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**SUMMARY**

Academician in social work who has a work career spanning 10+ years, including over 6 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 – Present**     **Assistant Professor, Department of Social Work**  
**Anugraha Institute of Social Sciences**  
**Nochiodaipatti, Dindigul District**
- July 2019 – July 2024**   **UGC NET JRF Research Scholar,**  
**Department of Applied Research,**  
**Gandhigram Rural Institute – Deemed to be University**
- Dec 2017 – May 2018**   **Assistant Professor, Department of Social Work**  
**Madurai Institute of Social Sciences**  
**(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 (Thesis submitted – yet to be awarded) 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>

**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 titled **“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 titled **“Towards Rural Sustainability – Research and Development in Pandemic Era”** with ISBN – 978-93-5529-346-6.

## PARTICIPATION IN CONFERENCES, WORKSHOPS AND WEBINARS

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### Participation in Conferences and Paper Publications

- Participated in the 17<sup>th</sup> Annual National Conference conducted by the Indian Association of Social Sciences for Health in IIT Mandi, Himachal Pradesh from 8<sup>th</sup> December 2019 to 10<sup>th</sup> December 2019 and presented a research paper titled “Diabetes Management and Economic Burden in India” in the oral presentation category.
- Participated in the National Webinar on “Paradigm shift of Research Methodology in Pandemic Era” organized by Centre for Applied Research, GRI and presented a paper on “Challenges and opportunities for research scholars since the emergence of the Pandemic” held on 10th March 2022.
- Participated in the 16th spring school for Master’s and PhD students held in Ostrava, Czech Republic from 11th to 14th April 2023 and presented a paper via online mode

### Participation in Workshops

- Participated in One-day National workshop on “Accessing E-Resource and Reference Tools” held on 19<sup>th</sup> September 2019 at Dr. Ramachandran Library, The Gandhigram Rural Institute - Deemed to be University, Gandhigram
- Participated in One-day Hands-on Training Programme “Accessing E-Resource and Reference Tools” held on 22<sup>nd</sup> October 2019 at Dr. Ramachandran Library, The Gandhigram Rural Institute - Deemed to be University, Gandhigram
- Participated in a Three-day workshop on “Research Methods in Social Sciences” organized from 5<sup>th</sup> – 7<sup>th</sup> December 2019 by the Indian Association for Social Sciences and Health (IASSH) jointly with the Indian Institute of Technology, Mandi, Himachal Pradesh.
- Participated in a National workshop on “Research Methods and Data Analysis in Social Sciences” held from 27<sup>th</sup> – 30<sup>th</sup> January 2020 organized by the Centre for Applied Research, The Gandhigram Rural Institute (Deemed to be University), Gandhigram, Tamil Nadu
- Participated in the Seven days online workshop on “**Statistical Data Analysis using R**” conducted from 1<sup>st</sup> to 7<sup>th</sup> June 2020 through Zoom App organized by the Institute for Statistics and Analytical Research.
- Participated in the “**International Authors Workshop, 2021**” held between 17-19th December 2021 organized by Innovative Education and Scientific Research Foundation

➤ Participated in the national workshop on “**Applied Psychometrics in Health Research**” organized by Centre for Applied Research, Gandhigram Rural Institute – Deemed to be University from 13-15th October 2022.

➤ Participated in the one-day Faculty Development Program on “Effective usage of AI in Research with hands-on experience” on 15<sup>th</sup> February 2025 organized by Anugraha Institute of Social Sciences & (Research Centre), Dindigul

#### **WEBINARS AND ONLINE COURSES:**

➤ Completed an online short course on “**Prevention of type 2 diabetes**” provided by International Diabetes Federation on 27<sup>th</sup> April, 2020.

➤ Participated in National webinar titled “**Taking research forward during the pandemic**” organized by Loyola Institute of Frontier Energy, Loyola college on 20<sup>th</sup> May, 2020.

➤ Participated in webinar titled “**Qualitative Research**” organized by Department of Social work, Kumaraguru College of Liberal Arts and Science, Coimbatore on 21<sup>st</sup> May, 2020.

➤ Completed an online course titled “**Career Edge – Knockdown the Lockdown**” organized by Tata consultancy Services on 22<sup>nd</sup> May, 2020.

➤ Participated in the webinar titled “**Media and the second sex: Troubling the gender trouble during the pandemics**” organized by Department of Visual Communication, Loyola College on 24<sup>th</sup> May, 2020.

➤ Participated in the Three Days online International Workshop on “**Methods of Research in Social Science and Humanities**” organized by the Centre for Development Economics Studies (CDES) from 11.06.2020 to 13.06.2020

➤ Participated in the Three-Day National Level Workshop (Webinar) on “**Research Methodology in Social Sciences for Research Scholars**” organized by Bharathiar University Arts and Science College, Coimbatore from 10.06.2020 to 12.06.2020.

➤ Participated in the Webinar on “**Research Proposal Writing**” on 17<sup>th</sup> June, 2020 organized by Internal Quality Assurance Cell (IQAC), Don Bosco College of Arts and Science, Thooththukkudi District, Tamil Nadu.

➤ Participated in the International webinar titled “**Domestic violence – an important concern**” organized by IQAC & Dept. of Social work, Hindustan college of Arts & Science on 23<sup>rd</sup> June, 2020.

- Participated in the national webinar on **“Remote access and search strategy”** on 16<sup>th</sup> November, 2020 organized by Dr. G. Ramachandran Library, Gandhigram Rural Institute (Deemed to be university), Gandhigram
- Participated in the national webinar on **“Grammarly– Live Demo”** on 17<sup>th</sup> November, 2020 organized by Dr. G. Ramachandran Library, Gandhigram Rural Institute (Deemed to be university), Gandhigram
- Participated in the national webinar on **“iThenticate – Live Demo”** on 18<sup>th</sup> November, 2020 organized by Dr. G. Ramachandran Library, Gandhigram Rural Institute (Deemed to be university), Gandhigram
- Participated in the national webinar on **“Research Misconduct”** on 19<sup>th</sup> November 2020 organized by Dr G. Ramachandran Library, Gandhigram Rural Institute (Deemed to be university), Gandhigram.
- Participated in the national webinar on **“URKUND – Live Demo”** on 20<sup>th</sup> November, 2020 organized by Dr. G. Ramachandran Library, Gandhigram Rural Institute (Deemed to be university), Gandhigram
- Participated in the 3-day National level online workshop titled **“Using SPSS for advanced level of Data Analysis”** from 22<sup>nd</sup> to 24<sup>th</sup> July 2021 conducted by Eigen Data Analytics Services.
- Participated in the webinar on **“J-Gate @E- Shodhsindhu – One platform to discover all scholarly E-journal literature”** on 1st September 2021
- Participated in the National Webinar on “Achieving Sustainable Goals in Pandemic Era from Rural Perspective” organized by the Centre for Applied Research, GRI on 25th March 2022.
- Participated in the National Webinar on “Academic Writing and Research Publication in Indexed Journals” organized by Centre for Applied Research, GRI on 28 & 29th July, 2022