

DETAILED FACULTY BIODATA FOR COLLEGE WEBSITE JUNE 2024 TO MAY 2025		
Sl. No.	Name	Dr Aswathy Sugunan
1	Designation	Associate Professor and Head
2	Department	Home Science
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7	PEN Number	444654
8	Personal Web Page	-
9	Date of Entry into Service	01.06.2001
10	Date of Retirement	31.03.2031
11	Edu. Qualifications	M Sc , PhD
12	Areas of Interest/Specialisation	Home Science - Family Resource Management
13	Courses/Subject Taught	Interior Designing, Child Development, Hospitality Management, Informatics, Resource Management, Apparel Designing
14	Field of Research	Resource Management

15	Guideship Details (Guideship order number and date, Research Centre, Number of PhD students & title of their research topic)
	<ol style="list-style-type: none"> 1. Affiliated University: 2. Subject: 3. Guideship Order Number & Date: 4. Research Centre: 5. Number of Full time PhD Research Scholars: 6. Number of Part time PhD Research Scholars: 7. Details of PhD Research Scholars (Full Name, Title of Topic, Year of Joining): <ol style="list-style-type: none"> 1. 2. 3. 4.
16	Google Scholar Profile Link/ORCID ID/Research Gate Profile Link (Give the links)
17	Patent Obtained/Applied (Give the details)
18	Teaching Experience (Permanent) (Give the details)
	1. 24 Years
19	Teaching Experience (Contract) (Give the details)
	1.

20	Research Experience
	Guiding UG and PG projects.
21	Memberships in Learned Bodies/Societies, If Any
	1. Life time member Indian Dietetics Association 2. Life Member Home Science Association of India (HSAI)
22	Scholarships/Fellowships Obtained
	1.
23	Research Papers Published (Mention UGC Care Listed/Peer-reviewed). Include Name of Authors, Year, Name of Journal, Volume, Page numbers, ISSN Number, DOC if any
	1. An Assessment of Academic stress among adolescent girls and the effectiveness of stress management techniques, Megha P Manoj and Aswathy Sugunan, 2024, International journal of Advanced Interdisciplinary Sciences, page 1-7, Volume 3, Issue 1, September 2024, ISSN 2583-5734
24	Popular Article Published
	1. 2.
25	Books Published (Include ISBN/ISSN Number)
	1. Published a research paper titled “ Impact Of SHG On Improving The Economic & Living Status Of Rural Women”, in a book “Women in Society” by E.A.Gandhi & S S. Vijayanjali, 2013,APH publishing corporation. Chapter – 27 . Page nos- 226 to 229, ISBN 978-93-313-1803-9 ♣ 2. Editor of a book titled “Laboratory manual – Food Science, Nutrition and Bio chemistry”. ISBN 9788172551230, 20202.
26	Papers Presented

	<ol style="list-style-type: none"> 1. 2.
27	Invited Talks/Public Talks delivered
	<p>1.Served as faculty for the Training of Trainers(TOT) programme on Health and Nutrition for Supervisory staff of ICDS at Kollam-Punalur ICDS office during the period from 19th to 23rd November 2007.(Ministry of HRM, Government of India)</p> <p>2.Served as a Faculty at the Orientation Training Course on Health and Nutrition Education conducted by the Food and Nutrition Extension Unit from February 27th 2008 to 28th February 2008, Thiruvananthapuram at Kuttichira, Kollam District. (Ministry Of Women And Child Development, Government of India)</p>
28	Collaboration/Consultancy/Linkages
	<ol style="list-style-type: none"> 1. 2.
29	Orientation Courses Attended
	1.Participated in Orientation programme in(IT Oriented)from 17.04.2007 to 14.05.2007, Conducted By The Academic Staff College, University Of Kerala, Kariavattom
30	Refresher Courses Attended
	<p>1. Participated in UGC Sponsered Refresher Course In Home Science Conducted By The Academic Staff College, University Of Kerala, Kariavattom From 25th October To 15th November, 2004.</p> <p>2.Participated In UGC Sponsered Refresher Course In Life Sciences (Inter Disciplinary) Conducted By UGC – HRD Center, University Of Kerala, Kariavattom From 6th To 26th September</p> <p>3.Participated In UGC Sponsered Refresher Course In Environmental Sciences (Inter Disciplinary) Conducted By UGC – HRD Center, University Of Kerala, Kariavattom From 28th November To 18th December</p>
31	Seminars/Workshops/Training Organised
	1. Convenor Of National Seminar On “Management Of Diabetes-A Global Concern”Sponsered By The Ugc And Organised By The Department Of Home Science , Sree Narayana College For Women, Kollam On 24th September, 2014

