

PROFILE OF THE FACULTY MEMBER

Personal Profile

1. Name : **DR.SITHARA BALAN V**
2. Designation : Assistant Professor
3. Department : HOME SCIENCE
4. Gender : FEMALE
5. DOB & Age : 12.12.1980/ 42 Years
6. Date of joining : 16.01.2013 FN
7. Contact number & email : 9895577304/ sithara@gcwtvm.ac.in
8. Residential address : DEVADEYAM, TC 9/1689-1; KARIYAM, SREEKARYAM P.O, THIRUVANANTHAPURAM,
KERALA



Academic profile

9. Area of specialization : HOME SCIENCE- EXTENSION EDUCATION

10. Educational qualification(degree onwards) :

<i>Degree</i>	<i>Subject</i>	<i>Institution</i>	<i>Year of passing</i>	<i>Grade/percent age</i>
PhD	HOME SCIENCE	UNIVERSITY OF KERALA	2011	Successfully completed
MPhil	HOME SCIENCE- EXTENSION EDUCATION	AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER EDUCATION FOR WOMEN, DEEMED TO BE UNIVERSITY, COIMBATORE	2004	I
MSC	HOME SCIENCE	UNIVERSITY OF KERALA	2003	I
BSC	HOME SCIENCE	UNIVERISTY OF KERALA	2001	1
DIPLOMA	DIPLOMA IN NUTRITION AND HEALTH EDUCATION	IGNOU	2010	1

10. Teaching experience:

<i>Designation</i>	<i>Institution</i>	<i>Period of work</i>	<i>Experience in years</i>
ASSISTANT PROFESSOR	GOVT COLLEGE FOR WOMEN, TVPM	2013-PRESENT	10 YEARS

Participation in seminars/workshops**11. Participation in academic conferences/ seminars/workshops/symposiums**

<i>Sl No</i>	<i>Seminar/ workshop</i>	<i>Topic of seminar/ workshop</i>	<i>Sponsoring agency</i>	<i>Institution</i>	<i>Title of paper presented</i>	<i>Duration</i>
1	International Conference	Healthy Ageing in the Changing World 2013	World Congress of Gerontology and Geriatrics	Indian Institute of Sciences, Bengaluru	Quality of life of the elderly in Kerala (Poster)	30 Sep-Oct 1, 2013
2	International Conference	International Conference on Ageing Well- Managerial and Social Challenges- ICAW 2014	ICSSR	SCMS Kochi, Kerala	Nutritional Status of the Elderly in Kerala: A cohort study	17-19 Jan 2014
3	National Seminar	Corporate Social Responsibility in Community Development	ICSSR	Avinashilingam Deemed University, Coimbatore	Corporate Social Responsibility- An Indian Perspective	22-23 Jan 2014
4	National Conference	Role of governance, leadership and management for Quality enhancement in higher educational institutions	UGC-NAAC	Hans Raj Mahila Maha Vidyalaya, Jalandar	“Inculcating healthy practices in higher educational institutions – a case study from Kerala”	5-6 Sep 2014

5	National Workshop	Writing and Publishing in Social Sciences		Loyola College of Social Sciences, Tvpm.	Participation	4-6 December 2014
6	National Workshop	Quantitative Research and techniques using IBM SPSS	IBM	Christ University, Tvpm	Participation	29-31 July 2014.
7	National Conference	Women in the 21 st century: working towards empowerment	ICSSR	Goa College of Home Science, Panaji	Family Adjustments of Women IT Professionals	13-14 Feb 2015.
8	International Conference	Advances in Home Science Studies	UGC	Sri Padmavati Mahila Visvavidyalayam, Tirupathi, AP	Effect of multimedia package on healthy eating habits of adolescents.	20-21 February 2015.
9	Biennial Conference	Science and Technology for Reaching the Unreached	Home Science Association of India	College of Rural Home Science, UAS, Dharward	Social interventions for women in ST settlements of Vithura Panchayat, Kerala	28-30, Jan 2016
10	Conference	Social Entrepreneurship education network conference	UKISEEN	IIT Madras	Participation	15-16 th April 2016
11	National Conference	Health Inequities in India: Transformative Research for Action		Achutha Menon Centre for Health Science Studies, Sree Chitra Tirunal Institute for Medical Science and Technology,	Participation	8-11 Jan 2018

