



# Dr Sandhya Suresh

Associate Professor of Home Science

## ADDRESS & EMAIL

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## QUALIFICATION

MSc, PhD

## DATE OF JOINING

02-06-2001

## EXPERIENCE IN YEARS

19 Years and 4 months

## AREA OF SPECIALIZATION

Family Resource Management

## ADMINISTRATIVE DISTINCTION

- Coordinator of Nutrition Exhibition conducted by the PG Family Resource Management students from 2001 -2018.
- Co-ordinator of Residence Course for the Undergraduates from 2001 onwards.
- Coordinator of the Extension Activity 'Craft and Tailoring course of the Dept of Home Science during the year 2012-2013.
- Member of Environmental Club 2019- 2020.
- Member of Theatre Club 2019-2020.
- Member of executive committee formed in association with the UGC sponsored two-days National seminar on "Coping with Academic Stress – Need of the Hour" organised by the Dept of Home Science, S N College for Women, Kollam on 20 & 21 February 2014.
- Subject Expert for the interview of Guest Lecturer in Home Science at Govt College for Women, Thiruvananthapuram on 25-06-2015.
- Subject Expert in Family Resource Management for the one day workshop on re-structuring of PG syllabus of the University of Kerala during the year 2017.
- Coordinator of Walk With A Scholar (WWS) Programme during the year 2016-2017 and 2018-2019.
- Tutor of II PG Home Science.

## **PAPER PRESENTATIONS**

- Presented a paper on ‘Influencing Factors and Economic Status of Women Entrepreneurs in Kollam City’ in the UGC sponsored National Seminar on ‘Problems and Challenges faced by Working Women’, organized by Women’s Study Center, S.N.College for Women, Kollam on 6<sup>th</sup> and 7<sup>th</sup> October 2007.
- Presented a paper on ‘Active ageing- The Formula for Happy Ageing’, in the National Seminar on ‘Health, Nutrition and Elderly: Need for Strategies and Intervention’, organized by the Department of Home Science, Gandhigram Rural Institute-Deemed University, Gandhigram, Tamilnadu during 16<sup>th</sup> – 17<sup>th</sup> December 2011.

## **PARTICIPATION IN SEMINARS/ CONFERENCES/ WORKSHOPS**

- Participated in the workshop on ‘Domestic Energy Conservation ‘in connection with the U.K Science Innovation Exhibition and Science Fest 2002, under the joint auspicious of The British Council, Association of British Scholars and the Indian Society of Interdisciplinary Studies.
- Participated in the one day seminar on Medical Nutrition Therapy in Renal Disorder organized by Indian Dietetic Association Kerala Chapter and Department of Family and Community Science, C.M.S College, Kottayam on 05-11-2003.
- Participated in the UGC sponsored National Seminar on ‘Obesity- The well Fed Undernourished syndrome’, organized by the Dept of Home Science, St. Teresas College, Ernakulam from 28<sup>th</sup> to 30<sup>th</sup> July 2004.
- Participated in the UGC sponsored National Seminar on ‘Problems and Challenges faced by Working Women’, organized by Women’s Study Center, S.N.College for Women, Kollam on 6<sup>th</sup> and 7<sup>th</sup> October 2007.
- Participated in the UGC sponsored Regional Seminar on ‘Spectroscopy as a Tool for Structural Elucidation’ organised by the Department of Chemistry, S.N.College for Women, Kollam on 24<sup>th</sup> and 25<sup>th</sup> August 2005.

- Participated in the National Workshop on ‘ Methodology in Ergonomic Studies’ organized by the Gandhigram Rural Institute – Deemed University, Gandhigram from 21-02-2005 to 25-02—2005.
- Participated in the UGC sponsored National Seminar on Biotechnology, 'Biodreams-2006', organized by the Dept of Zoology, S.N.College for Women, Kollam on 24-02-2006.
- Participated in the UGC sponsored Regional Seminar on ‘Biofuels 07’ organized by the department of Botany, S.N.College for Women, Kollam on 23-02-2007.
- Participated in the UGC sponsored National Seminar on ‘Management of Diabetes- A Global Concern’ organized by the Dept of Home Science, S.N.College for Women, Kollam on 24-09-2008
- Participated in the UGC sponsored National Seminar on ‘Emerging Trends in Green Biotechnology’, organized by the Dept of Botany, S.N.College for Women, Kollam on 24<sup>th</sup> nd 25<sup>th</sup> September, 2009.
- Participated in the two days National Seminar on ‘Women and Mental Health’ organised by the Centre for Women’s Studies Cell, Sanatana Dharma College, Alppuzha on March 11 & 12<sup>th</sup>, 2010.
- Participated in the National Seminar on ‘Health, Nutrition and Elderly: Need for Strategies and Intervention’, organized by the Department of Home Science, Gandhigram Rural Institute- Deemed University, Gandhigram, Tamilnadu during 16<sup>-17</sup> December 2011.
- Participated in the National Workshop on Fast Food Trap: Issues, Problems and Solutions Train the Trainer Programme hosted by the Department of Home Science, St. Teresa’s College, Ernakulam. on 12-01-2012.
- Participated in the UGC sponsored National Seminar on ‘Towards Green Consumerism- Innovative Approaches and Practices’ organised by the Dept

of Home Science, St. Teresa's College, Ernakulam on 9<sup>th</sup> and 10<sup>th</sup> August 2012.

