

DETAILED FACULTY BIODATA FOR COLLEGE WEBSITE JUNE 2024 TO MAY 2025

Sl. No.	Name	DR. SEENA GOPINATHAN
1	Designation	ASSOCIATE PROFESSOR
2	Department	HOME SCIENCE
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7	PEN Number	444655
8	Personal Web Page	-
9	Date of Entry into Service	5.6.2001
10	Date of Retirement	31.5.2028
11	Edu. Qualifications	1.M.Sc in Family and Community Science from Avinashalingam Deemed University, Coimbatore 2. M. Phil from Avinashalingam Deemed University, Coimbatore 3.UGC National Test For Eligibility For Lectureship (NET) University of Delhi 4. Ph. D from University of Kerala 5. Certificate in Positive Psychiatry and Mental Health from University of Sydney, Australia 6. Certificate in Data Science of Health Informatics from Johns Hopkins University, America 7. M. Sc in Counselling and Family Therapy from Indira Gandhi National Open

		University, New Delhi
12	Areas of Interest/Specialisation	Counselling and Guidance, Family relations, Positive Psychology, Life Skills
13	Courses/Subject Taught	Research Methodology, Human Physiology, Life Skills Training, Counselling and Guidance, Rural Extension, Nutrition, Women Studies
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): <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)
	24 years (Teaching experience at both Post graduate and Undergraduate levels)
19	Teaching Experience (Contract) (Give the details)
	1 year (Teaching experience at both Post graduate and Undergraduate levels)
20	Research Experience
	1. Supervising Guide of Post Graduate Dissertation from 2001 onwards. 2. Supervising Guide of Projects of First-Degree Programme from 2012 onwards.
21	Memberships in Learned Bodies/Societies, If Any
	1. Life member of Indian Dietetic Association (Membership No: IDA- 08561/ LM-395/2011) 2. Life member of Home Science Association of India (Membership No:93/G-10/LF) 3. Life member of Indian Adult Education Association (Membership No:1788) 4. Life member of 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
	1. Published a paper titled Resource management practices of Families with irregular income in <i>Research Highlights</i> ; Journal of Avinashilingam Institute for Home Science and Higher Education for Women-Deemed University; Vol.9, No.17; October 1999; Pages :17-21. 2. Published a paper titled Impact of entrepreneurship of selected women on family living in Coimbatore city in <i>Research Highlights</i> ; Journal of Avinashilingam Institute for Home Science and Higher Education for