				Thiruvananthapuram, Kerala		
12	National seminar	Home Science for young India New India		Avinashilingam Deemed University, Coimbatore	Domestic violence, powerlessness and access to fisherfolk women in Thiruvananthapuram	Feb 2018
13	International Symposium	Metabolism and Ageing		Mar Ivanios College, Tvpm	A study on the extent of food availability and accessibility to the elderly living below poverty line in Thiruvananthapuram, Kerala-poster	16-17 July 2019
14	International Conference	International Conference on Ageing		MANIPALUniversity		1-2 March 2019
15	National Workshop	Technology as outreach as an enabler for Inclusive and Sustainable development	UBA, MHRD, GoI	IIT Delhi	Participation	10-12 August 2019
16	National Workshop	“ Prospect of Enrolment and Evocation in Home Science and Agriculture Education”,	ICAR	University of Rajasthan , Jaipur	Subject Expert	Nov 18-19, 2019

17	National Seminar	Socio-digital approaches for transforming Indian Agriculture	ICAR, ISEE	Chaudhari Charan Singh Agricultural University, Hisar, Haryana	Rapporteur	Nov 21-23, 2019
18	National Seminar	“Enriching Research Horizons” ReAP2K19		St.Teresa’s College, Ernakulam	Resource Person	5-6 Dec 2019
19	Curriculum fair	Curriculum fair 2020	IQAC, FLAIR, UoK	Department of Teacher Education, Tvp m	Activity monitoring of innovative project C5 for curriculum development.	13-17 Feb 2020.
20	Seminar	International Womens Day Seminar	Dept of WCD, GoK and UoK	University College, Tvp m	Participation	6 March 2020
21	National workshop	Issues and Concerns during COVID	IITRB Remote Centre	Bharatidasan Govt College for Women, Puduchery	Participation	20-22 May 2020
222	National Webinar	Gender Sensitisation: Need of the hour	Dr.BhimRao Ambedkar University, Agra	Institute of Home Science, Dr.BhimRao Ambedkar University, Agra	Participation	26 th May 2020
23	National webinar	Academic E-content development	Bishop Abraham Memorial College	Bishop Abraham Memorial College, Pathanamthitta	Participation	30 May 2020
24	National Webinar	ICT for Community Outreach	ADU	Avinashilingam Deemed University, COimbatore	Participation	15 July 2020.

25	National Webinar	Extension Work: Possibilities in the pandemic	Lady Irwin College	Lady Irwin College, New Delhi	Participation	17 July 2020
26	International Webinar	How to conduct evaluation of Agricultural Extension Programmes	Directorate of Extension	Maharana Pratap University of Agriculture and Technology, Udaipur	Participation	5 th Nov 2020
27	National Webinar	Fostering Interdisciplinary Research in Young Minds	St Teresas College, Kochi	St Teresas College, Kochi	Participation	25-26 th Nov 2020
28	International CONFERENCE webinar	Role of NGOs in Extension Services: Opportunities and Challenges	IEE	Institute of Agriculture Sciences, BHU	Developing Communication Tools for creating awareness of COVID 19 among communities in Kerala	27-30 Dec 2020
29	National Seminar	Transforming Indian Agriculture through Pluralistic and Innovative Extension Approaches for Self Reliant India	IRRI, Global Communication Research Association, Australia, ISEE	Banaras Hindu University, Varanasi	Tailored Nutrition through Microgreen Farming- an intervention (Poster)	4-6 Oct 2021
30	International Conference	V th BIENNIAL VIRTUAL INTERNATIONAL CONFERENCE ON AGING WELL (ICAW2022)	SCMS GROUP OF EDUCATIONAL INSTITUTIONS, COCHIN,	SCMS KOCHI	Climate change and the older adults in kerala	1 April 2022

		“DIGITAL TRANSFORMATION: REDEFINING THE EXPERIENCE FOR THE AGED”	KERALA, INDIA and HELPAGE INDIA			
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Publications

