


<b>NAME</b>	Dr. LIZMITHA GODWIN M.Phil,PhD	
<b>DESIGNATION</b>	Asst.Professor & Head of the Department, Research &PG Department of Home Science, Morning Star Home Science College, Angamaly	
<b>QUALIFICATION</b>	M.Sc. M.Phil,PhD, PGDPR, PGDND	
<b>EMAIL ID</b>	<a href="mailto:lizmitha@gmail.com">lizmitha@gmail.com</a> <a href="mailto:lizstarry29@yahoo.com">lizstarry29@yahoo.com</a>	
<b>PHONE NO</b>	9947007789	

**Higher education leadership awards-Distinguished Leader in Science Venus International at Chennai Le royal Meridian Hotel 6<sup>th</sup> Jan 2018**

**Best Faculty award –Special spotlight certificate EET CRS 6<sup>th</sup> Academic Brilliance awards 2018, 28<sup>th</sup> 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\***

<b>NAME OF THE PROGRAMME</b>	<b>INSTITUTION/UNIVERSITY</b>	<b>YEAR OF PASSING</b>

PhD in Home science Thesis Submitted	St.Teresas,College Ernakulam (Research centre) Mahatma Gandhi University, Kottayam	May 2011
M.Phil(Family Life Management)	Mother Theresa Women's University Kodaikanal	2006
National Eligibility Lectureship	Test for 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.Teresas,College Ernakulam	1994
B.Sc (Home Science)	St.Teresas,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**

<b>NAME OF THE PROGRAMME</b>	<b>INSTITUTION/UNIVERSITY</b>	<b>YEAR</b>
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**

<b>DESIGNATION</b>	<b>INSTITUTION/UNIVERSITY</b>	<b>YEAR OF SERVICE</b>
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)

#### **PHD THESIS**

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

#### **RESEARCH GUIDESHIP (sanctioned on December 2017)**

**Nil**

#### **M.PHIL/PH.D GUIDED**

<b>SL.NO</b>	<b>NAME OF THE STUDENT</b>	<b>TITLE</b>	<b>UNIVERSITY &amp; WORK CENTRE</b>	<b>MONTH/ YEAR</b>
1.	Ms.Rajani Devi T.R. Asst.Professor Dept.of Home Science Morning Star College Angamaly		Registered for Phd	2018 July
2.	Deepthi Lisbeth Asst.Professor Dept.of Home Science Nirmalagiri College Kannur		Registered for Phd	2018 July
3.	Jiby Abraham Asst.Professor Dept.of Home Science St.Joseph's college, Alappuzha		Registered for Phd	2018 July

4.	Tes Thomas Research Scholar Dept.of Home Science Morning Star College Angamaly		Registered for Phd	2018 July
5.	Jiby Abraham, Asst.Professor Dept.of Home Science, St.Joseph's College for women Alappuzha	Nutritional status of women	Mother Theresa women's university, Kodaikanal	Ongoing Regd: 06.05.2015

#### **RESEARCH PROJECTS/GRANTS RECEIVED**

<b>SL.NO</b>	<b>TITLE</b>	<b>INVESTIGATOR S</b>	<b>SPONSORING AGENCY</b>	<b>MONTH/YE AR</b>
1.	Development of Education module on Eco friendly Energy conservation Indigenous equipment-Hay box	PI: Dr.Lizmitha Godwin Co: Dr.Sr.Shemi George	UGC	Ongoing /Completed

#### **AWARDS/ACHIEVEMENTS/OTHERS\***

<b>SL.NO</b>	<b>NAME OF AWARDS/ ACHIEVEMENTS/ OTHERS</b>	<b>DESCRIPTION</b>	<b>MONTH/ YEAR</b>
1	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
2.	Higher education leadership awards- Distinguished Leader in Science	Venus International at Chennai Le royal Meridian Hotel	6 <sup>th</sup> Jan 2018
3.	Best Faculty award -Special spotlight certificate	EET CRS 6 <sup>th</sup> Academic Brilliance awards 2018	28 <sup>th</sup> January 2018 Delhi.

