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| NAME | SAJITHA SUSEELAN. S |  |
| DESIGNATION | Assistant Professor | |
| QUALIFICATION | M.Sc., M.Ed., NET | |
| EMAIL ID | sajitha.suseelan@gmail.com | |
| PHONE NO | +919447102180 | |

TEACHING INTERESTS

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| <ul style="list-style-type: none"> • Interior decoration • Family Resource Management • Human Development • Family Dynamics | <ul style="list-style-type: none"> • Early Childhood Education • Early Intervention for Indian Infants • Developmental Psychology • Guidance and Counseling |
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ACADEMIC/PROFESSIONAL QUALIFICATIONS*

| NAME OF THE PROGRAMME | INSTITUTION/UNIVERSITY | YEAR OF PASSING |
|----------------------------|--|-----------------|
| NET in Education | UGC | 2006 |
| NET in Home Science | UGC | 1999 |
| M.Ed. | Annamalai University | 2006 |
| B.Ed. | Kerala University | 2001 |
| M.Sc. | Kerala University | 2000 |
| B.Sc. | Kerala University | 1998 |
| Pre-Degree | Kerala University | 1994 |
| SSLC | Board of Public Examination, Govt. of Kerala | 1992 |

OTHER TRAINING PROGRAMS ATTENDED

| NAME OF THE PROGRAMME | INSTITUTION/UNIVERSITY | YEAR |
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| One day training programme for the Coordinators of Walk With a Scholar Programme | Organized by Directorate of Collegiate Education, Trivandrum at Loyola College, Sreekaryam, Trivandrum | 11 th June 2019 |
| Two days training programme for Question Bank preparation | Organized by M. G. University, Kottayam at B. K. College, Amalagiri, Kottayam | 25 th & 26 th October 2018 |
| One day training programme for the Coordinators of Walk With a Scholar Programme | Organized by Directorate of Collegiate Education, Trivandrum at Loyola College, Sreekaryam, Trivandrum | 11 th September 2018 |
| Three days training session on 'Objective Based Education' for Chairman and selected members of UG Board of Studies for science subjects | Organized by Kerala State Higher Education Council and M.G. University, Kottayam at Seminar Hall of IUCNN in M.G. University, Kottayam | 17 th to 19 th January 2018 |

CAREER HISTORY/TEACHING EXPERIENCE

| DESIGNATION | INSTITUTION/UNIVERSITY | YEAR OF SERVICE |
|--|--|------------------------|
| Assistant Professor in Home Science | Morning Star Home Science College, Angamaly, Ernakulam | 2016 onwards |
| Lecturer in General Education | Kerala University College of Teacher Education, Trivandrum | 2010 to 2014 |
| Lecturer in Home Science | Kerala University College of Teacher Education, Trivandrum | 2006 to 2010 |
| Lecturer in Home Science | Kerala University College of Teacher Education, Trivandrum | 2003 to 2005 |

PHD THESIS

| SL. No. | TITLE | GUIDE NAME | INSTITUTION | MONTH/YEAR |
|----------------|--|-------------------|---|---------------------------------|
| 1 | Development of educational software for improving language and arithmetic skills in Scholastically backward school going children. | Dr. Shemi George | Morning Star Home Science College, Angamaly | Pursuing Reg.No. 223/2018 |

AWARDS/ACHIEVEMENTS/OTHERS*

| SL. No. | NAME OF AWARDS/ ACHIEVEMENTS/OTHERS | DESCRIPTION | MONTH/ YEAR |
|---------|---|---|-------------------------------------|
| 1. | Member, Board of Studies in Home Science (UG) | Kannur University | February 2024 to 2026 |
| 2. | Member, Board of Studies (UG & PG combined) in Home Science | M G University | 2021 to 2024 |
| 3. | Additional Examiner | Board of Examinations (B.Sc. and M.Sc. Home Science), M.G. University, Kottayam | 2016 Onwards |
| 4. | External Examiner | III & IV Semester BSc Home Science Degree Practical Examination | May 2024 |
| 5. | Question paper setter | IV semester MSc Examination, Kerala University | April 2024 |
| 6. | External Examiner | I Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination, December 2023 at BCM College, Kottayam | February 2024 |
| 7. | Resource person | Professional Development Programme on 'Outcome Based Education; Need & Relevance', organized by IQAC of Morning Star Home Science College, Angamaly | 5 th December 2023 |
| 8. | Question paper setter | I semester MSc Examination, Kerala University | November 2023 |
| 9. | Question paper setter | I semester MSc Examination, Kerala University | November 2023 |
| 10. | External Examiner | II Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination, July 2023 at BCM College, Kottayam | October 2023 |

