

Name : Dr. Meera Raman
Designation : Professor
Department : Food Science and Nutrition
Qualification : M.Sc., B.Ed., Ph.D., UGC-NET
Experience : Teaching: 25 Years Research: 25 Years
Area of Specialization : Food Science and Nutrition
Email (Official) : meeraraman@drngpasc.ac.in



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Academic Qualifications

Degree	Branch	Institution/University Name	Year of Graduation
Ph.D.	Food and Nutrition	Bharathiar University	2010
M.Sc.	Food and Nutrition	PSG College of Arts & Science	1995
B.Sc.	Nutrition, Food	PSG College of Arts & Science	1993

Additional Qualifications

Dip. /Voc. /Cert.	Area of Specialization	Institution/University/ Agency Name	Year
UGC-NET	Home Science	UGC-New Delhi	1998
Software Business Analysis	Business Analysis	QBI Institute	2013
Finance & Accounting	BPM	Infosys BPM Ltd., Mysuru	2019
Agile & Scrum	Business Analysis		2018
Applied Financial Statement Analysis Certification	Finance	Finshiksha	2015
Training of Evaluators/Resource Persons on Outcome Based Accreditations	OBE	NBA & Bannari Amman Institute of Technology	2014
Certified Process Professional (Level-1 & 2)	Process Management	BP Group (01.10.2011)	2011
Quality Management Systems (QMS) Audit/Lead Auditor	ISO	TUV Rheinland	2009
Beginner's Course	MS OFFICE	Intel Tech to the Future	2002
Internal Quality Audit-ISO 9001:2000	ISO	STQC - Ministry of Information Technology	2001& 2002

Grants Received

Event Title	Agency	Amount	Date
Nutritional assessment of Drainage Workers and Impact of Supplementation of Amla Power in Improving their Immunity	Tamil Nadu State Council for Science and Technology (Student Project)	₹ 6000	2014
Assessment of Nutrition Knowledge among Adolescents with Special Reference to Obesity	Cedar Valley, USA	₹ 100000	2014
Childhood Obesity: Impact on Physical Activity and Classroom Performance and Intervention through Nutrition Education Programme in Coimbatore and Nilgiris Districts	UGC Funded Major Research Project – (March 2013)	₹ 957300	2013

Research Guidance

Programme	No. of Scholars	
	Completed	Pursuing
Ph.D.	04	06
M. Phil.	03	-

Research Publications

- Mr. Ajith & Dr. Meera Raman (Aug 2022), **Effect of Seed Cycling of Polycystic Syndrome**, Vol. 20 No. 9 Page No. 1530 – 1533
- Mr. Rahul Soman & Dr. Meera Raman (Jan - Mar 2021), **Design and Development of a Commercial Scale Fermentation Box for Cocoa Beans Using the Palmyra or Toddy Palm**, The Cashew & Cocoa Journal, Vol. 9 No. 1 Page No.20-31.
- Ms. Afsa Vadakkan & Dr. Meera Raman (Oct. 2018), **Formulation of Flax Seed Masala Cookies forObesity** (I.F. 6.03), Research Chronicles, ISSN:2347-5021 Vol.6, Issue:10.
- Ms. AfsaVadakkan & Dr. Meera Raman (Sep 2018), **Formulation and Standardization of Flax Seed Masala Cookies for Obesity and Causes of Obesity in Women in this Modern World** (I.F. 5.397), Indian Journal of Applied Research, ISSN:2249-555X Vol.8 Issue:9.

