


RESUME

NAME	Dr. LIZMITHA GODWIN M.Phil,PhD	
DESIGNATION	Associate Professor & Research Guide Head of the Department, PG & Research Department of Home Science, Morning Star Home Science College, Angamaly	
QUALIFICATION	M.Sc. M.Phil,PhD, PGDPR, PGDND	
EMAIL ID	lizmitha@gmail.com lizmitha.mshs@gmail.com	
PHONE NO	9947007789	
Current duties	Head of the department Research Guide Editor of Star Research Reach (Peer reviewed ISSN journal) PTA Secretary HSAI Member RRNG College Nominee IQAC Member	
Higher education leadership awards-Distinguished Leader in Science Venus International at Chennai Le royal Meridian Hotel 6 th Jan 2018		
Best Faculty award –Special spotlight certificate EET CRS 6 th Academic Brilliance awards 2018, 28 th January 2018 Delhi.		
IARDO award for the best teacher of the year- 2018 by IARDO and Gurukul Engineering institute 2018		

TEACHING INTERESTS

- Interior decoration
- Family resource management
- Environment and human resource management
- Ergonomics and interior space design
- Housing and hospitality management
- Sustainable development

RESEARCH AREAS

- Interior decoration
- Nutrition
- Family Resource Management
- Child Development

ACADEMIC/PROFESSIONAL QUALIFICATIONS*

NAME OF THE PROGRAMME	INSTITUTION/UNIVERSITY	YEAR OF PASSING
PhD in Home science Thesis Submitted	St.Terasas,College Ernakulam (Research centre) Mahatma Gandhi University, Kottayam	May 2011
M.Phil(Family Life Management)	Mother Theresa Women's University Kodaikanal	2006
National Eligibility Test for Lectureship	University Grants Commission, National Educational Testing Bureau, India	1998/1999 2000/2003
State Eligibility Test	Govt .of .Kerala	2002
M.sc(Family Resource Management)	St.Terasas,College Ernakulam	1994
B.Sc (Home Science)	St.Terasas,College Ernakulam	1992
P.G.Diploma in Public Relations	BhavensSomani College Rajendra Prasad Institute of Communication and Management	1998
P.G. Diploma in Clinical Nutrition and dietetics	Madurai Kamraj University	2009
Certificate in computing	IGNOU	1999
Certificate in Food & Nutrition	IGNOU	2004
Certificate in Nutrition &Child Care	IGNOU	2004

OTHER TRAINING PROGRAMS ATTENDED

NAME OF THE PROGRAMME	INSTITUTION/UNIVERSITY	YEAR
Training Program in research Methodology	ICSSR	2003

Training course in counseling	M.G.University	2005
Domestic Preservation of fruits and vegetables	Food and Nutrition board, Govt.Of India	2001 2008

CAREER HISTORY/TEACHING EXPERIENCE

DESIGNATION	INSTITUTION/UNIVERSITY	YEAR OF SERVICE
Guest lecturer	St.Josephs college for Women, Alappuzha	5
Guest Lecturer	Morning Star Home Science College Angamaly	5
Asst.Professor	Morning Star Home Science College Angamaly	5 (2011 onwards)
Head of the Department	Dept of Home Science Morning star Home Science College Angamaly	3 (2013 onwards)
Research Guide	MG university	December 2017

PHD THESIS

SL.NO	TITLE	GUIDE NAME	INSTITUTION	MONTH/YEAR
1	Health and Nutritional Status of Women and Preschool Children in Urban Slums of Kochi	Prof. Dr.K.S.Kumari	St.Terasas College Ernakulam/ M.G.University	May 2011

RESEARCH GUIDESHIP (sanctioned on December 2017)

Nil

M.PHIL/PH.D GUIDED

SL. NO	NAME OF THE STUDENT	TITLE	UNIVERSITY & WORK CENTRE	MONTH/ YEAR
1.	Ms.Rajani Devi T.R. Asst.Professor Dept.of Home Science Morning Star College Angamaly	Multifunctional natural finishes for selected home furnishings	Registered for Phd	2018 July
2.	Deepthi Lisbeth Asst.Professor Dept.of Home Science Nirmalagiri College Kannur	Identification of antiproliferative compounds and standardization of	Registered for Phd	2018 July

		jackfruit based products for cancer patients		
3.	Jiby Abraham Asst.Professor Dept.of Home Science St.Joseph's college, Alappuzha	Development of a software on mind mapping for teaching and learning nutritional concepts	Registered for Phd	2018 July
4.	Tes Thomas Research Scholar Dept.of Home Science Morning Star College Angamaly	Emotional Intelligence Quotient of Adolescents and its efficacy in enhancing developmental aspects	Registered for Phd	2018 July