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| 11. | Chairperson | III semester UG Examinations, Mahatma Gandhi University, Kottayam | October 2023 |
| 12. | Resource person | Awareness Class on 'Nurturing Healthy Eating Habits in Tiny Tots' for parents and teachers at Holy Grace School, Mala, Trissur | 30 th September 2023 |
| 13. | Resource person | Extension programme for the high school students of M.A.H.S. School, Athani on the topic 'Coping with Teen Stress: Tips & Techniques' | 6 th March 2023 |
| 14. | Member of organizing committee | 34 th Biennial Conference on Innovation and Incubation opportunities in Home Science for Self Reliant India, Home Science Association of India (HSAI) | 15 th to 17 th December 2022 |
| 15. | Resource person | Orientation class on 'The current challenges faced by parents and the ways to overcome it' for parents of Morning Star Home Science College students | 14 th March 2022 |
| 16. | Resource person | Orientation class on 'Art of Parenting' for parents of pre-school children in Tolins World School at Naduvattom, Malayattoor | 4 th March 2022 |
| 17. | Question Paper Setter | VI Semester B.Sc. Home Science (CBCSS) Examination, Kannur University | March 2021 |
| 18. | Question Paper Setter for Question Bank | I & II semester PG CSS Examination M.G. University, Kottayam | 2020-2021 |
| 19. | Question Paper Setter for Question Bank | III, IV & V semester UG CBCS Examination M.G. University, Kottayam | 2019-2020 |
| 20. | Resource Person | Professional Development Programme on 'Outcome Based Education', organised by IQAC of Morning Star Home Science College, Angamaly | 19 th October 2020 |

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| 21. | Resource Person | Technology Management Development Program on Food Sector organized by District Industries Centre, Ernakulam in association with PG and Research Department of Home Science and Department of Economics of Morning Star Home Science College | 11 th February 2020 |
| 22. | Resource Person | An awareness programme as part of World Food Day organized by PG and Research Department of Home Science at Anganwadi located in Cheriavappalasseri at Nedumbassery Panjayat | 16 th October 2019. |
| 23. | External Examiner | II Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination at BCM College, Kottayam | 2 nd September 2019 |
| 24. | External Examiner | I Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination at BCM College, Kottayam | 19 th August 2019 |
| 25. | External Examiner | IV Semester B.Sc. Degree (FCS) Practical Examination at BCM College, Kottayam | 30 th July 2019 |
| 26. | External Examiner | IV Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination (Thesis evaluation and viva-voce) at BCM College, Kottayam | 5 th July 2019 |
| 27. | Chief Examiner | II Semester PG (CBCS) Degree (Home Science) End Semester Examination of Assumption College, Changanacherry | 25 th May 2019 |
| 28. | External Examiner | IV Semester B.Sc. Degree (FCS) Practical Examination at BCM College, Kottayam | 4 th April 2019 |
| 29. | External Examiner | I Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination at BCM College, Kottayam | 19 th March 2019 |

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| 30. | External Examiner | III Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination at BCM College, Kottayam | 25 th February 2019 |
| 31. | External Examiner | B.Sc. Home Science Degree V Semester Examination at St.Teresa's College, Ernakulam | 16 th October 2018 |
| 32. | External Examiner | II Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination at BCM College, Kottayam | 8 th October 2018 |
| 33. | Question paper setter | III Semester UG (CBCS) Examination (B.Sc. FCS) of Assumption College, Changanacherry | 7 th July 2018 |
| 34. | External Examiner | IV Semester M.Sc. Home Science Degree Practical Examination (Project Evaluation and Viva-voce) at BCM College, Kottayam | 2 nd July 2018 |
| 35. | External Examiner | III & IV Semester B.Sc. Home Science Degree Practical Examination at BCM College, Kottayam | 22 nd June 2018 |
| 36. | Member in Board of Examiners | II Semester PG (CSS) Home Science Degree End Semester Examination at Assumption College, Changanacherry | 1 st June 2018 |
| 37. | External Examiner | III & IV Semester B.Sc. Home Science Degree Practical Examination at CMS College, Kottayam | 23 rd April 2018 |
| 38. | External Examiner | VI Semester B.Sc. Degree (FCS) Practical Examination at Assumption College, Changanacherry | 20 th April 2018 |
| 39. | External Examiner | I Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination at BCM College, Kottayam | 26 th March 2018 |
| 40. | External Examiner | III Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination at BCM College, Kottayam | 23 rd February 2018 |

