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## SUMMARY

Academician in social work who has a work career spanning 10+ years, including over 7 years in academics and research, 4 years of exposure in the pharmaceuticals, healthcare, and clinical research industry. Expertise in counseling and educating patients on different aspects of diabetes and Insulin devices.

A Proactive learner and an adaptive individual with strong communication, interpersonal, mentoring, people management capabilities and an abundant passion for teaching.

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## EXPERIENCE

- Dec 2024 – Current**    **Anugraha Institute of Social Sciences**  
**Assistant Professor – Department of Social Work**  
**(Additional Responsibilities – IQAC Co-ordinator)**
- July 2019 – July 2024**    **UGC NET JRF Research Scholar,**  
**Department of Applied Research,**  
**Gandhigram Rural Institute – Deemed to be University**
- Dec 2017 – May 2018**    **Madurai Institute of Social Sciences**  
**Assistant Professor, Department of Social Work**  
**(Additional Responsibilities – Physical Education In-Charge)**
- July 2017 – Sep 2017**    **Freelance Trainer**  
  
**Soft Skills and Personality Development**  
**(Campus Recruitment Drive Training Project in SCAD Engineering College, Tirunelveli)**
- June 2016- Aug 2016**    **MSD Pharmaceuticals (INDIA) PRIVATE LIMITED**  
  
**Therapy Manager**  
  
Responsible for meeting with the HCPs, Stockists and other stakeholders regularly to meet the expected sales performance and results.
- Sep 2011 - Jan 2016**    **ELI-LILLY AND COMPANY (INDIA) PRIVATE LIMITED**  
**Madurai**  
*The wholly-owned Indian subsidiary of a USA pharmaceutical major, engaged in researching, developing and marketing varied pharmaceutical products across a wide range of therapeutic areas*
- Mar 2014 – Jan 2016**    **Senior Medical Educator**  
  
*Imparted training on Growth Hormone Disorder (Device: Humatrope) and Osteoporosis (Device: Forteo) as a Medical Educator. Rose to be Senior Medical Educator, reported to the Area Manager, and trained new team members on various scientific topics, new learning initiatives and products.*
- Acted as the Charge of I-pad training, trained 9 personnel (6 Medical Educators, 2 Senior Medical Educators and one Area Manager), organised area meetings and delivered presentations
  - Conducted education programs in 12-15 government and private hospitals in Madurai and ex-stations (Govt. Rajaji Hospital, Apollo Hospital, Meenakshi Mission Hospital etc.)
    - Products handled: Humapen, Kwik pen, Forteo and Humatrope
    - Hospitals Covered: Govt. Rajaji Hospital, Madurai; Meenakshi Mission Hospital; Apollo Hospital, Anna Nagar; ECHS Polyclinic; Railways Hospital; ESI Hospital-Thathaneri, Madurai; SKG Hospital, Thirumangalam
- Sep 2011 – Feb 2013**    **Diabetes Educator**  
**Mar 2013 – Feb 2014**    **Senior Diabetes Educator**  
*Educated patients on Diabetes and conducted diet counselling, including individual and group education for Diabetic patients.*
- Coordinated with 25-30 doctors and conducted education programs for patients in about 15 hospitals (10 hospitals monthly) in Madurai District

- Delivered demonstration and trained patients on Lilly Insulin devices, taught right injection techniques and solved device-related problems
- Conducted Nurses Awareness Programs for 200+ nurses in about 20 private & government hospitals in Madurai and ex-stations (ESI Hospitals, SKG hospital, ECHS polyclinic, Railways hospital, etc.)
- Conducted Diabetes Conversation Map, an innovative education method in group education to empower patients with Diabetes to become actively involved in managing the disease
- Convinced Healthcare Professionals (HCPs) on services, planned & closed loop and provided feedback to HCPs

#### Awards

- Won 8 times Monthly Achiever of the Team Award (Apr 2012, Oct 2012, Mar 2013, Aug 2013, Apr 2014, Nov 2014, Feb 2015, Aug 2015)  
→ The best team member who improves the performance of the entire team in terms of quality & quantity of the program/training conducted / exceptional appreciation received from Doctors
- Recipient of the Collaboration Award (Quarterly Award) (Nov 2015); every Team Leader (5 TLs) nominates the best employee from their team; only 2 are awarded based on the achievements program-wise and feedback from the Doctors
- Received personal Appreciation Letters from the CMS of Madurai Railways and Lt. Colonel of ECHS Hospital, Madurai for delivery of excellent service in patient education