RESEARCH PROJECTS/GRANTS RECEIVED

SL.NO	TITLE	INVESTIGATORS	SPONSORING AGENCY	MONTH/YEAR
1.	Development of Education module on Eco friendly Energy conservation Indigenous equipment-Hay box	PI: Dr.Lizmitha Godwin Co: Dr.Sr.Shemi George	UGC	2017

AWARDS/ACHIEVEMENTS/OTHERS*

SL.NO	NAME OF AWARDS/ACHIEVEMENTS/OTHERS	DESCRIPTION	MONTH/YEAR
2.	IARDO award for best teacher of the year	IARDO 2018, International advanced research and development organization & Gurukul institute of Engineering Science and technology	October 2018
3.	Higher education leadership awards-Distinguished Leader in Science	Venus International at Chennai Le royal Meridian Hotel	6 th Jan 2018
4.	Best Faculty award – Special spotlight certificate	EET CRS 6 th Academic Brilliance awards 2018	28 th January 2018 Delhi.
5.	Chairperson for poster session on the 4 th November 2014	2 nd International conference on Micronutrients and child health organized	3 rd -7 th Nov 2014.

		by All India Institute of Medical Sciences, New Delhi	
6.	Chairperson for university examination	Vth Semester, VIth semester UG Examination	2019-till date
7.	Chairperson for university examination	IIIrd, Vth Semester, VIth semester UG Examination	2018-19
8.	Chairperson for university examination	IIInd & IVth semester PG Examination	2019-20
9.	Chairperson for university examination	IIInd & IVth semester PG Examination	2018 to till date
10.	Chairperson for university examination	IVth semester B.Sc FCS IVth semester B.Sc FCS	2014 2015
11.	Chairperson for university examination	IIInd Semester M.Sc Home Science Ist Semester M.Sc Home Science	2015 2016
12.	Chairperson for university examination	IIInd Semester M.Sc Home Science	September 2016
13.	Chief examiner	IIInd Semester M.Sc Home Science	August 2016
14.	Chairperson&chief examiner	IVth Semester M.Sc Home Science	July 2017
15.	Question paper setter	VIth and IVth Semester B.Sc Family and Community Science Calicut university	2018
16.	Question paper setter	IIInd and IVth Semester M.Sc Home Science Kerala university	2018
17.	Chief examiner	Ist semester M.Sc Home Science	2017
18.	Question paper setter	Vth Semester B.Sc Home Science	2017
19.	Question paper setter and Scrutiny board chairman	Kerala University	4/10/2017
20.	Chairperson	IIIrd and Vth semester B.Sc Family and ommunity examination	13/11/2017
21.	Chief examiner for university examination	Ist Semester M.Sc Home Science	2015

22.	Subject expert	for FIP approval for Ms.Rosemary Francis of St.Teresa's College, Ernakulam at M.G.University	2015
23.	Member UG board of studies in Home Science	M.G.University, Kottayam	2015
24.	Member PG board of studies in Home Science	M.G.University, Kottayam	2015
25.	Aumnae Member for board of studies in Home Science,	St.Teresa's (Autonomous) Ernakulam	2015
26.	Member UG board of studies in Home Science	Kannur University, Kannur	2016
27.	Third rank in M.G.University Examinations	M.Sc Family Resource Management	1994
28.	Resource Person	Topic: Women's health in current scenario. National seminar Changing status of women in India-its issues and challenges Organised by: Dept. of Economics M.S.H.S. College, Angamaly	25 th -26 th July 2013
29.	Question paper setter	Kerala University (PG)	10/05/18
30.	Chairperson	IVth Semester M.Sc Home Science	July 2018
31.	Question paper setter	Kerala University (UG)	3/8/2018
32.	Chairperson	IIIrd and Vth semester B.ScFamily and ommuniy examination	17/9/2018
33.	Question paper setter for	PG Resource management and interior designing of St.Teresa's (Autonomous) Ernakulam	2016
34.	Question paper setter for	UG in Home Science for Kerala University.2016	2016
35.	Subject expert for TRAAC	St.Teresa's College, Ernakulam	6/12/2016
36.	Subject expert for TRAAC	St.Teresa's College, Ernakulam	19/10/ 2017