12. Papers/Articles in Journals

<i>Sl No</i>	<i>Name of article/paper</i>	<i>Name of Journal</i>	<i>ISSN</i>	<i>Volume No & Issue No.</i>	<i>Month & year of publication</i>	<i>Page numbers</i>	<i>Impact factor</i>
1.	Health Status of Elderly in Kerala: A sub sample study	Indian Journal of Nutrition and Dietetics	0022-3174	Vol 50;	Dec 2013	499-505	
2	Health status of solid waste women workers	Human Rights International Research Journal	2320-6942	Vol 2, Issue 1	2014	22-24	
3	Nutritional Intake of the Elderly :Cohort Study	SCMS Journal of Indian Management	0973-3167	Vol XI, No: II	April-June 2014	35-46	
4	Impact of the Problems of elderly on their quality of life: a case study in Thiruvananthapuram, Kerala	Journal of Research, Extension and Development	2319-1899	Vol 3, No 4	Dec 2014		
5	Quality of life of Elderly in Thiruvananthapuram district	Indian Journal of Gerontology	0971-4189	Vol:29, No:3	Nov 2015	331-346	
6	Social intervention for women in ST settlements of Vithura Panchayat	International Journal on Home Science	2395-7476	Vol 2, issue 2	May-Aug 2016	356-358	5.3
7	A study on the eating habits of adolescents in	International Journal on Home Science	2395-7476	Vol 2; Issue 3	Nov-Dec 2016	687-690	5.3

	Thiruvananthapuram city, Kerala						
8	“Reproductive health status of women in rural areas of Thiruvananthapuram, Kerala	International Journal of Science and Research (IJSR)	2319-7064	Volume 6; Issue 10	Oct 2017	online	6.39
9	Domestic violence, powerlessness and access to fisherfolk women in Thiruvananthapuram	Asian Journal of Multidimensional Research	2278-4853	Vol 7, I-2	February 2018	699-703	4.7
10	A study on the extent of food availability and accessibility to the elderly living below poverty line in Thiruvananthapuram, Kerala	Journal of Nutrition Research	2348-1064	Vol6, I -1	2018	107-110	
11	Knowledge, attitude and practice of adolescents on healthy eating- An intervention study in Kerala	International Journal of Applied Home Science	2394-1413	Volume 5	May-September (2018)	5-9	5.48
12	Trends in the consumption pattern of carbonated beverages and sweeteners among adolescents in Kerala – A comparative study.	Indian Journal of Home Science	0970 2733	Vol 31, No: 1	2019	24-30	Ugc cl
13	“ A study on the mental health status of the elderly in the flood affected areas of Alapuzha	Indian Journal of Home Science	0970 2733	Vol 32; No:2	July 2020	219-228	Ugc cl

14	DEVELOPING COMMUNICATION TOOLS FOR CREATING AWARENESS ON COVID-19 PANDEMIC AMONG SCHOOL GOING CHILDREN (6-12 YEARS)	Journal of Scientific Research	0447-9483	Vol 65; Issue 4	May 2021	18-22	UGC CI
15	MICRO GREEN FARMING FOR PRODUCTIVE LIFE MANAGEMENT	Journal of Scientific Research	0447-9483	Vol 65; Issue 4	May 2021	137-143	UGC CI
16	EXPLORING THE EXPERIENCES OF OLDER ADULTS ADAPTING TO GAMES FOR IMPROVING MENTAL WELLBEING - A CASE STUDY FROM KERALA	Indian Journal of Home Science	0970 2733	VOL 33, NO 2	July 2021	61-69	UGC CI
17	REVERSING POLY CYSTIC OVARIAN SYNDROME AMONG WOMEN IN REPRODCUTIVE AGE GROUP- AN EVIDENCE BASED STUDY FROM KERALA, INDIA	INTERNATIONAL JOURNAL OF MEDICINE AND PHARMACEUTICAL SCIENCES (IJMPS)	321-0095	Vol 11, Issue 2	Oct- Dec 2021	81-86	8.3
18	"Exploring Gender parity among relationships: An overview among adolescents in Kerala"	International Journal of Recent Scientific Research	0976-3031	Vol. 13, Issue, 08	August 2022	2044-2047	7.383

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13. Papers/ articles in seminar proceedings

