

BIO DATA

S. No.	NAME	Dr.R.SARADHA
1.	QUALIFICATION	M.Sc., M.Phil., Ph.D., PGDHA.,
2.	DESIGNATION	ASSOCIATE PROFESSOR
3.	DEPARTMENT	HOME SCIENCE
4.	AGE & DATE OF BIRTH	46 & 27.07.1973
5.	SEX	FEMALE
6.	PERMANENT ADDRESS	3/ 327 (2) RENGANATHAN STREET, BANK COLONY, NARAYANAPURAM, MADURAI-625 014
7.	ADDRESS FOR COMMUNICATION	SRI MEENAKSHI GOVT. ARTS COLLEGE FOR WOMEN (A), MADURAI-625 002

8. EDUCATIONAL QUALIFICATION:

S. No.	DEGREE	SUBJECT	YEAR OF COMPLETION	INSTITUTION
1.	B.Sc.	Home Science	1993	Tamil Nadu Agricultural University, Coimbatore
2.	PG Diploma	Hospital Administration	1994	Madurai Kamaraj University
3.	M.Sc.	Home Science Extension	1996	Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore
4.	M.Phil	Home Science Extension	2003	Mother Teresa Women's University, Kodaikanal
5.	Ph.D.	Home Science	2016	The Gandhigram Rural Institute- Deemed to be University

9. RESEARCH WORK / EXPERIENCE:

S.NO.	TITLE OF RESEARCH WORK	DURATION	REMARKS
1	A Study on Selected Self Help Groups Promoted By Rural Integrated Development Organisation (RIDO) An NGO in Natham Block of Dindigul District	3 years	M.Phil Dissertation
2	Women Workers of Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS)- A Multi Dimensional Study	5 Years	Ph.D.Dissertation

10. RECOGNIZED RESEARCH GUIDE: YES/ **NO**

11. AREA OF SPECIALIZATION: HOME SCIENCE EXTENSION

12. TEACHING EXPERIENCE:

S. NO.	DESIGNATION	PLACE	DURATION	NO. OF YEARS
1.	ASSOCIATE PROFESSOR	Sri Meenakshi Govt. Arts College for Women (A), Madurai	17.10.1998, till date	21
Total Teaching Experience				21 years

13. ORIENTATION / REFRESHER COURSES / OTHER PROGRAMMES & TRAINING:

S.NO.	NAME OF THE COURSE	TOPIC	PLACE	PERIOD
1.	Orientation	Orientation Course	Madurai Kamaraj University	23.08.2000 - 20.09.2000
2.	Refresher	Sociology	Gandhigram Rural Institute	29.10.2003 - 18.11.2003
3.	Refresher	Home Science	Gandhigram Rural Institute	03.12.2004 - 23.12.2004
4.	Refresher	Recent Trends in Quality Assurance and Management in Food and Dairy Industries	Gandhigram Rural Institute	03.11.2008 - 23.11.2008
5	Training Programme for College Teachers	Psycho-Educational Skills	The American College, Madurai organized by District Administration, Madurai and MANASA, Madurai	24.11.2014- 29.11.2014

14. INTERNATIONAL PUBLICATIONS:

S. NO.	CONFERENCE	TITLE	PLACE	PERIOD
1.	Abstract Published in the Proceedings of International Satellite Symposium on "Emerging Trends in Nanotechnology" pp-OPISSNT3	"Emerging Applications of Nanotechnology in Food Packing"	Kilakkarai	17.12.2015
2.	Abstract Published in the Proceedings of International Conference on "Women Leadership and	"Attitude and Knowledge Analysis of Women Workers Under Mahatma Gandhi National Rural	Madurai	06.04.2017

Empowerment”P.9 ISBN: 978-0-9895150-7-8	Employment Guarantee Scheme (MGNREGS)”		
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15. NATIONAL PUBLICATIONS:

S. NO.	CONFERENCE	TITLE	PLACE	PERIOD
1.	Edited Paper Published in the Proceedings of UGC Sponsored National Seminar on “Empowerment of Women” pp-17-24 ISBN: 13:978-81-908283-6-9	“Empowerment of Rural Women through NREGS- A Study of Selected Women in Karuvanur Panchayat”	Nesamoni Christian College, Marthandam	February 2010
2.	Edited Paper Published in the Proceedings of the National Seminar on Emerging trends in Family and community Science pp-267-277 ISBN: 978 81 928506 0 3	“Impact of MGNREGS on Women’s Economic Empowerment in Madurai District”	Government Arts College for Women, Trivandrum	February 2014
3.	Abstract published in the Proceedings of National Seminar on “Social Exclusion of people working in unorganized sector in India: Inclusive strategies” P9	“Work profile of Women Workers of MGNREGS in Madurai District”	The Gandhigram Rural Institute, Gandhigram	11.02.2016 & 12.02.2016
4.	Abstract Published in Proceedings of UGC Sponsored National Workshop on “Best practices in Rural Development” P.6	“Strategies to Strengthen the Implementation of Mahatma Gandhi National Rural Employment Guarantee Scheme”	The Gandhigram Rural Institute, Gandhigram	10.03.2016 & 11.03.2016
5.	Abstract Published in the proceedings of the National Seminar on “Functional Foods to Achieve Nutrition and Health Security” P.70	“Role of Functional Foods in Promoting Health”	Home Science College and Research Institute, TNAU, Madurai	19.09.2016
6.	Edited Chapter in the proceedings of National Seminar on “Nutritional Management in Metabolic Syndrome”pp-255-258	“Risk Factors of Metabolic Syndrome”	Sri S. Ramaswamy Naidu Memorial College, Sattur	08.02.2017

STATE LEVEL PUBLICATIONS:

S. NO.	CONFERENCE	TITLE	PLACE	PERIOD
1.	Abstract published in the Proceedings of Tamil Nadu Scientific Forum’s XI Science Conference in Tamil pp-201-202 ISBN: 817735986-X	“MGNREGS and Women’s Empowerment in Kavanoor Panchayat under Madurai West Panchayat Union Block” (Published in Tamil)	The Gandhigram Rural Institute, Gandhigram	26.06.2011 & 27.06.2011
2.	Abstract Published in the proceedings of the UGC Sponsored State Level Seminar on “Therapeutic Potential of Low Carb High Fat Diet- An Overview” P.119 & 120	“Green Tea-The Elixir of Life”	Sri Meenakshi Govt. Arts College for Women (A), Madurai	07.01.2017

3.	Abstract Published in the proceedings of the UGC Sponsored State Level Seminar on “Therapeutic Potential of Low Carb High Fat Diet- An Overview” P.121	“Virgin Coconut Oil- A Panacea for Weight Loss”	Sri Meenakshi Govt. Arts College for Women (A), Madurai	07.01.2017
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16. REVIEWER FOR INTERNATIONAL/NATIONAL. STATE LEVEL CONFERENCES:

S.NO.	CONFERENCE	TITLE	PLACE
1.	NIL	NIL	NIL

17. CHAIR PERSON FOR INTERNATIONAL/NATIONAL. STATE LEVEL CONFERENCES:

S.NO.	CONFERENCE	TITLE	PLACE
1.	National Seminar	Inclusion of Children with Disabilities- Challenges and Concerns	The Gandhigram Rural Institute, Gandhigram

18. INVITED TALKS DELIVERED INTERNATIONAL/NATIONAL. STATE LEVEL CONFERENCES:

S.NO.	CONFERENCE	TITLE	PLACE
1.	NIL	NIL	NIL

19. BOOKS PUBLISHED:

S.NO.	TITLE	PUBLISHER NAME	ISBN/ YEAR
1.	Impact of Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) on Women’s Socio – economic Empowerment in Madurai District Edited Chapter in Book entitled “Sustainable Development of Rural Women” Edited by Dr.M. Hilaria Soundaripp-45-64	Authorspress, New Delhi	ISBN: 978-93-5207-155-5 / 2015
2.	“Socio- Economic Status of women workers working in MGNREGS in Madurai District” (Published in Tamil) Edited Chapter in a book titled “Ilakkiya Pathivukalil Madurai (Imprints of Madurai in Literature)” pp-698-702	Pavai Publications, Chennai	ISBN: 978-81-7735-850-6 25.02.2016 & 26.02.2016

3.	“Women Workers of Mahatma Gandhi National Rural Employment Guarantee Scheme- A Case Study” Edited Chapter in the Book entitled “Gender Parity and Employability”pp-167-172	Mother Teresa Women’s University, Kodaikanal	ISBN: 978-81-86520-29-5 February 2017
4.	“Strategies to Strengthen the Implementation of Mahatma Gandhi National Rural Employment Guarantee Scheme” Edited Chapter in the Book entitled “Best Practices in Rural Development” pp.213-227	Shanlax Publications, Madurai	ISBN: 978-93-85977-85-5