37.	Subject expert	Reap 2020 at St.Teresa's college Ernakulam	25 th and 26 th November 2020
38.	Resource person	KSCTE sponsored seminar, 'Elayarivu' at Vimala College, Trissur on delivered a talk on the topic 'Health benefits of leafy vegetables'.	18 th January 2019.
39.	Resource person	Induction class at SNGCE, Kadayiruppu on - a talk on 'Healthy Diet and Healthy Living'	19 th July 2019
40.	Resource person	EnPAH"2020 Career guidance to course passouts of 2020	6 th August 2020

***BEST PAPER,BEST POSTER,ANY OTHER POST HELD ETC...**

JOURNAL PUBLICATIONS

SL.NO.	TITLE	NAME OF JOURNAL / VOL. NO / ISSUE NO / PAGE NOS	ISSN NO	MONTH / YEAR
1.	Health status of women residing in slums	<i>Star Research Reach</i> , Vol:5, No:1, Dec:2013, Pp:36-40.	0975-5101	Dec:2013
2	Abdominal obesity among women residing in urban slums	Star Research Reach, Vol.6, No1, June 2014, ISSN:0975- 5101	0975-5101	June 2014
3	A study on accessories and colour scheme in modern interiors	Star Research Reach, Vol.6, No1, June 2014, ISSN:0975- 5101	0975-5101	June 2014
4	Prevalence of goiter among women in Kochi	Star Research Reach, Vol.6, No 2, December 2014, ISSN:0975- 5101	0975-5101	December 2014
5	Hay Box: A Study on Economy Cooking	Star Research Reach, Vol.7, No 2, December 2015.	0975-5101	December 2015
6	Hay box: Community based education	Star Research Reach, Vol.8, No 1, June 2016.	0975-5101	June 2016.
7	Hay Box-Indigenous equipment for Indian Homes	International Journal Of Home Science, Vol.3 Issue 1, , pp-210- 212	2395-7476	2017

8	Soft drinks and snacks usage among adolescents	International Journal Of Home Science, Vol.2 Issue 3, , pp-208-210	2395-7476	Dec 2016
9	Assessment of moral values among adolescent- A comparative study	Star Research Reach Vol.9 No:1,	0975-5101	June 2017
10	Comparitive Study on Stress among Working and Non working Women	International(conference proceedings)Human Wellness- A holistic Approach,SreSarada College for Women, Salem	ISBN 978-93-80800-87-5	
11	Effect of medicinal plants treated potable water consumption among college girls	International journal of home science(peer reviewed) Volume 6 issue 1 PP233-240	(232-235)ISSN2395-7476Impact factor 5.3	Jan2020
12	Emotional maturity of higher secondary school students of Ernakulam District Kerala (2 nd author)	The Journal of Research ANGRAU, Guntur (UGC care list journal)	ISSN 0970-0226 Pp 69-78	September 2022
13	Efficacy of Emotional intelligence in enhancing the personal adequacy among adolescents	Collaborative research in modern era	ISBN 9788172-551544	October 2022
14	The difference in gender & area of residence on social maturity among adolescents –A descriptive study	The Indian Journal of Home Science IHMSF-36(1-538) Pp:523-534	ISSN 0970-2733	January 2024

CONFERENCE PUBLICATIONS

SL.NO.	TITLE	NAME OF CONFERENCE	VENUE, MONTH / YEAR
1	Nutritional and health profile of preschool children in Kochi’.	Kerala Women’s Science Congress, St.Teresa’s College Ernakulam	St.Teresa’s College Ernakulam 10-12 th August 2010

