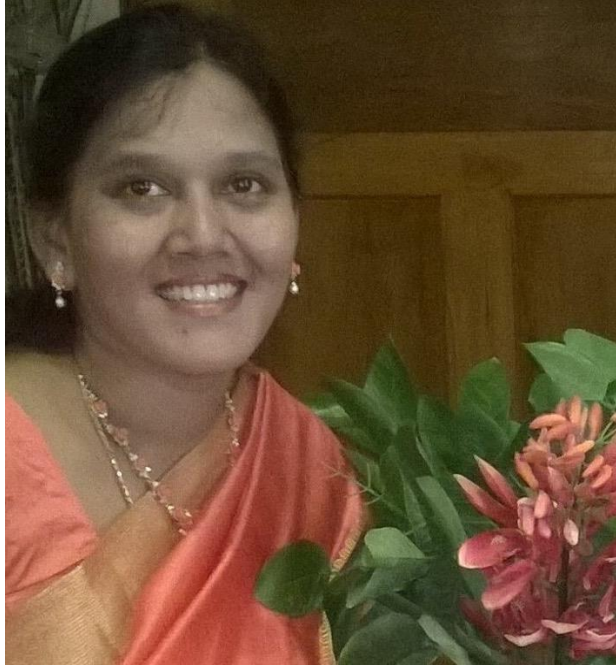


Curriculum Vitae



Dr. Anna RanginiChellappa. M.Sc., M.Phil.,Ph.D.

Controller of Examinations

**Associate Professor and Head, Home Science- Nutrition,
Food Service Management and Dietetics**

Dr Ambedkar Govt. Arts College, Vyasarpadi, Chennai -39

Personal Vision and Mission Statement

*If “each one”... would reach one... and teach one to make healthy choices
we would soon take a giant leap towards a healthier India!
That “one” should be me!*

*The change towards a healthier life style should first begin with me... and flow through me
then soon a change in all we would see !!*

(AnnaRanginiChellappa)

Personal details:

Date of Birth and Age : 13.03.1973, 41 years

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Academic details

(1) Education

School Education-

DovetonCorrie Anglo Indian Girls Higher Secondary School, Chennai.(1980 -1990)

College Education

- **B.Sc** . Home Science (1990-1993,Women's Christian College)
- **M.Sc** .Food Service Management and Dietetics (1993-1995, Women's Christian College)
Dissertation -Effect of *Moringaoleiferia*(drumstick) leaf powder supplementation on plasma glucose levels of newly detected NIDDM human subjects.
- **M. Phil-** Food Service Management and Dietetics(1995-1996) Avinashilingam Deemed University, Coimbatore)
Dissertation- Changes in food habits of adolescent girls over three generations
- **Ph.D-** Home Science – Psychology (2003-2007, Department of Psychology , University of Madras)
Thesis-Effect of iron and zinc supplementation of certain psychological functions and hematological indices of female college students in Chennai(completed on 21.8.2008)

(2) Teaching Experience (October 1998- till date 16 years)

- **13.10.1998 -2003**, Lecturer Dept of Home Science , Queen Mary's College , Chennai 600004
- **2003-2008-** Senior scale lecturer, Dept of Home Science , Queen Mary's College , Chennai 600004 .
- **2008-2011-** Senior Grade lecturer, Dept of Home Science , Queen Mary's College , Chennai 600004 .
- **October 2011 2.1.2014** – Associate Professor, Dept of Home Science , Queen Mary's College , Chennai 600004
- **3.1.2014-** till date- Associate Professor and Head, Dept of Home Science-Nutrition Food Service Management and Dietetics , DrAmbedkar Govt. Arts College, Vyasarpadi, Chennai 39.

(3) Subjects handled for UG and PG courses

- **B.Sc Clinical Nutrition and dietetics /Nutrition and Food service Management and Dietetics** Course -Food science, Dietetics, Food Service Management, Family Meal Management, Food preservation
- **M.Sc Foods and Nutrition** - Food biotechnology, Research methodology, Advanced Food science, Therapeutic Dietetics.