**Nov 2008 - Mar 2009**     **COGNIZANT TECHNOLOGY SOLUTIONS PRIVATE LIMITED**     **Chennai**  
*A global leader in business and technology services, delivering customised information technology, consulting, and business process outsourcing services, has over 50 delivery centres worldwide*

#### **Process Executive**

*Reported to the Team Leader and managed the Vendor Payment Reconciliation Process with the Supervalu Team (Non-Voice).*

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## DOCTORAL RESEARCH

**Title: Quality of life and associated factors among type-2 diabetic patients in rural Tamil Nadu**

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## RESEARCH PROJECT

**MSW Project:** A Study on the Participative Management System (2011)

**Organisation:** Rane Brake Lining, Ambattur, Chennai

**Outline:** To understand the participative management system in Rane and study its effectiveness

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## TRAINING

1-month fieldwork training on HR Process in Mainetti Group, MEPZ, Chennai (May – Jun 2010)

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## EDUCATION AND QUALIFICATION

<b>UGC-NET 2017</b>	<b>National Eligibility Test with <u>Junior Research Fellowship</u> – Social Work</b>	
<b>TNSET 2017</b>	<b>State Eligibility Test– Social Work</b>	
<b>2019-2024</b>	<b>Doctor of Philosophy The Gandhigram Rural Institute – Deemed to be University</b>	<b>Dindigul</b>
<b>2009 - 2011</b>	<b>Master of Social Work (Human Resource Management) The American College, Madurai Kamaraj University</b>	<b>Madurai</b>
<b>2008 - 2011</b>	<b>Master of Arts (Public Administration) Madurai Kamaraj University</b>	<b>Distance Education</b>
<b>2005 - 2008</b>	<b>Bachelor of Science in Botany (Ind. Microbiology) The American College, Madurai Kamaraj University</b>	<b>Madurai</b>

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**PERSONAL**     Date of Birth: April 3, 1988 | Languages Known: English, Tamil and French (read-only)

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## EXTRACURRICULAR ACTIVITIES

- **Completed 3<sup>rd</sup> semester of MSW at Appalachian State University, North Carolina, USA, with the help of the Student Exchange Study Abroad Program from The American College (2010)**
  - **Participated in the AS-U-GO Speaker Program at Appalachian State University, NC, USA; delivered a presentation on “India - A cultural amalgamation” (Dec 2010)**
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### **Publications:**

Published a research article titled **“Assessing the Rural College Students Awareness of Health and Wellbeing with Special Reference to their Diabetes Knowledge Level”** in Special Issue of the International Journal of All Research Education & Scientific Methods. ISSN: 2455-6211, Volume 11 Issue 11, November - 2023, An ISO & UGC Certified Peer-Reviewed Multi-disciplinary Journal.

Published a research article titled **“Undiagnosed diabetes: A ticking bomb and the scope of social work intervention”** in the Kanpur philosophers: International Journal of humanities, Law and Social sciences. ISSN 2348-8301, Vol. X, Issue I (G): 2023, **UGC CARE Approved, Group I, Peer Reviewed and Referred Journal** by New Archaeological & Genealogical Society Kanpur, India.

Published a research article titled **“Women and Diabetes: Reviewing the double-edged sword of gender in diabetes management”** in the Humanities and Social Science Studies journal, Vol. 13, Issue 1, No. 29, January – June: 2024, **A UGC Care Approved, Group I, Peer-Reviewed**, Bilingual, Biannual, Multi-disciplinary Referred Journal, ISSN 2319-829X

### **Book Chapters:**

Contributed a chapter on **“Tamil Nadu State Policy on Senior Citizens – 2022 – Policy review”** in the book **“Intergenerational Solidarity: Challenges and Way forward”** with ISBN – 978-93-5529-345-9.

Contributed a chapter on **“Challenges and opportunities for research scholars since the emergence of the pandemic era”** in the book **“Towards Rural Sustainability – Research and Development in Pandemic Era”** with ISBN – 978-93-5529-346-6.

Contributed a chapter on **“Bridging Health Divides: A case study analysis of Makkalai Thedi Maruthuvam Scheme’s Impact on Social Inclusion in Rural Communities”** in the book **“Research for Sustainable Development”** with ISBN – 978-93-6095-279-2.

Contributed a chapter on **“Intersecting Paradigms: Exploring Rural Indian Practices through Positive Qualitative Inquiry”** in the book **“Qualitative Research of Rural India”** with ISBN – 978-93-6095-607-3.