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Dr. P. Vandarkuzhali Rajasegar

Present designation

Assistant Professor, Department of Home Science
Avvaiyar Government College for Women, Karaikal

Worked as

Dietitian

Indira Gandhi Government General Hospital & Post Graduate Institution, Puducherry
and
Government General Hospital, Karaikal

Membership

Executive Member in Indian Dietetic Association, Puducherry Chapter

Services to the Public

1. Published 2 Books – “**Remedial Recipes**” and “**ciYf;F cfe;j czTfs;**”
2. Delivered special lectures related to health and nutrition in schools, colleges, private companies
3. Presented a special talks and live interview to All India Radio, Puducherry and Karaikal
4. Published around 41 tamil articles in both the monthy tamil magazine The Diet Food (jp lai; Gl;) and “Dhinamani” (jpdkzp) newspaper till today.
5. Providing new innovative recipes with their health significance and diet guidelines to the public through a face book page and a group “Diet Guide” and both have nearly 5000 members.
6. Invited as resource person to deliver special lectures on many awareness programs in schools, colleges, industries and community health service centers.
7. Invited as resource person to deliver lecture on “**Entrepreneurship opportunities in food science and technology**” to agriculture graduates by – Agri clinics & agri business training center, Puducherry on 3.3.2016
8. Conversation Interview on “**Impacts of Junk Foods**” to All India Radio on 11.3.2016

9. Awareness program on “**Prevention and management of diabetes mellitus**” to the Teachers of Jawahar Navodhaya Vidhyalaya, Kalapet, Puducherry on 3.12.2016

10. Invited as resource person for the UGC sponsored national level seminar on “Hurdles to horizon-Emerging trends in food technology” conducted by Arulanandar College, Karumathur, Madurai on 28.1.2017 and presented a session on “**Use of safe, nutritious and wholesome foods**”

Educational Qualifications:

Ph.D (UGC-JRF) in Food Science and Nutrition, Department of Food Science and Technology, Pondicherry University, 2018

UGC - JRF – December 2010

UGC – NET – June 2002

M.Phil (Home Science)

2007 – 2008 (**85 %**) **Received Pondicherry University Gold Medal**
Bharathidasan Govt. College for Women,
Puducherry.

M.H.R.M - (Master of Human Resource Management-Distance Education)

2004 – 2006 (**80 %**)

Puducherry University, Puducherry.

M. Sc. – (Food Service Management and Dietetics)

2000 – 2002 (**80.8 %**)

Bharathidasan Govt. College for Women,
Puducherry.

B. Sc. – (Clinical Nutrition and Dietetics)

1997 – 2000 (**64.3 %**) **Received Proficiency Award for I year**

Bharathidasan Govt. College for Women
Puducherry.

Higher Secondary (State Board)

1997 – (**75.25 %**)

S.S.L.C - (State Board)

1995 – (**78.8 %**)

Membership

1. Indian Dietetic Association, Chennai chapter – Life member

Teaching Experiences:

1. **Lecturer** in Department of Nutrition and Dietetics
Acharya Arts and Science College, Villianur, Puducherry.
(December 2007 to June 2011)
2. **Lecturer** (Food and Nutrition)
Sabari College of Nursing
Kirumambakkam, Puducherry
(September 2007 to December 2007)
3. **Lecturer** in Department of Nutrition Food Service Management and Dietetics
Sri Akilandeswari Women's College, Vandavasi, T. V. Malai Dt.
(July 2003 to March 2007)

Subjects Handled: (with practical)

Course	Class	Subjects
B.Sc. Nutrition Food Service Management & Dietetics	I year	Physiology, Microbiology
	II year	Food Science
	III year	Food Service Management, Human Development & Family Studies, Dietetics, Interior Design and Housekeeping
M.Sc. Foods & Nutrition	I year	Advanced Physiology
B. Sc Nutrition & Dietetics	I year	Human Physiology, Human Nutrition, Food Science
	II year	Dietetics, Entrepreneurship Development
	III year	Food Service Management, Food Standards & Quality Control, Human Development, Personnel Management, Extension Education, Family Resource Management and Home Economics