2	Nutritional profile of preschoolers and impact of slum environment on their health status	International conference ICFAN-2011 Food and Nutraceuticals for Nutrition and health: technology and Delivery. Abstract No:PN-0-19,P:144-145.	Dept. of Food Science, Periyar University Salem 20 th -22 nd January 2011
3	Health Status of women residing in urban slums	Education and women empowerment	Dept. of Economics M.S.H.S. College, Angamaly 28-29/07/ 2011
4	Abdominal obesity among women residing in urban slums	National seminar on : Life Style diseases in sustainable development perspective	Dept. of Home Science, M.S.H.S. College, Angamaly 26-27/08/ 2011.
5	Obesity among women in slums	ICMR sponsored International symposium on functional foods and health, ISFAH 2011	Dept. Of Food Science at Periyar University, Salem 19/11/11
6	Food consumption pattern and impact on nutritional status of preschoolers in slums	National Workshop on Fast Food trap	Dept. of Home Science, St.Teresas college, Ernakulum 14/01/2012
7	Nutritional status of women in slums	Nutritional medicine health and wellness-international conference	Dept.of Zoology St.Tresas College, Ernakulam Page 109-119
8	Obesity and life style diseases among women residing in urban slums	National seminar on Life style disease an emerging issue	Dept.of Zoology, M.S.H.S College, Angamaly
9	Food habits and lifestyle diseases among women of reproductive age	National seminar on environmental diseases	Dept.of Zoology, KKTU, Kottayam 26/02/13
10	Women's health in current scenario (Resource Person)	National seminar Changing status of women in India-its issues and challenges	Dept. of Economics M.S.H.S. College, Angamaly 25 th -26 th July 2013
11	Galactogogues-awareness and usage among lactating women	Proceedings of National Seminar 'Sustainable Health and Wellness- Issues and Challenges' college, Angamaly, ISBN: 9788172550707	Department of Home science, M.S.H.S. College, Angamaly 12 th -13 th august , 2015

12	Eating habits among women	Dimensions of research – Perspectives and innovations	Dept. of Home Science St.Terasas college, Ernakulum 25 th November 2015
13	The influence of home environment on academic performance among adolescent girls	Dimensions of research – Perspectives and innovations	Dept. of Home Science St.Terasas college, Ernakulum 25 th November 2015
14	Soft Drinks and snacks usage among adolescent girls	Proceedings of National Seminar ‘Food safety and quality Assurance-a comprehensive perpetual perspective” college, Angamaly, ISBN: 9788172550721	Department of Home science, M.S.H.S. College, Angamaly 11 th -12 th august , 2016
15	Comparative study on stress among working and non working women	Proceedings of International seminar on Human wellness a holistic approach	Sri.Sarada college for women Salem

ARTICLES IN PERIODICALS/MAGAZINES/ANY OTHER

SL.NO.	TITLE	NAME OF PERIODICAL	MONTH/ YEAR
1	Wise Shopping (Shopping Paazhchelavillathe)	Vanitha	August 1-14, 2006.P.18.
2	Healthy eating for youth	TheDentcare- international magazine	August 2018

BLOG/WEB ARTICLES

SL.N O.	TITLE	URL	SUBJECT	MONT H / YEAR
1	HEALTH AND NUTRITIONAL STATUS OF WOMEN AND PRESCHOOL CHILDREN IN URBAN SLUMS OF KOCHI	http://shodhganga.inflibnet.ac.in / bitstream/10603/15827/1/01_title.pdf	Home Science	2011

2	IRON DEFICIENCY ANEMIA IN YOUNG MOTHERS IN YOUNG MOTHERS – PowerPoint PPT presentation	http://www.powershow.com/view1/1585ca-ZDc1Z/IRON_DEFICIENCY_ANEMIA_IN_YOUNG_MOTHERS_powerpoint_ppt_presentation Number of Views:172 rating:3.0/5.0		
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BOOKS AS AUTHOR/EDITED/CHAPTERS/REVIEWS

SL.NO	TITLE	AUTHOR NAMES	ISBN NO.	MONTH/ YEAR
1	Sustainable health and wellness-issues and challenges	Dr.Lizmitha Godwin &Dr.Sr.Shemi George	9788172550707	August, 2015
2	Energy saving hay box	Dr.Lizmitha Godwin	9788172550691	December, 2015
3	Soft drinks and snacks usage among adolescent girls	Dr.Lizmitha Godwin	Sooryagatha Publishers978-81-7255-072-1	August 2016
4	Galactogogues-awareness and usage among lactating women	Dr.Lizmitha Godwin	Sooryagatha Publishers9788172550707	August, 2015

