

CURRICULUM VITAE



1. Name : **Ms. POOVIZHI SELVI RAVI**
2. Designation : Assistant Professor and Head
3. College / Institution / University : K.S.R College of Arts and Science for Women
4. Department : Department of Nutrition and Dietetics
5. Discipline : Nutrition and Dietetics
6. Area of Specialization : Nutrition Research, Neurological Disorders (In vivo),
(In vivo), Inventive product development
7. Google Scholar : <https://scholar.google.com/citations?user=oX0XcFYAAAAJ&hl=en>
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8. Qualification : M.Sc., M.Phi., (Ph.D)

Degree	Major	Specialization	University	Class / Rank if any
B.Sc.,	Nutrition and Dietetics	Nutrition and Dietetics	Periyar University, Salem	First Class
M.Sc.,	Food Science and Nutrition	Food Science and Nutrition	Periyar University, Salem	First Class with A+
M. Phil.,	Food Science and Nutrition	Food Science and Nutrition	Periyar University, Salem	First Class with Gold Medal
(Ph.D)	Nutrition and Dietetics	Clinical Nutrition and Dietetics	Periyar University, Salem	-

9. Additional Qualifications (if any):

- Diploma in Computer Application (D.C.A)
- Type Writing (English Lower)

10. Teaching Experience : 5 Years 11 Months

S. No.	Designation	Years		Department	Name of the College/Organization
		From	To		
1	Assistant Professor & Head	08.04.2019	Till date	Nutrition and Dietetics	K.S.R College of Arts and Science for Women, Trichengode, Namakkal.

11. Research Experience : 2 Years 4 Months

Name of the Organization: Madras Diabetes Research Foundation, Chennai

Designation: Research Nutritionist

Job Description: Worked under ICMR and BRNS Projects

12. Publications

S. No	Description	ISBN Number	Month & Year
	Book Chapter Publication on <ul style="list-style-type: none"> Focused on epilepsy: a review Brain abscess: a review A review on relationship between ischemic stroke and brain Tumor Alzheimer's disease: a review A review on Parkinson's disease etiology risk factors and Treatment 	978-93-88901-55-0	May, 2023
2	Book Publication <ul style="list-style-type: none"> Bakery Science Fundamentals of Food Processing Fundamentals of Human Physiology Textbook of General Home Science volume.I Textbook of General Home Science volume.II Nutrition and Dietetics-Laboratory manual for undergraduate students 	978-93-91405-31-1 978-93-91405-60-1 978-93-91405-85-4 978-93-95341-31-8 978-93-95341-31-9 978-93-95341-66-0	July, 2021 August, 20021 September, 2021 Febrarury, 2023 Febrarury, 2023 April, 2023
3	Paper Publication <ul style="list-style-type: none"> Development and evaluation of nutritional, sensory and glycemic properties of finger millet (<i>Eleusine coracana</i> L.) based food products Shanmugam Shobana PhD¹, Ravi Poovizhi Selvi MPhil¹, Formulation and quality evaluation of 	Asia Pac J Clin Nutr 2018;27(1):84-91 International Journal of Food and	2018 2020

	complementary mixes from foxtail millet, amaranth, spinach, banana, and papaya Poovizhi Selvi Ravi ¹, P. Nazni¹	Nutritional Sciences	
4	Copy right (IPR)	Filed	2024
5	MoU <ul style="list-style-type: none"> • RCT, Food Industry, Coimbatore. • Shivaraj Naturopathy Medical College, Salem. 		June, 2022 March, 2023
6	New Product Launch Amla Candy	-	August, 2023

13. Awards/ Recognition:

- Young Researcher Award – 2021
- Best Intern Award

14. Professional Achievements : Acted as Resource Person / Invited Talk

S.NO	NAME OF PROGRAMME	TITLE	NAME OF THE COLLEGE	DATE
1	Guest Lecture	Lecture and Demonstration on Biochemical Technique	Trinity College for Women, Namakkal	11.12.2021
2	Guest Lecture	Impact of Nutrition in College going Students	K.S.R Institute of Dental Science and Research, Tiruchengode	16.12.2021
3	Guest Lecture	Safe Food For Now, For A Healthy Tomorrow	KSR College Of Education, Trichengode	07.06.2022
4	Guest Lecture	Invited Alumni Speech for Career Development	Periyar University, Salem	24.09.2022
5	Awareness Program	National Nutrition Month Celebration	Kalaimagam Kalvi Nilayam, Erode	02.09.2022
6	Special Guest Jury	Invited Guest Jury For International Conference	Avinashilingam University, Coimbatore.	13.10.2022
7	Motivational Lecture	Roll of Young Women's For Social Reconstruction	K.S.R College of Education, Trichengode	15.02.2023
8	Guest Lecture	International Year of Millet 2023	Vetri Vikas International School, Mallur Salem	21.07.2023
9	Motivational Lecture	Student Development Program	<i>KSR Polytechnic College, Trichengode</i>	13.02.2023