	<p>Women- Deemed University; Vol.14, No.4; October 2004; Pages : 191-195.</p> <p>3. Published a paper titled Value based education in <i>New horizons of Family and Community Science</i>; Kerala University Central Co-operative Press, Thiruvananthapuram; Kerala; October 2008; Pages : 52 -55.</p> <p>4. Published a paper titled Food consumption behaviour of adolescent girls in <i>Research Highlights</i>; ISSN: 2231-2374 Journal of Avinashilingam Institute for Home Science and Higher Education for Women - University; Vol. 22, No. 3; July 2012; Pages :189- 193.</p> <p>5. Published an article on Significance of nutrition in adolescence for healthy womanhood in <i>Women in society</i>; E. Arumuga Gandhi; S.S.Vijayanchali; ISBN 978-93-313-1803-9; APH Publishing Corporation; New Delhi; 2013, Pages : 298 -300.</p> <p>6. Published a paper titled A nutrition intervention study on adolescent girls 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 on 25th October, 2013, Pages : 135 -141.</p> <p>7. Published a paper titled A study on the habit of skipping meals among adolescent girls in <i>Star Research Reach</i>, an Inter-Intra Disciplinary Journal (ISSN 0975-5101) Vol.5, No.1, December, 2013, Pages : 45-53.</p> <p>8. Published a paper titled Stress - Cause, effect and management in the Proceedings of the UGC sponsored National Seminar on “Coping with academic stress” organised by the Department of Home Science at Sree Narayana College for Women, Kollam in February 2014, Pages : 21-28.</p> <p>9. Published a paper titled An insight into social entrepreneurship in Social entrepreneurship avenues and challenges in Home Science Published by the Department of Home Science at Government College for Women, Thiruvananthapuram in 2017, Pages:69-75.</p> <p>10. Published a paper titled A study on the eating outside home practices of adolescent girls in the Proceedings of the National Conference on Scientific Perspectives in Home Science organized by Avinashilingam Deemed University, Coimbatore, March 2017, ISBN -978-93-84234-06-5, Pages : 249 - 254.</p> <p>11. Published a paper titled A study on the work stress of medical nurses in the Asian Journal of Multi dimensional Research (Impact factor SJIF = 4.708), ISSN - Vol 7, Issue 2, February 2018, Pages : 64 -73.</p> <p>12. Published a paper titled A study on the nutritional profile of 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 13-15 November, 2018, Pages : 121-131.</p> <p>13. Published a paper titled Consumption of soft drinks among adolescent girls in the Indian Journal of Home Science (UGC CARE listed Journal) (ISSN 0970, 2733 IHMSF-31 (1-145), Vol.31, No.1, January 2019, Pages: 111-118.</p> <p>14. Published a chapter on Application and Computer based teaching techniques in a textbook for First Degree</p>
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	<p>Programme on Informatics and Research (ISBN No.978-81-928506-3-4) in 2019, Pages : 194-223.</p> <p>15. Published a paper titled Integration of Social media in higher education in the Proceedings of the National Seminar on Challenges and Changes in AQAR and SSR Preparation organised by Sree Narayana College for Women, Kollam on 19th - 20th December, 2019, Page : 20</p> <p>16. Published a paper on Snacking behaviour among adolescent girls in the book titled Food and Nutrition Research to transform the future, (ISBN 978-9385604-12-6) published by Shanga Verlag, Coimbatore in 2020, Pages : 59 - 66.</p> <p>17. Published a paper on “Personal hygiene as a health promotion dimension among adolescents” in the Journal of Education: Rabindra Bharati University (UGC CARE listed Journal) (ISSN No.0972-7175)Vol.23, No.3, March 2021, Pages : 37- 48.</p> <p>18. Published a paper on “Assessment of the practices of menstrual hygiene and management among adolescent girls in Kollam” in Social Science Abstracts, Volume XLVI, 2023, Indian Social Science Academy, Allahabad, India, ISBN-978-81-83879-28-1.</p>
24	Popular Article Published
	<p>1.</p> <p>2.</p>
25	Books Published (Include ISBN/ISSN Number)
	<p>1.</p> <p>2.</p>
26	Papers Presented
	<p>1. Presented a paper on Home making practices and problems of married employed women at the National Seminar on Problems and challenges faced by working women organised by the Centre for Women’s Studies of Sree Narayana College for Women, Kollam on 7th October, 2004.</p> <p>2. Presented a paper on Effect of female adolescent nutrition on healthy womanhood at the National Seminar on Women and mental health organised by the Centre for Women’s Studies of University of Kerala and the Women’s Studies Cell, Sanatana Dharma College, Alappuzha on 11th March, 2010.</p> <p>3. Presented a paper on A nutrition intervention study on adolescent girls 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 on 25th October, 2013.</p>

	<p>4. Presented a paper on Stress - cause, effect and management at the UGC Sponsored two day National seminar on “Coping with stress-need of the hour” organised by Sree Narayana College for Women, Kollam on 21st February, 2014.</p> <p>5. Presented a paper on A study on the eating outside home practices of adolescent girls at the National Conference on Scientific Perspectives in Home Science at Avinashilingam Deemed University, Coimbatore on 7th March, 2017.</p> <p>6. Presented a paper on Integration of Social media in higher education at the National Seminar on Challenges and Changes in AQAR and SSR Preparation, organised by Sree Narayana College for Women, Kollam on 19th December, 2019.</p> <p>7. Presented a paper on “Personal hygiene as a health promotion dimension among adolescents” in at the National Conference on Women of Gen Z-Transformation, Leadership and Integrity organized by St. Anne’s Degree College for Women, Bengaluru on 15th March 2021.</p>
27	Invited Talks/Public Talks delivered
	<p>1. Delivered an Invited lecture on Significance of balanced diets in adolescent children at the TKM Higher Secondary School, Kollam on 12th August 2003.</p> <p>2. Delivered an Invited lecture on Nourishment for Healthy Womanhood at the Krishi Vigyan Kendra, Kayamkulam on 2005.</p> <p>3. Delivered an Invited lecture on Importance of nutrition in adolescence at Community Radio Benziger, Kollam on 17th October 2017.</p> <p>4. Delivered an Invited Lecture on Women empowerment organised by the SBI Life Insurance Company Ltd. Kollam on 8th March 2018.</p> <p>5. Delivered an Invited Lecture on Stress Management organised by the Indian Medical Association, Kollam on 9th March 2019.</p> <p>6. Delivered an Invited Lecture on Staying Positive during Pandemic organized by NSS unit of SNCW, Kollam on 7th June 2021.</p> <p>7. Delivered an Invited Lecture on Happiness-a tonic for good health organized by the Department of Chemistry at SNCW, Kollam on 16th September 2021.</p> <p>8. Delivered an Invited Lecture on Life Skills organized by the Department of Economics , Fathima Mata National College, Kollam on 7th August 2023.</p> <p>9. Delivered a lecture on Life Skills at the Sree Narayana college for Women on the occasion of World Mental Health Day observation on 10th October 2023.</p>

