

DETAILED FACULTY BIODATA FOR COLLEGE WEBSITE JUNE 2024 TO MAY 2025		
Sl. No.	Name	SEEMA GOPINATHAN
1	Designation	ASSISTANT PROFESSOR
2	Department	HOME SCIENCE
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7	PEN Number	726504
8	Personal Web Page	-
9	Date of Entry into Service	12.10.2012
10	Date of Retirement	31.05.2030
11	Edu. Qualifications	1.M.Sc in Home Science Extension Education from Avinashalingam Deemed University, Coimbatore 2. M. Phil from Avinashalingam Deemed University, Coimbatore 3.B.Ed in Home Science/ Biological Science from Avinashalingam Deemed University, Coimbatore 4.UGC National Test For Eligibility For Lectureship (NET), July 2000 and December 2000, University of Delhi
12	Areas of Interest/ Specialisation	Home Science Extension Education
13	Courses/Subject Taught	Energy and Environment, Resource Management, Womens' Studies, Food Service Management, Entrepreneurship Development, Extension for Communication,

		Communication for Development
14	Field of Research	
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): 	
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)	
	<ul style="list-style-type: none"> • 12 years of teaching experience at Undergraduate level • 12 years of teaching experience at Post graduate level 	
19	Teaching Experience (Contract) (Give the details)	

20	Research Experience
	<ul style="list-style-type: none"> • Supervising Guide of Post Graduate Dissertation since 2012. • Supervising Guide of Projects of First-Degree Programme since 2013
21	Memberships in Learned Bodies/Societies, If Any
	<ul style="list-style-type: none"> • Life Member of the Home Science Association of India. Membership No. HSAI-2019-KL-493-LF.
	<ul style="list-style-type: none"> • Life Member of the Indian Adult Education Association
	<ul style="list-style-type: none"> • Life member of the Association of Teresian Home Scientists
22	Scholarships/Fellowships Obtained
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
	<ul style="list-style-type: none"> ▪ Published an article on “A Study on the Social Profile of the Elderly in the proceedings of the UGC Sponsored National Seminar on “Emerging trends in Family and Community Science” organised by the Department of Home Science at Government College for Women, Thiruvananthapuram in collaboration with the Council for Teacher Education on 25th October, 2013. ▪ Published a paper titled, “A Study on the Food Consumption Pattern of the Adolescents” in the Star Research Reach, an Inter-Intra Disciplinary International Journal Vol.8, No. 1 (ISSN 0975-5101) Published by the Department of Home Science, Morning Star Home Science College Angamaly South, Ernakulam, in 2016. ▪ Authored a chapter titled, “A Study on Women Entrepreneurs in Kollam district of Kerala” in the book “Social Entrepreneurship: Avenues and Challenges in Home Science” Published by the Department of Home Science, Government College for Women, Thiruvananthapuram, in 2017. ▪ Published a paper titled, “A Study on the Cause of Stress in Adolescent Girls” in the Proceedings of the International seminar on Development Communication and Endo- Nutrition: The Current Drift organized by Govt. College for Women, Thiruvananthapuram on 13-15th November in 2018. ▪ Published a paper titled, “An Overview of Recent Innovations for Better Teaching” in the Proceedings of the NAAC sponsored National Seminar on Challenges and Changes in AQAR and SSR Preparation