- Ms. Bulbin Jose & Dr. Meera Raman (Sep 2018), **Morbidity Status of Food Handlers from Various Food Service Establishments of Cochin, Kerala, India, Indian Journal of Nutrition**, ISSN:2395-2326 Vol.:5 Issue:2.
- Ms. Bulbin Jose & Dr. Meera Raman (Aug 2018), **A study on Comparison of Anthropometrics of Food Handlers from Different Food Service Establishments in Cochin, Kerala, India** (I F. 4.46), International Journal of Current Science Research, ISSN:2454-5422 Vol.4, Issue:8 Page No.1649-1658.
- Ms. Bulbin Jose & Dr. Meera Raman (Aug 2018), **Impact of Nutrition Education Interventions on Knowledge Attitude and Practice Food Hygiene and Food Safety Habits of Food Handlers from Various Service Establishments**, Journal of Clinical Review & Case Reports, ISSN:2573-9565 Vol.3Issue:7 Page No. 01-04.
- Ms. Bulbin Jose & Dr. Meera Raman (July 2018), **Assessment of Knowledge of Food Safety and Hygiene among Food Handlers in Cochin, Kerala, India, International Journal of Innovative Knowledge Concepts**, ISSN:2454-2415 Vol.6 Issue:7 Page No.142-146.
- Ms. Bulbin Jose & Dr. Meera Raman (July 2018), **A Study to Assess the Attitude and Practice of Food Hygiene among Food Handlers in Cochin, Kerala, India**, University Grants Commission, New Delhi,ISSN:2347-502/2347-5021Vol.6 Issue:7 Page No.1-76.
- Ms. Komal Srivastava & Dr. Meera Raman (Apr 2017), **Formulation and Standardization of Protein Rich Herbal Biscuits (I F. 2.306)**, **International Journal of Current Science Research**, ISSN: 2454-5422Volume: 3; Issue: 4; April-2017; Page No. 1229-1237.
- Ms. Srinithya & Dr. Meera Raman (March 2017), **Assessment of Risk Factors and Nutrition Education Programme for Diabetes Mellitus among Software Professionals**, (I F. 4.446), International Journal of Applied and Pure Science and Agriculture (IJAPSA), Volume 03, Issue 3 Page No. 82-88.
- Ms. Komal Srivastava & Dr. Meera Raman (Aug 2016), **A Case Control Study on Macro Nutrients Intake of Children with Autism Spectrum Disorder**, Open Science Publications, Vol. No. 3 Issue:2 Page Nos. 134.
- Mr. Rahul Soman & Dr. Meera Raman (May 2016), **HACCP system- hazard analysis and assessment, based on ISO 22000:2005 methodology, Food Control**, ISSN: 0956-7135Vol. No 69 Page No.191- 195.
- Ms. Komal Srivastava & Dr. Meera Raman (May 2016), **A Study on Comparison of Anthropometrics of Autism Spectrum Disorder Children with Normal Children**, International Journal of Innovative Research and Development, ISSN: 2278-0211 Vol.No. 5 (6) Page No. 484 – 487.

- Mr. Rahul Soman & Dr. Meera Raman (Oct 2015), **Development of a Fermentation Box for Cocoa Beans Using the Palmyra or Toddy Palm** (Borassusflabellifer L.) (I.F. 0.92), Asian Journal of Multidisciplinary Studies, ISSN: 2321-8819/2348-7186 Vol. No 3 Issue:10 Page No. 07-16.
- Ms. Komal Srivastava & Dr. Meera Raman (2015), **Does Diagnostic Test Scores Predict Eating Problem in Children with Autism Spectrum Disorder?** International Journal of Innovative Medicine and Health Science, Vol. No. 5 Page Nos. 8 – 17 Page No. 186-190.
- Mr. Manikandan Arumugam & Dr. Meera Raman, Mr. Kannan Eagappan (Dec 2015), **Formulation And Storage Stability of Coconut Flour And Dietary Fibre Isolate, International Journal of Pharmacyand Pharmaceutical Sciences**, ISSN- 0975-1491Vol 7, Issue 3, Page No.77-81.
- Mr. Manikandan Arumugam & Dr. Meera Raman, **Mr. Benito Johnson, Mr. Kannan Eagappan (Apr 2014), Dietary fiber isolate from coconut flakes – A functional food**, International Journal of Pharmaceutical Sciences Review and Research, ISSN 0976 – 044X Article No. 50, Pages No. 262267.
- Mr. Manikandan Arumugam & Dr. Meera Raman, Mr. Kannan Eagappan (Apr 2014), **Cold pressed virgin coconut oil from full fat coconut flakes a functional oil**, International Journal of Pharmacy andPharmaceutical Sciences, ISSN- 0975-1491 Vol 6, Issue 6, 2014.
- Mr. Manikandan Arumugam & Dr. Meera Raman, Mr. Kannan Eagappan (Jul 2014), **Formulation and Storage Stability of Beta-carotene Enriched Vitamin D3 and Omega 3 Fortified Cold Pressed Virgin Coconut Oil**, International Journal of Pharmacy and Pharmaceutical Sciences, ISSN- 0975-1491Vol 6, Issue 8, Page No.112-116.
- Dr. Meera Raman (Dec 2014), **Impact of After School Activities on Weight among School Going Children**, International Journal of Education & Applied Sciences Research, ISSN: 2349-2899, 2349- 4808 Vol.1, Issue 8, Dec-2014, Page No. 01-10.
- Dr. Meera Raman (Aug 2011), **Going Green, Health Action**, ISSN No.0970-471 X Vol.24 No.8PageNo.34-36.
- Dr. Meera Raman (May 2008), **Childhood Nutrition, Health Action**, ISSN No.0970-471 X Vol.22 No.5, Page No.7-9.