	<p>10. Delivered an Invited Lecture on Techniques for Sustainable mental Health organized by the Karmela Training College, Kollam on 11th October, 2023.</p> <p>11. Delivered an Invited Lecture on Learning to Lead organized by the FCDP and Rotary Club of Quilon, Kollam on 25th November, 2023.</p> <p>12. Delivered a Talk on Drug Misuse at the Sree Narayana College for Women in connection with the International Day against Drug abuse and illicit Trafficking on 2nd July 2024.</p> <p>13. Delivered a Talk on Suicide Prevention - taking a U turn back to life at the Sree Narayana College for Women on the occasion of World Suicide Prevention Day on 10th September 2024.</p> <p>14. Delivered a Talk on Mental Well- being at the Sree Narayana College for Women on the occasion of World Mental Health Day on 10th October 2024.</p>
28	Collaboration/Consultancy/Linkages
	<p>1.</p> <p>2.</p>
29	Orientation Courses Attended
	<p>1. Attended Trainer's Orientation Programme for the Co-ordinator's of Entrepreneurship Development Club at Kerala Institute for Entrepreneurship Development, Kalamassery from 29.1.2004 to 31.1.2004</p> <p>2. Attended Orientation Programme in Multidisciplinary (IT oriented) at the UGC, Academic Staff College, Kariavattom, Trivandrum from 3.3.2004 to 30.3.2004</p> <p>3. Attended the One day Orientation Programme to the Teaching Staff of the Colleges on the Regulations of Choice Based Credit and Semester System held at Sree Narayana College for Women , Kollam on 8th December, 2009.</p> <p>4. 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 21.10.24 to 1.11.24</p>
30	Refresher Courses Attended
	<p>1. Attended Refresher Course in Home Science at the UGC, Academic Staff College, Kariavattom, Trivandrum from 25.10. 2004 to 15.11.2004</p> <p>2. Attended UGC sponsored Refresher Course in Environmental Science (Multidisciplinary) conducted by the UGC , Academic Staff College, Kariavattom from 9.5.2009 to 29.5.2009</p>

	3. Attended UGC sponsored Special Summer School conducted by the UGC , Academic Staff College, Kariavattom, Trivandrum from 30.7.2014 to 19.8.2014
31	Seminars/Workshops/Training Organised
	1. 2.
32	Workshops Organised
	1. 2.
33	Training Organised
	1. 2.
34	Orientation Programmes/Induction Programmes Organised
	1. 2.
35	FDP/Any Other Programmes Organised
	1. 2.
36	Startups/Innovation/Incubation Centre (Give the details)
	1.
37	Seminars/Conferences Attended