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| 41. | Question paper setter | IV Semester UG Examinations (Home Science) of CMS College, Kottayam | 7 th February 2018 |
| 42. | Member, Board of Studies | Kannur University | 2018 |
| 43. | Subject Expert in the Screening Committee | Promotion of teachers in Home Science (Aided colleges of M.G. University) as per UGC regulation 2010 at Assumption College, Changanacherry | 24 th October 2017 |
| 44. | Chief Examiner | III Semester UG (CBCS) Degree (Home Science) End Semester Examination of Assumption College, Changanacherry | 17 th October 2017 |
| 45. | Judge | Flower Arrangement Competition at NIMIT, Pongam, Thrissur as part of the management fest 'Phoenix 2K17' | 7 th October 2017 |
| 46. | Subject Expert | Judgement of Cooking Competition at Nedumbassery Panchayath as part of Nutrition Week Celebrations 2017 | 19 th September 2017 |
| 47. | External Examiner | II Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination at BCM College, Kottayam | 21 st August 2017 |
| 48. | External Examiner | IV Semester M.Sc. Degree (Child Development and Behaviour Science) Practical Examination at BCM College, Kottayam | 7 th July 2017 |
| 49. | Resource Person | One day seminar on 'Nurturing Naturalistic Intelligence to Craft a Green World' at Kerala University College of Teacher Education, Kayamkulam and supported by KSCSTE | 9 th June 2017 |
| 50. | External Examiner | III & IV Semester B.Sc. Degree (FCS) Practical Examination at BCM College, Kottayam | 6 th June 2017 |
| 51. | External Examiner | III & IV Semester B.Sc. Degree (FCS) Practical Examination at Assumption College, Changanacherry | 2 nd June 2017 |

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| 52. | Member in Board of Examiners | II Semester PG (CSS) Home Science Degree End Semester Examination of Assumption College, Changanacherry | 15 th May 2017 |
| 53. | External Examiner | VI Semester B.Sc. Home Science Degree Practical Examination at BCM College, Kottayam | 19 th April 2017 |
| 54. | External Examiner | M.Sc. Home Science Degree IV Semester Practical Examination at St.Teresa's College, Ernakulam | 11 th April 2017 |
| 55. | External Examiner | M.Sc. Home Science Degree IV Semester Examination at St.Teresa's College, Ernakulam | 4 th April 2017 |
| 56. | External Examiner | III Semester M.Sc. Home Science Degree Practical Examination at BCM College, Kottayam | 9 th March 2016 |
| 57. | Question paper setter | II Semester PG (CSS) Dietetics and Food Service Management Examination of Assumption College, Changanacherry | 9 th March 2017 |
| 58. | External Examiner | M.Sc. Home Science Degree I Semester Examination at St.Teresa's College, Ernakulam | 28 th February 2017 |
| 59. | Member, Board of Studies (UG & PG combined) | M G University | 2017 to 2020 |
| 60. | External Examiner | II Semester M.Sc. Home Science Degree Practical Examination at BCM College, Kottayam | 11 th November 2016 |
| 61. | Resource Person | A training programme for Creche workers, organized by Kerala State Social Welfare Board at St.Jude Counselling Centre, Angamaly | 6 th October 2016. |
| 62. | External Examiner | VI Semester CBCSS (UG) FCS Degree Practical Examination at BCM College, Kottayam | 9 th May 2016 |
| 63. | External Examiner | M.Sc. Home Science Degree IV Semester Examination at St.Teresa's College, Ernakulam | 8 th April 2016 |
| 64. | Proficiency in M.Sc. Home Science (FRM) | S N College for Women, Kollam | 2000 |

JOURNAL PUBLICATIONS

| SL. No. | TITLE | NAME OF JOURNAL / VOL. NO / ISSUE NO / PAGE NOS | ISSN NO | MONTH / YEAR |
|----------------|--|--|----------------|---------------------|
| 1. | Difficulties faced by Parents of Autistic Children | Star Research Reach, Vol. 13 No.1 Pg. no. 34-40 | 0975-5101 | August 2021 |
| 2. | Common Physical and Psychological Hazards of Old Age | Star Research Reach Vol.8 No.2 Pg. no. 45-51 | 0975-5101 | December 2016 |

CONFERENCE PUBLICATIONS

| SL. No. | TITLE | NAME OF CONFERENCE | VENUE, MONTH / YEAR |
|----------------|--|--|---|
| 1 | Areas of Research for Quality Assurance in Teacher Education | National Seminar on Quality Assurance in Teacher Education | Gnanamani College of Education, Tamilnadu, December 2011 |
| 2 | Coping with Challenging Behaviour | National Conference on Fine-tuning Student's Behaviour | Gnanamani College of Education, Tamilnadu. January 2014 |
| 3 | Rights of Children | One day Basic Training Programme on Human Rights | Kerala University College of Teacher Education, Kayamkulam. October 2014 |

ORIENTATION/REFRESHER COURSES ATTENDED

| SL. No. | NAME OF THE PROGRAMME | NAME OF THE ORGANISER | MONTH/ YEAR |
|----------------|--|--------------------------------------|--|
| 1 | Orientation Programme XLII – UGC sponsored | UGC-HRDC, Kannur University, Kannur. | 9 th to 29 th January 2020 |
| 2 | Orientation Programme for the teachers of the University Colleges of Teacher Education | University of Kerala | November 2013 |