ORIENTATION/REFRESHER COURSES ATTENDED

SL.NO	NAME OF THE PROGRAMME	NAME OF THE ORGANISER	MONTH/ YEAR
1	Orientation course (IT)	Academic staff College Kerala University.	11 th October to 7 th Nov 2011
2	Refresher course-Women studies	Academic staff College Kerala University.	October 7 th -27 th 2014
3	Two week national workshop on interdisciplinary research methodology	Sree Sankarcharya University of Sanskrit Kalady	6.05.2019-20.05.2019
4	UGC sponsored One week short term course on disaster management	UGC HRDC-university of Kerala, Kariavattom, Trivandrum	23.07.2019-29.07.2019

5	FDP on Philosophy of science	M.G.University, Kottayam Kerala State Higher education - Trivandrum	29.08.2019- 2.09.2019
6	FDP on Quality science education in India	GuruAngad Dev Teaching learning centre (PMMMNMTT)	3.11.2020- 9.11.2020
7	FDP online education in higher education institutions	Kerala State Higher education - Trivandrum	13.07.2020- 17.07.2020
8	FDP –The dynamics of research- Prospects reflections and best practice	UGC MHRD stride M.G.University, Kottayam And IQAC St.Xavier’s College, Aluva	1.07.2021- 7.07.2021
9	FDP programme on OBE	Kerala State Higher education – Trivandrum & Nirmala College Muvattupuzha	10.05.2023 to 17.05.2023
10	FDP programme on OBE & application of Generative AI in teaching and research	DST-CURIE AI centre of Padmavathi Mahila Viswavidyalayam (SPMVV University) Tirupathi & IPSR Solutions Ltd	18.03.2024 to 23.03.2024
11	FDP workshop on syllabus Preparation for FYUGP	MG University	13.11.2023 to 17.11.2023

SEMINARS/CONFERENCES/WORKSHOPS ATTENDED#

SL. NO	NAME OF THE PROGRAMME	NAME OF THE ORGANISER& SPONSORING AGENCY	VENUE & DATE	LEVEL *
1	National seminar on sustainable development:issues and challenges with special reference to environment	Dept. of Economics M.S.H.S. College, Angamaly & UGC	29-30/07/2010	National
2	Kerala Women’s Science Congress	St.Teresa’s College Ernakulam	10-12 th August 2010	State
3	Health IQ-an innovative approach through yoga and nutrition	Dept.of Home Science M.S.H.S. College, Angamaly	26-27 /10/2010	State level
4	Food and Nutraceuticals for Nutrition and health: technology and Delivery.	ICFAN-2011 ,Dept. of Food Science, Periyar University Salem	20 th -22 nd January 2011	International conference
5	Education and women empowerment	Dept. of Economics M.S.H.S. College, Angamaly	28-29/07/ 2011	State level

6	National seminar on : Life Style diseases in sustainable development perspective	Dept. of Home Science, M.S.H.S. College, Angamaly	26-27/08/2011.	National
7	ICMR sponsored International symposium on functional foods and health, ISFAH 2011	Dept. Of Food Science at Periyar University, Salem	19/11/11	International
8	Curriculum restructuring workshop of PG MG university	St.Teresa's College Ernakulam	14-16/12/2011	University
9	National Workshop on Fast Food trap	Dept. of Home Science, St.Teresas college, Ernakulam	14 ⁰¹ /2012	National Workshop
10	Xavier board –regional meet	S.H.College, Thevara	28/01/2012	state
11	International seminar on global economy and environmental sustainability	Dept. of Economics M.S.H.S. College, Angamaly	24/02/2012	International seminar
12	Xavier board –regional level orientation programme	M.S.H.S. College, Angamaly	17/03/2012	regional level
13	Nutritional medicine health and wellness	Dept.of Zoology St.Tresas College, Ernakulam	7-8/06/ 2012	international conference
14	Life style disease an emerging issue	Dept.of Zoology, M.S.H.S College, Angamaly	17/08/2012	National seminar
15	Seminar on Focus on food safety in globalized markets	Dietary department, General Hospital, Ernakulam	16/10/12	State
16	National seminar on environmental diseases	Dept.of Zoology, KKTU, Kodungallor	26/02/13	National seminar
17	Seminar on World food day	Dietary department, General Hospital, Ernakulam		State
18	National seminar on Green chemistry & environmental conservation	Dept. of chemistry M.S.H.S. College, Angamaly	18 th -19 th July 2013	National seminar

