

## RESUME

**Dr. M.THARAHESWARI, M.Sc., M.Phil., Ph.D.**  
**Assistant Professor (contract & consolidated) & HOD i/c**  
**Department of Biochemistry**  
**Pondicherry University Community College**  
**Lawspet**  
**Puducherry- 605 008**  
**India**  
**+91 9786348525**  
[thara\\_aravindh@yahoo.in](mailto:thara_aravindh@yahoo.in)

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### Summary of Qualifications:

- Highly gifted teaching aptitude
- Consistent and outstanding academic records throughout my education
- Perfect knowledge about the common job duties of a faculty and ability to perform them efficiently
- A little familiarity with the general administrative environment at educational institutes and idea about their practices
- Highly innovative in depicting the subject matter to the students/audience, using traditional methods as well as modern aids

### Academic Education:

S.No	Qualification	Name of School/University	Year of Passing	% /Class
1	SSLC	IHMGHSS, Puducherry	1987	75.6
2	HSC	IHMGHSS, Puducherry	1989	79.4
3	M.Sc. (Biochemistry) (5yrs integrated)	Lviv State University Ukraine, (Former USSR)	1996	Distinction
4	M.Phil. (Biochemistry)	Bharathidasan University, TN	2008	75.6
5	Ph.D. (Biochemistry)	Pondicherry University Dept. of Biochemistry and Molecular Biology	2016	

### Other Credentials:

- CSIR/UGC/LS : NET Qualified

**Research Work:**

- Intensity of erythropoiesis in mice under hypoxic condition (M.Sc)
- Comparative study on lipid profile in Diabetic patients (M.Phil)
- A comparative study on the effect of fenugreek seed extract and two of its phytoconstituents - Trigonelline and Diosgenin in Type II diabetic rats (Ph.D)

**Teaching Experience:**

- Community College, Pondicherry University, Puducherry, Aug-1998 to till date
- Indira Gandhi College of Arts and Science (Guest Lecturer in Biotechnology Department), Puducherry, Jan2003-April 2004

**Other Experience:**

- Biochemist in East Coast Hospital Pvt., Puducherry (Aug-1996-Sep-1999)

**Paper Publications:**

<b>Title of Paper</b>	<b>Name of Author/s</b>	<b>Department of the teacher</b>	<b>Name of the Journal</b>	<b>Year of Publication</b>	<b>ISBN/ISSN number</b>
Fenugreek seed extract stabilize plasma lipid levels in type 2 diabetes by modulating PPARs and GLUT4 in insulin target tissues.	<b>Tharaheswari M,</b> Syam Praveen Kumar J, Jayachandra Reddy N, Subhashree S, Sudha Rani S,	Department of Biochemistry & Molecular Biology, Pondicherry University.	AJPCT 2(5), 587-602.	2014	ISSN 2321 – 2748
Trigonelline and diosgenin attenuate ER stress; oxidative stress mediated damage in pancreas and enhances adipose tissue PPAR $\gamma$ activity in type 2 diabetic rats.	<b>Tharaheswari M,</b> Jayachandra Reddy N, Kumar R, Varshney KC, Kannan M, Sudha Rani S	Department of Biochemistry & Molecular Biology, Pondicherry University	Mol Cell Biochem 396, 161-174. DOI 10.1007/s11010-014-2152-x	2014	ISSN 0300-8177

Fenugreek seed extract and its phytochemicals-trigonelline and diosgenin arbitrate their hepatoprotective effects through attenuation of endoplasmic reticulum stress and oxidative stress in type 2 diabetic rats.	<b>Tharaheswari M,</b> Jayachandra Reddy N, Syam Praveen Kumar J, Kumar R, Varshney KC, Vasanth Kumar M, Sudha Rani S	Department of Biochemistry & Molecular Biology, Pondicherry University	Eur Food Res Technol 240, 223-232. DOI 10.1007/s00217-014-2322-9	2014	ISSN 1438-2377
Studies on Dyslipidemia in Diabetic and Non Diabetic Hypertensive Patients.	<b>Tharaheswari M,</b> Yogamoorthi A,	Department of Ecology Pondicherry University & Department of Biochemistry PUC	AJPCT 2(5), 636-643.	2014.	ISSN 2321 – 2748
Cassia auriculata Flower Extract Articulate its Antidiabetic Effects by Regulating Antioxidant Levels in Plasma, Liver and Pancreas in Diabetic Rats.	Syam Praveen Kumar J, <b>Tharaheswari M,</b> Subhashree S, Sudha Rani S	Department of Biochemistry & Molecular Biology, Pondicherry University	AJPCT 2(6), 705-722.	2014	ISSN 2321 – 2748

**Papers Presented:**

<b>Title of the Paper</b>	<b>Name of the Conference</b>	<b>National/ International</b>
Trigonelline and fenugreek seed extract regulate the levels of adipokines and obesity markers in diabetic rats	Conference on Medical Genetics & Genomics (ICMG) Organized by the Department of Biomedical Science, Bharathidasan University, Tiruchirapalli, India on 12 <sup>th</sup> -14 <sup>th</sup> of December 2011	International

Trigonelline and fenugreek seed extract up regulate the antioxidant levels in type 2 diabetic rats	Conference on Emerging trends in free radicals, anti-oxidants and nutraceuticals on health, disease and radiation biology - Organized by SFRR, Kolkata, India on 12 <sup>th</sup> -14 <sup>th</sup> of January 2012.	International
Diosgenin improves insulin sensitivity in diabetic rats by altering the expression of PPAR $\gamma$ and PPAR $\alpha$	Workshop Compendium on National workshop & industry – academia interaction meet on drugs and pharmaceuticals – research & development – Organized by Department of Biotechnology, Pondicherry University, India on 12 <sup>th</sup> – 13 <sup>th</sup> of April 2013	National