	<p>organised by Sree Narayana College for Women, Kollam on 19th - 20th December, in 2019.</p> <ul style="list-style-type: none"> ▪ Published a paper titled, “Impact of Mass Media on Adolescents” in the Proceedings of the Three-day International seminar on Indian Literature, Language and Mass media, organised by the Dept. of Hindi with the collaboration of Vani and Aman Prakashan, New Delhi organised by the Sree Narayana College for Women, Kollam on 20th - 22nd January 2020. ▪ Published a paper titled, “The Fiscal Profile of Women Members of Self-help Groups in Kollam” in the book Women Led Empowerment with ISBN 978-9385604-14-0 in 2020. ▪ Published a paper titled, “Personal hygiene as a health promotion dimension among adolescents” in the Journal of Education: Rabindra Bharati University (UGC CARE listed Peer reviewed Journal) (ISSN No.0972-7175) Vol.23, No.3, in March 2021.
24	Popular Article Published
25	Books Published (Include ISBN/ISSN Number)
26	Papers Presented
	<ul style="list-style-type: none"> ▪ Presented a paper on “A Study on the Social Profile of the Elderly” at the UGC Sponsored National Seminar on “Emerging trends in Family and Community Science” organised by the Department of Home Science at Government College for Women, Thiruvananthapuram in collaboration with the Council for Teacher Education on 25th October, 2013. ▪ Presented a Poster on Essential Basic Life Skills at the UGC sponsored Regional Workshop on “Life skills for excellence in education” organized by H.H.M.S.P.B. N.S.S College for Women, Neeramankara in collaboration with Child Development Centre, Thiruvananthapuram on 30th January, 2014. ▪ Presented a Poster on Cancer-the most dreaded disease at the UGC sponsored National seminar on “Rising prevalence of cancer among women in Kerala” organised by St. Joseph’s College for Women, Alappuzha in collaboration with St. Gregorious International Cancer Centre, Parumala on 4th February, 2014. ▪ Presented a Poster on “Stress- Facts to Know” at the UGC sponsored two-day National seminar on “Coping

	<p>with Academic Stress-Need of the Hour” organised by Sree Narayana College for Women, Kollam on 20th - 21st February, 2014.</p> <ul style="list-style-type: none"> Presented a paper on “A study on Women Entrepreneurs in Kollam district of Kerala” at the National seminar in “Social Entrepreneurship: Avenues and Challenges in Home Science” organized by the Department of Home Science, Government College for Women, Thiruvananthapuram, 2017. Presented a Paper on “A Study on the Cause of Stress in Adolescent Girls” at the three-day International Seminar on Development and Endo- Nutrition: The Current Drift Sponsored by Directorate of Collegiate Education, Government of Kerala, organized by the Department of Home Science held at Government College for Women, Thiruvananthapuram on 13-15th November 2018. Presented a paper on “An Overview of the Recent Innovations for Better Teaching” at the National Seminar on Challenges and Changes in AQAR and SSR Preparation organised by the Sree Narayana College for Women, Kollam on 19th - 20th December, 2019. Presented a paper on “Impact of Mass Media on Adolescents” at the Proceedings of the Three day International seminar on Indian Literature, Language and Mass media, organised by the Dept.of Hindi with with the collaboration of Vani and Aman Prakashan, New Delhi organised by the Sree Narayana College for Women, Kollam on 20th - 22nd January 2020.
27	Invited Talks/Public Talks delivered
	<ul style="list-style-type: none"> Served as Resource Person for an Invited Lecture on ‘Covid Kaalathae Bhakshana Reethikalum Aarogyavum’ in the webinar series Cognizance 2.0(nline) conducted by the Sree Narayana College, Punalur in August 2021 Delivered an Invited Lecture on ‘Cultivating Positivity and Happiness in Everyday Life’ at Sthree Chethana, Thiruvananthapuram in September 2024
28	Collaboration/Consultancy/Linkages
29	Orientation Courses Attended
	<ul style="list-style-type: none"> Attended the NEP 2020 Orientation and Sensitisation Programme under Malaviya Mission Teacher Training