19. TECHNICAL TALKS DELIVERED:

S.NO.	RESOURCE PERSON	TITLE	PLACE
1.	Trainers’ Training Programme for ICDS officers and Noon Meal Organizers	Improving diet at low cost, Modified family food for children, Conservation of Nutrients during food preparation & Infant food mixes.	Food & Nutrition Board, Ministry of Women and Child Development, Govt. of India
2.	World Breast Feeding Week – 2009 Symposium	Preparation of Homemade Weaning Food (Home Pot) complementary Food and feeding the infants	Food & Nutrition Board, Ministry of Women and Child Development, Govt. of India
3.	Adolescent Girls Life Skills Education Training under Sabla Scheme	Creativity, Critical Thinking, Problems of Adolescents and its solutions, Social Gender Equality	Child Development Project Office, Kottampatti
4.	National Seminar on Inclusion of children with Disabilities – challenges and concerns	Chairperson for an Oral presentation session	The Gandhigram Rural Institute, Gandhigram
5.	Part IV Meeting for UG Students	Adolescent Nutrition	Lady Doak College, Madurai
6.	Traditional Food Festival	Key note Address	Social Welfare and Noon Meals Programme, Integrated Child Development Services, Govt. of Tamil Nadu.
7.	NSS Camp	Our Health and Its Significance	Sri Meenakshi Govt. Arts College/W(A), Madurai
9.	Trainers’ Training Programme for Noon Meal Organizers	Cause and consequence of malnutrition, prevention of childhood diseases	Food & Nutrition Board, Ministry of Women and Child Development, Govt. of India

10.	Trainers' Training Programme for Noon Meal Organizers	Role of micronutrients in health promotion	Food & Nutrition Board, Ministry of Women and Child Development, Govt. of India
11.	NSS Camp	Health is Wealth	Sri Meenakshi Govt. Arts College/W(A), Madurai

20. SEMINAR / SYMPOSIA / WORKSHOP ATTENDED:

S. NO.	NAME & LEVEL OF THE PROGRAMME	TITLE	PLACE	PERIOD
1.	National Seminar	"Stock Taking of Research in Women's Studies"	Mother Teresa University, Kodaikanal	28.10.2004 & 29.10.2004
2.	National Workshop	"Promotion of Life Skills Among Adolescents"	Gandhigram Rural Institute, Gandhigram	23.01.2006 to 25.01.2006
3.	National Seminar	"New Horizons in Processing of Value Added Convenience Foods"	V.V.V. College, Virudhunagar	27.02.2006 & 28.02.2006
4.	National Seminar	"Integrated approach to Prevent Non Communicable Diseases"	Women's Christian College, Chennai	18.08.2006 & 19.08.2006
5.	Regional Seminar	"Globalization, Ageing and Changing Structures of Care"	The American College, Madurai	04.01.2007
6.	Regional Seminar	"Schemes For Women-Coverage & Its Impact On Target Groups"	Gandhigram Rural Institute, Gandhigram	21.02.2007 & 22.02.2007
7.	National Seminar	"Women Empowerment with Special Reference to Rural Economy"	Poondi Pushpam College, Tanjore	25.01.2009
8.	TANSCHHE sponsored State Level Workshop	"Entrepreneurial Avenues in Home Science"	Fatima College, Madurai	28.01.2009
9.	TANSCHHE sponsored state Level Seminar	"India's Health – Double Burden of Diseases Scenario – Impact of Human Development Index"	Seethalakshmi Ramaswami College, Trichy	30.01.2009
10.	Regional Seminar	"Gearing Home Science Curriculum towards Better Career Prospects"	Avinashilingam University for Women, Coimbatore	21.08.2009 & 22.08.2009
11.	UGC Sponsored National Seminar	"Empowerment of Women"	Nesamoni Christian College, Marthandam	11.09.2009
12.	UGC sponsored National Workshop	"Scientific Writing in Home Science Extension Education & Rural Development"	Gandhigram Rural Institute, Gandhigram	22.02.2010 & 23.02.2010
13.	State Level Seminar	Tamil Nadu Scientific Forum's XI Science Conference in Tamil	Gandhigram Rural Institute, Gandhigram	26.06.2011 & 27.06.2011
14.	National Seminar	UGC sponsored National Seminar on "Poor Economics-	The Madura College (Autonomous)	05.01.2012

