No.69 Bungalow Street Cheyyar, Thiruvannamalai District



PIN-604 407

[dr.usharanirajaram@gmail.com](mailto:dr.usharanirajaram@gmail.com)

Cell. 9994192048

## Dr. R. Usharani M.Sc., M.Phil., Ph.D. NET M.A. OBJECTIVE

To gain experience and knowledge in a research and development positions in preparing myself for entering graduate school and my ultimate goal of a profession in the field of Food Science and Nutrition.

## SUMMARY

I am a person who has a very good work ethic, highly motivated and dedicated to complete any task. Additionally, I am honest, trustworthy and responsible.

## EDUCATION

**Ph.D\* Avinashilingam University for Women Coimbatore** Doctor of Philosophy of Food Science and Nutrition, September 2015 - Highly commended

**M.Phil\*\* Avinashilingam University for Women Coimbatore** Master of Philosophy of Food Science and Nutrition, 81.3% June, 2010 - Highly commended

## Bharathiyar University Coimbatore

Master of Arts in Yoga for Human Excellence With 89% June, 2012

## M.Sc., Queen Mary’s College for Women, Madras University Chennai

Master of Science of Foods and Nutrition, 78% May – 2009

**B.Sc., Arcot Sri Mahalakshmi Women’s College for Women, Thiruvalluvar University Vellore,** Bachelor of Science of Nutrition and Dietetics 77% April - 2007

## \*\*M. Phil., THESIS TITLE

Impact of Supplementation of selected Foods on Stress management among Working Women

# \*Ph.D. THESIS TITLE

Effect of Supplementation of Health Mix and Nutrition Education on the Health and Nutritional status of Handloom Weavers

## WORK EXPERIENCE

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Designation** | **Name of Organization & Place** | **From (DD/MM/YYYY)** | **To (DD/MM/YYYY)** | **Nature of Work** |
| **Research Fellow** | Avinashilingam University for Women, Coimbatore  UNICEF | 23/082010 | 23/01/2011 | Research |
| **Project Fellow** | Avinashilingam University for Women, Coimbatore  UGC-Major Research Project | 15/10/2012 | 30/06/2015 | Research |
| **Assistant Professor** | Marudhar Kesari Jain College for Women, Vaniyambadi under  Thiruvalluvar University | 15/10/2015 | 31/03/2016 | Teaching |

**MEDALS / AWARDS WON**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name of the award (Indicate)** | **Year** | **Award given by (Organization)** | **Award given (Purpose of award)** |
| National (Fellowship) | 2012 -2015 | UGC, New Delhi | Major Research Project |
| Thiruvalluvar University **Rank Holder** | 2008 | Dr.Ponmudi Educational Minister | Thiruvalluvar University |
| Awarded 3rd Place | 2014 | DPS Music Academy  & ING Life Insurance | Acoustic Guitar Competition |
| sssAssistant Professor | 2017 | UGC | NET qualified for Assistant Professor |
| Ph.D - Doctorate | 2016 | Avinashilingam University for Women | Doctor of philosophy in Foods Science and Nutrition |

COMPUTER SKILLS : MS-Office, Social Media, Email communication TYPE WRITING : English – Higher, Tamil – Junior

## AREA OF INTEREST

* Food Science
* Community Nutrition
* Dietetics
* Nutrition Science
* Bio Chemistry
* Physiology

**ACADEMIC PROJECTS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No.** | **Title** | **Attended** | | **Title and Place** |
| **From** | **To** |
| **1.** | National | 18-12-2006 | 03-01-2007 | Mini project about Diabetic Diet and Counselling - Dr. Mohan’s Diabetes Specialities Centre Gopalapuram Chennai |
| **2.** | National | 04-12-2008 | 19-12-2008 | Mini project about therapeutic Nutrition &  Diet Counselling - Chettinad Hospital Institute Kelambakkam Chennai |
| **3.** | National | 05-06-2008 | 30-06-2008 | Nutritional cooking - AMC India Chennai |
| **4.** | National | 04-12-2013 | 12-12-2013 | Reviewed the Mid-Day Meal Programme among the selected schools in Pondicherry and Karaikkal organized by 5th Joint Review Mission, Government of India, Ministry of Human Resources Development, New Delhi |

**MEMBERSHIP IN NATIONAL BODIES**

Life time member in Nutrition Society of India Life time member in Home science of India

