



# Dr Rekha V V

Associate Professor of Home Science

## ADDRESS & EMAIL

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## QUALIFICATION

MSc Family Resources  
Management

PhD

## DATE OF JOINING

02/06/2001

## EXPERIENCE IN YEARS

20 years

## AREA OF SPECIALIZATION

Family Resource  
Management

## ADMINISTRATIVE DISTINCTION

- SAAC CO-ORDINATOR
- Community Health Club Co-Ordinator 2017-19
- WWS Mentor 2015-16 to 2017-18
- RUSA Committee Member
- Planning and purchase Committee Member
- Community Health Club Member 2019-till date
- PTA Executive Committee Member 2014-15 to 2015-16
- Chief Superintendent of University Examinations April/May 2015 (2015-16)
- SNCW Hostel Committee Member
- Staff association Secretary 2020-2021

## PAPER PRESENTATIONS

- ◆ Presented A Paper On “A Study On The Problems Of Employed Married Women Staying In Hostels”. In a National Seminar On Problems And Challenges Faced By Working Women Organised By Women’s Study Centre, S.N.College For Women, Kollam on 6<sup>th</sup> and 7<sup>th</sup> October 2004.

## PARTICIPATION IN SEMINARS/ CONFERENCES/ WORKSHOPS

1. Attended an Oriantation programme at senate chamber University office, TVM , on 20<sup>th</sup> June 2001.
2. Participated In The Workshop On Domestic Energy Conservation Conducted At Thiruvananthapuram In Connection With The Uk Science Innovation Exhibition And Science Fest 2002, Organized By British Council, Association Of British Scholars And Indian Society Of Inter Disciplinary Studies on 23<sup>rd</sup> July2002.

3. Participated In Zone Conference On Adult/Continuing Education, Organized By The Kerala State Branch At Institute Of Co-Operative Management, Poojapura, Thiruvananthapuram on 10<sup>th</sup> & 11<sup>th</sup> May 2003 .
4. Participated in a one day seminar on “Medical Nutritional therapy in Renal disorders” held at C M S College, Kottayam on 5<sup>th</sup> November 2003 organised by Indian Dietetic Association – Kerala Chapter and Dept. of Family and Community Science, C M S College, Kottayam.
5. UGC Sponsored Orientation Programme In Multidisciplinary (It Oriented) Conducted By The Academic Staff College, University Of Kerala, Kariavattom on 3<sup>rd</sup> to 30<sup>th</sup> March 2004.
6. National Seminar On Obesity-The Well Fed Undernourished Syndrome”, Sponsored By University Grants Commission Conducted By Department Of Home Science, St.Teresa’s College, Ernakulam on 28<sup>th</sup> to 30<sup>th</sup> July 2004.
7. National Seminar On Problems And Challenges Faced By Working Women Organised By Women’s Study Centre, S.N.College For Women, Kollam on 6<sup>th</sup> and 7<sup>th</sup> October 2004. Presented A Paper On “A Study On The Problems Of Employed Married Women Staying In Hostels”.
8. Participated in a UGC sponsored Refresher course in Home Science from 25-10-2004 to 15.11.2004 Academic staff college , Kariavattom, Thiruvananthapuram.
9. National Seminar On Biotechnology ”Biodreams-2006” (Ugc Sponsored) Organised By The Department Of Zoology ,Sree Narayana College For Women, Kollam on 24<sup>th</sup> February 2006.
10. State Level Seminar On Challenges Of Continuing Education Organised By Indian Adult Education Association, Kerala State Branch At Mar Theophilus Training College, Thiruvananthapuram on 9<sup>th</sup> December 2006.
11. Attended the National Seminar on “Biofuels” organised by the Department of Botany, Sree Narayana College for Women, Kollam in association with the University Grants Commission on 28<sup>th</sup> February, 2007
12. Attended the National Seminar on “Management of Diabetes- a Global Concern” Sponsored by the UGC and organised by the Department of Home Science, Sree Narayana College for Women, Kollam on 24<sup>th</sup> September, 2008.
13. UGC Sponsored Refresher Course in Women’s Studies Conducted by the Academic Staff College, University of Kerala, Kariavattom on 24<sup>th</sup> November - 15<sup>th</sup> December, 2008.