19	National seminar Changing status of women in India-its issues and challenges	Dept. of Economics M.S.H.S. College, Angamaly	25 th -26 th July 2013	National seminar
20	National seminar Burnout syndrome-Prevention and coping strategies	Dept. of Home Science M.S.H.S. College, Angamaly	16 th -17 th August 2013	National seminar
21	National seminar Food safety concerns and issues	Dept. of Home Science St.Tresas College, Ernakulam	3 rd -4 th Oct 2013	National seminar
22	National seminar Emerging trends in Family and Community Science	Dept. of Home Science Womens College, Trivandrum	25 th October 2013	National seminar
23	National conference -Modern trends in Research	TRACC St.Tresas College, Ernakulam	10 th Dec 2013	National conference
24	Workshop –on curriculum restructuring of Kannur University	Renewal centre, Kochi	31 st Dec 2013	State
25	National seminar on “Traditional foods – akey to comprehensive health and longevity”	Dept. of Home Science M.S.H.S. College, Angamaly	7 th -8 th August 2014	National seminar
26	National seminar on “Sustainable health and wellness-issues and challenges”	Dept. of Home Science M.S.H.S. College, Angamaly	12 th -13 th August 2015	National seminar
27	National seminar on “Tapping from outside: the supernaturalin literature and films”	Dept of English, St.George College, Aruvithura.	19 th -20 th August 2015	National seminar
28	Higher Education Leadership meet	Venus International	6 th January 2018	International
29	International conference on Human Wellness –A holistic approach	Sri sarada college for women salem	12 th February 2018	International
30	Workshop on usage of Anti Plagiarism software in research	Rajagiri college of social sciences, Kalamassery	19 th Jan 2018	National

31	Changing parameters of quality assessment in higher education	TKM arts and science college		National
32	Workshop on Deck the Halls	at Morning Star Home Science College, Angamaly	12 th -16 th December 2017	State
33	Clinical nutrition update on Food Additives	AEDAN	18 th April 2018	State
34	Online databases and information retrieval	IQAC Morning Star Home Science College Angamaly	12 th March 2019	
35	The Keto Fad: A critical approach to the phenomenon	Dept of CND St.Teresa's College Ernakulam	18 th February 2019	National
36	Current trends in organic and computational chemistry	Morning Star Home Science College Angamaly	14 th -15 th February 2019	National
37	Skill based education (NSQF) Emerging opportunities & Challenges	DDU Kaushal Kendra & IQAC Sree Sankara College Kalady	1 st and 2 nd March 2019	National
38	Statistics in Practice	Amala Institute of Medical Sciences Thrissur	2 nd February 2019	State

***INSTITUTIONAL, REGIONAL, STATE,NATIONAL, INTERNATIONAL**

SEMINARS ORGANIZED

SL.NO	NAME OF THE SEMINAR	NAME OF THE ORGANISER & SPONSORING AGENCY	VENUE & DATE	POSITION HELD	LEVEL *
1.	Seminar on Health IQ- an innovative approach through yoga and nutrition	UGC	26 th -27 th October 2010		State
2.	Seminar on Life Style diseases in sustainable development perspective	UGC	26 th - 27 th August 2011.		National

3.	Workshop on Ikebana and paper folding	-	10 th September 2012	Organiser	International
4.	Seminar Burnout syndrome-Prevention and coping strategies	UGC	16 th -17 th August 2013	Organiser and convenor	National
5.	Seminar Traditional foods- a key to Comprehensive Health and Longevity	UGC	7 th -8 th August 2014	Organiser and convenor	National
6.	Seminar –sustainable Health and Wellness-Issues and challenges	UGC	12 th -13 th August, 2015	Organising secretary	National
7.	Seminar on Food safety and quality assurance- A comprehensive perpetual perspective	UGC & IMA	11 & 12/8/2016	convenor	National
8.	Seminar on Overseas Education & its Prospects	Lincoln University, New Zealand & Edwis Nippon	10 th September 2012	Organiser	International
9.	Two-day State level workshop on Research Methodology	Morning Star Home Science College, Angamaly	1 st and 2 nd August 2019.	Organiser	State
10.	Online webinar series on statistical inference and intellectual property rights	UGC stride scheme for trans disciplinary Research for India's Developing economy MG university	2 nd to 4 th September 2021	Programme Coordinator	National

