

CURRICULUM VITAE

R. MANIKANDAN

4/62, Mela Agraharam
Bikshandar Kovil
Trichy – 621 216.

Mobile: 9894486526

E-mail: mani_bkoil@yahoo.com

CAREER OBJECTIVE

- ❖ Seeking suitable post in your reputed concern in the field of social work
- ❖ My long-term objective is to achieve professional excellence in social work

WORK EXPERIENCE

1. Sankara Nethralaya, Vision Research Foundation – Chennai

Worked as Project field coordinator (10th September 2007 - 26th April 2010)

2. M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre, Chennai [WHO Collaborating Centre for Research, Education and Training in Diabetes], Royapuram, Chennai.

Working as Project Officer (from 1st May 2010 onwards)

3. Years of Experience: Four and half years

Job Responsibilities in Sankara Nethralaya

Diabetic Retinopathy Project and ARMD (Age Related Maculopathy Degeneration)

- ❖ Individual Counseling and Educating the Patient about Diabetic Retinopathy
- ❖ Organizing and mobilization of patient from various places in Chennai
- ❖ Independently organizing and conducting Eye camps in rural areas particularly in Kancheepuram & Thiruvalluvar Districts
- ❖ Door to Door data collection
- ❖ Baseline survey in and around Chennai Corporation
- ❖ Communication & Documentation
- ❖ Monitoring the Field Activities & the Field Staff
- ❖ Preparation of work reports

Job Responsibilities in M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre

Working as **Project Officer** in the project “*Primary prevention of Diabetes among Tuberculosis Patients*”, a collaborative project between M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre and World Diabetes Foundation (WDF)

Work profile:

- Educate and train through capacity building workshops for 1,000 doctors, 350 paramedical staffs and health workers associated with tuberculosis care
- Screening and creating awareness for 2500 tuberculosis patients by organising camps
- Awareness through posters, pamphlets, booklets, multimedia, direct counselling is carried out
- The project sites included Chennai, Kanchipuram and Thiruvallur districts
- Preparing and sending annual reports
- Documentation and File Management

Other projects carried out at M.V. Hospital for Diabetes

1. Childhood Obesity (Chennai Slim & Fit Programme)

- Monitoring and Evaluation of the project
- Training and Awareness Programs for teachers, parents and students of more than 10 CBSE schools in Chennai
- Screening the children for overweight and obesity
- Assisting the children to prevent Obesity
- Educating the children through PowerPoint, posters and educational material
- Counseling to the school children was given on the following aspects:
 - Screening the school children for Obesity and educating them regarding diet, exercise and lifestyle modification with the help of teachers and parents
 - Making them understand the problems of obesity and unhealthy foods.

Research publications

A part of the results of the Chennai Slim & Fit Programme was published in a scientific journal, in which I was one of the contributing authors:

- Vigneswari Aravindalochanan, **Manikandan Rengarajan**, Satyavani Kumpatla, Rajeswari Rajan, Vijay Viswanathan. *Impact of Awareness Program on Prevention of Childhood Obesity among School Children in a Metropolitan City – Chennai Slim and Fit Programme*. Journal of Education and Practice. 2012; Volume 3, No. 9.

Abstract published in the Research Society for the Study of Diabetes in India (RSSDI) 2012:

- Vigneswari A, Satyavani K, **Manikandan R**, Rajeswari R, Vijay Viswanathan. *Effectiveness of individual counseling on childhood obesity prevention among overweight children in Chennai*.

This abstract was presented at the RSSDI 2012 Scientific Conference during October 26–28, 2012, in which I was one of the co-authors.

2. DAPIC Project (Diabetes Amputation Prevention Initiative in the Community)

- Conducting Awareness Programs for Diabetic amputation Prevention
- Train the volunteers from the local community
- Developed a cost effective sample, “Foot Care Kit” using materials and resources available in a rural area.
- Educating and creating awareness regarding diabetes and need for foot care in diabetes.

3. Community Screening Programmes

Organised and participated in several diabetes screening camps for specialized individuals like urban poor residents in Royapuram, advocates in the Madras High Court, Coast Guard Personnel, Police personnel, Bank employees, School teachers, IT professionals and general population.

Abstract published in the Research Society for the Study of Diabetes in India (RSSDI) 2012:

- Vijay Viswanathan, Muruganathan A, **Manikandan R**, Vigneswari A, Narayan Rao, Satyavani K. *Opportunistic screening of legal professionals for diabetes and hypertension*.

This abstract was presented at the RSSDI 2012 Scientific Conference during October 26–28, 2012, in which I was one of the co-authors.