14. Attended an International Seminar on Democratic And Secular Education Organized by the Government of Kerala at the Kerala University Campus, Kariavattom ,Thiruvananthapuram on 4<sup>th</sup> to 6<sup>th</sup> December 2008
15. Attended the five day workshop on “Restructuring Under graduate Education” organised by the Board of Studies in Home Science (PASS), University of Kerala and sponsored by the Higher Education Council, Govt. of Kerala in N.S.S College for Women, Neeramankara, Thiruvananthapuram on 4<sup>th</sup> – 7<sup>th</sup> and 9<sup>th</sup> March, 2009.
16. Attended the one day workshop on “Child Development through Horticultural Therapy” conducted by Kerala Agricultural University, Vellayani at Government Guest House, Thycaud on 25<sup>th</sup> November, 2009.
17. Attended the one day Orientation Programme to the Teaching Staff of the Colleges on the Regulations of Choice Based Credit and Semester System held at Sree Narayana College for Women , Kollam on 8<sup>th</sup> December, 2009.
18. Attended the UGC Sponsored National Workshop on Scientific Writing in Home Science, Extension and Rural Development held at Gandhigram Rural Institute, Gandhigram on 22<sup>nd</sup> and 23<sup>rd</sup> February, 2010.
19. 19.National Workshop On Fast Food Trap (FFT 2012) Hosted By The Department Of Home Science, St. Thetesa’s College, Ernakulam On 12<sup>TH</sup> January 2012 .
20. State Level Awareness Programme On Energy Conservation Organised By National ServiceScheme &Energy Management Center In Sree Narayana College For Women Kollam On 18<sup>TH</sup> February 2012.
21. National Seminar Workshop On Thesis Writing Skills Organized At Christ University Nodal Office,Vazhuthacaud, Thiruvananthapuram On 28<sup>th</sup> -30<sup>th</sup> June 2012.
22. Awarded PhD On 31<sup>st</sup> December 2012.
23. Attended the additional meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 9<sup>th</sup> July,2013.
24. Attended the national seminar on “Rising Prevalence of Cancer among Women in Kerala” held at St.Joseph’s College for Women, Alappuzha on 4<sup>th</sup> February 2014.
25. Attended a two day UGC Sponsored National Seminar on “Coping with Academic Stress-Need of the Hour” organised by the Department of Home Science ,Sree Narayana College for Women ,Kollam on 20<sup>th</sup> &21<sup>st</sup> of February 2014.

26. Attended the additional meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 9<sup>th</sup> July,2013.
27. Attended the national seminar on “Rising Prevalence of Cancer among Women in Kerala” held at St.Joseph’s College for Women, Alappuzha on 4<sup>th</sup> February 2014.
28. Attended a two day UGC Sponsored National Seminar on “Coping with Academic Stress-Need of the Hour” organised by the Department of Home Science ,Sree Narayana College for Women ,Kollam on 20<sup>th</sup> &21<sup>st</sup> of February 2014.
29. Attended a UGC sponsored Short –Term course in Soft Skill Development conducted by the UGC Academic Staff College, University of Kerala ,Kariavattom from 18.3.2014-22.3.2014.
30. Attended a one day workshop on Re-structuring of syllabus in accordance with the recommendation of Prof .Hrdaya kumari Committee on 4<sup>th</sup> April2014 held at Govt College for Women, Thiruvananthapuram.
31. Attended UGC sponsored National seminar on “Ethnic Knowledge of Biological resources in Contemporary Plant science” organised by Department of Botany ,Sree Narayana College for Women ,Kollam on 28<sup>th</sup> &29<sup>th</sup> of August 2014.
32. Attended a one day Work shop for Coordinators/Internal Mentors of the Walk with a Scholar Programme Of the Department of Collegiate Education, Government of Kerala, held at SN College for Women, Kollam on 27-10-2014.
33. Attended the annual meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 14<sup>th</sup> January,2015.
34. Participated in UGC sponsored two –day National seminar on Fitness and Lifestyle Diseases Management organised by Dept .of Physical Education, S N College For Women, Kollam on 26<sup>th</sup> and 27<sup>th</sup> March 2015
35. Participated in a UGC sponsored one-day National seminar on “Importance of Green GDP and sustainable development in India” organised by Dept.of Economics, S N College For Women, Kollam, on 6<sup>th</sup> & 7<sup>th</sup> July 2015.
36. Attended a one week On-Job Training Course (Basic &Advanced Level) in Baking and Confectionary conducted at Sree Narayana College for Women ,Kollam.
37. Attended a one day Work shop on Restructuring of PG syllabus of the University of Kerala Organised by Department of Home Science, Government College for Women, Thiruvananthapuram held on 28.02.2017.

