

Dr.V.Supriya



Degree – **M.Sc, M.Phil, RD, Ph.D, SET (CLEARED)**

Designation – **Assistant Professor**

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VIDWAN ID: 167690

Research Gate: https://www.researchgate.net/profile/Supriya_Velraja

Google Scholar: <https://scholar.google.com/citations?user=CO24RXgAAAAJ&hl=en>

Research Supervisor:

PhD – 7 Ongoing (Main Guide-4, Co-Guide-3) RAC (Internal-1, External-2)

Completed PG dissertations: 50

Awards & Recognitions of faculty

- ✓ **Gold Medal for Best poster** –“Usefulness of Dietary records on dialysis and non- dialysis treatment days in Haemo dialysis patients” @ Indian Association of Nephrology- Southern chapter, XXX Annual Conference, JIPMER Auditorium, Pondicherry, 12-14th February, 2010.
- ✓ **BEST PAPER AWARD (FIRST PRIZE)- IDA FOUNDER’S AWARD- FOOD SCIENCE AND TECHNOLOGY** for the paper on Anti-oxidant enriched Nutrient bar supplementation on the serum antioxidant status of athletes” at the 48th Annual National conference -Indian Dietetic Association (IDA) organized by Bangalore Chapter on 19th-21st November, 2015.
- ✓ 10 yrs Completion- Received Gold coin from SRU- September 2015.
- ✓ Received an Honor by INDIAN DIETETIC ASSOCIATION, CHENNAI Chapter for having obtained best paper award- IDA Founder’s Award organized by Bangalore Chapter- 7.01.2016.

Area of Research Expertise with Projects conducted

Renal Nutrition, Burns and Trauma, Critically ill, Sports nutrition, Geriatric nutrition, Endocrinology, Onco- nutrition

Conferences Paper/poster presentations

- Presented a poster entitled “**Does low BMI lead to low birth weight?**” In National seminar on recent trends in nutritional sciences, Coimbatore, March 2006.
- Presented a case entitled “**Early Nutrition Therapy in BURNS**” in ISPEN, Regional chapter Meet, Chennai, March- 2007
- Got a **special prize** for paper presentation on “**Comparative study on the supplementation effect of two different oat bran recipes (Oat bran biscuits and oat**

bran porridge) on hypercholesterolemic subjects” at Ethiraj College for women – one day seminar on Therapeutic lifestyle changes on diabetes mellitus”- Jan 25th, 2008.

- Presented a paper on **“General and Nutritional awareness on AIDS- a descriptive study”** at the UGC sponsored national seminar on Millenium Development goals: achievements and problems in India conducted by the department of population studies, Annamalai University on March 31st, 2009.
- Presented a poster on **“Mini Nutritional Assessment as an indicator of bone mineral density in elderly women”** at the 41st National Conference of Nutrition society of India, NIN, Hyderabad, 20th and 21st November 2009.
- Presented a paper on **“Subjective Global Assessment and the effect of supplementation of nutrient dense balls on pediatric malnourished subjects”** at the XV National conference- Indian Society of Parenteral and enteral Nutrition, Hyderabad, 22nd and 23rd January 2010.
- Presented a paper on **“Efficacy of supplementation of oat bran biscuits and oat bran porridge on hypercholesterolemic subjects”** Supriya V, Bavani pazhani, Usha suresh at UGC sponsored National seminar on Functional foods and Nutraceutical in preventive dietetics, Fatima College, Madurai on 29th and 30th July, 2010.
- **Flaxseeds supplementation on children with autism-** Young Scientist award- Experimental Nutrition. **Supriya V**, Lavanya sunassy, Gopalan.T.R at the 42nd Nutrition Society of India (NSI), Mumbai on 19th and 20th November, 2010
- Poster on **“Formulation of Nutrition Education module on potassium for hemodialysis patients”** in the 43rd National Society of Nephrology, Thrissur, February 12th-14th, 2011.
- Presented a paper on **“Nutritional knowledge, attitude and practices of diabetic, hypertensive subjects”** at Quiad-e- Milleth College for women in the UGC National seminar, 6th January, 2012.
- Presented a paper on **“Lipid lowering effect of beta glucan”**- Optimizing Nutritional support in Health and disease at Queen Mary’s college for women, 28th January, 2012.
- Presented research paper on **“Impact of nutrition education on fast food consumption among the college going girls”** in the National seminar on **“Capacity**

building of Adolescents- Perspectives and Prospects” conducted by Sri Venkateswara University, Tirupati on 6th and 7th December, 2013.