1. Attended the Seminar on Medical Nutrition Therapy in Renal disorder organised by Indian Dietetic Association, Kerala Chapter at CMS College, Kottayam on 5th November 2003.
2. Attended the National seminar on Obesity - The well fed Undernourished syndrome organised by St. Teresa's College, Ernakulam on 28th -30th July 2004.
3. Attended the National Seminar on Problems and challenges faced by working women organised by the Centre for Women's Studies of Sree Narayana College for Women, Kollam on 6th -7th October, 2004.
4. Attended the National Seminar on Biotechnology- Biodreams-2006 organised by the Department of Botany, Sree Narayana College for Women, Kollam in association with the University Grants Commission on 24th February, 2006.
5. Attended the Seminar on Challenges of Continuing Education Organised by Indian Adult Education Association, Kerala State Branch at Mar Theophilas Training college, Thiruvananthapuram on 9th December, 2006
6. Attended the National Seminar on Biofuels- its importance in the present scenario organised by the Department of Botany, Sree Narayana College for Women, Kollam in association with the University Grants Commission on 28th February, 2007.
7. Attended the National Seminar on "Management of Diabetes- a Global Concern" Sponsored by the UGC and organised by the Department of Home Science, Sree Narayana College for Women, Kollam on 24th September, 2008.
8. Attended the UGC Sponsored National Seminar on Resolving Stress to optimise Academic Achievement- the Innovative Role of Teachers conducted by St. Teresa's College, Ernakulam on 12th - 14th November, 2008.
9. Attended the 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.
10. Attended the UGC Sponsored National Workshop on Scientific Writing in Home Science, Extension and Rural Development held at Gandhigram Rural Institute, Gandhigram on 22nd and 23rd February, 2010.
11. Attended the National Seminar on "Women and Mental Health" organised by the Centre for Women's Studies, University of Kerala and the Women's Studies Cell, Sanatana Dharma College, Alappuzha on 11th and 12th March, 2010.
12. Attended 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 on 25th October, 2013.
13. Attended the UGC Sponsored National Seminar on Coping with Academic Stress-Need of the hour organised by the Department of Home Science, Sree Narayana College for Women, Kollam on 20th and 21st

February, 2014.

14. Attended the Two day National seminar on Social entrepreneurship : avenues and challenges in Home Science sponsored by Directorate of Collegiate Education, Govt, of Kerala at Government College for Women, Thiruvananthapuram on 28-29th November 2016.

15. Attended the Two day National seminar on Home Science a Kaleidoscope of Life organised by the Dept. of Home Science, Govt. College for Women, Thiruvananthapuram on 16-17th November, 2017.

16. Attended the National Seminar on Challenges and Changes in AQAR and SSR Preparation organised by Sree Narayana College for Women, Kollam on 19th - 20th December, 2019.

17. Attended the Webinar on “The Art of Reviewing the Literature by Integrating Technology” organized by Research Committee, Maharaja’s College Ernakulam on 7th June 2020.

18. Attended the International Webinar ‘Post Covid-19 Business Environment: Challenges and Opportunities’ organised by IQAC and Department of Commerce, Mar Thoma College for Women, Perumbavoor on 7th June, 2020.

19. Attended the International Webinar on ‘Global Pandemic Challenges: Recalibrating the Socio-Economic Mechanisms’, organised by the Department of Economics, Sree Narayana College for Women, Kollam on 9th June 2020.

20. Attended the National webinar on “A link between health practices and lifestyle diseases” organised by St. Mary’s College, Thrissur on 10th, June 2020.

21. Attended the webinar on “Writing Research Paper in Social Science” organized by Research Committee, Maharaja’s College Ernakulam on 12th June 2020.

22. Attended 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.

23. Attended the Webinar on ‘Envisaging professional opportunities in Apparel and Textile Design-Now and Beyond’ organised by The Maharaja Sayajirao University of Baroda on 15th June 2020.

24. Attended the National Webinar on ‘Food Products- Innovation and launching’ organised by The Maharaja Sayajirao University of Baroda on 15th June 2020.

25. Attended the Webinar on “N-LIST and Open Access Academic E-Resources” organized by Research Committee, Maharaja’s College Ernakulam on 17th June 2020.

26. Attended the webinar on ‘Quality Research & Publication in High Impact Journal’ organized by St. Dominic’s College, Kanjirapally on 19th June 2020.

27. Attended the webinar on Live Long; Live Fit, organised by MSM College, Kayamkulam on 20th June 2020.

28. Attended the National webinar on Mind, Body, Exercise and Life style management in changing

environment organised by Midnapore College, West Bengal on 21st June 2020.