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| 3 | Orientation Programme on Restructured B.Ed. Curriculum-2013 | CSI College of Education, Parassala | October 2013 |
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FACULTY DEVELOPMENT PROGRAMME/SHORT TERM COURSES ATTENDED

| SL. No. | NAME OF THE PROGRAMME | NAME OF THE ORGANISER | MONTH/ YEAR |
|----------------|---|---|---|
| 1. | FDP on ChatGPT & AI Tools for Educators, in-line with OBE | The Kerala State Higher Education Council & Joseph's College, Irinjalakuda | 19 July to 26 July 2023 |
| 2. | FDP on Best Practices for Online Teaching: Classrooms, Courseware and Tools | Faculty Development Centre, The Kerala State Higher Education Council, Thiruvananthapuram | 8th to 14th July 2021 |
| 3. | Seven day Short Term programme on 'Early Education Matters! A Comprehensive Educator Programme' | Department of Home Science, St.Teresa's College, Ernakulam. | 23 rd to 29 th November 2020 |
| 4. | Two days online Research Advancement Programme (ReAP 2020) on 'Fostering Interdisciplinary Research in Young Minds' | Department of Home Science, St.Teresa's College, Ernakulam. | 25 th & 26 th November 2020 |
| 5. | Three days online Faculty Development Programme on 'Best Practices in Research' | The Research and Publication Committee of IQAC, Sree Narayana College, Nattika, Trissur. | 2 nd , 4 th & 7 th November 2020 |
| 6. | Three days Professional Development Programme on 'ICT Tools for Online Teaching' | IQAC, Morning Star Home Science College, Angamaly | 28 th to 31 st October 2020 |
| 7. | Five days online Professional Development Programme | The Management, Morning Star Home Science College, Angamaly. | 3 rd to 8 th October 2020 |
| 8. | Two weeks online course on 'Identification and Remediation of Specific Learning Disabilities' | Department of Home Science, St.Teresa's College, Ernakulam in association with Shishya Learning Centre. | 9 th to 22 nd September 2020 |

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| 9. | Two weeks online Faculty Development Programme on 'Advanced Concepts For Developing MOOCS' | Teaching Learning Centre, Ramanujan College, University of Delhi. | 2 nd to 17 th July 2020 |
| 10. | Ten days online course in 'E-Teaching with Learning Management Systems' | The All Kerala Private College Teachers' Association. | June 2020 |

SEMINARS/WEBINARS/CONFERENCES/WORKSHOPS ATTENDED

| SL. No. | NAME OF THE PROGRAMME | NAME OF THE ORGANISER & SPONSORING AGENCY | VENUE & DATE | LEVEL * |
|----------------|---|--|---|----------------|
| 1. | Food Safety Supervisor Training & Certification | PG & Research Dept. of Home Science, KARE, Ernakulam, FSSAI & FOSTAC | Morning Star Home Science College, Angamaly 13 th March 2024 | Institutional |
| 2. | UG Home Science - Syllabus Revision Workshop | Kannur University | Online 15 th to 17 th January 2024 | Regional |
| 3. | PDP on NEP 2020 Perspectives: Curriculum Framework for Undergraduate Programme | IQAC, Morning Star Home Science College, Angamaly | Morning Star Home Science College, Angamaly 4 th to 8 th December 2023 | Institutional |
| 4. | Workshop on Syllabus Preparation of FYUGP | M G University, Kottayam | St. Teresa's College, Ernakulam 13 th to 17 th November 2023 | Regional |
| 5. | One day workshop on 'Syllabus preparation of FYUGP' | M G University, Kottayam | Senate Hall, M G University, Kottayam 28 th October 2023 | Regional |
| 6. | PDP on 'Changing Dimensions of Higher Education: Innovations & Reforms in Curriculum' | IQAC, Morning Star Home Science College, Angamaly | Morning Star Home Science College, Angamaly 14 th August 2023 | Institutional |
| 7. | Workshop on 'Enhancing Educational Excellence: Strategies | IQAC, Morning Star Home Science College, Angamaly | Morning Star Home Science College, Angamaly 1 st July 2023 | Institutional |

