



Name: - Ms.T.H.Hema

Degree – M.Sc., M.Phil,

Designation – Lecturer

Orcid Number:-<https://orcid.org/0000-0001-5538-9357>

Vidwan-ID:167685

Research Gate ID:-

https://www.researchgate.net/profile/Hema_T_Harchgate.net/profile/Hema_T_H

Awards & Recognitions of Faculty

- ✓ Received award for completion of 10 years of service from the University.
- ✓ Awarded a Cash Prize for Achieving First Place in Poetry Competition “Balance for Better” conducted as a part of International Women’s Day celebration on 8th March 2019 at SRIHER (DU).

Clinical Interest: - Pediatrics, Surgery, Sports Nutrition, Post OP Critical Care Illness & OBG

Research Interest: - My main Focus is only on the Anthropometry Assessment and to create the Percentile for all age group in Pediatrics & Knowledge, Attitude and Practice on Community Based Projects and to prepare Pamphlets.

Workshop, Training Undergone:-

- ✓ Attended the NABH training session from 18.03.19 – 20.03.19 @ Sri Ramachandra University.
- ✓ Underwent Training programme on “Blended Learning” on 27.06.18, 28.06.18, 05.07.18 & 12.07.18 conducted by Medical Education Unit @Sri Ramachandra University.
- ✓ Regional Symposium and Workshop on 3D’s of Swallowing- Deglutition, Dysphagia and Diet conducted by Department of Clinical Nutrition on 30th November and 1st December 2018 in SRIHER
- ✓ Organized Regional Symposium Workshop and conducted by the Department on 19th and 20th August 2016 on **Theme: “Optimizing Nutrition Support in Pre**

and Post Operative Status: Principles and Paradigm”-Case Oriented PBL
(Done to Outside Hospital Dietitian) 30 Dietitian were benefitted.

- ✓ Organized the weeklong celebrations of Breast feeding week from 1 st -7 th August 2020 on the theme “Support breastfeeding for a healthier planet”.
- ✓ Formulated Questions and Organized online quiz for General Public Sector - As a Part of the Awareness Program on World Breastfeeding Week 2020 on the theme “Support breastfeeding for a healthier planet”.
- ✓ Facilitated IRCDS Community Awareness Program on “SAM and its Prevention in First 1000 days of Life” on 30.09.2020.
- ✓ Formulated Questions and Organized online quiz for General Public Sector – as a part of the Awareness Program on National Nutrition Month on the Theme “POSHAN MAAH -2020”.
- ✓ Attended LMS training session conducted by Faculty of Allied Health Sciences, SRIHER(DU) on 16.06.2021

List of Publications:-

- ✓ **“Impact Of Breakfast Eating Pattern On Nutritional Status And Cognitive Performance Among Late Adolescent Girls—An Observational Study”**. International Journal of Food and Nutritional Sciences, e-ISSN 2320 - 7876 www.ijfans.com, Vol. 7, No. 3, July 2018.
- ✓ **“A Comparative Study to Assess Knowledge, Attitude and Practices among Cases of Recently Diagnosed Diabetes and Known Cases of Diabetes”**. The Indian Journal of Nutrition and Dietetics, ISSN: 0022-3174; eISSN: 2348-621X, www.ijndonline.org .Vol.56 (4), October - December 2019.
- ✓ **“Development and Validation of a Questionnaire on Eating Behaviour for School Children and its Correlation with Nutritional Status”** has been accepted for publication in Indian Journal of Public Health Research & Development(ISSN Number:09760245,eISSN Number:09765506,

www.ijphrd.com, Volume 11, No 3, March 2020 issue, SCOPUS indexed, Double Blind Peer Reviewed Journal

- ✓ **“Prevalence of Obesity, Overweight, and Central Obesity among Rural and Urban School Girls in Chennai, Tamil Nadu: A Comparative Cross-Sectional Study”** published in the “Alochana Chakra Journal” (ISSN Number: 2231-3990, Volume IX, Issue IV, April 2020, Page Number:-892 -898, DOI: 10.01011.ACJ.2020.V9I4.00068749.00864, UGC –CARE-LIST GROUP -1 indexed, Peer Reviewed Journal.
- ✓ **“Sensitivity and Specificity of Waist to Height Ratio (WHTR) as a Screening Tool for Assessment of Abdominal Obesity among Rural and Urban School Girls in Chennai, Tamil Nadu: A Comparative Cross-Sectional Study”** published in the Aut Aut Research Journal: - ISSN Number: 0005-0601, VOLUME XII ISSUE I, January-2021 Page Number: - 72-98 (UGC –CARE-LIST GROUP–II indexed in Scopus and Web of Science-Science Citation Index)
- ✓ **“Prevalence and Risk of Osteoporosis and CVD Using Validated Tool and their Correlation with Anthropometric Measurements in Postmenopausal Women: A Tertiary Health Institute”** published in the Journal of the Maharaja Sayajirao University of Baroda: - ISSN Number: 0025-0422, Volume-55 No.1 (IV), June 2021, (UGC –CARE-LIST GROUP –I).
- ✓ **“The Effect Of Nutritional Education In Puberty On Knowledge, Attitude And Practice Of Female Students”** published in the Shodhsamhita:- ISSN 2277-7067, Volume- VIII, Issue 11 (I), 2021-2022, (UGC –CARE-LIST GROUP –I)

Professional Membership:-Life Member, Indian Dietetic Association (IDA)

Book: - Illustration and Design a Recipe book on **“Delicious and Healthy Recipes”**
- Department of Clinical Nutrition 2017.

Authored a chapter on “Understanding Obesity- on a Broader Perspective”
published in the” Advances in Science and Technology” (ISBN: 978-81-952337-6-2,
Page:-28 -46, Publisher: Ryan Publishers)