<i>Sl No</i>	<i>Name of the seminar proceedings</i>	<i>Name of article / paper</i>	<i>Publisher</i>	<i>Place of publication</i>	<i>Year of publication</i>	<i>Pages</i>
1.	Women led Empowerment-33 rd Biennial conference of HSAI	A study on safe menstruation and hygiene practices among women in coastal areas of Kerala	Shanga Verlag Publishers	Coimbatore	2020	44-48
2.	International Conference on Women Empowerment-ICWE 2014	Health status of solid waste women workers	Ratna Prasad Multidisciplinary Research and Educational Society	Andhra Pradesh	2014	10-12
3.	“Emerging trends in family and community science”	“Impact of Kudumbasree on the Empowerment of Women in Munnar Panchayat”	Dept of Home Science, GCW, Tvpm	Tvpm	2014	257-266
4.	Women in the 21 st century: working towards empowerment	Family adjustment of women in IT professions	Goa College of Home Science	Goa, Panaji	2015	
5.	Development communication and Endo-Nutrition: The Current Drift.	“ Safe Menstrual Hygiene Practices among women in coastal areas.	Dept of Home Science, GCW, Tvpm	Tvpm	2017-2018	
6.	Enriching Research Horizons- Reap 2019	Academic Writing and Scientific Poster making	Sooryagatha Publishers	Kochi, Kerala	2019	5-10
7.	31st Kerala Science Congress	Social interventions on improving the quality of life of women living in ST settlements of Kavumkal Desom, Kollam	KSCSTE	Tvpm, Kerala	2019	239-240

14. Chapters in edited book

<i>Sl No</i>	<i>Name of chapter</i>	<i>Title of book</i>	<i>Publisher</i>	<i>Place of publication</i>	<i>Year of publication</i>	<i>Pages</i>
1.	Geriatric Women & Health	Women's health across the life span	Mittal Publisher	New Delhi	2021 Isbn 978-93-90692-29-3	47-58
2	Glass ceiling in Gender	Women and Diversity	International Books & Periodicals Supply service	New Delhi	2021 Isbn 978-93-88892-79-7	593-598
3	Clean water and sanitation for all	Sustainable Development Goals in Indian Context: Interventions and Schemes	Pustak Sansar	Jaipur	2020 ISBN 978-93-81737-92-7.	203-219
4	Ariviloode Arogyam	Basic Science text book (7th Equivalency)	Kerala State Literacy Mission Authority	Thiruvananthapuram, Kerala (https://literacymissionkerala.org)	2020	105-120
5	Ente Bhakshanam ente kaikaliloode	Biology Text book(10th Equivalency)	Kerala State Literacy Mission Authority	Thiruvananthapuram, Kerala (https://literacymissionkerala.org/wp-content/uploads/2018/01/BIOLOGY-2.pdf)	2020	75-84
6	Extension Education	Text book on Home Science	SCERT	Thiruvananthapuram, Kerala	2014-15	
7	Assessment of Nutritional Status and Diet for Night Blindness	Food science, Nutrition & Biochemistry- Lab manual for BSc Home Science	Romanson Publishing House	Thiruvananthapuram, Kerala	2021 Isbn 78-81-949580-7-9	98-103; 170-172

8	Engendering the gender concepts-An overview on gender and relationships	Gender Issues	Mittal Publications	New Delhi	2022 Isbn 9789394569249	1-6
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15. Books edited

<i>Sl No</i>	<i>Title of book</i>	<i>Name of publisher</i>	<i>Place of publication</i>	<i>Year of publication</i>
1.	Aging with Dignity and Respect	MAHI PUBLISHERS	Ahmedabad	2021
2.	“Extension Education and Communication: Current trends and Future Directions	MODERN BOOK HOUSE	Thiruvananthapuram, Kerala	2019
3.	Informatics and Research	SHADOWS PUBLISHERS	Thiruvananthapuram, Kerala	2018
4.	Social Entrepreneurship: Avenues and Challenges in Home Science	Dept of Home Science	Thiruvananthapuram, Kerala	2017
5.	Emerging trends in Family and Community Science	Dept of Home Science	Thiruvananthapuram, Kerala	2014
6	Incubation and Innovation opportunities through home science	Roamnsions Publishers	Thiruvananthapuram, Kerala	2022