(4) Papers published

1. Anna RanginiChellappa and Karunanidhi, S (2013)Eating Attitudes and its Psychological Correlates among Female College Students Global Journal of Human Social Sciences, GJHSS Volume 13 Issue 4
2. Microbial Quality Of Selected Street Vended Foods In Chennai (2013) K.Bhuvanewari and Anna RanginiChellappa, Eduvneture Research Journal of Queen Mary's College ISSN 2319-1791, July 103-Dec 2013
3. Anna RanginiChellappa and Karunanidhi, S (2013)Efficacy of iron and zinc supplementation in improving iron and zinc status of female adolescents in Chennai, India. International Journal of Applied research and studies ISSN2278-9480, IJRS, Volll Issue 2, February 2013
4. Supplementation with iron and zinc selectively improves cognitive and behavioural functions in female adolescents. International Journal of Chemical Engineering and Applications, Vol 3, No 4, Aug 2012 , 274-281 ISSN : 2010-0221, DOI 10.7763,IJCES
5. Anna RanginiChellappa and Karunanidhi, S (2012) Effect of iron and zinc supplementation on cognitive functions of female adolescents in Chennai. , International Proceedings of Chemical biological and Environmental Engineering, IACSIT PRESS, Singapore, IPCBEE vol 39(2012) ISSN 2010-4618,pp17-24.
6. Anna RanginiChellappa (2012) Assessment of food habits, nutrient intake and BMI of selected female college students in Chennai. In: Global issues and challenges in business scenario,p 230-232, ISBN 978-93-81195-17-8
7. Anna RanginiChellappa (2012) Influence of familial characteristics on the dietary practices and development of preschool children. In: issues and challenges of sustainable development p: 1 ,ISBN 978-93-81194-17-8
8. Anna RanginiChellappa and ParvathiEaswaran(2012). Changes in food habits of adolescent girls over three generations. In: Optimizing nutritional support in health and diseases , 213-222. ISBN- 978-93-81992-02-9
9. Yogalakshmi, M and Anna RanginiChellappa(2012). Effect of supplementation with cooked *Amaranth tristis(ariakeerai)* leaves on iron status of adolescent girls. In:

Optimizing nutritional support in health and diseases , 226-231. ISBN- 978-93-81992-02-9

10. Sheila John and Anna RanginiChellappa(2005) “ Hypoglycemic effect of *Moringaoleifera* drumstick powder on human diabetic subjects and albino rats , Indian Journal of Nutrition and Dietetics, 42,22.

(5) Papers presented at International and National Conferences/ Workshops / Symposium

	Name of the Seminar Conference Symposia Workshop, etc.,	Title of paper	Place and Date
1	Training of trainers in nutrition - workshop	Importance of nutrition for infants and children	Ministry of Women and Child Development, Community Food and Nutrition Board Extension unit, RajajiBhavan, Chennai , 19.12.2012
2	Symposium- World Breast feeding week	Breast feeding- challenges for working women	Ministry of Women and Child Development, Community Food and Nutrition Board Extension unit, RajajiBhavan, Chennai , 3.8.2012
3	International conference on Food Science and nutrition	Effect of Iron and Zinc Supplementation on Cognitive Functions of Female Adolescents in Chennai, India	Singapore, July 23rd –July 24th 2012
4	International conference on global issues and challenges in the business scenario	Assessment of food habits, nutrient intake and BMI of selected female college students in Chennai	Quaid -E Milath College for Women, Chennai 600 002 March 14 th , 2012
5	International workshop on “Strategies in value addition and safety aspects pertaining to dairy and food industry”	Assessment of fruit and vegetable preservation methods adopted by home makers in Chennai city	Tamil Nadu Veterinary and Animal Sciences University, Dept. of Dairy Sciences, Madras Veterinary College- Chennai 600007 15 th and 16 th March, 2012
6	International open science conference “Global environmental change – challenges and innovations	Climate change and food security: an emerging challenge	Dept of Applied Geology, University of Madras , 21-24 th February, 2012