	Programme of University Grants Commission organised by UGC MMTTC, University of Kerala Kariavattom, Thiruvananthapuram from 2 nd September '24 to 12 th September '24
30	Refresher Courses Attended
	<ul style="list-style-type: none"> • Attended UGC sponsored Special Summer School conducted by the UGC , Academic Staff College, Kariavattom, Trivandrum from 30.7.2014 to 19.8.2014 • Attended Online Short-Term Course in Soft Skill Development Programme at the UGC-HRDC, University of Kerala, Karyavattom Campus from 23rd March 2022 to 29th March 2022 • Attended Short-Term Course in Disaster Management at the UGC-HRDC, University of Kerala, Karyavattom Campus from 27th October 2022 to 02nd November 2022 • Attended Short-Term Course in Academic Writing Research and Publication Ethics at the UGC-HRDC, University of Kerala, Karyavattom Campus from 26th October 2023 to 01st November 2023
31	Seminars/Workshops/Training Organised
	<ul style="list-style-type: none"> • Organised the UGC sponsored two-day National Seminar on 'Coping with Stress-Need of the Hour' at the Sree Narayana College for Women, Kollam in February 2014 • Co-ordinator for the International Webinar on 'Caring for Persons with Dementia' as part of the Multidisciplinary International Webinar Series 'Eclectics 2022 organised by the PG Department of Home Science in association with IQAC, Sree Narayana College for Women, Kollam in December 2022. • Co-ordinator for the International Seminar Series Dialectics 2024. "From Science to Self-Care: Empowering Wellness with Digital Health". Resource Person: Dr. Nisha Nigil, MD, Dip NB, MSc, DM, Endocrinologist and CEO Diabetes and Endocrinology Clinic, Toronto in November 2024 • Organised a Regional Webinar on 'Common Skin Diseases in Adolescence' with Dr. Priya Ashok, Additional Professor, Department of Dermatology, Government Medical College, Thiruvananthapuram as the Resource Person in February 2021 • Organised a National Webinar on 'Transition from Adolescence to Adulthood" with Dr. N.S. Iyer, Consultant and Former Programme Officer, UNICEF, Chennai as the Resource Person in March 2021 • Co-ordinator of 'Creative Crescents'- a workshop series conducted by the Department of Home Science during the academic year 2020 - '21

	<ul style="list-style-type: none"> Organised a webinar on ‘Healthy Eating for Healthy Living’ with Ms. Manjusha V, Chief Dietitian, Sankar’s Hospital, Kollam as the Resource Person in February 2022 Organised a webinar on ‘Cyber Addiction in Adolescents’ with Dr. Namitha Nazeer, Assistant Surgeon in Psychiatry in the Kerala State Health Services in Kollam as the Resource Person in March 2022 Organised an Invited Lecture on ‘A Sneak Peek into Viral Infections’ with Ms. Greeshma P, HoD and Assistant Professor, Department of Biotechnology, Sree Narayana College, Kollam as the Resource Person in March 2023 Organised an Invited Lecture on ‘Medicinal Plants around Us’ with Ms. Neethu Vijayakumar, Assistant Professor, Department of Botany, Sree Narayana College, Kollam as the Resource Person in March 2023 Organised an Awareness Talk on ‘Well Women Nutrition’ with Dr. Tamilarasi Arunkumar, Senior Consultant in Obstetrics and Gynaecology, Meditrina Hospitals, Kollam as the Resource Person in July 2023 Organised a seminar on ‘Sustainable Mental Health’ with Dr. Fresnal Das, Assistant Professor of Psychology, Fatima Mata National College, Kollam as the Resource Person in October 2023 Organised an Awareness Talk on ‘Dental Health and Hygiene’ with Dr. Aravind Ashok, Head of the Department, Department of Public Health Dentistry, Travancore Dental College, Kollam as the Resource Person in July 2024 Organised an Invited Lecture on ‘Power of Herbs : Ultimate Natural Boost for Your Health ’ with Dr. Dhanya C, Assistant Professor, Department of Botany, Sree Narayana College, Kollam as the Resource Person in March 2025
32	Workshops Organised
33	Training Organised
34	Orientation Programmes/Induction Programmes Organised
35	FDP/Any Other Programmes Organised

36	Startups/Innovation/Incubation Centre (Give the details)
37	Seminars/Conferences Attended
	<ul style="list-style-type: none"> ▪ Participated in the UGC Sponsored National Seminar on “Emerging trends in Family and Community Science” organised by the Department of Home Science at Government College for Women, Thiruvananthapuram in collaboration with the Council for Teacher Education in October 2013 ▪ Participated and presented a poster titled, “Essential Basic Life Skills” in the UGC sponsored two-day workshop on Life Skills for Excellence in Education at NSS College for Women, Neeramankara, Thiruvananthapuram in January 2014 ▪ Participated and presented a poster titled, “Cancer-The most dreaded disease” in the UGC sponsored National Seminar on Rising Prevalence of Cancer among Women in Kerala organised by the Department of Home Science at the St.Joseph’s College for Women, Alappuzha in February 2014 ▪ Participated in the National Seminar on Data Analysis (NSDA-2014) organized by the Centre for Quantitative Analysis, University of Kerala, Karyavattom in February 2014 ▪ Participated and presented a poster titled, “Stress- Facts to Know” in the UGC Sponsored National Seminar on Coping with Academic Stress-Need of the Hour organized by the Department of Home Science, Sree Narayana College for Women, Kollam in February 2014 ▪ Participated in the CBCSS-Workshop on Re-structuring of Syllabus for the First Degree Programme in Home Science in accordance with the recommendations of Prof. Hridaya Kumari Committee at the Government College for Women, Thiruvananthapuram in April 2014 ▪ Participated in the National Workshop on Perspectives and Paradigms of Research Methodology and Statistical Applications in Home Science using SPSS organised by the Department of Home Science, Government College for Women, Thiruvananthapuram in February 2015 ▪ Participated in the two-day UGC sponsored National seminar on the Importance of GreenGDP and Sustainable Development in India organized by the Department of Economics, Sree Narayana College for