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| | for Quality Sustenance’ | | | |
| 8. | IGNITE 2023: Action Planning Exercise’ | IQAC, Morning Star Home Science College, Angamaly | Morning Star Home Science College, Angamaly 13 th & 14 th June 2023 | Institutional |
| 9. | PDP on ‘Autonomous Colleges: Implementation strategies, Opportunities and Challenges’ | IQAC, Morning Star Home Science College, Angamaly | Morning Star Home Science College, Angamaly 7 th June 2023 | Institutional |
| 10. | National Conference on ‘Innovation and Incubation Opportunities in Home Science for Self-Reliant India’ | Home Science Association of India (HSAI) | St. Teresa’s College, Ernakulam 15 th to 17 th December 2022 | National |
| 11. | National webinar on ‘Paradigm Shift in Home Science Education’ | Home Science Association of India (Kerala Chapter) | Online Platform 18 th & 20 th February 2021 | National |
| 12. | National webinar on ‘Management of Learning Disorders’ | Aster KIND (Kids Integrated Neuro Developmental Center), Aster Medcity, Kochi | Online Platform 21 st & 22 nd November 2020 | National |
| 13. | Webinar on ‘Intellectual Property Rights- Concepts and Implications’ | Research Cell, Library, IIC and IEDC of Morning Star Home Science College, Angamaly | Online Platform 18 th November 2020 | Institutional |
| 14. | Webinar on ‘What can I eat?’ | PG & Research Department of Home Science, Morning Star Home Science College, Angamaly | Online Platform 15 th November 2020 | Institutional |
| 15. | Webinar on ‘Traditional Foods and Wellness’ | IQAC and PG Department of Home Science, Korambayil Ahamed Haji Memorial Unity Women’s College, Manjeri | Online Platform 1 st November 2020 | State |

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| 16. | National webinar on 'Traditional Foods and Immunity' | Department of Family and Community Science, CMS College, Kottayam in association with Home Science Association of India-Kerala Chapter | Online Platform 12 th October 2020 | National |
| 17. | National webinar on 'Academic Publishing and Research Prospects in Home Science' as part of "Explorigate", Research Webinar Series. | IQAC & the Research and Consultancy Cell, Vimala College, Thrissur | Online Platform 7 th August 2020 | National |
| 18. | International Webinar on 'Adapting to the new norm of Education-Part III Mental Health Needs for Students and Faculty' | Department of Home Science, Assumption College, Changanassery and facilitated by resource persons from Northern State University, USA | Online Platform 30 th July 2020. | International |
| 19. | International Webinar on 'Solid Waste Management' | Post Graduate Department of Home Science, Sree Narayana College for Women, Kollam | Online Platform 29 th July 2020. | International |
| 20. | International Webinar on 'Adapting to the new norm of Education-Part II Navigating Change for Students and Faculty' | Department of Home Science, Assumption College, Changanassery and facilitated by resource persons from Northern State University, USA | Online Platform 29 th July 2020. | International |
| 21. | International Webinar on 'Adapting to the new norm of Education-Part I Hyflex Learning Model' | Department of Home Science, Assumption College, Changanassery and facilitated by resource persons from Northern State University, USA | Online Platform 28 th July 2020. | International |
| 22. | National Webinar on 'Fundamentals of IPR' | Department of Zoology, Morning Star Home | Online Platform 22 nd July 2020. | National |

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| | | Science College, Angamaly | | |
| 23. | Webinar on 'How to Submit a Winning Project Proposal' | IQAC of St.Joseph's College, Irinjalakuda and Morning Star Home Science College, Angamaly | Online Platform 20 th July 2020 | Institutional |
| 24. | National Webinar on 'Advanced Materials for Future' | Department of Physics and IQAC of Morning Star Home Science College, Angamaly | Online Platform 29 th May 2020 | National |
| 25. | National Webinar on 'Who is a Great Teacher' | IQAC of Morning Star Home Science College, Angamaly | Online Platform 28 th May 2020 | National |
| 26. | International webinar on 'Innovative Teaching Strategies for Intellectually Diverse Students' | Department of Home Science and Centre for Research, St.Teresa's College, Ernakulam in association with IQAC | Online Platform 27 th May 2020 | International |
| 27. | International webinar on 'Rethinking Sustainability and Development in Times of COVID-19' | Department of Chemistry, Morning Star Home Science College, Angamaly in collaboration with Sustainable Futures in Africa. | Online Platform 17 th May 2020 | International |
| 28. | International webinar on 'Nurturing Physical, Mental and Social Health during and post Covid 19' | Institute of Home Science, Dr.Bhimrao Ambedkar University, Agra | Online Platform 16 th May 2020 | International |
| 29. | National Webinar on 'Skills for Fourth Industrial Revolution Post Covid 19' | Department of English, Morning Star Home Science College, Angamaly | Online Platform 16 th May 2020 | National |
| 30. | National Webinar on 'Impact of Covid-19 on the Indian Economy: Problems and Prospects' | Department of Economics, Morning Star Home Science College, Angamaly | Online Platform 14 th May 2020 | National |
| 31. | National Webinar on 'Effective Ways of Reaching Millennium | Department of Chemistry, Morning Star Home Science | Online Platform 10 th May 2020 | National |