7	International conference – Foods 2012, Food Web: a global connect	Changing trends in convenience foods and fiber rich food consumption patterns of adolescent girls over three generations	17 th and 18 th February, 2012. ,School of food science M.O.P Vaishnava college for Women, Chennai
8	3 day training programme for training students	Nutrients and health	13.2.2012, Lady Wellington College for Women, Chennai
9	4 th IndoKorean conference on integrative bioscience research	Supplementation with cooked <i>Pisoniamorindifolia</i> leaves improves iron status of adolescent girls	Avinashilingam Deemed University, 10 th and 11 th February, 2012
10	National seminar on issues and challenges of sustainable development	Influence of familial characteristics on the dietary practices and development of preschool children	Quaid-E-MillathGovt College for women and Association of Economists of Tamil Nadu Chennai,30 th and 31st January 2012
11	National seminar on life style related diseases, prevention, education and intervention	Food habits and physical activity of female adolescents – Predisposing factors to life style related diseases	Quaid-E-MillathGovt College for women, Chennai 6.1.2012
12	National conference on optimizing nutritional support in health and diseases	Changes in food habits of adolescent girls over three generations	Queen Mary's College, Dept of Home Science , 28 th January, 2012
13	International seminar on sustainable development :issues and strategies ,	Iron deficiency and its burden on adolescent girls	Dept of Geography , University of Madras ,3 rd - 4 th December 2011
14	National Conference on 3 E's of energy, economy and efficiency,	Latest trends in utilization of domestic fuels	Dept of Commerce, queen Mary's College and PICRA , Queen Mary's College 4 th February, 2011
15	Special cell for students Career and Counseling, Queen Mary's College, Chennai-600 00	Healthy diet for adolescent girls	Queen Mary's College , 18.08.2010

16	International Conference on Innovative Dimensions of Applied Psychology: Counseling for Development	Eating Attitudes and its Psychological Correlates among female college students in the city of Chennai, Tamil Nadu	National Institute of Technical teachers Training and Research Chennai 113 February 16-18, 2006
17	Diabetes Meet, M.V Hospital for Diabetes and Diabetes Research Centre	Nutritional Management of Obesity	Diabetes Meet, 23rd August, 2006, DRC Auditorium., M.V Hospital for Diabetes and Diabetes Research Centre.

6. Participation in Conferences/ Workshops

S.No	Conference	Date	Place and Sponsoring Agency
1	Transforming lives through fitness and health	4.9.13	Womens Christian college , SPARC
2	International workshop on recent trends in food processing-The global scenario	8 th and 9 th December,2011	Institute of Food and Dairy Technology, TANUVAS, Koduvalli, Chennai
2	National conference on Nutrition in Metabolic Disorders	10 th and 11 th October ,2011	Women's Christian College in Collaboration with Nestle
4	International Workshop on Integrated approaches to food , diet and health – Indian and European Perspective	8 th and 9 th February, 2011	Anna University, Centre for food technology
5	National symposium on pediatric nutrition and health	4 th September, 2010	Women's Christian College and Nestle
6	Workshop on fundamentals of clinical research	11 th August, 2010	Anna Adarsh College, Chennai in collaboration with Nourish and Cherish
8	Emerging Trends and opportunities in Food Processing Sector	29 th and 30 th January, 2010	M.O.P Vaishnava College ,in collaboration with NIFTEM, IICPT
9	Socio economic impact of diabetes and its complications	12 th September, 2009	Russia Cultural Academy, by Diabetic Research Centre, and WHO collaborating centre for Diabetes
10	National symposium: Food and nutrition Security in India	7 th September, 2009	Women's Christian College in Collaboration with Pepsico
11	Safety assessment and consumer protection with reference to dairy and food industry	28 th and 29 th November, 2007	Institute of Food and Dairy Technology, TANUVAS, Chennai

12	Biotechnology: UK and Indian Perspective	11 th and 12 th September, 2007	Anna University in collaboration with British Council
13	Training cum workshop in diabetes care, control and prevention	8 th -28 th May, 2006	Diabetic Research Centre , Royapuram, Chennai