Women, Kollam in July 2015

- Participated in the two-day National Seminar on Social Entrepreneurship: Avenues and Challenges in Home Science sponsored by the Directorate of Collegiate Education, Government of Kerala, organised by the Department of Home Science held at Government College for Women, Thiruvananthapuram in November 2016
- Participated in the one-day workshop on the Restructuring of PG Syllabus of the University of Kerala organised by the Department of Home Science, Government College for Women, Thiruvananthapuram in 2017
- Participated in a two-day National Seminar on Home Science –A Kaleidoscope of Life, organised by the Department of Home Science, Government College for Women, Thiruvananthapuram.
- Participated in a two-day work shop on Shibori work, Tie and Dye, Lace work, Ikat work, Mexican Work, Zentangle design and Spray Painting conducted by the Department of Home Science, Sree Narayana College for Women, Kollam in collaboration with the Pidilite Industries Ltd in February 2018
- Participated in the half day workshop conducted for teachers and counsellors on Adolescent Mental Health held as Pre-Conference workshop in the 34th Annual Conference of the Branch of Indian Psychiatric Society (Kerala) organized by the Kollam Psychiatric Society on 14th September 2018
- Participated in the three-day International Seminar on Development and Endo-Nutrition: The Current Drift! sponsored by the Directorate of Collegiate Education, Government of Kerala, organised by the Department of Home Science held at Government College for Women, Thiruvananthapuram in November 2018
- Participated in the one-day workshop on Master Mentoring Training Programme of Walkwith a Scholar Programme organized by the New Initiatives in Higher Education, Directorate of Collegiate Education, Government of Kerala held at the Government College for Women, Thiruvananthapuram in August 2019
- Participated in the NAAC sponsored National Seminar on Challenges and Changes in AQAR and SSR Preparation organised by the Sree Narayana College for Women, Kollam on 19th and 20th December, 2019
- Participated in the three-day International Seminar in collaboration with Vani Prakashan and Aman Prakashan, New Delhi on Indian Literature, Language and Mass media, organised by the Department of Hindi, Sree Narayana College for Women, Kollam in January 2020
- 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 in June 2020

- Participated in the National Webinar on Lifestyle and Immunity during Covid-19 organized by Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Nutrition Society of India, Coimbatore Chapter and Nutrition Association in June 2020
- Participated in the webinar on Live Long; Live Fit, organised by the Department of Physical Education & IQAC, MSM College Kayamkulam in June 2020
- Participated in the webinar on Self-Publishing: A practical approach organised by Mount Carmel College of Teacher Education for Women, Kottayam in June 2020
- Participated in the International Webinar on “Priming Our Immune System for Vital Health” organised by the Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore in June 2020
- Participated in the National webinar titled “Covid 19: A catalyst for Innovation and Entrepreneurship” organized by PG & Research Department of Commerce, & ED Club, Mar Ivanios College in July 2020
- Participated in the National webinar on “Glimpses of Indian Culture and Society” organized by the PG & Research Department of History, PSGR Krishnammal College for Women, Coimbatore in July 2020
- Participated in the Webinar on “Becoming an Inspiring Leader” organised by SNM Training College, Moothakunnam in July 2020
- Participated in the National webinar on ICT for Community Outreach organised by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore in July 2020
- Participated in the one-day online Faculty Development Program (FDP) on “Importance of Interdisciplinary Research and Developing the Next Generation Teachers for Higher Education” organized by Erode Arts and Science College (Autonomous) Erode in July 2020
- Participated in the Webinar on Extension Work: Possibilities in the Pandemic organised by Department of Development Communication and Extension, Lady Irwin College, New Delhi in July 2020.
- Participated in the webinar on Solid Waste Management organised by Sree Narayana College for Women, Kollam in July 2020.
- Participated in the National webinar on Creating a sustainable ambience to work from home more effectively organised by IQAC and organised by SMRK-BK-AK Mahila Maha Vidyalaya, Nashik in August 2020
- Participated in the National Webinar on Demystify Dementia organised by St.Teresa's College, Ernakulam in