4.	Chairperson for poster session on the 4 <sup>th</sup> November 2014	2 <sup>nd</sup> International conference on Micronutrients and child health organized by All India Institute of Medical Sciences, New Delhi	3 <sup>rd</sup> -7 <sup>th</sup> Nov 2014.
5.	Chairperson for university examination	IIIrd, Vth Semester, VIth semester UG Examination	2018-19
6.	Chairperson for university examination	IIInd & IVth semester PG Examination	2018-19
7.	Chairperson for university examination	IVth semester B.Sc FCS IVth semester B.Sc FCS	2014 2015
8.	Chairperson for university examination	IIInd Semester M.Sc Home Science Ist Semester M.Sc Home Science	2015 2016
9.	Chairperson for university examination	IIInd Semester M.Sc Home Science	September 2016
10.	Subject expert for TRAAC	St.Teresa's College, Ernakulam	6/12/2016
11.	Chief examiner	IIInd Semester M.Sc Home Science	August 2016
12.	Chairperson&chief examiner	IVth Semester M.Sc Home Science	July 2017
13.	Question paper setter	VIth and IVth Semester B.Sc Family and Community Science Calicut university	2018
14.	Question paper setter	IIInd and IVth Semester M.Sc Home Science Kerala university	2018
15.	Chief examiner	Ist semester M.Sc Home Science	2017
16.	Question paper setter	Vth Semester B.Sc Home Science	2017
17.	Subject expert for TRAAC	St.Teresa's College, Ernakulam	19/10/2017
18.	Question paper setter and Scrutiny	Kerala University	4/10/2017

	board chairman		
19.	Chairperson	IIIrd and Vth semester B.Sc Family and community examination	13/11/2017
20	Chief examiner for university examination	Ist Semester M.Sc Home Science	2015
21	Subject expert	for FIP approval for Ms. Rosemary Francis of St. Teresa's College, Ernakulam at M.G. University	2015
22	Member UG board of studies in Home Science	M.G. University, Kottayam	2015
23	Member PG board of studies in Home Science	M.G. University, Kottayam	2015
24	Aumnae Member for board of studies in Home Science,	St. Teresa's (Autonomous) Ernakulam	2015
25	Member UG board of studies in Home Science	Kannur University, Kannur	2016
26	Third rank in M.G. University Examinations	M.Sc Family Resource Management	1994
27	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 <sup>th</sup> -26 <sup>th</sup> July 2013
28	Question paper setter	Kerala University (PG)	10/05/18
29	Chairperson	IVth Semester M.Sc Home Science	July 2018
30	Question paper setter	Kerala University (UG)	3/8/2018

31	Chairperson	IIIrd and Vth semester B.ScFamily and ommuniy examination	17/9/2018
32	Question paper setter for	PG Resource management and interior designing of St.Teresa's (Autonomous) Ernakulam	2016
33	Question paper setter for	UG in Home Science for Kerala University.2016	2016

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

**JOURNAL PUBLICATIONS**

<b>SL.NO.</b>	<b>TITLE</b>	<b>NAME OF JOURNAL / VOL. NO / ISSUE NO / PAGE NOS</b>	<b>ISSN NO</b>	<b>MONTH / YEAR</b>
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	Star Research Reach Vol.9 No:1,	0975-5101	June 2017

	adolescent- A comparitive study			
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	

### **CONFERENCE PUBLICATIONS**

<b>SL.NO.</b>	<b>TITLE</b>	<b>NAME OF CONFERENCE</b>	<b>VENUE, MONTH / YEAR</b>
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 <sup>th</sup> 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 <sup>th</sup> -22 <sup>nd</sup> 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	National Workshop on Fast Food trap	Dept. of Home Science, St.Terasas college,



	on nutritional status of preschoolers in slums		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, KKTMM, Kodungallor 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 <sup>th</sup> -26 <sup>th</sup> 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 <sup>th</sup> -13 <sup>th</sup> august , 2015
12	Eating habits among women	Dimensions of research – Perspectives and innovations	Dept. of Home Science St.Terasas college, Ernakulum 25 <sup>th</sup> 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 <sup>th</sup> November 2015
14	Soft Drinks and snacks usage among adolescent girls	Proceedings of National Seminar 'Food safety and quality Assurance-a comprehensive perpetual perspective"	Department of Home science, M.S.H.S. College, Angamaly 11 <sup>th</sup> -12 <sup>th</sup> august , 2016

		college, Angamaly, ISBN: 9788172550721	
15	Comparitive 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**

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

#### **BLOG/WEB ARTICLES**

<b>SL.N O.</b>	<b>TITLE</b>	<b>URL</b>	<b>SUBJECT</b>	<b>MONT H / YEAR</b>
1	HEALTH AND NUTRITIONAL STATUS OF WOMEN AND PRESCHOOL CHILDREN IN URBAN SLUMS OF KOCHI	<a href="http://shodhganga.inflibnet.ac.in/bitstream/10603/15827/1/01_title.pdf">http://shodhganga.inflibnet.ac.in / bitstream/10603/15827/1/01_title.pdf</a>	Home Science	2011
2	IRON DEFICIENCY ANEMIA IN YOUNG MOTHERS IN YOUNG MOTHERS – PowerPoint PPT presentation	<a href="http://www.powershow.com/view1/1585ca-ZDc1Z/IRON_DEFICIENCY_ANEMIA_IN_YOUNG_MOTHERS_powerpoint_ppt_presentation">http://www.powershow.com/view1/1585ca-ZDc1Z/IRON_DEFICIENCY_ANEMIA_IN_YOUNG_MOTHERS_powerpoint_ppt_presentation</a> Number of Views:172 rating:3.0/5.0		

