

## PROFILE

**Dr. K.N. Varalakshmi M.Sc, Ph.D**

Email- knvaralakshmi@gmail.com



Completed 25 years of service as HOD in the Dept. of Applied Nutrition, SDMSM Kalasala, Vijayawada.

Completed UGC Minor **research project** “Nutritive and Microbial Assay of street foods in Vijayawada, A.P” with a grant of Rs.4,20000/- with sero no. 44/2013-14 and made two publications out of it and also released a monograph on Street Food Safety.

- **National and International Webinars Participation – 08**
- **Online quizze – 01**
- **Online Workshop – 03**
- **Online FDP’s Participation - 07**
- **Papers presented in National Seminars – 8**
- **Published Research paper in Scopus Index - 1**
- **National seminars participated - 10**
- **Workshops participated - 8**
- **FDPs participated - 3**

### Memberships

- **Member Editorial Board** International Journal of Online of Sciences.
- Member, Indian Dietetic Association – A.P. Chapter

### Achievements

- Executive committee member New AP Chapter Indian Dietetics Association
- Adjudicator for Ph.D thesis - Department of Home Science, Nagpur University, Nagpur.
- Acted as Subject Expert, Board of Studies, JMJ College, Tenali and St. Theresa’s
- Acted as Resource Person and delivered a Lecture on “Nutrition For Healthy Life” on 7-7-2017 in a UGC sponsored National Seminar on

“Yoga for Health and Wealth” organized by the Department of Physical Education and Sports Sciences at PB Siddhartha College of Arts and Sciences.

- Delivered Nutrition Lectures at ICDS, NGO and various educational institutions.
- Published 10 articles in Eenadu, a daily news papers.
- Participated in Regional workshop on A.P State “Nutrition Mission” organized by District Women and Child welfare on 17-9-2016.
- Chair Person, BOS SDMSMKalasala.
- Acted as Judge for various Nutrition related competitions
- Guest faculty in Dr.C.S.S college of Nursing, Chinaoutapally.

#### **Positions Held**

- ❖ Warden for Hostel-I SDMSMKalasala
- ❖ Program Officer, NSS Unit – 2003-2007
- ❖ Member – IQAC
  - UGC Committee
  - Admissions Committee
  - Science Association
  - Discipline Committee

#### **Publications:**

1. Knowledge and Attitude and Practice About Nutrition among Diabetic Patients: A Research Study. Published in Sustainable Humanosphere Management , Peer Reviewed Reference Journal – SCOPUS indexed Journal Vol: 16, Issue:2, May 2020, ISSN: 1880-6503.
2. A study on Blending Teaching Strategies among Urban and Rural Engineering Colleges in the state of Andhra Pradesh : A solution to COVID 19 Crises. Published in JOICS Journal, Vol:13, Issue: 06-2020, ISSN: 1548-7741 UGC CARE list group II
3. “Prevalence of Iron Deficiency - Anaemia among School age Girls.” Annual Journal of Multidisciplinary/ interdisciplinary studies and Research. Vol:1, Issue No. 5, Page No. 23-25, 2016. ISSN No. 2321- 6425.
4. “Microbial assay of Street foods in Vijayawada.” in Indian Journal of Science. Vol:23, No.81, Pageno.441-446, May1,2016. ISSN No.2319-7730.

5. "Assessment of Nutritional Status of street foods consumers in Vijayawada, AP." In Indian Journal of Science Vol:23, No.81, Page:447-451, May, 2016. ISSN No.2319-7730.
6. "Diabetes Mellitus and its Prevention." in International Journal of Scientific and Technology Research. Vol:4, Issue: 8, Aug2015, Page no. 119-125. ISSN No. 2277-8616 with an impact factor 3.023.
7. "Nutrition for Healthy life" in Journal of Physical Education and Sports Science. Vol:11, 2017 Page:21-23. ISSN No. 2229-7049.
8. "Formulation, Development and Standardization Of Ready To Eat Food Supplement For Tuberculosis Patients." in International Journal Of Food Science And Nutrition. Vol:2, Issue:6 (Nov-Dec)2017, ISSN No:2455- 4898.
9. "Role of Nutritional Supplementation in Patients with Newly Diagnosed Pulmonary Tuberculosis" in International Journal of Academic Research and Development. Jan-Feb 2018, Vol:3, Issue:1, Page No:296-300. ISSN: 2455-4197.
10. "Assessment of Nutritional Status of Sports Persons" International Journal of Physiology, Nutrition and Physical Education" *UGC approved* no: ISSN: 2456-0057 IJPNPE 2018; 3(1): 289-291© 2018 IJPNPE [www.journalofsports.com](http://www.journalofsports.com) page no: 289-291 Impact factor: 5.48

**Consultant for:**

1. Dr. Pinnamaneni Siddhartha Institute of Medical Sciences, Chinaoutpalli.
2. the students of KCP Siddhartha Adarsh Public School, Vijayawada from 23/08/2014 onwards.