FIELD WORK EXPERIENCE DURING POST GRADUATION

- VDC (Village Development Center) (Project: Mahalir Membattu Iyakkam, SHG), Mannachanallur, Trichy (2006).
- Anbalayam (Project: HIV/AIDS & Working with mentally challenged persons), Trichy (2007).
- LEAD (League for Education And Development) (Project: Microfinance with SHG), Srirangam, Trichy (2007).

ACADEMIC QUALIFICATIONS

Course	Institution	University	Year of passing	Percentage	Class
B. Com	National College, Trichy	Bharathidasan University, Trichy	2005	53%	II
M.S.W	Srimad Andavan Arts & Science College, Trichy	Bharathidasan University, Trichy	2007	75%	I Class Distinction

PROJECT DONE DURING POST GRADUATION

- Research Project entitled, “*A Comparative Study on cultural determination among PG Arts and Science Students of Srimad Andavan Arts and Science College, Trichy*”.

BLOCK PLACEMENT

- YR Gaitonde Centre for AIDS Research (Project: HIV/AIDS Research, Domestic Violence Project), Chetput, Chennai (March 2007)

WORKSHOP ORGANIZED

- Workshop on Ageing – Trends and Implications at Srimad Andavan Arts and Science College, Trichy, during October 8th 2005.

PARTICIPATION IN WORKSHOPS/SEMINARS

- Participated in the two-day Leadership Programme, organized by Centre for Youth Development and Studies, Bharathidasan University, and Dept. of Human Resource Management, St. Joseph’s College, Trichy, during 22–23 September 2004.
- Participated in a One Day Workshop on Child Rights and Protection, Organized by P.G. Dept of Social Work, Bishop Heber College, and Trichy – 17, on March 15th 2006.

- Participated in a One Day Training Programme on “Personality Development” Organized by P.G. Dept. of Social Work, Srimad Andavan Arts & Science College, Trichy – 5, on 29th September 2006.
- Attended a one-day Orientation Training on Entrepreneurship Development, organized by Bharathidasan University on October 9, 2006.
- Participated in the UGC National Seminar on Sociology of Health: Institutions, Knowledge and Practice in India, organized by Dept. of Sociology, University of Madras, during 25–26 October, 2007.

EXTRACURRICULAR ACTIVITIES AND CERTIFICATES

- Awarded the *Certificate of Appreciation* for my active participation in the Crowd Control Project in 1998-99 by the Tiruchirapalli District Chamber of Commerce and the Police Department, Trichy.
- Participated in the National Integration Camp at Srinagar in 2004.
- Passed the *National Cadet Corps (NCC) Certificate B examination* in 2004, held at Trichy.
- Awarded the *Proficiency Prize* for securing the first place in the University examination during my postgraduation (for the subject ‘Development Management’) at Srimad Andavan Arts & Science College, Trichy, in 2006–2007.
- *Certificate of Appreciation* for blood donation at the Dept. of Transfusion Medicine, Frontier Lifeline Hospital, Chennai, in 2010.

ADDITIONAL SKILLS

- Well versed in working on the Computer programmes using MS Office Tools and the Internet

STRENGTHS AND ABILITIES

- Building good rapport with people
- Ability to work with any group of people
- Research and Analytical skills
- Adopting to any situation and taking appropriate decisions
- Good command over English
- Having confidence in analyzing various social problems

PERSONAL INFORMATION

Parents' Name : Mr. R. Rengarajan and Mrs. R. Usharani

Date of Birth : 14th March 1985

Sex : Male

Nationality : Indian

Marital Status : Married

Mother Tongue : Tamil

Languages Known : Tamil and English

Present Address : No. 4/15, 20th Street, 5th Avenue
I.g.g.s Colony
Ashok Nagar, Chennai – 600 083.
Tamil Nadu. India.
Mobile: 98944 86526

DECLARATION

I hereby declare that the above-stated particulars are true to the best of my knowledge and belief.

Place:

Yours sincerely,

Date:

(R. MANIKANDAN)

REFERENCES

Dr. A. Vigneswari, B.S.M.S., MSc (Epidemiology)

Associate Epidemiologist

M.V. Hospital for Diabetes and Prof. M. Viswanathan Diabetes Research Centre

Chennai – 600 013.

Mobile: 9444012915

Mr. T. Arokiasamy, M.A (Social Work), B.Ed.

Project Supervisor

Diabetic Retinopathy Project

Sankara Nethralaya

Chennai- 600 006.

Mobile: 8939260874

Mr. N. Madhavan, M.S.W.

Sr. Lecturer, PG Dept. of Social Work

Srimad Andavan Arts & Science College

Trichy – 620 005.

Mobile: 9894454532