Paper publications

1. Vandarkuzhali, Narayanasamy Sangeetha, Suganthi (2015) Color, texture, cooking properties and nutritional composition of extruded pasta incorporated with germinated horse gram (*Macrotyloma uniflorum*) flour. International Journal of Research & Development Organization. Volume 1, Issue 9. September 2015. ISSN:2455-6653.
2. Effect of germination and dehydration on physical properties of horse gram (*Macrotyloma uniflorum*) flour. Vandarkuzhali, Narayanasamy Sangeetha. IOSR journal of Environmental Science, Toxicology and Food Technology. Volume 10, Issue 6(June 2016), PP 59-66. ISSN: 2319-2399.
3. Vandarkuzhali. P and Narayanasamy Sangeetha (2015) Horse gram – A prospective functional food, Indian Journal of Nutrition and Dietetics. Vol. 52(2):226-243.
4. Vandarkuzhali and Josphine Nirmala Many (2011) Health and occupational stress of traffic police, Proceedings of National conference on “Occupational Health and Stress” (OHAS-2011) ISBN:978-93-80697-66-6.
5. P. Vandarkuzhali and Narayanasamy Sangeetha (2014) Effect of fermentation and dehydration on the nutritional and functional properties of horse gram (*Macrotyloma uniflorum*) flour, International Journal of Food and Fermentations Technology. (Accepted for publication in Vol. 6 (2)).

Paper and poster presentations

1. Presented and published a paper on “Is the right to healthy food declining?” in one day national conference on “Human Rights Protection – Indian Scenario” organised by Bharathidasan Govt. College for Women and Legal Services Clinic, BGCW, Department of History and IQAC of the college at Puducherry on 30.10.2019.
2. Presented a poster on “Effect of germination and dehydration on the proximate and physicochemical properties of *Macrotyloma Uniflorum* powder” in 7th International Food Convention (IFCON) on NSURE Healthy Foods organized by AFSTI.
3. Presented a poster on “Significance of legumes in management of weight” in UGC national seminar on “Community health:issues and challenges” organized by Department of Sociology, Annamalai University on 28th March 2014.
4. Presented a poster on “Thirst quenching nutri candy – a functional food” in XXI Indian Convention of Food Scientists and Technologists (ICFOST) organized by AFSTI, Pune, India on 20 and 22nd January 2012.

5. Presented a poster on “Nutri Candy for respiratory disorders – A preventive nutrition” in International symposium on “Functional Foods” organized by department of Food Science, Periyar University, Salem on 19th November 2011.
6. Presented a poster on “Development of conventional nutricandy by incorporating jaggery” in a National conference on “Agro food processing technologies” organized by Department of Food Science and Technology, Pondicherry University on 3rd to 4th November 2011. Received Second Prize
7. Presented a paper on “Health and occupational stress of traffic police” in a National conference on “Occupational stress of traffic police” organized by Department of Home Science, The Gandhigram Rural Institute- Deemed University, Dindigul on 25th and 26th February 2011.
8. Presented a poster on “A study of adolescent pregnancy – focus on complications and preventive measures” in National seminar on “Recent trends in nutrition and food technology” organized by Department of Food Science and Nutrition, Pondicherry University on 14th March 2008.

Conferences and seminars participated

International level

1. Foods 2012-Food Web: A global connect by – organized by School of Food Science, M.O.P Vaishnav college for women (Autonomous) on 17 & 18 of February 2012.

National level

1. “Functional foods and health” organized by Department of Food Science and Technology, Pondicherry University and AFST(India), Pondicherry chapter on 9th March 2012.
2. “Biotechnofest-2003” (Prospects in Biotechnology) organized by the Department of Biochemistry and Microbiology, Sri Akilandeswari Womens College, Vandavasi on 13th December 2003.
3. Commemorative seminar on the 125th Birth Anniversary of Dr. B. R. Ambedkar on “Entrepreneurship – a gate way to explore opportunities” organized by Pondicherry University SC/ST employees welfare Association & Pondicherry University special reservation cell in collaboration with Dalit Indian Chamber of Commerce and Industry on 8th May 2015.

Workshops

1. Participated in “Know the Act and Regulations” series – one day workshop on Food Safety Act on 14.3.2014 organized by the Department of Food Science and Technology, Pondicherry University.