Dr. Sheela Ramachandran & Dr. Meera Raman (Dec 2003), **Amylase-Rich-Food Formulae for TubeFeeding**, Applied Nutrition: The Journal of the Indian Dietetic Association, ISSN: 0971-8214, Vol 28.

Presentations in Conference

International:

- **Impact of Phytochemicals in Ginger Powder on Arthritis patients**, Avinashilingam University for Women, Coimbatore, 23rd February 2010.
- **Effect of Camellia Sinensis as an Antioxidant in Lowering Serum Cholesterol Levels**, Avinashilingam University for Women, Coimbatore, 14th October 2008.
- **Evaluation of Nutritive Value, Shelf-life and Incorporation of Home prepared in various recipes**, PGP College of Arts & Science, Namakkal, 12th & 13th February 2004.
- **Amylase Activity, Nutrient Content and Shelf – Life Characteristics of Wheat and Ragi Amylase-Rich-Food**, CFTRI, International Food Convention IFCON, Mysore, 5th to 8th December 2003.
- **Software in Educating the Society**, Annamalai University, Annamalai Nagar, 10-12th Dec 2003

National:

- **Standardization of Iron and Protein Rich Dates Ball**, Fathima College, Madurai, 29th & 30th July 2010
- **Physiology of Germinated Cereal Grain Seeds in Liquefaction of Starch based Gruels**, Government Arts College, Coimbatore, 4th & 5th February 2010.
- **Recent Trends in the Conservation and Utilization of under-Utilized Wild Edible Plants**, Bharathiar University, Coimbatore, 20th & 21st March 2009.
- **Food Biotechnology**, Sri Krishna Arts & Science College, Coimbatore, 30th January 2009.
- **Nutritional Status of Day and Night Shift Workers**, Periyar University, Salem, 11th and 12th March 2008.
- Innovative Approaches to Excellence in Physical Education & Sports, Kongunadu Arts & Science College, Coimbatore, 27th February 2008.
- **XL Annual National Conference**, Indian Dietetic Association, Kerala, 8th & 9th December 2007.
- **Current Technology Developments in Biosciences**, Vivekanandha College of Arts & Sciences for Women, Thiruchengode, 12th to 14th September 2007.

- **A Study on Socio Economic Food Habits and Nutritional Status of Muduga Tribal Women of Attapady, Kerala, Nallamuthu Gounder Mahalingam College, Pollachi, 28th & 20th September2007.**
- **Natural Home-based formula with Amylase – Rich – Food (ARF) for Chronic Illness, National Conference on Nutraceuticals and the Future of Medical Science, Kongunadu Arts & ScienceCollege, Coimbatore,22nd & 23rd February 2007.**
- **Wheat Based Amylase – Rich Food (ARF) Formulae for Multiple Injury, Vellalar College forWomen, Erode, 10th & 11th January 2007.**
- **Lactose Free Amylase – Rich – Food for Tube Feeding, All India Institute of Indian Dietetic Association, New Delhi, 8th & 9th October 2004.**
- **Development and Evaluation of Software on Tube feeding using Visual Basic Version 6.0, Avinashilingam University for Women, Coimbatore, 12th & 13th December 2002.**
- **Annual National Conference, IDA, Avinashilingam University for Women, Coimbatore, 26th & 27th November 2001.**
- **Less Viscous, Nutrient dense, standardized gruel as enteral feed using Amylase – Rich – Food, Vellalar College for Women, Erode, 9th January 2004.**

Participation in Seminars

- National Conference on Recent Scenario in Biological Innovations, Hindusthan College of Arts & Science, Coimbatore, 3rd & 4th February 2011.
- Regional Seminar on Gearing Home Science Curriculum towards better career Prospects, Avinashilingam University for Women, Coimbatore, 21st & 22nd August 2009.
- National Conference on Facts & Myths of Obesity, PSG College of Arts & Science, Coimbatore, 19th & 20th December 2007.
- National conference on Food Biotechnology, Karpagam Arts & Science College, Coimbatore, 28th & 29th September 2006.
- National Level seminar on A Healthy Vision for Life Style Diseases, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore,20th & 21st March 2006.

