



Dr.S.Selsa

Associate Professor of Home Science

ADDRESS & EMAIL

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QUALIFICATION

MSc, PhD, UGC NET

DATE OF JOINING

05/06/2001

EXPERIENCE IN YEARS

19 years

AREA OF SPECIALIZATION

Family Resource
Management

ADMINISTRATIVE DISTINCTION

- Convener of General Time Table Committee from 2015 to 2019
- Member UG & PG Admission committee 2011, 2018 to 2020
- Co-ordinator of Health Education Club from 2015 to 2019
- Editorial board member of the News Letter of Former Students Association 2017-2018
- Secretary of Former Students Association 2015- 2016
- Member of Project Implementation Group of FIST from 23/2/2018 onwards.
- Member of Steering Committee from 2005-2008
- HOD in charge for the academic years 2009 to 2012
- Member of Science Forum from the academic year 2005-2008
- Member of Women's Study Centre from the academic year 2008-2010
- Member of Writers Forum for the academic year 2010-2012
- Member of College Council from 2009- 2017
- Member of RUSA Committee from 2017 onwards
- IQAC Convener from January 2020 onwards
- NAAC Convener from 2019

PARTICIPATION IN SEMINARS/ CONFERENCES/ WORKSHOP

1. Workshop on “ Environment and Waste Management “ conducted at Thiruvananthapuram 26th July 2002, In connection with U.K. Science Innovation Exhibition and Science Fest 2002 under the joint auspices of The British Council, Association of British Scholar and the Indian Society of Interdisciplinary Studies.
2. South Zone Conference on Adult / Continuing Education, 10th & 11th May 2003, Organized by the Kerala State Branch , at the Institute of Co-operative Management , Poojappura, Thiruvananthapuram
3. One day Seminar on “ Medical Nutrition Therapy in Renal Disorder” o 5th November 2003 , Organized by department of Family and Community Science and Indian Dietetic Association Kerala Chapter at C.M.S. College Kottayam.
4. UGC Sponsored Orientation Programme in Multidisciplinary (IT Oriented) on 3rd March 2004 to 30th March 2004. Organized by Academic Staff College , University of Kerala, Kariavattom.
5. UGC Sponsored Refresher Course in Home Science from 3rd to 23rd February 2004, Organized by Gandhigram Rural Institute – Deemed University , Gandhigram.
6. National Workshop on Methodology in Ergonomic Studies, from 21st to 25th February 2005, Organized by Gandhigram Rural Institute – Deemed University, Gandhigram.
7. Regional Seminar on “ Spectroscopy as a tool for Structural Elucidation” on 24th and 25th August 2005, Organized by Dept. of Chemistry , SNCW, Kollam,
8. UGC Sponsored National Seminar on Biotechnology , “ Biodreams 2006” on 24th February 2006, Organized by Dept of Zoology , SNCW, Kollam.
9. State level seminar on “ Challenges of Continuing Education “ on 9th December 2006, Organized by Indian Adult Education Association , Kerala State Branch at the Mar Theophils Training College, Thiruvananthapuram.
10. UGC Sponsored National Seminar , “ Home Science a Promising Future Ahead “ on 14th and 15th December 2007, Organized by the PG Department of Home Science , Fatima College , Madurai.
11. International Seminar on Democratic & Secular Education, from 4th to 6th December 2008, Organized by the Govt. of Kerala at the Kerala University Campus , Kariavattom , Thiruvananthapuram.