		Rethinking Poverty and the ways to end it”	Madurai	
15.	UGC sponsored State Level Seminar	“Eco Conservation of Biodiversity for Sustainable Development”	Dept. of Botany, Sri Meenakshi Govt. Arts College for Women (A), Madurai	08.02.2013
16.	International Symposium	“Emerging issues on health – A Comprehensive Therapeutic approach”	Organized by Dept. of Home Science with Food Biotechnology & Dept. of Zoology Fatima College, Madurai	16.12.2013
17.	National Level Workshop	“Achieving Excellence in Research Endeavour”	PSG Institute of Management, Coimbatore	20.12.2013 & 21.12.2013
18.	National Seminar	National Seminar on “Nutraceutical & Therapeutic Value of Traditional Foods”	Research centre in Botany & Microbiology, Lady Doak College, Madurai	30.01.2014 & 31.01.2014
19.	National Workshop	“Emerging Technology in Processing and Value Addition of Millets for Better utilization”	Home Science College and Research Institute, TNAU, Madurai	13.03.2014 & 14.03.2014
20.	UGC sponsored National Level Workshop	“Quantitative Data Analysis”	Dept. of Business Administration, Sri Meenakshi Govt. Arts College for Women (A), Madurai	03.02.2015 & 04.02.2015
21.	UGC sponsored Seminar	“Quality Enhancement in Higher Educational Institutions”	IQAC, Sri Meenakshi Govt. Arts College for Women (A), Madurai	26.02.2015
22.	National Seminar	National Seminar on “Towards Sustainable Development of Rural Women: Reducing Vulnerabilities and Building Resilience”	Gandhigram Rural Institute, Gandhigram	02.03.2015 & 03.03.2015
23.	International Conference	“Development Goals at the Grassroots: Policy Perspectives and challenges”	Faculty of Rural Social Sciences, The Gandhigram Rural Institute, Gandhigram	22.06.2015 & 23.06.2015
24.	International Satellite Symposium	“Emerging Trends in Nanotechnology”	TBAK College, Kilakarai	17.12.2015
25.	National Seminar	“Inclusion of Children with Disabilities – Challenges and Concerns”	Gandhigram Rural Institute, Gandhigram	21.01.2016 & 22.01.2016
26.	National Seminar	“Social Exclusion of People Working in Unorganized Sector in India: Inclusive Strategies”	Gandhigram Rural Institute, Gandhigram	11.02.2016 & 12.02.2016
27.	International Conference	“ Ilakkiya Pathivukalil Madurai” organized by Dept. of Tamil	Sri Meenakshi Govt. Arts College/W(A), Madurai	25.02.2016 & 26.02.2016

28.	National Workshop	“The Best Practices in Rural Development”	Gandhigram Rural Institute, Gandhigram	10.03.2016 & 11.03.2016
29.	UGC sponsored National Seminar	“Hurdles to Horizon – Emerging Trends in Food Technology”	Arul Anandar College (A) Karumathur, Madurai Dist.	28.01.2017
30.	National Seminar	“Gender Parity and Women Employability in Present Scenario”	Mother Teresa Women’s university, Kodaikanal	03.02.2017
31.	National Seminar	“Nutritional Management in Metabolic Syndrome”	SRNM College, Sattur	08.02.2017
32.	International Conference	“Women Leadership and Empowerment”	Mother Teresa Women’s University, Kodaikanal and Academic Research Conferences, India	06.04.2017
33.	Regional Seminar	“Enhancement of Quality of Curricula for Chairpersons and Members of UG/ PG Board of Studies”	Madurai Kamaraj University	20.12.2017
34.	National Workshop	“Teaching, Learning and Evaluation online with Moodle MOOC Platform & Open Education Resources”	Gandhigram Rural Institute, Gandhigram	04.02.2019- 06.02.2019

21. SEMINAR / SYMPOSIA / WORKSHOP CONDUCTED:

S. NO.	NAME & LEVEL OF THE PROGRAMME	TITLE	PLACE	PERIOD
1	Camp	Blood Donation Camp	Sri Meenakshi Govt. Arts College/W(A), Madurai	23.09.2010
2	UGC Sponsored Regional workshop	“Rediscovering the Magic of Millets”	Sri Meenakshi Govt. Arts College/W(A), Madurai	31.01.2013
3	UGC Sponsored National seminar	“Prebiotics and Probiotics in Promoting Human Health”	Sri Meenakshi Govt. Arts College/W(A), Madurai	06.02.2015
4	UGC Sponsored State Level Seminar	“Therapeutic Potential of Low Carb High Fat Diet- An Overview”	Sri Meenakshi Govt. Arts College/W(A), Madurai	07.01.2017