- X ISPEN Annual Conference, The Indian Society for Parenteral and Enteral Nutrition, Chennai, 5th to 7th November 2004.
- State Level Seminar on Recent Trends in Biotechnology, RVS College of Arts & Science, Sulur, 29th August 2001.
- State Level Seminar on Computer Application in Nutrition and Dietetics, PSG College of Arts & Science, Coimbatore, 27th & 28th February 2001.
- National Seminar on Science of Human Development Focus: Healthy Mind, Healthy Body, Forum for Advancement of Science of Human Development, 4 & 5th October 2000.
- State Level Seminar on Computer Application in Nutrition and Dietetics, PSG College of Arts & Science, Coimbatore, 27th & 28th February 2001.
- State Level Seminar on Recent Trends in Biotechnology, RVS College of Arts & Science, Sulur, 29th August 2001.

Participation in orientation programme/ Short term courses

- UGC Sponsored “Orientation Programme”, 10th November 2002 to 07th December 2002.

Participation in Faculty Development Programme

- Faculty Development Programme on Parametric and Non-parametric Analysis using SPPSS, PSG Institute of Management, Coimbatore, 15th & 16th November 2019.
- Faculty Development Programme on Total Quality Management in Higher Education Institutions – Challenges and Perspectives, RVS College of Arts & Science, Sulur, 27th & 28th January 2012.
- Faculty Development Programme on Enhancing Communicative Skills, RVS College of Arts & Science, Sulur, 16th July 2011.
- FDP on Awareness of Health Fitness, RVS College of Arts & science, 28th August 2010.
- Lecture Series Course on Intellectual Property Rights & Patenting Microbes, Clinical Research in Drug Discovery, Pearl Culture – Science and Latest Innovation, Ayurveda & Biotechnology, Nanobiotechnology, Consortium, Sri Krishna College of Arts & Science, Coimbatore, 05th September 2008.
- Research Methodology, PSG Institute of Medical Science & Research, Coimbatore, 14th July 2006.

Participation in Workshop/Training

- **Designing and Development of Instant Health Mixes**, Coronet Foods, Coimbatore, 20th December 2009.
- **Food Safety Management Systems**, INDOCERT, 01st & 02nd February 2011.
- **Bakery and Confectionary Training**, Caramel, 23rd November 2009.
- **Food Preservation, Government of India**, 16th August 1999 to 20th August 1999.
- **Tea Processing, Co-operative Tea Factory**, The Nilgiris, 30th June 1994
- Community Nutrition Training, Narsipuram, Coimbatore, 04th March 1993 to 10th March 1993.
- **Food Preservation**, Government of India, 19th February 1993.

Invited Speaker/ Session Chair- Conference/ Seminar /Workshop

- Trainer: FSSAI – 25 Nov 2021.
- Invited Speaker: Conference, Alva's College Mangalore, 07th Sep 2021.
- Invited Speaker: Conference, RVS College of Nursing, 15th June 2011.
- Invited Speaker: Regional Level Seminar, Alva's College Mangalore, 23rd Sept 2009.
- Siruthuli Three Days Food Festival as Judge, 9th August 2007.
- Food Preservation Training, RVS College of Arts & Science, Sulur, 31st March 2006.
- Air Force Wife's Welfare Association, Nutrition for Healthy Life, 04th November 2006.
- FCI Godown, Coimbatore, Rice Stock against PFA Specifications, 29th August 2005.
- YWCA, Coimbatore, Demonstration and popularization of new Standardised Recipes, 15th February 2001.
- Empowerment of Women, Thayagam Home for destitute women, Singanallur, Coimbatore, 5th & 6th Feb 2001.

Member in BoS

- Served as member of Board of Studies (Bharathiar University).
- Member of Valuation Board (Food and Nutrition) (Bharathiar University).

- Member of Question Paper Setting Panel of various Institutions.
- Member of New Courses Inspection Commission.

Membership in Professional Bodies

Name of the Professional Body	Nature of membership
IDA	Life Member
NSI	Life Member
ISPEN	Life Member

Awards/Honors

Awards/Honors	Agency/Institute	Year of Award
Faculty Excellence Award	Rathnavel Subramanian College of Arts & Science, Sulur, Coimbatore	2008
Faculty Excellence Award	Rathnavel Subramanian College of Arts & Science, Sulur, Coimbatore	2009
Faculty Excellence Award	Rathnavel Subramanian College of Arts & Science, Sulur, Coimbatore	2010
International Conference – Best Poster Presentation	CFTRI, Mysore	2003
National Conference	Indian Dietetic Association	2002
National Conference	Periyar University	2008