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| | Learners' | College, Angamaly | | |
| 32. | National Webinar on 'Being Next-Gen Entrepreneur' | Albertian Centre for Human Resource Development and Research, St. Albert's College, Kochi. | Online Platform 24 th April 2020 | National |
| 33. | Workshop for 'Restructuring Under Graduate Curriculum and Syllabus' | Kannur University | Nirmalagiri College, Kannur 13 th May 2019 | National |
| 34. | Seminar on 'Online Databases and Information Retrieval' | IQAC and Library, Morning Star Home Science College, Angamaly | Morning Star Home Science College. 12 th March 2019 | Institutional |
| 35. | International conference on 'Air Pollution and Monitoring' | School of Environmental Sciences, Mahatma Gandhi University, Kottayam | School of Environmental Sciences, Mahatma Gandhi University, Kottayam 9 th , 10 th and 11 th March 2019 | International |
| 36. | International seminar on 'Poetics of Art and Media on Fashion' | Department of Fashion Designing, Women's Study Centre, St. Teresa's College, Ernakulam | St. Teresa's College, Ernakulam 21 st February 2019 | International |
| 37. | National seminar on 'Current Trends in Organic and Computational Chemistry' | Department of Chemistry, Morning Star Home Science College. Sponsored by UGC | 14 th and 15 th February 2019 | National |
| 38. | Workshop on 'PG CSS Syllabus revision' | M. G. University, Kottayam | E-Learning centre, CMS College, Kottayam 6 th and 7 th December 2018 | State |
| 39. | International conference on 'Innovations and Challenges in Food processing Sector' | B.Voc. Food Processing Technology, St. Teresa's College, Ernakulam Sponsored by UGC | St. Teresa's College, Ernakulam 9 th and 10 th February 2018 | International |

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| 40. | Workshop on 'Redesigning of courses for Outcome Based Education (OBE)' | Kerala State Higher Education Council in association with Mahathma Gandhi University | Mahathma Gandhi University Campus, Kottayam 17 th , 18 th and 19 th January 2018 | National |
| 41. | Workshop on 'Art of Parenting and Science of Parenting' | St. Jude Home Science Institute, Angamaly and NIMHANS, Bangalore | St. Jude Counseling Centre, Angamaly 1 st and 2 nd December 2017 | International |
| 42. | Seminar on 'Nurturing Naturalistic Intelligence to craft a Green World' | Organized by Kerala University College of Teacher Education, Kayamkulam, Sponsored by Kerala State Council for Science, Technology and Environment, Trivandrum | Kerala University College of Teacher Education, Kayamkulam 9 th June 2017 | State |
| 43. | National Seminar on 'Social Entrepreneurship: Avenues and Challenges in Home Science' | Dept. of Home Science, Govt. College for Women. Sponsored by Directorate of Collegiate Education, Govt. of Kerala. | Govt. College for Women, Thiruvananthapuram 29 th & 30 th November 2016 | National |
| 44. | One Day Basic Training Programme on 'Human Rights' | Kerala University College of Teacher Education, Kayamkulam. Sponsored by National Human Rights Commission, New Delhi | Kerala University College of Teacher Education, Kayamkulam. 29 th October 2014 | Institutional |
| 45. | State Seminar on 'Scientific Temper- An Individual and Social process of Thinking and acting' | Kerala University College of Teacher Education, Nedumangad. Sponsored by Kerala State Council for Science, Technology and Environment | Kerala University College of Teacher Education, Nedumangad 24 th February 2014 | State |

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| 46. | National Conference on 'Fine-tuning Student's Behaviour' | Gnanamani College of Education. | Gnanamani College of Education, Tamilnadu. 27 th & 28 th January 2014 | National |
| 47. | Creative Workshop for 'Drafting & Editing of B.Ed. Home Science curriculum 2013' | Board of Studies, University of Kerala | Mar Theophilus Training College, Thiruvananthapuram 1 st to 5 th April 2013 | Institutional |
| 48. | State Seminar on 'Genetically Modified Crops and Food Security- Issues and Prospects' | Kerala University College of Teacher Education, Nedumangad. Sponsored by Kerala State Council for Science, Technology and Environment. | Kerala University College of Teacher Education, Nedumangad 28 th February 2013 | State |
| 49. | Workshop for the 'Revision of B.Ed. Home Science curriculum 2013' | Board of Studies, University of Kerala | University of Kerala 22 nd & 23 rd February 2013 | Institutional |
| 50. | Counseling Program on 'Adolescent Mental Health Issues' | Child Development Centre in association with Kerala University College of Teacher Education, Thiruvananthapuram | Kerala University College of Teacher Education, Kumarapuram. 28 th November 2012 | Institutional |
| 51. | National Seminar on 'Quality Assurance in Teacher Education' | Gnanamani College of Education. Sponsored by NAAC | Gnanamani College of Education, Tamilnadu. 16 th & 17 th December 2011 | National |