29. Attended the Two day National Webinar on Enhanced Employability For Home Scientists in Current Scenario organised by Post Graduate Teaching Department of Home Science Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur on 22nd and 23rd June 2020.

30. Attended the webinar on 'Food Safety Framework from Consumers Perspective' organised by PSG College of Arts and Science, Coimbatore on 23rd June 2020.

31. Attended the webinar on Self-Publishing : A practical approach organised by Mount Carmel College of Teacher Education for Women, Kottayam on 24th June 2020.

32. Attended the International Webinar on Priming our Immune system for vital health organised by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 25th June 2020.

33. Attended the National webinar on Enterprise leadership-The need of time organised by SMRKBKAK Mahavidyalaya, Nashik on 28th June 2020.

34. Attended the Webinar on "New Platforms of Academic Reading and Learning" organized by NSS College, Rajakumari, Idukki on 10 July, 2020.

35. Attended the Webinar on "Becoming an inspiring leader" organised by SNM Training College, Moothakunnam on 13th July 2020.

36. Attended the Webinar on "Prospects of Medical Tourism in India in response to COVID -19"organised by Sri Parasakthi College for Women, Courtallam on 18th July,2020.

37. Attended the Webinar on Pandemic Impact on Education organised by Sree Narayana College for Women, on 28th July 2020.

38. Attended the Webinar on "Essentials of Entrepreneurship Development" organised by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 28th July 2020.

39. Attended the Webinar on "Solid Waste Management" organised by Sree Narayana College for Women, Kollam on 29th July 2020.

40. Attended the Webinar on "Leadership Skill Development" organised by Avinashilingam Deemed University, Coimbatore on 29th July 2020.

41. Attended the International Webinar on "Problems of data relating to older people and Covid -19: the case of India" organised by Govt. College for Women, Thiruvananthapuram on 30th July 2020.

42. Attended the International Webinar on "Financial Market Trends: Paradigm shift in the post pandemic scenario" organised by Sree Narayana College for Women on 30th July 2020.

43. Attended the Webinar on "Student mental health in the midst of Covid -19 pandemic" organised by Govt. College for Women, Thiruvananthapuram on 2nd August 2020.

44. Attended the Webinar on "Social Work Intervention Research" organised by Vimala College, Thrissur on

3rd August 2020.

45. Attended the Webinar on “Managing Adolescent Learning during Covid Pandemic” organised by SNM Training College, Moothakunnam on 5th August 2020.

46. Attended the International Webinar on “The Political Economy of Indian Indentured Labour in the 19th Century” organised by HHMSPB NSS College, Neeramankara on 5th August 2020.

47. Attended the International Webinar on “Start Up - A stepping stone to attain self reliance and sustainability in Agricultural Sciences” organised by ASPEE College of Home Science and Nutrition, S.D.A.U Sardarkrushinagar, Gujarat on 6th August 2020.

48. Attended the Webinar on “Empowering teachers on virtual platforms; special emphasis on augmented reality”, organised by SNM Training College, Moothakunnam College on 17th August 2020.

49. Attended the National Webinar on “Battling depression in elderly during Covid-19” organised by PSGR Krishnammal College for Women, Coimbatore on 7th August 2020.

50. Attended the International Webinar on “India’s health system in Covid times - how well is it coping?” organised by Govt. College for Women, Thiruvananthapuram on 10th August 2020.

51. Attended the National webinar on “Verboten spaces, Muffled voices: Contemplating Marginality of Defying Heroines in Early South Indian Folklore” organised by Sree Narayana College for Women, Kollam on 12th August 2020.

52. Attended the International webinar on “Tourism :Prospects and challenges in the Post Covid Scenario” organised by Mannaniya College of Arts and Science, Thiruvananthapuram on 12th August 2020.

53. Attended the National Webinar on “Maintenance of physical and mental fitness during pandemic period” organised by Bethuadahari College, on 15th August 2020.

54. Attended the National Conference on NEP 2020 : Towards a self - reliant India, organised by SNM Training College, Moothakunnam in collaboration with Kerala State Higher Education Council, Council For Teacher Education Foundation (CTEF) and Council For Educational Administration And Management (CEAM) on 15th August 2020.

55. Attended the National Webinar on “Gender Bias, Gender equality and Women’s right” organised by SNM Training College, Moothakunnam College on 17th August 2020.