***INSTITUTIONAL, REGIONAL, STATE, NATIONAL, INTERNATIONAL**

PROFESSIONAL AFFILIATIONS/MEMBERSHIPS
• Member UG board of studies in Home Science, M.G. University, Kottayam 2013-2017
• Member PG board of studies in Home Science, M.G. University, Kottayam 2013-2017
• Aumnae Member for board of studies in Home Science, St. Teresa's (Autonomous) Ernakulam
• Member UG board of studies in Home Science, Kannur University, Kannur 2013-2017, • 2024 onwards
• Member, Women scientist of Kerala, Kerala State Council for Science, Technology and Environment.
• Board of studies, University nominated member, Assumption college,

INVITED TALKS/IN MEDIA/ANY OTHER

• Conducted classes for Integrated Child Development Services
• Hygiene and nutrition classes in association with Nedumbassery Gram Panchayath
• Training on health and hygiene for the anganwadi workers held at De-Paul College by the Dept .of .MSW.
• Food preservation class through Agriculture Technological Management Agency for women.
• Education and awareness class on amritham foods
• Education class for adolescents in NSS camp regarding health and life style diseases
• Resource person for National seminar Changing status of women in India-its issues and challenges Organised by: Dept. of Economics M.S.H.S. College, Angamaly Topic: Women's health in current scenario.25 th -26 th July 2013
• Subject expert for Reap 2018 at STC EKM on 12/7/2018 Reap National Seminar organized by STC Ekm
• Resource Person for Elayarivu KSCSTE National seminar 18 th January 2019
• Resource Person for EnPAH career orientation in Home Science –Organised by St.Joseph's College for women, Alappuzha.

POSITIONS HELD IN COLLEGE

• Staff secretary (2013-2014)
• Union Advisor
• NSS Programme officer (2014-15)
• Alumnae in charge 2016-17
• PTA Executive (2017-19)
• PTA Treasurer/ Secretary-2020-2022
• IQAC joint Coordinator- 2017 onwards
• Nodal officer for NIRF Ranking in the institution (NIRF 2019, 2020, 2021,2022)
• College Magazine Editor- 2019
• Research Coordinator- 2022 onwards
• Academic and Administrative Audit in charge

PG THESIS AND PROJECTS GUIDED

SL.NO	TITLE	MONTH/ YEAR
1.	Obesity among Middle aged Women and its Associated Factors- A comparative Study-AnushaVijayan	2010
2.	Urinary Calculi- A study among affected Patients-Jincy Mathew	2011
3.	Impact of Mobile phones among Adolescent girls-ManjuRajeev.K	2011

4.	Stress Among Working and non-working Women -Tesna Michael	2011
5.	A study on Traditional and Modular Kitchen-Shalini Mariam Varghese	2012
6.	Prevalence of Goitre Among Women in Kochi-ReshmipriyaDas.K	2013
7.	Loneliness Among Elderly -Shajna V.G	2014
8.	Occupational stress among School Teachers -Ancy Joy	2014
9.	Use of natural galactogogues among lactating mothers -Liya S	2015
10.	Hay box technology: a study on economy cooking -Divya Theresa Sojan	2015
11.	VastuShastra-Application in Modern Houses-Safeera.K.Basheer	2011
12.	Saving Habits Among College Girls-Neethu Jose K	2011
13.	Selection and Use of Flooring Materials- A Comparative Study-Jincy Mathew	2011
14.	Flat and Villa Dweller A comparative Study-Nisha Anna Cherian	2011
15.	Selection of Bathroom Accessories – A Comparative Study-Raimol Varghese	2011
16.	Impact of electronic media on lifestyle of adolescent girls- Jinjumolmathew	2016
17.	Assessment of moral value among adolescents –Julie Kuriakose	2017
18.	Irregularities of menstrual cycle in girls –a comparative study-sreeshmaT.S.	2017
19.	Emotional intelligence and family relationships among adolescents - Athiya Anand	2019
20.	Prevalence of health problems in industrial and residential area –Mary Aleena K	2020
21.	Cosmetic usage among women-Vrindha K.P	2020
22.	Impact of Covid 19 among higher education students –Ammu Jose	2021
23.	Quality of life index among women higher education teachers –Fathima Beevi P.M	2021
24.	Challenges faced by women Entrepreneurs during covid pandemic – Akhila A S	2022
25.	Leadership qualities and interpersonal skills among science graduates – Devika M J	2022
26.	Impact of retirement on life of elderly Anagha Shaju	2023

