

Name : Ms. Nirmala K
Designation : Assistant Professor
Department : Food Science and Nutrition
Qualification : M.Sc. Clinical Nutrition and Dietetics
Experience : 0.5 Years
Specialization: Clinical Nutrition
Email (Official) : nirmala.k@drngpasc.ac.in



Academic Qualifications

Degree	Branch	Institution / University Name	Year
M.Sc.	Clinical Nutrition and Dietetics	PSG College of Arts and Science	2025
B.Sc.	Nutrition and Dietetics	Vivekanandha College Of Arts and Science	2023

Additional Qualifications

Dip. / Cert.	Area of Specialization	Institution / Agency Name	Year
Certificate	Medical Coding	Indian Healthcare BPO	2022
Certificate	Dairy and Food Process	NPTEL	2023
Certificate	Diet Management in Health and Disease	SWAYAM	2024
Certificate	Psychiatric Nutrition	Be Medic Academy	2025

Projects

Project Title	Agency	Amount	Period	Status
Development of tea powder by incorporating mango leaves with spices for Diabetic mellitus	-	-	6 months	Completed
A study on Eating Habits and Stress during exam time among school going students	-	-	6 months	Completed

Research Publications

- **Nirmala K, “Development and characterization of Antioxidant -rich mango leaf tea for diabetes management”** Peer Reviewed Journal, Refereed Journal, Indexed journal, P-ISSN:2709-9377, E-ISSN:2709-9385, Volume-6, Issue-1,2025.

Participation in Conference/Seminar

- “International Symposium on Cardiovascular Sciences-ISCS 2024

Participation in Workshop/ Training

- **Tech -Driven Nutrition:** Advancements in Critical care, Dysphagia and Digital Tools-2025
- Application of Nutritional Genomics in Clinical Practice,24th &25th -August2023
- Food Safety Management Systems and Food Audit Awareness Training Programme-INDOCERT,25-01-2024
- Completed Non-RD Internship in Sri Ramachandra Medical Center Chennai-Nov 2024-May 2025
- Completed Specialized Dietetics Practicum Internship in PSG Hospital, Coimbatore-June 2024
- Completed Dietetics Practicum Internship in Kovai Medical Centre &Hospital, Erode-Jan 2023

Invited Speaker / Session Chair/ Reviewer

1. Invited Speaker, Awareness Session for Antenatal and Lactating mothers, World Breastfeeding Week -2025 -Anganwadi Center, RG Pudur
2. Invited Speaker, Special lecture on Strengthening community Wellness through our Health-05.09.2025, KSR College of Arts and Science for Women.

Awards / Honors

Awards / Honors	Agency / Institute	Year
Participated in Largest Picture Puzzle	Virtue Book of World Records	2023
Participated in Largest thumb Print	Virtue Book of World Records	2022