Research projects undertaken/ ongoing research projects

16. Major/minor research projects/ special research projects

<i>Sl No</i>	<i>Name of project</i>	<i>Funding agency</i>	<i>Title of the work</i>	<i>Sanctioned amount</i>	<i>Sanctioned date</i>	<i>Whether completed or not</i>
1	MINOR PROJECT	UGC	Inculcating healthy eating habits among adolescents- a multimedia approach	Rs 1,50000/-	MRP(S)-0695/13-14/KLKEO14/UGC-SWRO dated 28/03/2014	Submitted
2	Student Project	KSCSTE	Safe menstruation among women in coastal areas of Thiruvananthapuram an action research	Rs 8000/-	295/SPS63/2018/KSCSTE dated 07/01/2019	Submitted

17. Area of consultancy and income generated

<i>Sl No</i>	<i>Area of consultancy</i>	<i>Beneficiary</i>	<i>Income generated</i>
1.	External Member, ICC (Gender Issues)	Staff of the Income Tax Dept, Thiruvananthapuram Office	Voluntary
2.	Research Guidance	KANAL Innovations and Charitable Trust, Tvpm	Voluntary, in return Post graduate students were given Internships at Kanal.

18. Experiences in delivering invited talks/ practical sessions outside the college

<i>Sl No</i>	<i>Topic on which the lecture was delivered</i>	<i>Place or name of institution in which it was delivered</i>	<i>Beneficiaries</i>	<i>Date of lecture</i>	<i>Duration of lecture</i>
1.	Gender mainstreaming and Budgetting	JNRM College, Port Blair, Andaman and Nicobar Islands	Govt Officials of LSG.	20-22 February 2020	3 days
2.	Academic Writing and Scientific Poster Making	St. Teresa's College Ernakulam, Kerala	Faculty, students and Research Scholars	6 th Dec 2019	2 hours
3.	Recent Trends in Extension Communication	ASAP ONLINE Session	Science Students	April- may 2020	1.5 hrs
3.	EXPLORATION INTO ESSENTIALS OF RESEARCH METHODOLOGY	Kanal Innovations, Kerala (online)	NGO volunteers/ social work students	13 th June 2020	1.5 hrs
4.	Panchayat Raj	Eteach with Scholar Programme organised by ST Joseph's College for Women, Alappuzha (online)	Final year BSc Home Science students	27 July 2020	2 hrs

5.	CHANGING LIFESTYLE AND COVID MANAGEMENT	ICDS PARAKKODE ADDITIONAL, ADOOR, PATHANAMTHITTA (ONLINE)	ICDS WORKERS	27 September 2020	2 hrs
6.	LIFESTYLE MODIFICATIONS DURING PANDEMIC PERIOD	Akgct Womens committee (online)	Students	18 th October 2020	1hr
7.	CREATING AWARENESS ABOUT COVID 19 AMONG SCHOOL CHILDREN	AIWC Chirayinkeezhu chapter and Sandeepani School, Tvpm(Online)	School Students	15 Dec 2020	1 hr
8.	JOURNEY OF AN EXTENSIONIST	Mount Carmel College, Bangalore (Online)	Faculty, students and Research Scholars	19 th March 2021	1.5 hrs
9.	ANAEMIA PREVENTION AND CONTROL	ICDS EDAPPALLY ADDITIONAL, KOCHI (Online)	Students of Rajagiri College of Social Sciences	19 th June 2021	1.5 hrs
10.	ANAEMIA PREVENTION AND CONTROL	ICDS EDAPPALLY ADDITIONAL, KOCHI (Online)	Students of St Pauls College, Kochi	22 nd June 2021	1.5 hrs
11.	Gender and relations	District Office, Dept of Women and Child Development, GoK	Students of CSI Institute of legal studies, Parassala, Tvpm	22 nd July 2021	1.5 hrs