22. GUIDANCE FOR M. Phil: NIL

22. GUIDANCE FOR Ph.D UNDER MADURAI KAMARAJ UNIVERSITY, MADURAI: NIL

25. OTHER RESPONSIBILITIES HELD IN SERVICE (CURRENT / PERVIOUS):

S. NO.	NAME OF THE SERVICE/COMMITTEE	PLACE	PERIOD	POSITION
1.	Hostel Committee	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2000-2001	Residential Tutor
2.	NET Committee	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2004-2006	Member
3.	NAAC Committee	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2005-2006	Member
4.	NAAC Steering Committee	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2005-2006	Member
5.	Admission Committee	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2006-2007	Admission Coordinator
6.	Skill-Will Committee	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2006-2007	Member
7.	Hostel Committee	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2006-2007	Deputy Warden
8.	Red Cross Committee	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2009-2011	Member
9.	Rotaract Club	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2010 -2014	Staff-in-charge
10.	Career Guidance Committee	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2006 -2014	Member
11.	Autonomy Committee	Sri Meenakshi Govt. Arts College for Women (A), Madurai	2014-2017	Member

26. OTHER RESPONSIBILITIES HELD IN OTHER INSTITUTIONS:

S. NO.	NAME OF THE SERVICE/COMMITTEE	PLACE	PERIOD	POSITION
1.	PG Board of Examiners (H.Sc.)	Avinashilingam Deemed University, Coimbatore	2003-2004	Question Paper Setter
2.	IGNOU	IGNOU Study Centre , The American College, Madurai	2006-2009	Academic Counsellor
3.	Nutrition Club	Meenakshi Mission Hospital and Research Centre	2006-2009	Member
4.	Madurai Kamaraj University	Meenakshi Mission Hospital & Research Centre, Madurai	February 2007 to 2009 onwards	Guest Faculty (P.G. Diploma in Nutrition & Dietetics)
5.	U.G. and P.G. BOS	Mother Teresa Women's University, Kodaikanal	2009-2010	Member
6.	U.G. BOS	Madurai Kamaraj University	2012-2014	Member
7.	Steering cum Monitoring Committee of Noon Meal Scheme	Dept. of Social Welfare and Noon Meals, Govt. of Tamil Nadu.	2014-2016	Member
8.	U.G. BOS	E.M.G. Yadava Women's College (A), Madurai	01.08.2014 to 31.07.2016	Member

9.	U.G. BOS	Sri. S. Ramasamy Naidu Memorial College (A), Sattur	2014- 2017	Member
10.	U.G BOS	The American College (A), Madurai	2017-2020	Member
11.	U.G. and P.G. BOS	Madurai Kamaraj University	2017-2020	Member
12.	U.G. BOS	Mannar Thirumalai Naicker College (A), Madurai	2017-2018	Member

27. AWARDS / MEDALS RECEIVED:

28. MEMBERS IN PROFESSIONAL BODIES:

S. NO.	NAME OF THE SERVICE/COMMITTEE	PLACE	MEMBERSHIP ID	POSITION
1.	Indian Dietetic Association	Kilakkarai Chapter	14353	Life time Member
2.	Home Science Association of India	Vadodara	HSAI-2019-TN-370-LF	Life time Member

29. RESEARCH PROJECTS:

S.NO.	Year	Sponsoring Agency	Nature of Project	Title of Project	Amount Sanctioned (in Rs.)
1.	2009-2010	UGC	Basic Scientific Research-Student Project	Socio Economic Empowerment of Rural Women under National Rural Employment Guarantee Scheme (NREGS) in Karuvanur Panchayat	7,000
2.	2009-2010	UGC	Basic Scientific Research-Student Project	Socio Economic Empowerment of Rural Women under National Rural Employment Guarantee Scheme (NREGS) in Kaavanur Panchayat	7,000
3.	2010-2013	UGC	Minor Research Project	“A Study on Socio – Economic Empowerment of Women Under National Rural Employment Guarantee Act (NREGA) in Madurai District	1,35,000