12. National Seminar on “ Democratic and Secular Education “ on 4th to 6th December 2008, Organized by the Government of Kerala University Campus , Kariavattom , Thiruvananthapuram
13. UGC Sponsored Refresher Course in Women’s Studies from 24th to 25th December 2008, Organized by the UGC –Academic Staff College ,University of Kerala,, Kariavattom , Thiruvananthapuram
14. .National Workshop on Scientific Writing in Home Science, Extension and Rural Development Date: 22nd and 23rd February 2010, Sponsored by UGC, Organised by Dept of Home Science. Gandhigram Rural Institute, Gandhigram.
15. .43rd Annual National Conference of Indian Dietetic Association,Date: 3rd and 4th December 2010. Organised by National Institute of Nutrition, ICMR Hyderabad.
16. College Level Training Programme in General Informatics, Date: 13th to 15th December 2010, Sponsored by The Kerala State Higher Education Council, Thiruvananthapuram. Organised by Sree Narayana College for Woman ,Kollam.
- 17.National Seminar on Health, Nutritional and Elderly: Need for Strategies and Intervention Date: 16th and 17th December, 2011, Sponsored by UGC, Organised by Dept of Home Science, Gandhigram Rural Institute, Gandhigram.
- 18 .Refresher Course, Date: 1st to 22nd February 2012, Sponsored by UGC, Conducted by the UGC- Academic Staff College, University of Kerala, Kariavattom.
19. State Level Energy Conservation Programme on 18th February 2012, Organized by National Service Scheme & Energy Management Centre in SNCW,, Kollam.
20. National Conference on Recent Advances in Computational Biology, Date: 9th March 2012, Sponsored by UGC, Organised by P.G and Research Department of Zoology, Government Arts College Karur.
- 21.. National Seminar Workshop on Thesis Writing Skills, Date: 28th to 30th June 2012, Organised at Christ University Nodal Office, Vazhuthacaud, Thiruvananthapuram.
22. Short Term Course in Soft Skill Development from 18th to 22nd March 2014, Sponsored by UGC Conducted by the UGC –Academic Staff College , University of Kerala , Kariavattom, Thiruvananthapuram
23. One day Workshop on Re-structuring of syllabus in accordance with the recommendations of Prof. Hardya Kumari Committee on 4th April 2014, Organized by Dept of Home Science , Govt. College for Women , Thiruvananthapuram

24. UGC Sponsored National Seminar on “Ethnic Knowledge of Biological Resource in Contemporary Plant Sciences” from 28th to 29th August 2014, Organized by Dept of Botany , SNCW, Kollam.
25. 61st All India Adult Education Conference , from 28th to 30th December 2015, Organized by India Adult Education Association, New Delhi in Collaboration with Gandhigram , Rural Institute, Gandhigram
26. Two day National Seminar on “ Social Entrepreneurship : Avenues and Challenges in Home Science, on 28th and 29th November 2016, Sponsored by Directorate of Collegiate Education, Govt. of Kerala, Organized by Dept of Home Science , Govt. College for Women, Thiruvananthapuram.
27. National Seminar on “ Omics & Biomarker Analysis: In Disease Pathology 2.0 & Young Investigators Retreat” from 19th to 21st December 2016, Sponsored by Kerala State Council for Science , Technology and Environment, Organized by Dept. of Zoology , University of Kerala, Thiruvananthapuram
28. Two day National Seminar on “Home Science A Kaleidoscope of Life” on 16th and 17th November 2017
29. Three day Workshop on “ Redesigning of Courses for Outcome Based Education” Organized by the Kerala State Higher Education Council from 14th to 16th December 2017 at Thiruvananthapuram.
30. One day Workshop on Re-structuring of PG Syllabus of the University of Kerala, Organized by the Dept. of Home Science, Govt. College for Women, Thiruvananthapuram on 28th February 2017
31. Short –Term Course in “Women Empowerment “ conducted by the UGC –Human Resource Development Centre , University of Kerala , Kariavattom, Thiruvananthapuram from 6th to 11th November 2017
32. Field Survey and Seminar on Dengue Prevalence in Mundakkal, Kollam held in collaboration with SNCW, Kollam on 21st and 22nd November 2018
33. Three Day International Seminar on “Development Communication and Endo-Nutrition : The Current Drift!! Sponsored by Directorate of Collegiate Education , Organized by the Dept. of Home Science, Govt. College for Women, Thiruvananthapuram from 13th to 14th November 2018.
34. Two day Workshop on “ Shibori Work, Tie and Dye, Lace Work, Ikat Work, Mexican Work, Zentangle designs and Spray Painting” conducted by Dept of Home Science in collaboration with Pidilite Industrirs on 19th and 20th February 2018.

21. Three day Workshop on “Redesigning of Courses for Outcome Based Education” organized by the Kerala State Higher Education Council from 14th to 16th December 2017

INVITED LECTURES AS RESOURCE PERSON

- Member of the Board of Adjudicators for the evaluation of the Ph.D Thesis submitted to Mahatma Gandhi University, Kottayam 2018
- Examiner to value the M.Phil Dissertation in Extension Education submitted to Mother Teresa Women’s University , 29/10/2004

PUBLICATIONS IN BOOKS OR JOURNALS

- 1. “Periodontal Problems and its Management in Geriatric Patients” ;Elderly: Health and Nutrition, New Delhi: APH Publishing Corporation. 2011. ISBN 978-93-313-1737-7
- 2. “Aromatherapy-Uses and Benefits”, New Horizons of Family and Community Science, Felicitation Volume, Kerala University Central Co-operative Press. 2008