12.	Gender and relations	District Office, Dept of Women and Child Development, GoK	Students of Govt College for Women, Tvpm, Kerala	31 st July 2021	1.5 hrs
13.	Career guidance to course passouts	ENPAH 2021, ST.JOSEPH'S COLLEGE FOR WOMEN, ALAPPUZHA	Students	4 th August 2021	1.5 hrs
14.	Yoga and Wellness	ICDS EDAPALLI ADDITIONAL, KOCHI	ICDS Workers	11 Sep 2021	1.5 hrs
15.	Yoga and Soorya Namaskaram	DISTRICT ICDS CELL, Tvpm	ICDS Workers and adolescents	11 Sep 2021	1.5 hrs
16.	ROLE OF YOGA AND WELLNESS	BHARATHIDASAN GOVT COLLEGE FOR WOMEN, IN ASSOCIATION WITH IAPEN PUDUCHERY CHAPTER	Students, NSS officers	29 Sep 2021	1 hr
17.	Role of Community engagement for school students	Oxford International School, Tvpm	School Students	November 2018	2 hrs
18.	Healthy eating habits	Sandeepani School, Nandancode, Tvpm	School Students	July 2016	1 hr
19.	Healthy eating habits	Oxford International School, Tvpm	School Students	July 2016	
20.	Role of teachers in the present scenario	Sandeepani School, Nandancode, Tvpm	School Students and teachers	6 th Sep2021	1 hr
21	Gender sensitisation	Govt VHSE for deaf , Jagathy, Tvpm	NSS Volunteers	16 th August 2022	1hr
22	Responsible parenting	DEPT OF WOMEN AND CHILD, GOVT OF KERALA	Beneficiaries of Premarital counselling	15 th August 2022	2 hrs
23	Gender concepts and stereotypes	Online collaborative training programme on- Mainstreaming gender concerns in agriculture and allied sector by Punjab Agriculture University and MANAGE, Hyderabad	Extension Officials	20 th September 2022	1hr

24	Gender sensitization among youth	Punjab Agriculture University	Students of Dept of Extension and Communication Management	11 th April 2022	2 hrs
25	Workshop on Violence against Women and girls	OFFIC EOF THE INCOME TAX COMMISIONARATE, TVPM	Officals of Income tax dept	7 th December 2022	1hr
26	Flower arrangement	REFRESHER COURSE for higher secondary school teachers by Govt College for Women	Higher secondary school teachers	6 th December 2022	1hr

19. Awards/recognition

<i>Sl No</i>	<i>Name of awards</i>	<i>Designation or class</i>	<i>Year of receipt</i>
1.	Best Oral Paper	International Conference on Aging Well Kochi	2014
2.	Best paper award	National Conference on Home Science for Young India, New India at Avinashilingam University, Coimbatore	2018
3.	Young Scientist Award	ISEE, ICAR, New Delhi	2019

20. M. Phil/PhD guidance

<i>Sl. No</i>	<i>M. Phil / PhD</i>	<i>Number of scholars registered</i>	<i>Number of scholars awarded</i>
1.	PhD	8	4

21. Key positions/Additional responsibilities held in the college

<i>Sl No</i>	<i>Name of key role</i>	<i>Name of institution at which the role was held</i>	<i>Duration of the role</i>	<i>Academic year in which it was held</i>
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1.	Co-convenor Women Study Unit	Govt College for Women, Tvpm,Kerala	1 year	2013-14
2.	Co-ordinator Women Study Unit	Govt College for Women, Tvpm,Kerala	1 year	2014-15
3.	Teacher Member- Training- KSWDC Women Cell	Govt College for Women, Tvpm,Kerala	2 years	2014-16
4.	Co-ordinator -FLAIR	Govt College for Women, Tvpm,Kerala	4 years	2014-2018
5.	Research Committee Member	Govt College for Women, Tvpm,Kerala	4 years	2015-2019
6.	Anti ragging squad member	Govt College for Women, Tvpm,Kerala	2 years	2014-2016
7.	Co-ordinator WWS	Govt College for Women, Tvpm,Kerala	3 years	2015-2016 2016-2017 2017-2018
8.	Internal Mentor WWS	Govt College for Women, Tvpm,Kerala	3 years	2018-2021
9.	Internal Mentor SSP	Govt College for Women, Tvpm,Kerala	1 year	2019-2020
10.	NAAC Dept Convenor	Govt College for Women, Tvpm,Kerala	5 years	2016-2021
11.	IQAC Dept Convenor	Govt College for Women, Tvpm,Kerala	4 years	2016- 2021
12.	Website Committee Member	Govt College for Women, Tvpm,Kerala	4 years	2017- present
13.	Co-ordinator UBA	Govt College for Women, Tvpm,Kerala	3 years	Nov 2018-present
14.	Co-ordinator L3	Govt College for Women, Tvpm,Kerala	7 years	Aug 2014- present
15.	Extension Cell	Govt College for Women, Tvpm,Kerala	7 years	2014-present
16.	Subject Expert- Home Science ORICE	Govt College for Women, Tvpm,Kerala	4 years	2018- present
17.	LMS Moodle Coordinator- college level	Govt College for Women, Tvpm,Kerala	1 year	2021- present
18.	Member- Connect Career to Campus and Career guidance cell	Govt College for Women, Tvpm,Kerala	-	2022-present

19.	Member- Centre of Excellence committee	Govt College for Women, Tvpm,Kerala		2022- present
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22. Any other relevant details:

- Gender trainer to the Department of Women and Child Development, Govt of Kerala.