	<ol style="list-style-type: none"> 2. Co-ordinator of the UGC sponsored national seminar on “Coping with academic stress need of the hour” organised by our department on February 20th & 21st 2014. 3. Organised And Participated In a Webinar On “Healthy Lifestyle To Prevent Cancer” Organised By Sanjeevani Life Beyond Cancer In Association With P G Department Of Home Science, S N College For Women, Kollam On August 26th 2020.
32	Workshops Organised
	<ol style="list-style-type: none"> 1. Convenor of Two days workshop on “Ikkat work, Shibori work, Mexican work, tie&dye, spray work, zentangle work and lace work , conducted by Department of Home Science , SNCW, Kollam On February 19th and 20th 2018. 2. Co-Ordinator of the workshop on “ Handloom and its importance” conducted by District Industries center, Kollam in association with Kerala institute of fashion technology, Chavara and Department of Home Science on February 18th 2014. 3. Organised A Workshop On “Make Over- Before And After ” For Our DSC (Minor) Fashion And Image Styling Students On March 20th 2025
33	Training Organised
	<ol style="list-style-type: none"> 1. 2.
34	Orientation Programmes/Induction Programmes Organised
	<ol style="list-style-type: none"> 1. 2.
35	FDP/Any Other Programmes Organised
	<ol style="list-style-type: none"> 1. 2.
36	Startups/Innovation/Incubation Centre (Give the details)

	1.
37	Seminars/Conferences Attended
	<ol style="list-style-type: none"> 1. Participated in Two day Inter- collegiate seminar on “Inter-disciplinary research methodology” conducted by Department of Student Services, MG University, Research guidance centre and the Centre for Research in English, Baselius College, Kottayam on 14th& 15th December 2001 2. Participated in a Seminar on Medical Nutrition Therapy in Renal Disorder organised by Indian Dietetic Association, Kerala Chapter and Family and Community Science at CMS College, Kottayam on 5th november, 2003 3. Participated in A National Seminar on Problems and Challenges Faced By Working Women organised by Women’s Study Centre, S.N.College For Women, Kollam on 6TH and 7TH OCTOBER, 2004 4. Attended a National Seminar On Bio-Technology “Biodreams-2006” (UGC Sponsered) organised by The Department of Zoology, Sree Narayana College For Women, Kollam On 24th February, 2006 5. Participated in The National Seminar On Biofuels organised by The Department Of Botany, Sree Narayana College For Women, Kollam in association with the University Grants Commission on 28th February, 2007 6. Attended the National Seminar on “Sponsered by the UGC and organised by the College Library , Sree Narayana College For Women, Kollam on 27th September 2008. 7. Participated in a One Day Orientation Programme for The Teaching Staff of the Colleges on the Regulations of Choice Based Credit and Semester System held at SNCW, Kollam on 8th December, 2009. 8. Attended the UGC Sponsored National Seminar on “Fast Food Trap-Issues Problems And Solutions” organised by Department of Home Science, St. Teresa’s College, Ernakulam on January 12th 2012. 9. Attended A National Workshop On “ Science Information Literacy & Scholarly Writing” organised by MG University in Association With KSCSTE & CILS, at M G University, Kottayam on January 17th to 19th 2012.