#### **BOOKS AS AUTHOR/EDITED/CHAPTERS/REVIEWS**

<b>SL.NO</b>	<b>TITLE</b>	<b>AUTHOR NAMES</b>	<b>ISBN NO.</b>	<b>MONTH/ YEAR</b>
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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**

<b>SL.NO</b>	<b>NAME OF THE PROGRAMME</b>	<b>NAME OF THE ORGANISER</b>	<b>MONTH/ YEAR</b>
1	Orientation course (IT)	Academic staff College Kerala University.	11 <sup>th</sup> October to 7 <sup>th</sup> Nov 2011
2	Refresher course-Women studies	Academic staff College Kerala University.	October 7 <sup>th</sup> -27 <sup>th</sup> 2014

### **SEMINARS/CONFERENCES/WORKSHOPS ATTENDED#**

<b>SL. NO</b>	<b>NAME OF THE PROGRAMME</b>	<b>NAME OF THE ORGANISER&amp; SPONSORING AGENCY</b>	<b>VENUE &amp; DATE</b>	<b>LEVEL *</b>
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 <sup>th</sup> 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 <sup>th</sup> -22 <sup>nd</sup> 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	Internati onal
8	Curriculum restructuring workshop of PG MG university	St.Teresa's College Ernakulam	14- 16/12/2011	Universit y
9	National Workshop on Fast Food trap	Dept. of Home Science, St.Terasas college, Ernakulam	14/01/2012	National Worksho p
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	Internati onal 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	internati onal conferenc e
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, KKTm, 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 <sup>th</sup> -19 <sup>th</sup> 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 <sup>th</sup> -26 <sup>th</sup> July 2013	National seminar
20	National seminar Burnout syndrome-Prevention and coping strategies	Dept. of Home Science M.S.H.S. College, Angamaly	16 <sup>th</sup> -17 <sup>th</sup> August 2013	National seminar
21	National seminar Food safety concerns and issues	Dept. of Home Science St.Treas College, Ernakulam	3 <sup>rd</sup> -4 <sup>th</sup> Oct 2013	National seminar
22	National seminar Emerging trends in Family and Community Science	Dept. of Home Science Womens College, Trivandrum	25 <sup>th</sup> October 2013	National seminar
23	National conference - Modern trends in Research	TRACC St.Treas College, Ernakulam	10 <sup>th</sup> Dec 2013	National conference
24	Workshop –on curriculum restructuring of Kannur University	Renewal centre, Kochi	31 <sup>st</sup> 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 <sup>th</sup> -8 <sup>th</sup> 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 <sup>th</sup> -13 <sup>th</sup> August 2015	National seminar
27	National seminar on “Tapping from outside: the supernaturalin literature and films”	Dept of English, St.George College, Aruvithura.	19 <sup>th</sup> -20 <sup>th</sup> August 2015	National seminar
28	Higher Education Leadership meet	Venus International	6 <sup>th</sup> January 2018	International

29	International conference on Human Wellness –A holistic approach	Sri sarada college for women salem	12 <sup>th</sup> February 2018	International
30	Workshop on usage of Anti Plagiarism software in research	Rajagiri college of social sciences, Kalamassery	19 <sup>th</sup> 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 <sup>th</sup> -16 <sup>th</sup> December 2017	State
33	Clinical nutrition update on Food Additives	AEDAN	18 <sup>th</sup> April 2018	State
34	Online databases and information retrieval	IQAC Morning Star Home Science College Angamaly	12 <sup>th</sup> March 2019	
35	The Keto Fad: A critical approach to the phenomenon	Dept of CND St.Teresa's College Ernakulam	18 <sup>th</sup> February 2019	National
36	Current trends in organic and computational chemistry	Morning Star Home Science College Angamaly	14 <sup>th</sup> -15 <sup>th</sup> February 2019	National
37	Skill based education (NSQF) Emerging opportunities & Challenges	DDU Kaushal Kendra &IQAC Sree Sankara College Kalady	1 <sup>st</sup> and 2 <sup>nd</sup> March 2019	National
38	Statistics in Practice	Amala Institute of Medical Sciences Thrissur	2 <sup>nd</sup> February 2019	State