23. Major Trainings undergone:

Sl no	Name of the programme	Duration	Place/ details of host institution
1	Psychological Skills & Behaviour Remodelling		CUSAT
2	Learner Centric Content Design Tools		Sanatan Dharma College, Ambala Cantt
3	Gender Sensitization		IMG , Kerala
4	Menstrual Trainer		Aware India, Chennai
5	Basic Counselling		IPAC, Bangalore
6	Yoga Teacher trainer	3 months	Yoga Alliance International, USA
7	Orientation programme for the Nodal Officers of Participating Institutions of UBA	06th July 2019	IISER, Thiruvananthapuram
8			
9	FLAIR(FOSTERING LINKAGES IN ACADEMIC INNOVATION AND RESEARCH) International Internship	Feb- March 2014	Higher Education Academy, York, UK and at University of Southampton, UNITED KINGDOM
10	First aid training	Jan 2015 (3 days)	Indian Red Cross Society and Kerala State Women Development Corporation
11	Short term training on Course design	Jan 18-22,2016	IIIT Bangalore
12	Induction training (flair)on Good Learning	Nov 18-22,2013	CDS, Tvpm organized by FLAIR, Kerala
13	Communication Skill Development Training Programme	12/12/2014- 13/12/2014	Maria Rani Training Centre, Sreekaryam, Tvpm; organized by FLAIR, Kerala

14	Induction training Phase II on Good Learning	15/07/2015 to 16/07/2015	Centre for Water Education, Vellayambalam, Tvpm.; organized by FLAIR, Kerala.
15	Interdisciplinary Research led education and curriculum innovation	20/08/2015 to 21/08/2015	Maria Rani Training Centre, Sreekaryam; organized by FLAIR, Kerala.
16	Faculty development Programme in IT tools for Academics (MOODLE)	26/11/2015 to 27/11/2015	LBS Institute of Technology for Women, Tvpm. organized by FLAIR, Kerala.
17	Induction training on Good learning as Training intern	22/12/2014- 24/12/2014	IMG, Tvpm
18	Induction training on Good learning as Training intern	15/01/2015- 17- 01-2015	Maria Rani Training Centre, Sreekaryam Tvpm.
19	Foundation course on Social and Behaviour Change Communication	(four weeks - Self paced) January 2021	Unicef in association with Centre for Development Communication, Infosys
20	Student Psychology	Self paced	SWAYAM- NITTTRC

24. Orientation/ Refresher/ Short term courses attended:

Sl no	Name of the course	Duration	Institution	Nature of the course
1.	Special Winter School	29/10/2015 to 18/11/2015	UGC HRDC UNIVERSITY OF KERALA	ORIENTATION
2.	Environmental Science (Inter disciplinary)	28/11/2018 to 18/12/2018	UGC HRDC UNIVERSITY OF KERALA	REFRESHER
3.	E-content Development	27/07/2020 to 31/07/2020	MHRD, GoI	SHORT TERM
4.	Gender Studies (Inter disciplinary)	16/09/2021 to 30/09/2021	UGC HRDC,	REFRESHER

			Jamia Milia Islamia, New Delhi	
5.	Statistical Packages for Social Sciences	8/12/2021- 14/12/2021	UGC HRDC- NEHU, SHILLONG, MEGHALAYA	SHORT TERM