56. Attended the National Webinar on “Research in new dimension with ethics and values” organised by Pavanathma College, Idukki on 19th August 2020.

57. Attended the International Webinar on “Food safety at household and community level during the new Normal” organised by PSGR Krishnammal College for Women, Coimbatore on 19th August 2020.

58. Attended the National Webinar on “Climate change :Role of Oceans” organised by SNM Training College, Moothakunnam on 20th August 2020

59. Attended the National Webinar on “Home Science as a profession” organised by Nirmalagiri College, Kuthuparamba on 26th August 2020
60. Attended the National Webinar on “Combat Corona with Yoga” organised by St.Peter's College, Kolenchery on 29th August 2020
61. Attended the National Conference “NEP 2020: Towards a self - reliant India” on 15 -16th September 2020.
62. Attended the International Day for the Preservation of Ozone layer 2020 Webinar on “Ozone for life: Age-old traditions in environmental protection” organized by Department of Botany, Sree Narayana College for Women, Kollam on 16th September 2020.
63. Attended the National Webinar on “Demystify Dementia” organised by St.Teresa's College, Ernakulam on 26th September 2020
64. Attended 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 on 1st October 2020
65. Attended the International Webinar series on Ageing organised by Govt. College for Women, Thiruvananthapuram on 2nd October 2020.
66. Attended the International Webinar series on Age well - It's never too late organised by St. Joseph's College for Women, Alapuzha and NetProFaN on 1st and 2nd October 2020.
67. Attended the Webinar on Traditional foods and Immunity organised by CMS College, Kottayam on 12th October 2020.
68. Attended the Webinar on International Symposium on Breast Health organised by Sanjeevani on 29th October 2020.
69. Attended in the International Webinar on ‘How to Publish Scientific Papers: Why You Win or Lose’ organised by Sree Narayana College for Women, Kollam, on 31st October 2020.
70. Attended in the International Webinar on Significance of promoting Nutrition education in schools organised by HHMSPBNSS College, Neeramankara on 24th November 2020
71. Attended the Regional Webinar on “Common skin diseases in adolescence” organised by Sree Narayana College for Women, Kollam, on 10th February 2021
72. Attended the National Webinar on Paradigm Shift in Home Science Education organized by the Home Science Association of India (Kerala Chapter) from the 18th to the 20th of February, 2021.
73. Attended the National conference on Women of Gen Z- Transformation, Leadership and Integrity organised by St. Annes’s Degree College for Women, Bengaluru on 15th March 2021.
74. Attended in the webinar on Food habits and Health during Covid pandemic organized by Sree Narayana College for Women, Punalur on 27th August 2021.
75. Attended in the National webinar on Milk substitute for children with allergy and anomalies organized by

	<p>Indian Dietetic Association Kerala chapter and PG Department of Home Science, St. Joseph's College for Women, Alapuzha in 1st August 2022.</p> <p>76. Attended the 34th Biennial National Conference of Home Science Association of India organized by Home Science Association of India- Kerala chapter from 15th -17th December, 2022.</p> <p>77. Attended the UGC sponsored National Conference on Innovative Trends in Interior Design organised by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore in collaboration with Home Science Association of India on 16th February 2024.</p>
38	Workshops Attended
	<p>1. Attended the 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.</p> <p>2. Attended the one day workshop on “Child Development through Horticultural Therapy” conducted at Government Guest House, Thycaud on 25th November, 2009.</p> <p>3. Attended the one day workshop on Restructuring of syllabus in accordance with the recommendations of Prof. Hridayakumari Committee on 4th April 2014 at Govt. College for Women, Thiruvananthapuram.</p> <p>4. 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 on 28th February 2017.</p> <p>5. 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 collaboration with Pidilite Industries on 19th and 20th February 2018.</p> <p>6. Attended the Workshop on Adolescent Mental Health at the 34th Annual Conference of Indian Psychiatric Society (Kerala) on 14th September 2018.</p> <p>7. Attended the Workshop on Cloth bag and cloth pouch making organised by Sree Narayana College for Women, Kollam on 17th October 2020.</p> <p>8. Attended the Workshop on Bottle Art organised by Sree Narayana College for Women, Kollam on 31st October 2020.</p> <p>9. Attended the Workshop on Cake making and Icing organised by Sree Narayana College for Women, Kollam on 7th November 2020.</p> <p>10. Attended the Workshop on Hand Embroidery Organized organised by Sree Narayana College for Women, Kollam on 28th November 2020.</p> <p>11. 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 on 5th December, 2020.</p>