MEMBERSHIP IN PROFESSIONAL BODIES

- 1.Life member -Indian Adult Education Association since 2013
- 2.Life member Indian Red Cross Society 2014
- 3.Life member -Indian Dietetic Association Since 2011
- 4.Chairman of Board of Studies in Home Science (PASS) University of Kerala from 23/7/2016 to 22/7/2019
- 5.Member of Board of Studies in Home Science(PG) University of Kerala since 2008
6. Member of Board of Studies in Home Science (PASS) University of Kerala 2005 TO 2007
7. Subject expert of St Teresa’ College, Ernakulam, Board of Studies in Home Science(PG, UG) 2015
8. Member of Board of Studies in Home Science(PG, UG) CMS College ,Kottayam 2016
9. Subject Expert of the Board of Studies , Family and Community Science of CMS College Kottayam,
- 10.Member of Board of Studies in Family and Community Science of CMS College , Kottayam. 2016-2017

11. Member of Board of Studies in Family and Community Science of CMS College , Kottayam.
From 2019 for three years

OTHER ACHIEVEMENTS

1. Examiner for the conduct of BSc & MSc practical exams since 2003
2. Additional examiner for the valuation of answer books of University exams conducted by University of Kerala since 2003
3. Additional examiner for the valuation of answer books of University exams conducted by Mahatma Gandhi University 2012
4. Chief advisory Board member –Journal of Research , Extension and Development. A Peer Reviewed Interdisciplinary Monthly National Journal-ISSN:2319-1899.
5. Doctoral Committee, Subject Expert , under the Faculty of Science in the discipline of Home Science, Mahatma Gandhi University, Kottayam.17/9/2010 &28/10/2013
6. Doctoral Committee, Chairperson, under the Faculty of Science in the discipline of Home Science, Mahatma Gandhi University, Kottayam.8/12/2016
7. Doctoral Committee, Chairperson, under the Faculty of Science in the discipline of Home Science, Mahatma Gandhi University, Kottayam.11/12/2015
8. Doctoral Committee, Chairperson, under the Faculty of Science in the discipline of Home Science, Mahatma Gandhi University, Kottayam.11/12/2019
9. Subject expert of the selection committee for conducting interview for appointment of Asst. Professor in Home Science at St .Joseph’s College for Women ,Alappuzha on 30/5/2012
10. Co-ordinator of the UGC sponsored ”Centre for Enhancement of Initiative for Competence Building “ during the period from 2010 to 2012.
11. Convener Of The Extension Activity “ Craft And Tailoring” Six Months Training Course In The Department Of Home Science During The Period 2009 To 2012
12. Co-ordinator of UGC sponsored “Add-on course in Fashion Designing” During the period from 2009 - 2010.
13. Organizing secretary of the seminar “Skin and Trichology problems related to Abuse of Cosmetics” organized by Dept . of Home Science in association with Fashion Technology Add-on course, on 07/02/2010.

14. Organizing secretary of the seminar “Kerala,s Eating Habit Taking a Wrong Turn” organized by Dept . of Home Science in association with Former students association, on 07/02/2010.
15. Organizing secretary of the seminar “Emerging Trends in Home Science-Horticulture therapy” organized by Dept . of Home Science on 07/02/2011.
16. Convener of the UGC Sponsored National seminar on“ Coping with Academic Stress – Need of the Hour “ Organized by Dept of Home Science on 20th & 21st February 2014.
- 17.Executive member of the UGC National Seminar on “ Managing Diabetes -A global concern” on 24/9/2008
18. Convener Of Dental Camp And Awareness Class On "Oral Hygiene” For The Students Of Our College. Organised By Dept: Of Home Science In Association With Indian Dental Association Date:06/03/2013
- 19.Co-ordinator of the One- Day Regional Workshop on Value addition of Jack Fruit on 7/6/2016
20. Subject Expert For The Selection Committee Constituted For The Appointment Of Assistant Professor In Home Science At St.Joseph’s College For Women ,Alappzyha On 30/5/2012.
21. IT Mission Project Monitoring Committee Of Kerala State It Mission Course,Skill Enhancement Women Resource Centre, SN College For Women, Kollam During 2011, 2012, 2013 And 2014.
22. Presiding officer for the conduct of Kerala Municipality election 2010
- 23.Convener of On-Job Training Course (Basic and Advanced Level) in Bakery &Confectionary in collaboration with Institute of Baking Technology , Chennai, from 18/7/2016 to 30/7/2016.
24. Subject expert for the MG University, P.G Syllabus Revision 2019

RESEARCH OUTPUT

- Guiding dissertation at masters level since 2001
- Guiding project at UG level since 20012
- Co guide