**PUBLICATION DETAILS**

|  |  |  |  |
| --- | --- | --- | --- |
| **Publications** | **International /National** | **No.** | **Nature of Participation** |
| Research paper published in journals | International | 4 | Participation with Paper Presentation |
| Conferences (Research Article) | International National | 4  1 | Participation with Paper  Presentation |
| Conferences (Review Article) | International National | 3  1 | Participation with Paper Presentation |
| Conferences | International National | 1  3 | Participation |
| Seminars | International National | 1  4 | Participation |
| Workshop | National | 6 | Participation |
| Symposium | National | 2 | Participation |

**BOOKS PUBLISHED**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **S.No** | **Book Name** | | | **Year** | **Publisher** | **ISBN** |
| **1.** | Role of | Stress | Relieving | 29-8-2017 | Lap Lambert | ISBN-13978-3- |
|  | Foods | among | Working |  | Academic | 659-78801-5 |
|  | Women |  |  |  | Publishing | ISBN - |
|  |  |  |  |  |  | 10365988058 |

**PUBLICATIONS IN PUBLIC MAGAZINES AND NEWS PAPERS**

|  |  |  |
| --- | --- | --- |
| **Publications** | **Books / News paper/ Booklets** | **No.** |
| Magazine | Siruvar Malar Siruvar Mani | 1  1 |
| Publications | Aval vikatan | 1 |
|  | Vingnana Sudar | 1 |
|  | Thannambikkai | 4 |
| News Paper | The Hindu | 1 |
|  | Deccan Chronicle | 1 |
| Booklets | Both Tamil and English | 10 |

**EXTRA CURRICULAR ACTIVITIES**

* Participated in the **Southern zone recipe competition** held in connection with the project **“Reappraisal of Mid Day Meal in India: Recommending Sustainable Region Based Mid Day Meal Recipes” at Queen Mary’s College** Chennai on 26-09-2008
* Participated in a **MEGA “ ANTI-OBESITY, WALKATHON” RALLY** to highlight the dangers of obesity, organized by GEM Hospital & Research Centre, Digestive Diseases Foundation on World Obesity Day 25th October 2009 at Coimbatore
* Helped in NAAC committee targeted duties
* Organized two days’ work shop for pregnant and lactating mother under UNICEF project entitled on ‘Sensitizing the mothers on breast feeding and complementary feeding practices’
* Delivered speech on “Health and Safety Aspects” for women construction workers held on 20 to 21st July 2011
* Delivered Speech lecture on Importance of Nutrients for Pregnant mothers under UNICEF Project held at Avinashilingam University
* Delivered speech for the Handloom Weavers on various aspects of health, Basic five food groups, causes, signs and symptoms of non-communicable diseases
* Visited Pondicherry and Karaikkal Districts, reviewed the Mid-Day Meal Programme among the selected schools organized by **5th Joint Review Mission, Government of India, Ministry of Human Resources Development, New Delhi** on 4th to 12th December 2013.
* Completed type writing in higher grade in English and Lower grade in Tamil with distinction
* Received approval on 06-01-2015 from Government of Tamil Nadu Connemara Public Library, Chennai to keep the Ph.D thesis in Reference section

## Helped in the Department targeted duties of the following Conferences, seminars and Workshops

* + National workshop on Intellectual Property rights IPR held on 15th March 2014 at Avinashilingam University
  + National Conference on Healthy Heart – a life line to Healthy life on 18th & 19th January 2011 at Avinashilingam University
  + International Conference on Sports and Nutrition on 8th and 9th march 2012 at Avinashilingam University

## REFERENCES:

|  |  |
| --- | --- |
| Name | Dr. U.K. Lakshmi |
| Designation | Former Dean, Faculty of Home Science |
| Organization | Avinashilingam University |
| Contact Number | 9894959128 |
| Email | [uklakshmi05@gmail.com](mailto:uklakshmi05@gmail.com) |

|  |  |
| --- | --- |
| Name | Dr.A.Thirumani |
| Designation | Professor, Department of Food Science and Nutrition |
| Organization | Avinashilingam University |
| Contact Number | 9442425754 |
| Email | [thirumaniarasu@gmail.com](mailto:thirumaniarasu@gmail.com) |

**PERSONAL PROFILE**

Father’s Name : Mr. V. Rajaraman

Gender : Female

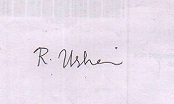
Marital Status : Married

Nationality : Indian

State of domicile : Tamil Nadu Languages Known : Tamil & English

I hereby declare that all the statements made above and information given in this application is true and correct to the best of my knowledge and belief

Place: Cheyyar Yours Sincerely

Date: 19-11-2019

(Dr. R. USHARANI)