- Presented a paper on **“Formulation and Acceptability of an Anti- oxidant Rich Nutri- bar for athletes”** at **UGC Sponsored International Congress on “Renaissance in Sports- Strategies, Challenges and Choices** conducted by National College, Trichy on 30th August, 2014.
- Presented a paper on **“Anti-oxidant enriched nutrient bar supplementation on the serum antioxidant status of athletes @ 48th Annual Conference- Indian Dietetic Association (IDA), Bangalore 19th- 21st November, 2015.**
- Presented a paper on **“Nutrition Education intervention in the knowledge, attitude and dietary practices of athletic men and women”** at the 3rd International conference on “Recent trends on fitness, health and sports sciences” University of Mauritius, Mauritius on 14th, 15th July, 2016.
- Presented a paper on **“Impact of Nutribar supplementation on the antioxidant status and physical fitness components of athletes”** at the 48th Annual national conference of Nutrition Society of India, 4th and 5th Nov, 2016.
- Presented a poster on **“Effect of foxtail millet supplementation on the blood glucose levels of type II diabetes mellitus subjects”** at the 10th Apollo International Clinical Nutrition update at atj Coromandel on 4th and 5th August 2018.
- Presented a paper on **“Anthropometric and dietary pattern of children aged 3-5 yrs”** at the 51st National Conference organized by Nutrition Society of India, Thiruvananthapuram. November 2019.
- Presented a paper on **“Supplementation of lignans on menstrual irregularities diet and stress in women with PCOS at the Interdisciplinary research innovations in science and humanities(ICIRISH- 20) on 28th and 29th November,2020.**
- Presented a paper on **“Effect of setaria Italica (foxtail millet) supplementation on the blood glucose levels of type II diabetes mellitus subjects”** at the International web conference on Food technology and Health” organized by Avinashilingam College of Home Science, Coimbatore on 28th and 29th January 2021.

Workshop, training undergone

- ✓ Completed International Accreditation course on Kinanthropometry level I conducted by Sri Ramachandra Arthroscopy and Sports Sciences Centre, Sri Ramachandra University on 16 & 17 February 2015.
- ✓ Workshop on **“Total Nutrition Therapy”** conducted by the Indian Association of Parenteral and Enteral Nutrition on 2nd August, 2014.

- ✓ Seminar cum workshop on ICT in teaching, learning and research conducted by Internal Quality Assurance cell, Sri Ramachandra University, on March 6th and 7th, 2015.
- ✓ Workshop on “Nutrition Care process” conducted by Indian Academy of Nutrition Sciences (IANS) in coordination with the American Dietetic Association (ADA) on 20th September, 2015 in Chennai
- ✓ Workshop organized by Department of Surgery on Surgical Nutrition on 27.06.15
- ✓ Workshop on “Visaka Guidelines” organized by Sri Ramachandra Center for Women’s Advancement on 17.05.14, SRU
- ✓ Faculty Development Program (FDP)- Enhancing Educators – SRU, 17.3.16
- ✓ Attended the Higher Education Sensitization program for Health Science colleges organized by EUHSC on 09.07.18.
- ✓ Attended a demonstration on SMART Board, organized by Education Unit on 21.08.18.
- ✓ Attended the National Webinar on “A confluence of Researching Minds 2020: Plagiarism and Reference Manager (Mendeley & Zotero) Tools for Research” organised by Bharathidasan Govt. College for Women and Kanchi Mamunivar Govt. Institute for Post Graduate Studies and Research, Pondicherry on 29.05.2020
- ✓ Attended online Faculty Development Program conducted by Faculty of Allied Health Sciences, SRIHER(DU) on 14.06.2021
- ✓ Attended LMS training session conducted by Faculty of Allied Health Sciences, SRIHER(DU) on 16.06.2021
- ✓ Advanced Program in Critical Care Nutrition- Part- I – Nestle Health Institute-2021