SEMINARS/WORKSHOPS ORGANIZED

| SL. No. | NAME OF THE SEMINAR | NAME OF THE ORGANISER & SPONSORING AGENCY | VENUE & DATE | POSITION HELD | LEVEL * |
|----------------|---|--|--------------------------------|----------------------|----------------|
| 1. | 'Innovation and Incubation Opportunities in | Home Science Association of India (HSAI) | St.Teresa's College, Ernakulam | Member, Organizing | National |

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| | Home Science for Self-Reliant India' | | On 15 th to 17 th December 2022 | | |
| 2. | Webinar on 'What can I eat?' | PG and Research Department of Home Science, Morning Star Home Science College, Angamaly | Online platform 15 th November 2020 | Member, Organizing committee | State |
| 3. | Webinar series on 'Organic Farming- A Sustainable Path for worthy Health and Wealth' | PG and Research Department of Home Science, Morning Star Home Science College, Angamaly in collaboration with the ICAR- Krishi Vigyan Kendra, Kottayam | Online platform 15 th to 17 th October 2020 | Member, Organizing committee | State |
| 4. | National webinar on 'Nutrients to Boost Immune Function- Fight Covid 19' | PG and Research Department of Home Science, Morning Star Home Science College, Angamaly | Online platform 20 th May 2020 | Member, Organizing committee | National |
| 5. | Two-day State level workshop on 'Research Methodology' | PG and Research Department of Home Science, Morning Star Home Science College, Angamaly | Morning Star Home Science College, Angamaly 1 st and 2 nd August 2019 | Member, Organizing committee | State |
| 6. | 'Grahadarshan 2018' - One day self employment training programme | Department of Home Science, Morning Star Home Science College, Angamaly | Morning Star Home Science College, Angamaly 27 th October 2018 | Member, Organizing committee | Institutional |
| 7. | 'Deck The Halls' - a five day Bakery and Confectionery Workshop | Department of Home Science, Morning Star Home Science College, Angamaly | Morning Star Home Science College, Angamaly 12 th to 16 th December | Member, Organizing committee | Institutional |

| | | | 2017 | | |
|-----|---|---|---|--------------------------------------|---------------------|
| 8. | 'Grahadarshan 2017' - One day self employment training programme | Department of Home Science, Morning Star Home Science College, Angamaly | Morning Star Home Science College, Angamaly 7 th October 2017 | Member, Organizing committee | Institio nal |
| 9. | National Seminar on 'Food Safety and Quality Assurance- A Comprehensive Perpetual Perspective' | Dept. of Home Science, Morning Star Home Science College. Sponsored by UGC | Morning Star Home Science College, Angamaly. 11 th & 12 th August 2016 | Member of Organizing Committee | National Seminar |
| 10. | One day Training Programme on 'Adolescent Mental Health & Reproductive Health' | Kerala University College of Teacher Education, Kumarapuram in association with Child Development Centre, Medical College, Thiruvananthapuram | Kerala University College of Teacher Education, Kumarapuram . 10 th February 2011 | Member of Organizing Committee | Institio nal |
| 11. | Two day Training Programme on 'Life Skills for Student Teachers' | Kerala University College of Teacher Education, Kumarapuram in collaboration with Council for Teacher Education | Kerala University College of Teacher Education, Kumarapuram . December 2011 | Member of Organizing Committee | Institio nal |

PROFESSIONAL AFFILIATIONS/MEMBERSHIPS

- Life member of Home Science Association of India (HSAI)

INVITED TALKS/IN MEDIA/ANY OTHER

- Resource person for Professional Development Programme- Talk on '**Outcome Based Education: Need & Relevance**' at Morning Star Home Science College students on 5th December 2023.
- Awareness Class on '**Nurturing Healthy Eating Habits in Tiny Tots**' for parents and teachers at Holy Grace School, Mala, Trissur on 30th September 2023.
- Talk on '**Coping with Teen Stress: Tips and Techniques**' for High School Students of Mar Athanasios High School, Athani, organized by KSWDC & Women's Cell of Morning Star Home Science College, Angamaly on 6th March 2023.
- Orientation class on '**The current challenges faced by parents and the ways to overcome it**' for parents of Morning Star Home Science College students on 14th March 2022.
- Orientation class on '**Art of Parenting**' for parents of pre-school children in Tolins World School at Naduvattom, Malayattoor on 4th March 2022.
- Talk on '**Outcome Based Education**' as part of Professional Development Programme , organized by IQAC of Morning Star Home Science College, Angamaly on 19th October 2020.
- Talk on '**Food preservation and Adulteration**' as part of Technology Management Development Program on Food Sector organized by District Industries Centre, Ernakulam in association with PG and Research Department of Home Science and Department of Economics of Morning Star Home Science College 11th February 2020.
- Talk on '**Developmental aspects of pre-school children**' as part of World Food Day organized by PG and Research Department of Home Science to the parents of pre-school children in the Anganwadi located in Cheriavappalasseri at Nedumbassery Panjayat on 16th October 2019.
- Talk on '**Environment-friendly food habits**' as part of seminar on 'Nurturing Naturalistic Intelligence to craft a Green World' organized by KUCTE, Kayamkulam and Sponsored by Kerala State Council for Science, Technology and Environment on 9th June 2017.
- Talk on '**Child development**' as part of Creche workers' training programme, organized by Kerala State Social Welfare Board at St.Jude Counselling Centre, Angamaly on 6th October 2016.