Other Relevant Information

2. Book – A book entitled “**Remedial Recipes**” will be published soon.
3. Published various tamil articles in the monthly tamil magazine “**The Diet Food**”
4. Providing new innovative recipes with their health significance and diet guidelines to the public through a public face book group “**Diet Guide**” which has nearly 930 group members.
5. Co-ordinated the students for one day visits - Ponlait Milk Industry, Krishi Vigyan Kendra, Puducherry, Horticulture farm house, Madagadipet (2007-2011)
6. Invited as Resource person for various Health and Guidance Program through NSS in Schools and Colleges (2004-2010)
7. Fine Arts Association Member (2003-04 and 2008-09)
8. Invited as Guest Faculty for the Diploma course -Early Childhood & Education by IGNOU (2009)
9. Co-ordinated and guided the students for 15 days dietetics internship programme at Dr. Mohan Diabetic Hospital, Gopalapuram, Chennai (2006)
10. IQAC – Internal Quality Assurance Committee member of the College for NAAC (Sri Akilandeswari Women’s College, Vandavasi, 2006-07)
11. Organised Regional level seminar “BIONUT” in Sri Akilandeswari Women’s College, Vandavasi (2006)
12. Organised Regional level seminar “Sciencilation” in Sri Akilandeswari Women’s College, Vandavasi (2005)
13. Co-ordinated and guided the students for 15 days dietetics internship programme at Salem diabetic care center, Salem, Tamil nadu (2004)
14. Organised two certificate courses – Certificate course on Fashion Designing and Certificate course on Kinder Garden Teacher Training, Sri Akilandeswari Women’s College, Vandavasi (2003).
15. Invited as Guest Faculty for the Diploma course -Nutrition by Soorya Hotel Management College, Puducherry (2003)

Awards and Prizes received

1. Recipient of Pondicherry University Gold Medal for M.Phil

2. Received special award from the management for producing centum result in various subjects (2008)
3. Research paper on “Paventhari Bharathi” was selected as best paper and published in book. Tamil Conference organized by Bharathidasan Arts and Science College, Elleespuram, Erode (2005).
4. Received Prize in International Women’s Day Essay Writing Competition conducted by All India Radio, Govt. of Puducherry (2003)
5. Received 1st Prize for Floral Carpet in flower show organized by the Dept. of Agriculture, Govt. of Puducherry (2000)
6. Received 2nd Prize for Flower Arrangement in flower show organized by the Dept. of Agriculture, Govt. of Puducherry (2000)

Thesis Submitted for M.Sc. Degree:

“A study of adolescent pregnancy – Focus on complications and preventive measures”

Mini Projects

1. Case study on Hepato renal failure – Govt. General Hospital, Puducherry.
2. Project on “Hotel Mass” – Puducherry

Trainings Attended:

1. Training on Food Processing Techniques in Perunthalaivar Kamaraj Krishi Vigyan Kendra, Puducherry (2007)
2. Dietetics Internship Training in Govt. General Hospital, Puducherry (2001)
3. Dietetics Internship Training in Rani Hospital, Puducherry (1998)
4. Dietetics Internship Training in East Coast Hospital, Puducherry (1999)
5. Food Service Management Training in Hotel Mass, Puducherry (1999)
6. Food Service Management Training in Hotel Surguru, Puducherry (1999)

Technical Skills

Typewriting

English : Senior grade – I class
Junior grade – II class

Tamil : Junior grade – I class

Proof Reader : Integra Software Services & Pvt. Ltd., Puducherry (2002 – 2003)

Personal Details:

Father's Name : Mr. K. Paramakedou

Husband's Name : R. Rajasegar

Date of Birth : 10th July 1980

Gender : Female

Marital Status : Married

Languages Known : English, Tamil and Hindi.

DECLARATION

I hereby declare that the above-furnished information is true to the best of my Knowledge and belief.

Place: Pondicherry

Date: 28.02.19



P. VANDARKUZHALI

List of tamil articles published in magazines and news paper'

('jp lal; Gl ;' > 'jpdkzp - kfsph;kzp' > 'kfsph; Xir' ,jo;fspy; ntspahd fl;Liufspd; thpirg;gl;bay;)

