

Papers presented in national and international conferences

| S.No | Year | Name | Title of the paper | Organization/ Institute | National/ International |
|------|-------------|--------------------------------|---|--|----------------------------|
| 1 | 2014-2015 | Dr. K.R.S GirijaShyamsundar | Physiochemical properties, nutrient analysis, standardization, acceptability and glycemic index of organically grown indigenous rice varieties | National workshop nutritional and therapeutic properties of indigenous paddy varieties | National |
| 2 | 2016 - 2017 | | A comparative study on assessing the impact of rice flakes sports energy bar on the performance of athletes | Indian Dietetic Association, Mumbai Chapter | National |
| 3 | 2016 - 2017 | Dr. P. MuthuMeenakshi | A Comparative study on the impact of Nutrition Education Program on the usage of supplements of Recreational Body Builders in Gyms with and without a Fitness Trainer | International conference on gender dynamics: evolving strategies organised by Women's Christian College (Autonomous), Chennai 29 th and 30 th June, 2016 | International |
| 4 | 2018 - 2019 | Dr. P. MuthuMeenakshi | Hypoglycemic effect of black cumin seeds (<i>Nigella sativa</i>) on Type 2 Diabetes | Central Council Research in Siddha, Ministry of Ayush | National |
| 5 | 2015 - 2016 | Stella Sherry | Effect of sour milk supplementation on blood pressure in elderly hypertensive patients | National conference on organized by Department of Plant Biology and Plant Biotechnology, Women's Christian College (Autonomous), Chennai 23 rd and 24 th January, 2015 | National |
| 6 | 2015 - 2016 | Stella Sherry | Immune modulation effect of probiotic supplementation on post surgical gastric cancer patients | International conference on organized by Department of Home Science, Women's Christian College (Autonomous), Chennai 26 th and 27 th June, 2015 | International |

Research papers published in national/international journals

Name of the Faculty: Dr. P. MuthuMeenakshi

2014

- VijayaVauhini R and MuthuMeenakshi** Selected breast feeding practices and its association with economic status and family type of mothers in North Chennai – A descriptive study. Global Journal for Research Analysis. 2014; 3(11):
- VijayaVauhini and MuthuMeenakshi.** Breast Feeding Practices among Non Working Women in North Chennai, Tamilnadu. Indian Journal of Applied Research. 2014; 4(2):

3. **MuthuMeenakshi. P.** A Comparative study on the impact of Nutrition Education Program on the usage of supplements of Recreational Body Builders in Gyms with and without a Fitness Trainer. Full paper published in the proceedings of International Conference on Gender Dynamics: Evolving Synergies organized by Women's Christian College. 29th and 30th June 2016. ISBN No. 978-93-85374-41-8.

2017

1. **VijayaVauhini. R and MuthuMeenakshi. P.** Selected Complementary Feeding Practices and its Association with Maternal Demographics. A hospital based descriptive study. International Journal of Applied Home Science.

Name of the Faculty: Dr.Stella Sherry

1. Effect of sour milk supplementation on blood pressure in elderly hypertensive patients. Full paper published in proceedings of National Conference on Perspective, Potentials and Prejudices of Probiotics organized by department of Plant biology and plant biotechnology. Women's Christian College, Chennai ISBN: 978-93-81899-44-1.
2. Immunomodulation effect of probiotic supplementation on post-surgical gastric cancer patients. Full paper published in the proceedings of International conference on Diet and healthy lifestyle in the prevention and Control of Non communicable Diseases organized by Department of Home Science, Women's Christian College, Chennai. 26th & 27th June 2015.

Project details

| Year | Investigator | Title | Amount | Funding agency |
|------------|--------------------------------|--|-------------------|--|
| 2014 -2015 | Dr. K.R.S GirijaShyamsundar | Physicochemical properties, Nutrient Analysis, Standardization, Acceptability and Glycemic index of Indigeneous rice varieties | Rs. 1,48,350/- | Centre for Indian Knowledge systems, Chennai |