10	Motivational Lecture	Roll of Young Womens for Social Reconstruction	K.S.R College of Education, Trichengode	15.02.2023
11	Guest Lecture	Millet Day Celebration 2023	Vetri Vikaas International School, Mallur, Salem	21.07.2023
12	Guest Lecture	Nutrition Essential: How to build a diet that reduces Diabetic Risk	St.Joseph's College of Arts and Science For Women, Hosure.	28.09.2024
13	Student Induction Programme	Healthy Body, Healthy Mind	KS Rangasamy College of Arts and science, Tiruchengode.	27.06.2025
14	School Outreach Program	National Nutrition Week Celebration	Government Girls Higher secondary School, Tiruchengode	01.09.2025

15. Professional Achievement : Acted as Convener / Organizing Secretary

S.No	TYPE OF PROGRAM	TITLE OF THE PROGRAM	DATE
1	National Level Workshop	Medical Nutrition therapy for kidney Diseases	28.01.2020
2	Workshop Sponsored by JCC	First Aid	23.03.2022
3	National Seminar	Toxicological Research in Nutrition and Microbes – (TRNM – 2022)	18.05.2022
4	National Conference	Emerging Trends for futuristic Development in Home Science: Research and Innovations (HSRI – 2022)	19.10.2022
5	PDP/FDP	<ul style="list-style-type: none"> 5 Days Online Professional Development Programme (PDP) – The Scientific Publication – The Know How 5 Days National Level faculty Development Program on “Contemporary Development Nutritional Microbiology and Functional foods” 	11.09.2023 to 15.09.2023 24.11.2025 to 28.11.2025
5	Workshop Sponsored by Nandi Foundation	Regenerative Agriculture	27.12.2024 & 28.12.2024
6	National Seminar	Converging towards Healthy walk throughout the life	07.01.2025
7	Inter Collegiate Meet (ICM)	<ul style="list-style-type: none"> LILAC-2023 UNIVESTA - 2025 	14.10.2023 21.02.2025

8	Association Inauguration & Fresher's Day	<ul style="list-style-type: none"> Fresher's Day Fresher's Frenzy 	August,2023 August,2025
9	Guest Lectures	In the field of Nutrition and Dietetics - 12	From 2019 Onwards
10	Online Platforms	E – Quiz Competition - 10 E - Webinar- 14	From 2020 Onwards
11	Club Chair – Doris Calloway Club	In associated with Department of Nutrition and Dietetics (KSRCASW)	From 2021 Onwards

16. Academic Achievements

- Completed NPTEL Course on “Sports and Performance Nutrition” and “Maternal Infant Young Child Nutrition” with Elite certifications.
- Completed training program on “Confectionery Products” in Food and Incubation centre, NIFTEM, Thanjavur.
- Participated in Periyar University Naan Mudhalvan FDP & Professional Development Program (PDP) at Various Institutions.
- Acted as Mentor for Student Project/ Boot camp Presentation for entrepreneurship at Amity University, Chennai and SRM University, Chennai
- Acted as World record Coordinator (KSREI) for International Millet Expo and Conclave - 2023
- Acted as Jury in International Conference – Poster Presentation, Cook Without Fire and Millet Based Cooking Competition in Various Colleges.
- Published 8 E-learning resource videos in You tube
- Presented 6 Papers in Various Conferences and Seminars
- Acted as a Volunteer in Marathon competition - TSRO “Awareness Marathon for One Rupee Education”(NGO)
- Participated in 15 Events such as Conference/workshop/seminar/ Essay Writing/Drawing
- Participated in International dance Competitions
- Served as NSS Volunteer for 2 Years

17. My SWOT :

Strength:

- Pleasant understanding ability & knowledgeable interaction.
- Capacity to develop interesting lesson plans.
- Flexibility to accommodate different types of learning.
- A commitment to present professional development
- Creatively apply AI tools (like ChatGPT, Midjourney, or Excel Copilot) to develop new solutions.

Weakness:

- Insufficient money or access to research resources,
- Lack of Opportunities
- Thrive on new challenges but lose focus on repetitive work.

Challenges:-

- Limited funding for research resources,
- Keeping up with advancements in education technology,
- Navigating administrative requirements and policies and Balancing teaching responsibilities with administrative duties and paperwork.

DECLARATION

I hereby declare that the information furnished is true to the best of my knowledge.

POOVIZHI SELVI RAVI