivel**,C. Ambiga & S. Sindhamani, R. Ramya & L. Gomathirajashyamala. (2024). Application of Silk Fibroin Nanoparticles based Edible Coating Material for Postharvest Shelf-Life Extension and Preservation of Food Products. *Journal of Biological Sciences (Shanlax)*. P-ISSN: 2321-788X E-ISSN: 2582-0397
3. Prabakaran. P., Gomathirajashyamala. L., Ramya. R., **Rameshthangam. P.**, Pradeepa .V. (2024). Study of Lipid Accumulation from *Chlorococcum* Microalga for Biodiesel Conversion. *Journal of Biological Sciences (Shanlax)*. P-ISSN: 2321-788X E-ISSN: 2582-0397
4. Ramya. R, Shanthi. S (2020), How to use diet and supplements to maintain immunity during Covid-19 pandemic. *International journal of Multi disciplinary educational research*. ISSN:2277-7881

Events organized in leading role

Number of Seminars /Conferences /Workshops/ Events organized: 07

S.No.	Position	Programme	Duration	Institution
1.	Organizing Committee member	Three-day workshop on 'Recent Trends in Sustainable Methods of Food Preservation'	23.10.2025 to 25.10.2025	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
	Organizing Committee member	Village Extension Programme (VEP) at Illuppaikudi village, Karaikud	10.10.2025 to 12.10.2025	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
2.	Organizing Committee member	Nutritional awareness programme	24.09.2025	Department of Nutrition and Dietetics, Alagappa University, Karaikudi and Railway Station Anganwadi (sakkottai Block), Karaikudi.
3.	Organizing Committee member	National seminar on "Health Awareness on Balanced Diets and Nutrition"	01.09.2025	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
4.	Organizing Committee member	Food safety and training certificate (FoSTaC) program	06-08-2025	Department of Nutrition and Dietetics, Alagappa University in Association with

				Parikshan FSS (P) Ltd Chennai.
5.	Organizing Committee member	Orientation programme for I M.Sc., Nutrition and Dietetics, Department of Nutrition and Dietetics.	17.07.2025	Department of Nutrition and Dietetics, Alagappa University
6.	Organizing Committee member	Village Extension Programme (VEP) at Illuppaikudi village, Karaikud	14.03.2025 to 16.03.2025	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
6.	Organizing Committee member	Diet Counselling programme on “Special concern for women’s health - 2025	10.03.2025	Department of Nutrition and Dietetics, Alagappa University, Karaikudi
7.	Organizing Committee member	Importance of Millets- Safe food	26.02.2025	Department of Nutrition and Dietetics, Alagappa University, Karaikudi
8.	Organizing Committee member	Special lecture series on “Nutrition for Sports Performance	24-12-2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi
9.	Organizing Committee member	Webinar on World Food Day 2024- “Role of Functional Foods in Disease Prevention “	16.10.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
10.	Organizing Committee member	Swachhata Hi Seva-Wall Painting Awareness on “Eat to Live, Not Live to Eat”	02.10.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi. & Centre On Swachh Bharath and Swasth Bharath
11.	Organizing Committee member	Nutritional awareness programme at Melapattamangalam Anganwadi	28.09.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi and Melapattamangalam Anganwadi (Kallal Block), Sivagangai.
12.	Organizing Committee member	National seminar on “Health Awareness on Balanced Diets and Nutrition”	02.09.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
13.	Organizing Committee member	National Webinar on “Nutrition and Lifestyle Strategies for Managing Metabolic Syndrome”	12.08.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.