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

**#(MENTION THOSE WHICH ARE RELEVANT & PREFERABLY WITHIN PAST 5 YEARS)**

**SEMINARS ORGANIZED**

<b>SL.NO</b>	<b>NAME OF THE SEMINAR</b>	<b>NAME OF THE ORGANISER &amp; SPONSORING AGENCY</b>	<b>VENUE &amp; DATE</b>	<b>POSITION HELD</b>	<b>LEVEL *</b>
1.	Seminar on Health IQ-an innovative approach through yoga and nutrition	UGC	26 <sup>th</sup> -27 <sup>th</sup> October 2010		State
2.	Seminar on Life Style diseases in sustainable development perspective	UGC	26 <sup>th</sup> - 27 <sup>th</sup> August 2011.		National
3.	Workshop on Ikebana and paper folding	-	10 <sup>th</sup> September 2012	Organiser	International
4.	Seminar Burnout syndrome- Prevention and coping strategies	UGC	16 <sup>th</sup> -17 <sup>th</sup> August 2013	Organiser and convenor	National
5.	Seminar Traditional foods- a key to Comprehensive Health and Longevity	UGC	7 <sup>th</sup> -8 <sup>th</sup> August 2014	Organiser and convenor	National
6.	Seminar – sustainable Health and Wellness- Issues and challenges	UGC	12 <sup>th</sup> -13 <sup>th</sup> 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 <sup>th</sup> September 2012	Organiser	International

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

<b>PROFESSIONAL AFFILIATIONS/MEMBERSHIPS</b>
<ul style="list-style-type: none"> <li>• <b>Member UG board of studies in Home Science, M.G.University, Kottayam 2013-2017</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Member PG board of studies in Home Science, M.G.University, Kottayam 2013-2017</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Aumnae Member for board of studies in Home Science, St.Teresa's (Autonomous) Ernakulam</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Member UG board of studies in Home Science, Kannur University, Kannur 2013-2017</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Member, Women scientist of Kerala, Kerala State Council for Science, Technology and Environment.</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Board of studies , University nominated member, Assumption college,</b></li> </ul>
<b>INVITED TALKS/IN MEDIA/ANY OTHER</b>
<ul style="list-style-type: none"> <li>• Conducted classes for Integrated Child Development Services</li> </ul>
<ul style="list-style-type: none"> <li>• Hygiene and nutrition classes in association with Nedumbassery Gram Panchayath</li> </ul>
<ul style="list-style-type: none"> <li>• Training on health and hygiene for the anganwadi workers held at De-Paul College by the Dept .of .MSW.</li> </ul>
<ul style="list-style-type: none"> <li>• Food preservation class through Agriculture Technological Management Agency for women.</li> </ul>
<ul style="list-style-type: none"> <li>• Education and awareness class on amritham foods</li> </ul>
<ul style="list-style-type: none"> <li>• Education class for adolescents in NSS camp regarding health and life style diseases</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Resource person for National seminar</b> 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<sup>th</sup> -26<sup>th</sup> July 2013</li> </ul>
<p>Subject expert for Reap 2018 at STC EKM on 12/7/2018 Reap National Seminar organized by STC Ekm</p>
<p>Resource Person for Elayarivu KSCSTE National seminar 18<sup>th</sup> January 2019</p>



**POSITIONS HELD IN COLLEGE**

- **Staff secretary (2013-2014)**
- **Union Advisor**
- **NSS Programme officer (2014-15)**
- **Alumnae in charge 2016-17**
- **PTA Executive (2017-19)**
- **IQAC joint Coordinator- 2017 onwards**
- **Nodal officer for NIRF Ranking in the institution**
- **College Magazine Editor- 2019**
- **PTA secretary – (2017 onwards)**

**PG THESIS AND PROJECTS GUIDED**

<b>SL.NO</b>	<b>TITLE</b>	<b>MONTH/ YEAR</b>
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

### **UG PROJECTS GUIDED**

<b>SL .N O</b>	<b>TITLE</b>	<b>MONTH/ YEAR</b>
<b>1</b>	Food consumption pattern of adolescent boardersTessa Jose	2011
<b>2</b>	Utility of labour saving equipments in modern homes-a comparative studyArya G	2011
<b>3</b>	Utility based study on induction cooker. Ancy Joy	2012
<b>4</b>	Wooden furniture in rural homesShajna V G	2012
<b>5</b>	Artificial lighting in modern homesJincy Paul	2013
<b>6</b>	Financial credit- a study among urban household SophyElizabethAntony	2013
<b>7</b>	Utillity and Effects of Mobile Phone among Adoloscents Biniya Baby	2014
<b>8</b>	Impact of Social Networking Sites among Adoloscents girls and boysVidhyamol R	2014
<b>9</b>	Leisure-time activities of Unemployed Women Chinnu Jose	2014
<b>10</b>	Credit Card Usage Among College Students Jisna P Joy	2014
<b>11</b>	Prevalence of obesity and related disorders Krishnapriya .Pillai	2015
<b>12</b>	Personal Hygiene Habits Among Adolescent Girls Arya Mohan	2015
<b>13</b>	Retirement plans among Adult Ashly P.A	2015
<b>14</b>	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 shamilat.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-alfysajan	2018
27	Problems faced by elderly- anualex	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

### LECTURE NOTES

- Family resource management
- Interior decoration

## REFERENCES

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