Membership in Committees

Life Member – Indian Dietetic Association (IDA)

- Indian Society of Enteral and Parenteral Nutrition (ISPEN)

- Nutrition Society of India (NSI)

Member- SRU Committees

-IQAC- Member (Q cell), NAAC Criteria IV (Working Committee)

- Member SRCWA (Sri Ramachandra Centre for Women’s

Advancement)

- Member- Refreshment Committee (Convocation)

Member- Board of studies-

-Sri Ramachandra Institute of Higher Education and Research (DU),

Porur

-SDNB VAISHNAV COLLEGE FOR WOMEN, Chromepet, Chennai

Publications

Non- Indexed

- **Nutritional support – an important component in the management of sepsis- Nirmaladevi, Supriya.V, Hemamalini A.J, Gopalan, T.R-** Center for research on Nutrition systems. Nutrition in Disease Management- April 2009.

- **Effect of two different oat bran recipes (oat bran biscuits and oat bran porridge) on hypercholesterolemic subjects** in the Indian Journal of Human science, Vol 1, Issue No: 1, January 2010- Supriya.V, Usha T, BavaniPazhani
- **Knowledge Attitude and Dietary Practice of Track and Field Athletic Men and Women Aged 18 – 22 years** in International Journal of Innovative research and development (ISSN 2278 – 0211) Volume 2, Issue 11, November 2013 – Supriya.V, LalithaRamaswamy
- **Mini Nutritional Assessment as an indicator of bone mineral density in elderly women in, Journal of Research, Extension and development** (ISSN 2310-1899) Volume 2, Issue 4, December 2013 – Supriya.V, Hemamalini.A.J
- **Effect of Peridialytic protein bar supplementation among malnourished hemodialysis subjects in Renal nutrition forum** (a peer reviewed publication of the Renal dietitians Dietetic Practice Group, Academy of Nutrition and Dietetics) Volume 34, No: 3.July 2015.-PreethiVasudevan, Supriya V, Hemamalini.A.J
- **Antioxidant Enriched Nutrient bar Supplementation on the Serum Antioxidant Status of Athletes** in the Journal of Indian Dietetic Association, Vol.40, No.1, ISSN: 0971-8214, LalithaRamaswamy, Supriya V.
- **Antioxidant Enriched Nutri Bar Supplementation on the Serum Anti Oxidant Status and Performance of Track and Field Athletes** in the SM journal of Nutrition and Metabolism, Vol 3, issue 1 ISSN: 2573-5462, pg 1-7, LalithaRamaswamy, Supriya V

Indexed

- **Flaxseeds supplementation on children with autism** in the **International Journal of Science and Research** (ISSN: 2319-7064) Volume 3, Issue 7, July 2014 Impact factor: 3.358- LavanyaSunassy, Supriya V, Gopalan.T.R
- **Development of an Anti-oxidant rich Nutri-bar for track and field athletes** in the **International Journal of Science and Research** (ISSN :2319-7064) with an Impact factor of 3.358, in Volume 3, Issue 9, September 2014- Supriya V, LalithaRamaswamy
- **Impact of anti-oxidant enriched nutrient bar supplementation on the serum antioxidant markers and physical fitness components of track and field athletes** in Supplementary issue of Journal of the International Society of

Sports Nutrition 2016, 13 (Suppl 1): 33, Pg 1, DOI 10.1186/s 12970-016-0144-9, impact factor of 1.811, indexed by Scopus, Pubmed and Science Citation index (SCI)- LalithaRamaswamy, Supriya V