14.	Organizing Committee member	One Day Workshop on "Moisture Analyzer"	09-08-2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
15.	Organizing Committee member	Webinar on World Food Day 2024- "Role of Functional Foods in Disease Prevention "	16.10.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
16.	Organizing Committee member	Swachhata Hi Seva-Wall Painting Awareness on "Eat to Live, Not Live to Eat"	02.10.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi. & Centre On Swachh Bharath and Swasth Bharath
17.	Organizing Committee member	Nutritional awareness programme at Melapattamangalam Anganwadi	28.09.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi and Melapattamangalam Anganwadi (Kallal Block), Sivagangai.
18.	Organizing Committee member	National seminar on "Health Awareness on Balanced Diets and Nutrition"	02.09.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
19.	Rapporteur	Nation Symposium on " Nutritional Diets through Millets"	12.04.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
20.	Co-ordinator	One-day workshop on "Food adulteration and its impact on health"	30.01.2024	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
21.	Co-ordinator	Swatchhta Nutritional Food for Good Health on "Swatchhta Pakhwada 2023	06.09.2023	Department of Nutrition and Dietetics, Alagappa University, Karaikudi.
22.	Organizer	National Nutrition Month Competition-2022	28.09.2022 to 29.09. 2022	Department of Women's Studies, Alagappa University, Karaikudi.
23.	Organizer	National Nutrition Month Competition-2021	29.09. 2021	Department of Women's Studies, Alagappa University, Karaikudi.
24.	Organizer	National Nutrition Week -2021 Webinar	01.09.2021 to 03.09.2021	Department of Women's Studies, Alagappa University, Karaikudi.
25.	Organizer	National Nutrition Week -2019	13.09.2019	Department of Women's Studies,

				Alagappa University, Karaikudi.
26.	Organizer	National Nutrition Week -2019	27.09.2018	Department of Women's Studies, Alagappa University, Karaikudi.

Papers presented in the National and International events

Conferences / Seminars / Workshops: **02**

Events Participated

Number of Conferences/Seminars/Workshops: 12

Resource persons in various capacities

Invited lectures				
S.No.	Name of the Programme	Organizer of the Programme	Topic	Date
1.	Nutri-fest	Alagappa College of Nursing, Alagappapuram, Karaikudi	Nutri-fest Competition- Event Judge	22.09.2025
2.	Special Lecture	POSHAN BHI PADHAI BHI- Sakkotai block, Sivagangai (Dt)	Nutritional importance and Micronutrient deficiency disease.	08.08.2025
3.	Radio Talk	Pudhugai FM 91.2MHz Community Radio	Benefits of Pumpkin	06.01.2025
4.	Special Lecture	Noon-Meal Programme, Union Office, Thiruvarankulam, Pudukottai(Dt)	Health and Nutritional Awareness	31.12.2024
5.	National Nutrition Month – Sep,2023	ICDS - Kallal block, Sivagangai(Dt)	Poshan Maa- Nutrition and Health and Nutritional	16.09.2023

			deficiencies	
6.	Special Lecture	TNSTC -Training Centre, Karaikudi Region, Sivagangai (Dt)	Our eating habits in Practical life	02.02.2023
7.	Special Lecture	ICDS - Kallal Block (Pattamangalam), Sivagangai (Dt)	Nutritious Foods and its Importance of about Iron Deficiency	16.09.2022
8.	Special Lecture	ICDS - Kallal Block, Sivagangai (Dt)	Micronutrients and Nutrients Importance	30.07.2022
9.	Special Lecture	TNSTC -Training Centre, Karaikudi Region, Sivagangai (Dt)	Healthy Food Habits	02.05.2022
10.	ECCE Training Programme	ICDS - Kallal Block, Sivagangai (Dt)	Nutrition and Health and Nutritional Deficiencies, Childhood Milestones	30.08.2019
11.	ECCE Training Programme	ICDS - Kallal Block, Sivagangai (Dt)	Nutrition and Health and Nutritional Deficiencies, Childhood Milestones	28.08.2019
12.	ECCE Training Programme	ICDS - Sakkottai Block, Sivagangai (Dt)	Nutrition during illness	17.08.2019
13.	ECCE Training Programme	ICDS - Sakkottai Block, Sivagangai (Dt)	Nutrition to life cycle pattern for childhood (from birth to 6 years)	28.06.2019
14.	ECCE Training Programme	ICDS - Sakkottai Block, Sivagangai (Dt)	Understanding child Development	28.06.2019
15.	Job Training Programme	ICDS - Kallal Block, Sivagangai (Dt)	Micronutrients and PEM-Causes, Symptoms, Prevention and Nutrients Importance	19.06.2019

REFERENCES

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2. Prof. K. MANIMEKALAI

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The entire above mentioned are true to the best of my knowledge.

(Ms. R. Ramya)