POSITIONS HELD IN COLLEGE

- Programme Coordinator, Women's Cell & Youth Red Cross, 2023 – 2024
- Class advisor – II B.Sc. FCS 2019-2024
- Scholarship Nodal Officer, 2021-2024
- Staff Secretary, 2020-2021
- In charge of College Portal, 2020-2021
- In charge of College Website and College Portal, 2018-2020
- Coordinator, Walk With a Scholar Programme, 2018-2020
- Joint Coordinator, Save A Star Programme, 2018-2019
- Class advisor – III B.Sc. FCS 2018-2019
- Magazine Editor, 2017-2018
- Class advisor – II B.Sc. FCS 2016-2018
- Walk With a Scholar Mentor. 2016-2018
- Union Advisor, 2016-2017

PG PROJECTS GUIDED

| SL. No. | TITLE | YEAR |
|---------|---|------|
| 1. | Impacts of Electronic Gadgets on Physical and Mental Health of Preschoolers | 2023 |
| 2. | Role of parents in Nurturing Intellectually disabled children | 2022 |
| 3. | Challenges faced by mothers on child rearing during post covid period | 2022 |
| 4. | Problems Faced by Recoverd Leprosy People | 2021 |
| 5. | Role of parents in fostering Autistic children | 2020 |
| 6. | The social, moral and religious behaviour among children of working and non-working mothers | 2020 |

| | | |
|-----|---|------|
| 7. | A comparative study on the academic and co-curricular activities of selected government and government aided senior secondary schools | 2019 |
| 8. | Consumer behavior of working and non-working women in urban and rural area | 2019 |
| 9. | Trends in play habits and its impact on developmental aspects of children | 2017 |
| 10. | Influence of parents in the academic achievements of children | 2017 |

UG PROJECTS GUIDED

| SL. No. | TITLE | YEAR |
|----------------|---|-------------|
| 1. | Nature Integrated Smart Interiors | 2024 |
| 2. | Development of Functional Products from Discarded Fabrics | 2024 |
| 3. | Development and Evaluation of Products using Banana Stem Fibre | 2024 |
| 4. | Development of items with waste cloth | 2024 |
| 5. | Development and Evaluation of Pickles | 2024 |
| 6. | Trends in Kitchen Design and Settings | 2023 |
| 7. | Awareness and Practices on Plastic Waste Management | 2023 |
| 8. | Types and importance of lights used in museum | 2022 |
| 9. | Indoor gardening practices among working women | 2022 |
| 10. | Development and Evaluation of Handicraft Products | 2021 |
| 11. | Development and Evaluation of Chicken snacks for Early Adulthood | 2021 |
| 12. | Rice Consumption, Meal Patterns, Obesity and Type 2 Diabetes in Adulthood | 2021 |

| | | |
|-----|---|------|
| 13. | Preference of sterilized flavoured milk among adolescent girls | 2020 |
| 14. | Development of fabric painted products | 2020 |
| 15. | Coffee addiction among men and women | 2020 |
| 16. | Event management practices and customer preferences | 2019 |
| 17. | Role of parents in character formation among pre-school children | 2019 |
| 18. | Clothing trends among late adolescent girls | 2019 |
| 19. | Evaluation of the effectiveness of an educational toy developed for Preschool children | 2018 |
| 20. | Comparative study on the role of anganwadi and playschool in developmental aspects of pre-school children | 2018 |
| 21. | Role of anganwadi and playschool in developing physical, motor, cognitive and language skills among pre-school children | 2018 |
| 22. | Aggressive behaviour of pre-school children while playing | 2017 |
| 23. | Influence of visual media on social behaviour of school going children | 2017 |
| 24. | Health problems among working women | 2017 |

LECTURE NOTES

- Human Development
- Family Dynamics
- General Psychology
- Guidance and Counseling
- Early Childhood Care Education
- Early Intervention for Infants and Exceptional Children
- Interior Decoration and Related Arts
- Research methodology

REFERENCES

- Dr.Sunith Kumar G.N., Former Principal, KUCTE, Nedumangad, Trivandrum
- Smt.Sheeja C. Haran., Former HOD, Dept. of Home Science, S N College for Women, Kollam