10. Participated In A UGC Sponsored One-Day National Seminar On “Emerging Trends In Family And Community Science” Organised By Dept.Of Home Science, Government College For Women, Thiruvananthapuram On October 25th 2013.
11. Participated At The 3 Day International Seminar On “Development Communication And Endo Nutrition: The Current Drift” Organised By Dept Of Home Science , Govt College For Women, Thiruvananthapuram And Sponsored By Directorate Of Collegiate Education, On 13th,14th & 15th November 2018.
12. Participated In The National Seminar On “Challenges And Changes In AQAR And SSR Presentation” Organized By The IQAC, Sree Narayana College For Women, Kollam On 19th & 20th December 2019. ♣
13. Participated In A National Webinar On “ A Link Between Health Practices And Lifestyle Diseases” Organized By Dept Of Bio Chemistry And Physical Education , St.Mary’s College , Thrissur On 10th June 2020. Of
14. Participated In A National Webinar On “ Voice Of Youth For Oceans (VOYO)” Organized By Dept Aquatic Biology And Fisheries, ,Kariavattom,Thiruvananthapuram On 8th June 2020. University Of Kerala
15. Participated In The International Webinar On ‘Global Pandemic Challenges: Recalibrating The Socio-Economic Mechanisms’, Organised By The Department Of Economics, Sree Narayana College For Women, Kollam, Kerala On 9th June 2020.
16. Participated In The Webinar On ‘Quality Research & Publication In High Impact Journal’ Organized By The Research & Postgraduate Department Of Commerce , St. Dominic’s College, Kanjirapally On 19th June 2020.
17. Participated In The Webinar On “Trends In Academic Plagiarism” In Connection With Research And Publication Ethics (RPE) Course Organized By Research Committee, Maharaja’s College Ernakulam On 13th June 2020.
18. Participated In A Webinar On “Behavioural Finance And Investment Decision” Organised By P G Department Of Commerce And Department Of Bussiness Administration, KMM College Of Arts And Science, Thrikkakkara On 15th July 2020.
19. Participated In A International Webinar On “CROSS ROADS 2020” Organised By P G And Research Department Of Physics, S N College For Women, Kollam On July 22nd 2020.

20. Participated In An International Webinar On “Are Our Forests Real? Conservations Vs Conversions” Organised By Department Of Geography, S N College For Women, Kollam On July 22nd 2020.
21. Participated In A Webinar On “CLASSROOM MANAGEMENT TOOLS” Organised By Department Of Commerce , SCMS School Of Technology And Management, Muttom, Aluva On July 23rd 2020.
22. Participated In A An International Webinar On “Problems Of Data Relating To Older People And Covid -19: The Case Of India” Organised By UBA In Association With IQAC & Department Of Home Science , Governmnet College For Women, Thiruvananthapuram On July 30th 2020.
23. Participated In An International Webinar On “Financial Market Trends: Paradigm Shift In The Post Pandemic Scenario” Organised By Department Of Commerce, S N College For Women, Kollam On 30th July 2020.
24. Participated In An International Webinar On “Adapting To The New Norm Of Education- Part -III , Mental Health Need For Students And Faculty” Organised By Department Of Home Science, Assumption College, Changanassery On July 30th 2020
25. Participated In Research Webinar Series On “Socila Work Intervention Research” Organised By The IQAC & Research And Consultancy Cell , Vimala College, Thrissur On August 3re 2020.
26. Participated In A An International Webinar On “Exploring The New Approaches To Extension:# Covid-19”” Organised By UBA In Association With IQAC, Extension Cell And NCC Unit , Governmnet College For Women, Thiruvananthapuram On !5th August 2020.
27. Participated In National Webinar On “Recent Economic Policy Reforms And Institutional Changes In India” Organised By Department Of Economics, S N College For Women, Kollam, Kerala In Association With Indian Economic Association On August 14th 2020.
28. Participated In A One Day State Level Webinar On “SAAC: PERSPECTIVES ON ASSESSMENT AND ACCREDITATION PROCESS” Organised By IQAC S N College, Kollam In Association With Kerala State Higher Education Council On August 3rd 2020.