1. Nfhillapy; ePh;r;rj;ijg; gukhpg;gJ vg;gb?
2. moifg; ghJfhf;Fk; ,aw;ifg; nghUl;fs;
3. jiyKbiag; ghJfhf;Fk; czTfs;
4. Foe;ijfSf;Fr; rj;Js;s nehWf;Fj; jPdpfisj; jahhpg;gJ vg;gb?
5. ijuha;L Fiwitr; rhpnra;Ak; czTfs;
6. rh;f;fiu NehahspfSf;F];tPl;]; jahhpg;gJ vg;gb?
7. fz;fisf; fhf;Fk; czTfs;
8. ghYhl;Lk; jha;khh;fSf;fhd czTfs;
9. czT gl;n[;]
10. Njh;T Neuj;jpw;fhd czTKiwfs;
11. A1, A2 ghy; vd;why; vd;d?
12. %yNeha;f;fhd czTKiwfs;
13. Foe;ijfspd; ,uj;j Nrhifiag; Nghf;Fk; czTfs;
14. vt;tsT ntq;fhak; rhg;gpl Ntz;Lk;?
15. ,uj;j tiffSf;Nfw;w czTfs;
16. "AB" ,uj;j tiff;fhd czTfs;
17. ,uj;j "B" cs;sth;fs; vd;d rhg;gpl Ntz;Lk;?
18. "O" ,uj;jtifapdUf;fhd czT Kiwfs;
19. czTg; gad;ghL kw;Wk; cly;ey ed;ikfs;
20. fliy
21. cSe;J
22. jl;ilg;g gUg;G
23. kzpyh gaW
24. Jtuk; gUg;G
25. NrhaHgPd;];
26. M];j;Jkh Neha;f;fhd czTf; Fwpg;Gfs;
27. fh;g;gfhy ePhpopTk; czT KiwAk;

28. ePhpopTk; clw;gapw;rpAk;;
29. tPl;by; jahhpf;Fk; ,l;yp khtpd; ed;ikfs;
30. tshpsk; ngz;fSf;fhd czT Kiwfs;
31. khjtplha; typ Rikay;y RfNk!
32. ghYhl;Lk; ,sk; jha;kh;fspd; ftdj;jpw;F
33. Njhy; moifAk; MNuhf;fpaj;ijAk; nfhLf;Fk; czTfs;
34. %yNehapypUe;J jw;fhj;Jf; nfhs;s
35. Njhypd; MNuhf;fpaj;jpw;F cjTk; 6 rj;Jf;fs;
36. rhg;gpltpy;iyah? tpl;L tplhjPh;fs;
37. %yNehapypUe;J jw;fhj;Jf;nfhs;s
38. nlq;Ff; fha;r;rYk; czT KiwAk;
39. fz;fisf; fhf;Fk; czTfs;
40. Neukpy;;iy vd;W \$Wk; NjhopaNu..xU epkplk;
41. khWNthk; khw;WNthk;
42. Njh;;T Neuq;fspy; khzth;fs; filgpbf;f Ntz;ba czTKiwfs;
43. khjtplha;f; fhy Rfhjhu Nkyhz;ik
44. fNuhdh jLg;G – cjtpLkh czT Kiwfs;
45. ,e;j 21 ehl;fis vt;thW gad;gLj;jyhk;
46. ijuha;L FiwghL Neha;f;fhd czTfs; 8.4.20
47. EiuPuypd; MNuhf;fpaj;ij Nkk;gLj;Jk; czTfs; 6.5.20
48. cly; tsh;r;rpf;F cjTk; gr;irg; gaW 20.5.20
49. grp vt;thW Vw;gLfpwJ? 24.6.20
50. tapW epuk;gpdhy; kl;Lk; NghJkh? 1.7.20
51. grp> tpujk;> cly; 8.7.20
52. grp:cly; ;khw;wKk;> czT KiwAk; 15.7.20
53. khjtplha; fhyj;jpy; filgpbf;f Ntz;ba Rfhjhu Kiwfs; (kfsph; Xir) [_iy
54. nkNdhgh]; neUq;Ffpwjh? ngz;fs; ftdpf;f Ntz;bait 12.9.20& 20.8.20
55. fNuhdhtpw;Fg; gpwF vLj;Jf;nfhs;s Ntz;ba czTfs; 2.9.20
56. Foe;ijg;NgW: Vw;w czTfs; 23.9.20
57. fPy; thjj;ijg; Nghf;Fk; czTKiw 21.10.20
58. rj;J khT: rpy ufrpaq;fs; 18.11.20
59. “ kUe;Jfis vLj;Jf;nfhs;Sk;NghJ” 18.11.2020

60. urnkd;W Nyrhf vz;zhjPh;fs; 7.1.21

61. ,l;yp Njhirah.? mhprp Nrhw.?" 10.2.21

62. mj;jid mtrpakh ntq;fhak;?"

63. ve;j vz;nza; ey;y vz;nza;..?