	<p>12. Attended the Workshop of Board of Studies of Mahatma Gandhi University for finalizing the syllabus of Home Science Programme in connection with implementation of Four Year Under Graduate Programme at School of Food Science and Technology, Mahatma Gandhi University on 27th February 2024.</p> <p>13. 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 from 19th to 23rd March 2024.</p>
39	Trainings Attended
	<p>1. Attended the Legal Literacy Training Camp organised by District Legal Services Authority, Kollam and NSS University of Kerala at FMN College, Kollam on 18th October 2003.</p> <p>2. Attended the three day Trainer's Training Programme for Co - ordinators of Entrepreneurial Development Clubs conducted by KITCO at Kerala Institute of Entrepreneurial development, Kalamassery on 29th and 30th January 2004.</p> <p>3. Attended the On - Job Training course (Basic and Advanced levels) in Bakery and Confectionary conducted by Institute of Baking Technology, Chennai in August 2016.</p> <p>4. Attended the 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, Erode on 16th July 2020.</p> <p>5. Attended the two week Training course on "Mentoring Adolescents" conducted by the All Kerala Private College Teachers' Association in June 2021.</p> <p>6. 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 from 13th -19th June 2021.</p> <p>7. 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 from 6th - 12th December 2023.</p>
40	Extension Activities Organised /Participated inside the Campus
41	Extension Activities Organised/Participated outside the Campus

	Hosted a programme on Inspirational Thoughts in You tube Channel named Coastal diaries, Kollam in 2024.
42	Representation in Syndicate/Senate/Academic Council/Board of Studies
	<ol style="list-style-type: none"> 1. Member of Board of Studies (PG) in Home Science, University of Kerala from 2008 - 2011. 2. Member of Board of Studies (Pass) in Home Science, University of Kerala from 2012 - 2015. 3. Member of Board of Studies (PG) in Home Science, University of Kerala from 2016 - 2019. 4. Member of Board of Studies (Pass) in Home Science, University of Kerala from 2016 - 2019. 5. Executive member of Home Science Association of India, Kerala chapter from 2020 till date. 6. Member of Board of Studies (UG and PG) in Home Science, Mahatma Gandhi University from 2021 till date. 7. Member of Board of Studies (PG) in Home Science, University of Kerala from 2023 till date. 8. Member of Board of Studies (PG) in Home Science, St. Teresa's College (Autonomous) from June 2024 till date.
43	Tutorship in UG/PG (Mention the Class and Year/Batch)
	<ol style="list-style-type: none"> 1. Class tutor of B. Sc Final year students during the academic year 2006 - 2007 2. Class tutor of B. Sc Final year students during the academic year 2007- 2008 3. Class tutor of B. Sc Final year students during the academic year 2008 - 2009 4. Class tutor of semester V and VI of B. Sc students during the academic year 2013-2014 5. Class tutor of semester I and II of B. Sc students during the academic year 2014-2015 6. Class tutor of semester III and IV of B. Sc students during the academic year 2015-2016 7. Class tutor of semester V and VI of B. Sc students during the academic year 2016-2017 8. Class tutor of semester I and II of M. Sc students during the academic year 2017-2018 9. Class tutor of semester III and IV of M. Sc students during the academic year 2018-2019 10. Class tutor of semester I and II of B. Sc students during the academic year 2020-2021 11. Class tutor of semester III and IV of B. Sc students during the academic year 2021-2022 12. Class tutor of semester V and VI of B. Sc students during the academic year 2022-2023 13. Class tutor of semester I and II of M. Sc students during the academic year 2023-2024 14. Class tutor of semester III and IV of M. Sc students during the academic year 2024-2025
44	Academic Responsibilities Undertaken