UG PROJECTS GUIDED

SL. NO	TITLE	MONTH/ YEAR
1	Food consumption pattern of adolescent boardersTessa Jose	2011
2	Utility of labour saving equipments in modern homes-a comparative studyArya G	2011
3	Utility based study on induction cooker. Ancy Joy	2012
4	Wooden furniture in rural homesShajna V G	2012
5	Artificial lighting in modern homesJincy Paul	2013
6	Financial credit- a study among urban household SophyElizabethAntony	2013
7	Utility and Effects of Mobile Phone among Adoloscents Biniya Baby	2014
8	Impact of Social Networking Sites among Adoloscents girls and boysVidhyamol R	2014
9	Leisure-time activities of Unemployed Women Chinnu Jose	2014
10	Credit Card Usage Among College Students Jisna P Joy	2014
11	Prevalence of obesity and related disorders Krishnapriya .Pillai	2015
12	Personal Hygiene Habits Among Adolescent Girls Arya Mohan	2015
13	Retirement plans among Adult Ashly P.A	2015
14	Prevalence of obesity and Related Disorders Manju P.V	2015
15	Eating Habits among women Vinu Mary S	2015
16	T.V serials and its effects among women- A comparative study Elizabeth Mathew	2015
17	Consumption pattern of instant foods among college going girls Shahabana	2016
18	Impact of social networking sites among adolescent girls Ansaba E.A.	2016
19	Colour selection for homes AifoonaThanathuparambil	2016
20	A comparison of traditional and modular kitchen Hafsana M	2016
21	Soft drinks and snacks usage among adolescent girls Shamila T.R.	2016

22	Comparitive study on money management among middle income families- jinumol M.J.	2017
23	Consumer buying practices in rural area -	2017
24	Alcoholism and associated problems among men –Bibitha Paul	2017
25	Consumer buying practices in urban area-Priya Varghese	2017
26	Knowledge attitude and Practices towards voluntary blood donation-Alfy Sajan	2018
27	Problems faced by elderly- Anu Alex	2018
28	Social media addiction among young adult girls –Sayana Vincent	2018
29	Effects of medicinal plants treated potable water consumption among college going girls-Dhivya Benny	2019
30	Food habits among women and effects on emotional behavior-Shella Thomas	2019
31	Fast food and soft drink consumption pattern among pregnant women- Nimitha Biju	2019
32	Usage of electronic gadgets among preschoolers-Aswani A.S.	2019
33	Fruits and vegetable consumption pattern and preference among adolescents-Ameera UM	2020
34	Consumption pattern of Arabian and Chinese food among adolescents Keerthi H Pillai	2020
35	Time utilization pattern among working and non working women - Sreelekshmi T V	2020
36	Contemporary Hijab styles preference among adolescents- Linsiya EI	2020
37	Self management skills-Catherine Mathew	2021
38	Factors affecting fabric choice for saree among women –Devu S Nair	2021
39	Development and evaluation of healthy smoothies for adults –Shimsiya Jose	2021
40	Breakfast practice and effects of skipping among adolescents –Aparna Unnikrishnan	2021
41	The cultural and traditional attire in Lakshadweep-Fathima Thaudheela	2021
42	Parenting Roles in the Modern Era –Rajalekshmi R, Lakshmi Prasad& M H Khadheejathul Nihala	2022
43	Breast feeding versus bottle feeding –Nixy ED and Anna Sebastian	2022
44	Development of protein and energy enhancing nutritional smoothies with oats –Aarsha Johnson	2023

45	Assessment of emotional maturity among college girls-Adiba Rifa N K	2023
46	Assessment of emotional maturity among college girls -Aryananda V B	2023
47	Developing lip balm using solar dried herbal products Fathima C R	2024
48	Optimising solar drying for banan varieties Rosemariya Antony	2024
49	Development of versatile nutrient enriched powder for universal culinary use- Nazni Nazar	2024
50	Preference and expectations of women's college students regarding potential life partners –Cladveena Periera	2024

REFERENCES

- Prof.Dr.K.S.Kumari, Director, Community College, Pondicherry
- Prof.Dr.Manjula, Asso.Professor, Medical College, Kottayam