(8) Projects guided- Details pertaining to projects guided

S. No	Academic Year	Title	Name of the student
1	2015	A randomized controlled trial, to compare the benefits of drug therapy (Metformin) and lifestyle modification in the management of Acanthosis nigricans secondary to Insulin Resistance – Phd Project (guided as a Co Guide)	Dr. Sandhya Venkatswami
1	2013	Comparison Of The Nutritional Quality Of Selected Microwave Cooked And Pressure Cooked Legumes	V. Kanchana
2	2013	Assessment of knowledge attitude and practices of home makers with regard to their food storage practices	N. Sureka
3	2012	Microbial analysis of fast foods sold at the Marina Beach - Chennai	K. Bhuvaneshwari
4	2012	Estimation of adulterants in locally available spice powders in Chennai city	Shalini. S
5	2008	Menstrual problems and practices of adolescent girls	Anandhi.K
6	2008	Factors influencing food habits of adolescent girls	Ramya.S
7	2005	Influence of microenvironment on growth and development of preschool children	Deepa Antony
8	2004	Influence of microenvironment on dietary practices of preschool children	Suganyadevi, S
9	2003	Comparison of selected home –made and commercially preserved foods	Vidyasankari.D
10	2002	Food preservation practices of selected home makers in Chennai city	Kalpana. D
11	2001	Meal management practices of selected home makers in Chennai city	SivaKamasundari, K
12	2000	Effect of supplementation of <i>Pisoniaoleiferia</i> and <i>Amaranth tristison</i> iron status of college girls	M. Yogalakshmi

(9) Grants / Fellowships/ Prizes Awarded

- Received International award for best research paper published for the year 2013 published in “ International Journal of Applied Science and Research” under the field of applied sciences for the research on the effect of iron and zinc supplementation on iron and zinc status of female adolescents in Chennai , India
- UGC- FIP(Faculty Improvement Programme) grant for completion of Ph.D, Rs 20,000/- . Two year leave with full pay. (March 2005-March 2007)
- Awarded Fifth Prize for poster presentation on the research titled “Assessment of fruit and vegetable preservation methods adopted by home makers in Chennai city” presented at the International workshop on “Strategies in value addition and safety aspects pertaining to dairy and food industry” held at Tamil Nadu Veterinary and Animal Sciences University, Dept. of Dairy Sciences, Madras Veterinary College- Chennai 600007 on 15th and 16th March, 2012

(9) Positions held

1. Chairperson for Nutrition week celebration held at Govt. multispecialty Hospital Chennai, Tamil Nadu.
2. Chairman for Home science(state of Tamil Nadu) for writing the text book on Home science for class XI and XII text book corporation - Tamil NADU, SCERT from July 2013
3. Peer reviewer for International journal – Global Journal of Human Social sciences ,Global Journals Inc. (US) From August 2013
4. Reviewer and subject expert for International Journal of Applied Research and Studies – scholarly journal society ISSN 2278-9480 from February 2013
5. Subject expert paper and research paper reviewer for International conference on food science and nutrition held in July 2003 at Rome organized by APCBEES-Asia Pacific Chemical and Biological and Environmental Engineering society
6. Tamil Nadu State Text Book Syllabi framing committee member for Standard XI and XII –Text book of Home Science – 2012-2014
7. **Chair person for a scientific session in the International Conference on Food Science and Nutrition at Singapore, July 23rd and 24th , 2012**
8. Tamil Nadu Teachers Recruitment Board Committee member and examiner for PG teachers recruitment- April 2012
9. Tamil Nadu Public Services commission – Examiner in B.Sc. Home Science and PG Food and Nutrition April 2011
10. Member of Board of studies(UG and PG) – Women’s Christian College, subject expert in Food service management and dietetics for the year 2011-2013
11. Editorial board member- Eduventure Research Journal of Queen Mary’s College (2007 till date)
12. Member of Board of examiners- University of Madras, Avinashilingam Deemed university, Mother Teresa University, Indira Gandhi Open University(1998- till date)
13. Tamil Nadu Text book society- Co authorfor Std XI and XII text book for nutrition and dietetics stream. BOTH TAMIL AND ENGLISH VERSIONS (2004)

14. Life member of Nutrition Society of India
15. Organizing secretary of the national conference on “Optimizing nutritional support in health and diseases” on January 28, 2012, conducted by Department of Home Science , Queen Mary’s College, Chennai 600 004
16. Resource person for Training of Trainers in Community Nutrition- Ministry of Women and Child Development. Community Food and Nutrition Extension Unit, RajajiBhavan, Chennai.