1. Organising member of the UGC sponsored National Seminar on “ Management of Diabetes - A Global Concern” organized by Department of Home Science, Sree Narayana College for Women, Kollam on 24th September 2008.
2. Editor of the News Magazine of the PG Monitoring Committee of Sree Narayana College for Women, Kollam during 2008-2009.
3. Resource person for the Orientation Training Course on Health and Nutrition Education conducted by Food and Nutrition Extension unit, Thiruvananthapuram on 27th and 28th February 2008.
4. Member of the Syllabus Revision Committee for First Degree Programme in Home Science for University of Kerala
5. Member of the Syllabus Revision Committee for Post Graduate Degree Programme in Home Science for University of Kerala
6. Question paper setter for PG examinations for Mahatma Gandhi University.
7. Chairman for the valuation of PG Degree Examinations for University of Kerala in 2015, 2017 and 2019
8. Chairman for the valuation of UG Degree Examinations for University of Kerala in 2021 and 2023.
9. Co-authored a textbook for First Degree Programme on Informatics and Research (ISBN No.978-81-928506-3-4) in 2019.
10. Member of the Campus Hostel Committee of Sree Narayana College for Women from 2019 -2024.
11. Convenor of the International webinar on Solid Waste Management organised jointly by the IQAC and the Dept. of Home Science of Sree Narayana College for Women, Kollam on 29th July 2020.
12. Organising committee member for National webinar on Paradigm shift in Home Science Education, organized by Home Science Association of India (Kerala chapter) on 18-20th February, 2021.
13. Judge of the Oral Paper presentations at the International Webinar on Virtual Research - Opportunities and Challenges organized by Department of Home Science and Centre for Research, St.Teresa’s College, Ernakulam on 23rd-24th September 2021.
14. Judged the Oral paper presentations at the International Webinar on Virtual Research –opportunities and challenges organized by Department of Home Science, St.Teresa’s College, Ernakulam on 23rd and 24th September 2021.
15. Question paper setter for St. Teresas’s College, Ernakulam
16. External examiner for PG examinations of St. Teresas’s College, Ernakulam
17. Resource person to various educational institutions in Kollam.
18. Member of the Selection Committee for the promotion to the post of Associate Professor in Home Science at St. Teresa’s College, Ernakulam in 2023.
19. Member of the Screening committee for the promotion to the post of Assistant Professor Academic level

	12 in Home Science at Government College for women, Thiruvananthapuram, Kerala in 2023. 20. External Examiner for Post graduate programmes of various universities.
45	Any other Duties Performed at College
	1.Presiding officer/Polling official /Observer at the Student's Union Elections from 2001 onwards. 2.Member of the Student's Welfare Committee in 2003-2008 3.Member of the Career Guidance Cell in 2003-2008 4.Co- ordinator of the Entrepreneurial Development Club in 2005-2007 5.Member of the Monitoring Committee of Post Graduate Programmes in 2008-2009 6.Member of the Guidance and Counselling Club in 2008-2009 7.Member of the Career Guidance and Placement Cell in 2008-2010 8.Member of the Students Feedback Committee in 2008-2009 9.Member of the Entrepreneurial Development Club in 2008 -2009 10.Member of the Sports Club in 2013-2019 11.Mentor of the First Degree Programme students of varied disciplines from 2015 onwards 12.IQAC member of Sree Narayana College for Women in 2016 13. Member of the IQAC in 2016-2017 14. Judge for the District level Cookery competition for ICDS beneficiaries conducted by the Dept. of Social Justice, Govt. of Kerala on 26 th September 2017. 15.Member of the Science Club in 2018-2019 16.Member of the Performing Arts Club and Folklore Club in 2018-2019 17.Member of the Campus Hostel Committee of Sree Narayana College for Women from 2019 -2024. 18.Co-ordinator of the Student Counselling Cell of the campus since 2019. 19.Member of the Admission Committee of the college since 2020. 20.Member of the Environmental Club in 2020-2022 21.Member of the Career Guidance Cell in 2020-2023 22.Member of the IQAC in 2021-2022 23.Member of the Community Health Activities Club in 2022-2025 24.Member of the Career Guidance Cell in 2023 - 2025 25.Staff Association Secretary of Sree Narayana College for Women in 2023-2025. 26.Presiding Officer of the Internal Complaints Cell of Sree Narayana College for Women from 2024.

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