38. Attended a three-day International Seminar on “*Development Communication and Endo-Nutrition: The Current Drift !!*” Sponsored by “Directorate of Collegiate Education and Organised by Department of Home Science, Government College for Women ,Thiruvananthapuram held on November 13,14 and 15<sup>th</sup> 2017.
39. Attended a two day National Seminar on “*Home Science A Kaleidoscope of Life*” Organised by Department of Home Science, Government College for Women ,Thiruvananthapuram held on November 16-17 2017.
40. Attended a two day Work shop on “*Shibori Work, Tie and Dye, Lace work, Ikat work, Mexican work, Zentangle designs and spray painting*” Organised by *Department of Home Science, SNCW, Kollam in collaboration with PIDILITE INDUSTRIES* on 19<sup>th</sup> and 20<sup>th</sup> of February 2018.
41. Member of organising committee member of seminar organised by Community Health Club & Department of Zoology in collaboration with National Health Mission, Kollam, on “*Youth and Mental Health Challenges in the Changing World*” held on 23<sup>rd</sup> October 2018.
42. Attended an additional meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 22<sup>nd</sup> May 2019.
43. Attended a One day workshop on “*OUTCOME BASED EDUCATION*” held on June 1<sup>st</sup> 2019 at Aquatic Biology Hall, Department of Aquatic Biology and Fisheries, University of Kerala, Kariavattom, Thiruvananthapuram.
44. Member of organising committee member of programme “Meet the Doctor” conducted in association with Travancore Medical Hospital, Kollam, on 5<sup>th</sup> July 2019.
45. Participated in Field survey & Seminar on “Mosquito Sources Reduction” held in collaboration with Sree Narayana College For Women, Kollam on 12-7-2019 and 15-7 2019.
46. Attended an additional meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 27<sup>th</sup> July 2019.
47. Member of organising committee member of Seminar “Rabies Eradication” sanctioned by the District Medical Office and held in Sree Narayana College For Women, Kollam on 30<sup>th</sup> September 2019.