- **Nutrition education intervention in the enhancement of knowledge, attitude and dietary practices of athletic men and women** in the International Journal of Fitness, Health, Physical Education and Iron games (IJFHPEIG) Print: ISSN 2349-722x Volume : 3, No: 2, 2016, Pg: 65-78(Thomson Reuters ID 0-6684-2015, ISRA Journal impact factor: 0.311)- Supriya V, LalithaRamaswamy.
- **Antioxidant Enriched Nutri Bar Supplementation on the Serum Antioxidant Status and Performance of Track and Field Athletes** - International journal of fitness, health and sports sciences, Indexed Impact Factor 0.311 (UGC approved), Thomson Reuters ID, ISSN 2349- 722x, 2019. Pg: 97-109 Supriya V, Lalitha Ramaswamy
- **Development and analysis of protein rich granola bar for endurance athletes** - International journal of fitness, health and sports sciences, Indexed Impact Factor 0.311 (UGC approved), 2021 Vol 2 no: 1, pg:172-178. Parichita J, Supriya V, Hemamalini AJ
- **Impact of Television viewing and mobile phone usage on the nutritional status of school going children** in Indian journal of home science ISSN 0970 2733, UGC Approved (Care List 1), and January 2021 pg: 204-214 Varsha MR, Supriya V, Hemamalini AJ
- **Will the hostel residents benefit in terms of dietary recommendations and menu planning by a nutritionist?** in Aut Aut Research Journal ISSN 0005-0601 (Scopus Indexed), Vol XII, Issue III, March 2021, Pg- 198-211. Supriya V, Lavanya Sunassy, Sowmiya, Gopalan TR
- **Development and Formulation of Phytoestrogen rich supplement for women with Polycystic Ovarian Syndrome (PCOS)** in International Journal of Infertility Medicine (IJIFM) (Scopus Indexed) - May- August 2021, Vol 12 Issue 2, Pg: 31-36.
- **Nutritional composition and sensory evaluation of phytoestrogen rich supplement for women with PCOS** (ISSN: 2231-0738) in International Journal of Nutrition, Pharmacology and neurological diseases (Scopus Indexed) Vol 11, Issue 4, Pg: 304-308, October- November 2021.

- **Beverage Consumption and Pre- menstrual syndrome** in Indian Journal of Natural Sciences (WOS) ISSN: 0976 – 0997 Vol.12 / Issue 68 Pg: 34071-34076, October 2021.

Articles in Press

- **Nutrigenomic Studies to explore Antiaging: A drosophilic Approach** in Journal of Microbiology, Biotechnology and Food Sciences ISSN: 1338-5178 (Scopus, WOS) e4814 pg: 1-7 <https://doi.org/10.15414/jmbfs.4814>, December 2021
- **Knowledge , attitude and dietary practices of renal diets among hemodialysis patients** in Biomedical and Biotechnology research journal (Scopus Indexed), January- March 2022
- **Antioxidant Rich Peri-dialytic Granola Bar for Hemodialytic subjects** in Biomedical and Biotechnology research journal (Scopus Indexed), January-March 2022

BOOK/CHAPTER PUBLICATIONS

- ✓ **Clinical Nutrition and Dietetics manual for Nurses, ISBN 978-93-86150-33-2**
Jaypee Brothers Health Sciences International Publishers, 2017- **Supriya V**
- ✓ Contributed a chapter on “**Nutrition and Covid 19**” in the book – Challenges and Impacts of Covid 19- Experts Purview” with **ISBN 9789389105544** pg-201-212.
- ✓ Authored a chapter on Nutritional Implications for Endurance Athletes in the book titled “Advances in Physical Education, Physiology and Yoga” Vol-1 Integrated Publications – ISBN: 978-93-90471-17-1 <https://doi.org/10.22271/int.book.35 pg1-16>.
- ✓ Co-authored a chapter on “ Study on Phytoestrogen and gut microbiome composition of women with PCOS” in the Recent developments in Medicine and Medical Research, Vol 12 Pg: 66-75
- ✓ **Monograph**
Oat bran – A wonder food for Hypercholesterolemia” with **ISBN 978-613-9-92736-4** by Lambert Academic Publishing Company Ltd Pg 1-93