	<p>29. Participated In The National Webinar On “Home Science As A Profession” Organized By The Department Of Home Science And IQAC, Nirmalagiri College, Kannur On August 26th 2020.</p> <p>30. Participated In An International Webinar On “Role Of Philosophy In Pandemic Crisis” Organised By UBA In Association Department Of Philosophy With IQAC, Government College For Women, Thiruvananthapuram On August 4th 2020.</p>
38	Workshops Attended
	<ol style="list-style-type: none"> 1. Participated in a Five Day Workshop on Restructuring Under Graduate Education organised by the Board of Studies in Home Science (Pass), University of Kerala and sponsored by the Higher Education Council, Govt. of Kerala in N.S.S College for Women, Neeramankara, Thiruvananthapuram on 4th – 7th and 9th March 2009 2. Participated in A One Day Workshop on “Child Development Through Horticultural Therapy” conducted at Govt. Guest House, Thycad on 25th November, 2009. 3. Participated In A One Day Workshop On Re-Structuring Of PG Syllabus Of The University Of Kerala, At Government College For Women, Thiruvananthapuram On 28th February 2017. 4. Participated At The 2 Days National Workshop On “Home Science A Kaleidoscope Of Life” Organised By Dept Of Home Science , Govt College For Women, Thiruvananthapuram, On 16th & 17th November 2017. 5. Participated In The 3 Day Workshop On “Redesigning Of Courses For Outcome Based Education(OBC)” Organized By The Kerala State Higher Education Council At Thiruvananthapuram On 14th To 16th December 2017. 6. Participated In A One Day Workshop On “Outcome Based Education” At The Aquatic Biology Hall, Of Aquatic Biology And Fisheries, University Of Kerala ,Kariavattom,Thiruvananthapuram On 1st June 2019.
39	Trainings Attended
	<ol style="list-style-type: none"> 1. Attended One day Orientation program on PG Semesterisation at the Senate Hall, University of Kerala, Trivandrum, on June 20th 2001.
40	Extension Activities Organised/Participated inside the Campus

	<ol style="list-style-type: none"> 1. 2.
41	Extension Activities Organised/Participated outside the Campus
	<ol style="list-style-type: none"> 1. Pre school visit cum teaching students by UG students(Semester III) 2.
42	Representation in Syndicate/Senate/Academic Council/Board of Studies
	<ol style="list-style-type: none"> 1. Board Of Studies Member (PASS) 2009-11 2. Board of studies member (PG) 2017-20 3. Board Of Studies Member (PASS) 2017-20 4. Academic Council Member (2017-2020) 5. Board Of Studies Member Home Science – St Teresa’s College, Ernakulam (2021-24) 6. Board Of Studies Member (PASS) 2020-23) 7. Board Of Studies Member (PG) 2023-26)
43	Tutorship in UG/PG (Mention the Class and Year/Batch)
	<ol style="list-style-type: none"> 1. III DC -2001-02 2. II DC – 2002-03 3. II DC – 2003-04 4. II DC - 2004-05 5. II DC – 2005-06 6. I MSC – 2012-13 7. I MSC - 2021-22 8. II MSC – 2022-23

44	Academic Responsibilities Undertaken
	<ol style="list-style-type: none"> 1. DST -FIST Co-Ordinator(2018-2023) 2. RUSA Co-ordinator (2018- till date) 3. Convenor – Campus Beautificaton Committee 4. Member – Debate Club 5. Member – Health Education Club 6. PTA Executive Committee Member 2014-15 to 2015-16 7. Campus Beautification committee Co-ordinator – 2015- 2021 8. Member Library Advisory Committee 2013-14 to 2019-20. 9. Member IQAC 2016-17 to 2017-18 10. Information officer from 2016-17 to 2019- 2020 11. Member – NIRF committee (2020-21 Onwards) 12. Dy Warden SNCW Campus hostel 2018- 2023 May 13. Campus Hygiene & Beautification Co Ordinator from 2024-25 November. 14. Member IQAC – 2024-25 15. Co Ordinator - Committee for Outreach activities 2024-25 16. Member – Discipline Committee
45	Any other Duties Performed at College
	<ol style="list-style-type: none"> 1. Principal In Charge of SNCW from June1st 2023 to October 9th 2024. 2.

Kindly attach a photograph as email attachment if you need to update in the website