	<p>September 2020</p> <ul style="list-style-type: none"> ▪ Participated in the International Webinar on Healthy Ageing- A spotlight on intergenerational landscaping for the wellbeing of older adults organised by Sree Narayana College for Women, Kollam in October 2020 ▪ Participated in the International Webinar series on Ageing organised by Govt. College for Women, Thiruvananthapuram in October 2020 ▪ Participated in the online Workshop on Cloth bag and cloth pouch making organised by Sree Narayana College for Women, Kollam in October 2020 ▪ Participated in the Webinar on International Symposium on Breast Health organised by Sanjeevani in October 2020 ▪ Participated in the online Workshop on Bottle Art organised by Sree Narayana College for Women, Kollam in October 2020 ▪ Participated in the International Webinar on ‘How to Publish Scientific Papers: Why You Win or Lose’ organised by Sree Narayana College for Women, Kollam in October 2020. ▪ Participated in the online Workshop on Cake making and Icing organised by Sree Narayana College for Women, Kollam in November 2020. ▪ Participated in the International Webinar on Significance of promoting Nutrition education in schools organised by HHMSPBNSS College, Neeramankara in November 2020. ▪ Participated in the Workshop on “Maggie Magic in Minutes” (preparations with Nestle products) organized by the Post graduate Department of Home Science, Sree Narayana College for Women, Kollam in December, 2020
38	Workshops Attended
	<ul style="list-style-type: none"> • Participated in the one-day Workshop on Re-Structuring of Syllabus(for First Degree Programme in Home Science) in accordance with the recommendations of Prof. Hridayakumari Committee at the Govt.College for Women, Thiruvananthapuram in April 2014 • Attended the One day Workshop on Restructuring of PG syllabus of the University of Kerala organised by Dept. of Home Science, Government College for Women, Thiruvananthapuram in February 2017 • Attended the Two day Workshop on Shibori work, Tie and Dye, Lace work, Ikat work, Mexican work, Zentangle designs and Spray painting conducted by the Dept. of Home Science, Sree Narayana College for Women in

	<p>collaboration with Pidilite Industries in February 2018</p> <ul style="list-style-type: none"> • Attended the Workshop on Adolescent Mental Health at the 34th Annual Conference of Indian Psychiatric Society (Kerala) in September 2018 • Attended the Workshop on Cloth bag and cloth pouch making organised by Sree Narayana College for Women, Kollam in October 2020 • Attended the Workshop on Bottle Art organised by Sree Narayana College for Women, Kollam in October 2020. • Attended the Workshop on Cake making and Icing organised by Sree Narayana College for Women, Kollam in November 2020 • Attended the Workshop on Hand Embroidery Organized organised by Sree Narayana College for Women, Kollam in November 2020 • Attended the Workshop on “Maggie Magic in Minutes” (preparations with Nestle products) organized by the Post graduate Department of Home Science, Sree Narayana College for Women, Kollam in December 2020 • Attended the Five Day Residential Workshop conducted at St. Joseph’s College, Alapuzha for preparation of syllabus of Four Year Under Graduate Programme of University of Kerala in March 2024
39	Trainings Attended
	<ul style="list-style-type: none"> • Attended the On -Job Training course (Basic and Advanced levels) in Bakery and Confectionary conducted by Institute of Baking Technology, Chennai in August 2016 • Attended Short Term Faculty Training Programme (Interdisciplinary) on Digital Content Management of E- Learning delivered as MOOC with four quadrants organized by Sree Narayana College for Women, Kollam in academic collaboration with Kerala State Higher Education Council in June 2021 • Attended Hands on Training on Learning management System (MOODLE-LMS) as part of Institution Level Training Programme organised by Faculty Development Centre of the Kerala State Higher Education in December 2023 • Attended one day training programme on Government e-Marketplace (GeM) for the Employees of Colleges under SN Trust held at Centre for Training in Financial Management (CTFM), University of Kerala in November 2021 • Attended two-day training for Master Trainers under the Hon. Chief Minister’s 10 Point Programme “Satyameva Jayathe” on Media Literacy Boot Camp in Jan 2022 at KTDC Udaya Samudra, Kovalam.