48. Attended a National Seminar on “Challenges and Changes in AQAR and SSR preparation” organised by the Internal Quality Assurance cell (IQAC), Sree Narayana College For Women, Kollam on 19<sup>th</sup> and 20<sup>th</sup> December 2019
49. Attended an annual meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 28<sup>th</sup> January 2020.
50. Member of organising committee of Seminar “Awareness on Corona Virus” held at Sree Narayana College for Women, Kollam on 5<sup>th</sup> February 2020.
51. Participated in a webinar on “Methodological Approach for Researchers” Organised by Research Committee, Maharaj’s College Ernakulam on 6<sup>th</sup> June 2020.
52. Participated in a webinar on “Post Covid-19 Business “Environment: Challenges and Opportunities” Organised by IQAC and Department of Commerce, Mar Thoma College for Women, Perumbavoor on 7<sup>th</sup> June 2020.
53. Participated in an International webinar on “Global Pandemic Challenges: Recalibrating the Socio-Economic Mechanism” Organised by Department of Economics, Sree Narayana College for Women Kollam on 9<sup>th</sup> June 2020.
54. Participated in a National webinar on “A Link Between Health Practices and Lifestyle Diseases” Organised by Department of Biochemistry & Department of Physical Education, St Mary’s College, Thrissur, Kerala on 10<sup>th</sup> June 2020.
55. Participated in a webinar on “Trends in Academic Plagiarism” in connection with Research and Publication Ethics (RPE) Course organised by Research Committee, Maharaj’s College Ernakulam on 13<sup>th</sup> June 2020.
56. Participated in a webinar on “N-LIST and Open Access Academic E-Resources” Organised by Research Committee, Maharaj’s College Ernakulam on 17<sup>th</sup> June 2020.
57. Participated in a webinar on “Quality Research & Publication in High Impact Journal” Organised by Research and Post Graduate Department of Commerce, St. Dominic’s college, Kanjirapally on 19<sup>th</sup> June 2020.
58. Participated in a webinar on “LIVE LONG ;LIVE FIT” Organised by The Department of Physical Education & IQAC, MSM College Kayamkulam on 20<sup>th</sup> June 2020.
59. Participated in a webinar on “ONLINE LEARNING: PROSPECTS AND PROMISES” Organised by Sree Narayana College, Chathanoor on 24<sup>th</sup> June 2020.

60. Participated in a webinar on “BECOMING AN INSPIRING LEADER” Organised by SNM Training College, Moothakunnam on 13<sup>th</sup> July 2020.
61. Participated in an International webinar on “Nanotechnology Against COVID-19” Organised by Post Graduate Department of Chemistry, Sree Narayana College for Women, Kollam on 23<sup>rd</sup> July 2020.
62. Participated in a webinar on “The Paradigm shift in the Dietary Approaches to Non - Communicable Diseases in the Context of Covid -19” Organised by Department of Home Science in association with the IQAC,HHMSPBNSS College for Women, Neeramankara ,Thiruvananthapuram ,Kerala on 24<sup>th</sup> July 2020.
63. Participated in an International webinar on “Alternative Therapy for Oral Diseases: Exploring newer possibilities” Organised by Department of Botany, Sree Narayana College for Women, Kollam on 24<sup>th</sup> July 2020.
64. Participated in an International webinar on “Pandemic Impact on Education” Organised by Department of History, Sree Narayana College for Women, Kollam on 28<sup>th</sup> July 2020.
65. Participated in an International webinar on “SOLID WASTE MANAGEMENT” Organised by Post Graduate Department of HomeScience, Sree Narayana College for Women, Kollam on 29<sup>th</sup> July 2020.
66. Participated in an International webinar on “Online reaching and language learning” Organised by Department of Malayalam, Sree Narayana College for Women, Kollam on 29<sup>th</sup> July 2020.
67. Participated in an International webinar on “Problems of data relating to older people and Covid19 :the case in India” Organised by UBA in association with IQAC and Department of Home Science, Govt College for Women, Thiruvananthapuram, Kerala ,India on 30<sup>th</sup> July2020.
68. Participated in an International webinar on “Financial Market Trends:Paradigm shift in Post pandemic scenario” Organised by Department of Commerce, Sree Narayana College for Women, Kollam on 30<sup>th</sup> July 2020.
69. Participated in an International webinar on “Nature is the best Physician: A remedy to every Problem, even Pandemic” Organised by Department of Botany ,Government College ,Harrai,Chhindwara,M.P on 31<sup>st</sup> July 2020.