25. Details of Organising Seminars/ Conferences:

Sl no	Name of the programme	Duration	Funding agency/ Collaborating agency	Role palyed	Nature
1	Workshop on Media and Journalism	17-19 February 2016	Dept of Higher Education, GoK Funded	CO-ORDINATOR & Organising Secretary	State level
2	Social Entrepreneurship: Avenues and Challenges in Home Science	29-30 November 2016	DCE funded	CO-ORDINATOR Organising Secretary	National
3	Home Science – A Kaledioscope of life	16-17 November 2017	DCE funded	Co- coordinator	National
4.	Development Communication and Endonutrition: the current drift	13-15 November 2018	DCE funded	Co- coordinator	International
5.	Interdisciplinary approaches in Research for Young India, New India	29-31 October 2019	DCE funded	Co- coordinator	National Workshop
6.	Scrap, Stitches and Meanings	19-20 December 2019	UBA	Co- coordinator	Regional Workshop
7.	Focus Group Discussion New Education Policy	24 September 2020	UBA	Co- coordinator	REGIONAL

8.	Webinar series on Ageing with Dignity and Respect	1-7 Oct 2020	UBA	CO-ORDINATOR& Organising Secretary	International
9.	Webinar on Research: Why and How?	12 October 2020	Lab for learning and Life Skills, Extension Cell	CO-ORDINATOR& Organising Secretary	National
10.	Ethics in Research and Beyond	03 November 2020	Lab for learning and Life Skills, Extension Cell	CO-ORDINATOR& Organising Secretary	International
11.	Writing Research Papers	11 December 2020	Lab for learning and Life Skills, Extension Cell	CO-ORDINATOR& Organising Secretary	National
12.	Plagiarism and Writing Research	13 April 2021	Lab for learning and Life Skills, Extension Cell	CO-ORDINATOR& Organising Secretary	National
13.	Paradigm Shift in Home Science Education	18-20 February 2021	HSAI Kerala Chapter	Organising Secretary	National
14.	Role of IPR in Innovation Management for Start ups and Entrepreneurship	12 May 2021	UBA Lab for learning and Life Skills, Extension Cell	CO-ORDINATOR& Organising Secretary	
15.	Role of CSR in mobilizing community engagements	18 May 2021	UBA Lab for learning and Life Skills, Extension Cell	CO-ORDINATOR& Organising Secretary	
16.	Tips on maintaining Mental wellbeing during the Pandemic	22 May 2021	UBA Lab for learning and Life Skills, Extension Cell	CO-ORDINATOR& Organising Secretary	
17.	Skills for the future	9 April 2021	Lab for learning and Life Skills	CO-ORDINATOR& Organising Secretary	
18.	Digital tools in Extension	27-30 April	Extension Cell	CO-ORDINATOR& Organising Secretary	Regional workshop
19.	Resume writing	24 March 2021	Banaras Hindu University	CO-ORDINATOR& Organising Secretary	National workshop

20.	Plagiarism : Tools and Detection Techniques	19 June 2021	Lab for learning and Life Skills	CO-ORDINATOR& Organising Secretary	Regional
21.	Observation Method in Research	26 June 2021	Lab for learning and Life Skills	CO-ORDINATOR& Organising Secretary	Regional
22.	Designing Research in the Social Sciences	23-29 September 2021	Dept of Home Science Of GCW Tvpm, Mahila Mahavidyalaya, BHU & Dept of Agricultural Extension and Communication, Kota, Rajasthan	Organising Secretary	National
23.	Panel Discussion on Digital Equity for all	9 th October 2021	Dept of Home Science Of GCW Tvpm, and Guide Samaj Kalyan Sansthan, Lucknow	CO-ORDINATOR& Organising Secretary	International
24.	Arogyathiloode Aaharam	15 October 2021	IMA Nedumangadu, IISER, Tvpm, UBA	Co-coordinator	Regional
26.	Gynecological Cancers-Prevention is better than cure	28 October 2021	IMA Nedumangadu, IISER, Tvpm, UBA	Co-coordinator	Regional
27.	Workshop on global recycling and awareness	18 th March 2022	UBA, We grow forest	Co-coordinator	Regional
28.	One day International workshop on Activism to end violence against women and girls UNITE 22	26 November 2022	Kanal innovations, Propolis France	Co-coordinator	International
29.	AIDS Awareness talk	8 th December 2022	IMA, UBA cell and NCC	Co-coordinator	Regional

30.	34 th biennial national conference of Home Science Association of India	15-17 December 2022	HOME SCIENCE ASSOCIATION OF INDIA	Organising Secretary	National
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