40	Extension Activities Organised/Participated inside the Campus
41	Extension Activities Organised/Participated outside the Campus
	<ul style="list-style-type: none"> • Member in the Curriculum Refinement and Revision Committee of State Eligibility Test (SET) Examination in the subject- Home Science for syllabus revision and Model Question Paper Setting at the LBS Centre Head Quarters, Thiruvananthapuram in August 2015 • Served as Presiding Officer of Panchayath Elections of Kerala 2015 at Azhikkal Kollam • Served as Presiding Officer for the Panchayath Elections 2020 at Poruvazhy Panchayath Sasthamcotta
42	Representation in Syndicate/Senate/Academic Council/Board of Studies
43	Tutorship in UG/PG (Mention the Class and Year/Batch)
	<ul style="list-style-type: none"> • Class tutor of semester III and IV of M.Sc students during the academic year 2012-2013 • Class tutor of semester I and II of M.Sc students during the academic year 2013-2014 • Class tutor of semester III and IV of M.Sc students during the academic year 2014-2015 • Class tutor of semester I and II of B.Sc students during the academic year 2016-2017 • Class tutor of semester III and IV of B. Sc students during the academic year 2017-2018 • Class tutor of semester V and VI of B.Sc students during the academic year 2018-2019 • Class tutor of semester I and II of M.Sc students during the academic year 2019-2020 • Class tutor of semester III and IV of M.Sc students during the academic year 2020-2021 • Class tutor of semester I and II of B.Sc students during the academic year 2022-2023 • Class tutor of semester III and IV of B.Sc students during the academic year 2023-2024 • Class tutor of semester V and VI of B.Sc students during the academic year 2024-2025
44	Academic Responsibilities Undertaken
	<ul style="list-style-type: none"> • Member of the Syllabus Revision Committee for First Degree Programme in Home Science for University of Kerala • Member of the Syllabus Revision Committee for Post Graduate Degree Programme in Home Science for University

	<p>of Kerala</p> <ul style="list-style-type: none"> • Question Paper Setter for The Gandhigram Rural Institute, Deemed to be University, Dindigul in September 2019 • Additional Examiner for PG Examinations of St. Teresas's College, Ernakulam • Member of the Scientific Committee in the National Webinar on 'Paradigm Shift in Home Science Education' organised by the Home Science Association of India (Kerala Chapter) in February 2021.
45	Any other Duties Performed at College
	<ul style="list-style-type: none"> • Presiding officer/Polling official /Observer at the Student's Union Elections from 2013 onwards. • Internal Mentor of the First Degree Programme students of varied disciplines from 2015 onwards • Teacher Supervisor for Youth Festival of University of Kerala since 2015. • University Supervisor for Spot Admissions at colleges of University of Kerala during 2016-2017. • Nodal Officer for Provident Fund Affairs of Sree Narayana College for Women during 2016 – '17 and 2017 - '18. • Member of Syllabus revision for Bachelor's and Master's programme in University of Kerala since 2018. • Mentor for Swayam NPTEL's Course on 'Developing Soft Skills and Personality' in September 2020. • Master Trainer of the Hon. Chief Minister's 10 Point Programme "Satyameva Jayathe" on Media Literacy in January, 2022. • Co-ordinator of Community Health Activities Club from 2020 onwards. • Editorial Board member for 34th Biennial Conference of Home Science Association of India in December, 2023. • Co-ordinator of Community Relations Club in 2025. • Member of the 'Programme Monitoring Committee of Kerala State IT Mission Course Capacity Building in IT For Girls' since 2017 • Internal Mentor for Walk with A Scholar for 2019-'22 B.Sc Home Science students • Master Trainer at the Media Literacy Programme for Staff and Students at Sree Narayana College for Women in March 2022 • Co-ordinator of the PG Board of Sree Narayana College for Women, Kollam from 2020 to 2022.

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