70. Participated in an International webinar series-Connecting the Dots....on “Music: The Tranquiliser” Organised by UBA in association with IQAC and Department of Music ,Govt College for Women, Thiruvananthapuram, Kerala, India on 3<sup>rd</sup> August 2020.
71. Participated in a webinar on “Social Work Intervention Research ” Organised by IQAC and Research and Consultancy Cell, Vimala College (Autonomous)Thrissur-9, Kerala, on 03 August 2020 as part of “Explorigate”, Research Webinar Series.
72. Participated in a webinar on “SAAC:Perspectives on Assessment And Accreditation Process” Organised by IQAC in association with Kerala State Higher Education Council on 7<sup>th</sup> August 2020.
73. Participated in a National webinar on “Verboten spaces,Muffled Voices:Contemplating Marginality of Defying Heroines in Early South Indian Folklore” Organised by Department of History, Sree Narayana College for Women, Kollam on 12<sup>th</sup> August 2020.
74. Participated in an International webinar on “Crisis Management:When Alarming Floods and Covid-19 Encounters in Kerala” Organised by PG Department of Chemistry in association with IQAC,Deva Matha College,Kuravilangad on 13<sup>th</sup> August 2020.
75. Participated in an International webinar on Connecting the Dots... on “Exploring New Approaches to Extension:#Covid 19” Organised by UBA in association with IQAC,Extension Cell and NCC Unit,,Govt College for Women,Thiruvananthapuram,Kerala,India on 15<sup>th</sup> August 2020.
76. Participated in a webinar on “Healthy Lifestyle to Prevent Cancer” Organised by SANJEEVAN -Life beyond Cancer in association with PG Department of Home Science, Sree Narayana College for Women,Kollam on 26<sup>th</sup> August2020.
77. Participated in a National conference on “NEP2020:Towards a self Reliant India” Organised by SNM Training College in collaboration with Kerala State Higher Education Council, Council of Teacher Education Foundation {CTEF}A and Council for Educational Administration And Management{CEAM} on 15<sup>th</sup> and 16<sup>th</sup> September 2020.
78. Participated in a Webinar on “Demystify Dementia” organised by the Department of Home Science, St Teresa’s College ,Ernakulam in Association with ARDSI Cochin Chapter on 28<sup>th</sup> September 2020.



79. Participated in the International Rivers Day 2020 Webinar on “Vegetative Measures of River Bank Stabilization” organised by Social Forestry Extension Unit, Kollam and Department of Botany, Sree Narayana College for Women, Kollam on 28<sup>th</sup> September 2020.

80. Participated in an International webinar on “Healthy Ageing-A Spotlight On Intergenerational Landscaping for the wellbeing of Older Adults” Organised by Post Graduate Department of HomeScience, Sree Narayana College for Women, Kollam on 1<sup>st</sup> October 2020.

81. Participated in an International webinar series on Ageing Organised by Department of HomeScience, Govt College for Women, Typpm, Kerala in Association with the Unnat Bharat Abiyan Cell and HomeScience Association of India ,Kerala Chapter on 2<sup>nd</sup> October 2020.

## **PUBLICATIONS IN BOOKS OR JOURNALS**

- Published a paper on ”HEALTH PROBLEMS OF WOMEN WORKING IN PRAWN PEELING INDUSTRY” in Review of Social Sciences, June 2016, Vol.XVII, No.1, P 64-74. Published by The Kerala Academy of Social Sciences Regd.No.586/93 on 1<sup>st</sup> January, 2016. ISSN 0974-9004
- Author of a chapter in the book titled “Laboratory Manual-Food Science, Nutrition and Biochemistry “Chapter – 4 (Biochemistry)Page 176-187. ISBN-9788172551230, 2020

## **MEMBERSHIP IN PROFESSIONAL BODIES**

- ◆ Life Member of Indian Dietetic Association
- ◆ Life Member of Indian Adult Education Association
- ◆ Member of Board of Studies MSc 2005-07
- ◆ Member of Board of Studies BSc (pass) (2008-2016)
- ◆ Member of Board of Studies MSc 2019 onwards