### Workshops Attended:

Year	Title of the Professional Development Program	Date & Duration
2010	Workshop on research methodology for teacher scholars UGC – ASC, Pondicherry University	28 – 29 Sep’ (Two days)
2017	Faculty development programme on Emotional intelligence, sponsored by ICT Academy, TN- held at Rajiv Gandhi College of Engineering and Technology, Puducherry.	23-24 Nov (Two days)

### Skill Trainings for Student:

Skills Training Programs	Purpose
<b>UGC sponsored innovative program</b> , by the Department of Biotechnology, Pondicherry University.	For motivation and promoting the culture of research at the under graduate level & technical skill improvement
<b>Seminars</b>	Exposure to various aspects like “Approach and attitude to become a young entrepreneur, Newer avenues in Life science Research and Opportunities, Cancer Stem cells, Tissue Culture, Food Law, Food Safety and Quality control, Neurophysiology”
Alumni meet & Passed out student’s interaction sessions (From various field like. <b>Diagnostic and Research labs, production of Biogas, Wastepaper recycling &amp; Sewage treatment</b> )	Preparing the present students get ready for their future plan with the help of past students  Improving their confidence in their field  Exposure to various avenues & entrepreneurship
Field Trips to various industries – “Pharmaceutical companies, Spirulina form,	To know working atmosphere and the avenues related to their field

Dairy products (PONLAIT), Plant tissue culture labs (PKKVK), Sugar factory (EID PARRY) , Clinical Labs, Fermentation unit (PASIC), M. S. Swaminathan Research Foundation”, MSW solid waste management and sewage treatment plant	Helps them to go for higher education, get placed in colleges or companies
Workshop on Mushroom culture, Vermicomposting	Technical training to deal with the emerging trends and challenge in the biological sciences education  To improve their self-confidence, Training skills and motivate them become entrepreneurs
Eye camp Anaemia & Diabetic Screening Camp	To improve their inter personal skills & motivate young minds towards service to the society
Herbarium Collection of medicinal plants	To know traditional medicaments & Preservation of folk medicine
Participation in various college activities(Both within or outside campus) 1. PowerPoint presentation 2.Short films 3.Essay writing competitions 4.oratorical competition 5.Cultural activities 6.Sports 7.Yoga program 8.Awareness programs (Blood Donation &AIDS, vigilance, Women empowerment, Animal Action Education’s (AAE) Nation-wide art contest) 9.Mobile services crash course 10.Aaria work in dress 11.Quiz	For self-evaluation of their potentials in curriculum as well as socio-economic moves  For revealing student thinking  Improve their abilities & skills  Improve their physical &mental health

### **Training programs:**

1. On job training programs
2. Workshops
3. Visit to well known education institutions every year
4. Field Trips to various industries
5. UGC sponsored innovative program for motivation and promoting research
6. Conducting Spoken English & soft skill development programmes, Cultural, Sports, Mobile services, Aaria works to women candidates, NSS & NCC programmes and various on job training courses, Yoga programmes

7. Skill Oriented courses are offered in line with MHRD Scheme of Community College with lateral entry, vertical mobility which provides job opportunity in each level

<b>New Courses offered in line with MHRD Scheme of Community College Diploma, Advanced Diploma &amp; B.Sc.Vocational Degree in</b>				
Cardiology	Radiology	Optometry	Operation theater assistant	Renal Dialysis

**Worked out towards launching new courses**

Surveyed regarding scope of these courses

Enquired hospitals which are interested to associate for conducting hands on training in the respective courses

Enquired hospitals of various specializations for tie-up to give Internship & Project and their willingness to recruit manpower who are trained here.

**Other activities:**

- External Examiner for Practical sessions in affiliated colleges of Pondicherry University
- Examiner for Central Evaluation, Pondicherry University
- Observer for University Examinations
- Disciplinary committee member, PUCC
- Member of Stock verification committee and admission committee at PUCC
- Organizing various programs for our Biochemistry students (Field trip, seminars, accompanied students to conferences)
- Invitee to BOS for B.Voc Courses – 2013-2015
- Polling officer for the Pondicherry University Students Council Election - 2014-2017
- Participated in the Recreation cum competition in games & sports for teaching & non-teaching, 15<sup>th</sup> April 2014
- Committee member in Marutham Kalaivizha - 2015

- Coordinated and conducted semester end university practical exams for Cardiology, Radiology, Renal, Optometry and Operation theatre technology (2013-2015)
- VC Nominated Member for the UG Board of Studies in Biochemistry in order to facilitate implementation of CBCS and to frame syllabus under the Chairmanship of the Head, Dept. of Biochemistry & Molecular Biology, PU-2017
- **DMLT:** Incharge and handle classes from 2013 onwards

**Additional documents to support my candidature**

- Typewriting Lower in English
- Certificate in Computer-MS office and internet

**Personal Details:**

**Date of birth** : 21.07.1972

**Languages known** : Tamil, English and Russian

**Category** : OBC

**Nationality** : Indian

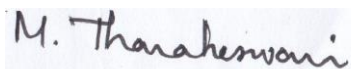
**Residential Address** : 37, Main Road, Thirumudi Sedhuraman Nagar, Puducherry - 11

**DECLARATION**

**I hereby declare that the above mentioned details are true to the best of my knowledge and belief.**

**Station: Puducherry**

**Date: 03.09.2020**



**(M. THARAHESWARI)**