- Participated in the UGC sponsored National Seminar on "Rising Prevalence of Cancer Among Women in Kerala" organised by the Dept of Home Science, St. Joseph's College for Women, Alappuzha on 04-02-2014.
- Participated in the one day Workshop on re-structuring of syllabus for First Degree Programme in Home Science in accordance with the recommendations of Prof. Hridaya Kumari Committee at Govt College for Women, Thiruvananthapuram on 04-04-2014.
- Participated in the UGC sponsored National Seminar on 'Coping with Academic Stress – Need of the Hour' organized by the Dept of Home Science, Sree Naryana College for Women, Kollam on 20<sup>th</sup> and 21<sup>st</sup> February 2014.
- Participated in the UGC sponsored National Seminar on 'Importance of Green GDP and Sustainable Development in India' organised by the Dept of Economics, Sree Narayana College for Women, Kollam on 6<sup>th</sup> and 7<sup>th</sup> July 2015.
- Participated in the On-Job Training Course (Basic and Advanced Levels) in Bakery and Confectionary organized by the Dept of Home Science in association with the Institute of Baking Technology, Chennai on 30-01-2016.
- Attended the Capacity Building Residential Workshop for Co-ordinators of Walk With A Scholar Programme in Government/Aided Colleges at Loyola Extension Services, Loyola College of Social Sciences, Sreekariyam, Thiruvananthapuram on 29<sup>th</sup> and 30<sup>th</sup> November 2016.
- Participated in the two day National Seminar on 'Home Science A Kaleidoscope of Life' organised by the Dept of Home Science, Govt College for Women, Thiruvananthapuram on 16<sup>th</sup> & 17<sup>th</sup> November 2017.

- Participated in the one day workshop on Re-structuring of PG syllabus of the University of Kerala organised by the Dept of HomeScience, Govt College for Women,Thiruvananthapuram on 28-02-2017.
- Attended the two day workshop on ‘Shibori Work,Tie and Sye,Lace Work,Ikat Work,Mexican Work,Zentangle designs and Spray Painting’ conducted by the Dept of Home Science in collaboration with Pidilite industries on 19<sup>th</sup> &20<sup>th</sup> February 2018.
- Participated in the three day International Seminar on ‘Development Communication and Endo-Nutrition : The Current Drift!! Sponsored by Directorate of Collegiate Education and organized by the Dept of Home Science, Government College for Women, Thiruvananthapuram on 13<sup>th</sup> to 15<sup>th</sup> November 2018.
- Participated in the National Seminar on ‘ Challenges and Changes in AQAR and SSR preparation’ organised by the IQAC,Sree Narayanaa College for Women,Kollam on 19<sup>th</sup> &20<sup>th</sup> December 2019.
- Participated in the National Webinar on ‘Academic E-content Development and Online Course Delivering’ organized by the PG Dept of Commerce and Research Centre,Bishop Abraham Memorial College,Thuruthicad on 30-05-2020.
- Participated in the International webinar ‘Post Covid-19 Business Environment: Challenges and Opportunities’ organised by IQAC and Department of Commerce, Mar Thoma College for Women, Perumbavoor on 07- 06-2020.
- Participated in the International webinar on ‘Global Pandemic Challenges: Recalibrating the Socio-Economic Mechanisms’, organised by the Department of Economics, Sree Narayana College for Women, Kollam, Kerala on 9 June 2020.

- Participated in the 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 on 10 June 2020
- Participated in the webinar on Research Proposal Writing organised by Internal Quality Assurance Cell (IQAC), Don Bosco College of Arts and Science, Keela Eral, Thooththukkudi on 17 June 2020.
- Participated in the International webinar on ‘Covid19 & Food and Nutrition Security: Scenario in South and South East Asia organized by the Avinashalingam Institute for Home Science and Higher Education for Women, Nutrition Association and Nutrition Society of India, Coimbatore & University of Reading, UK on 27-06-2020.
- Participated in the webinar on LIVE LONG ; LIVE FIT , organised by the Department of Physical Education & IQAC, MSM College Kayamkulam on 20 June 2020.
- Participated in the National Webinar on ‘Diet Epigenetics and Cognitive Performance’ organized by the Dept of Food Service Management and Dietetics, Avinashalingam Institute for Home Science and Higher Education for Women, Coimbatore on 14-07-2020.
- Participated in the International webinar on ‘ICT in Education During and After Covid-19 organised by the IQAC, SNM Training College, Moothakunnam on 09-07-2020.
- Participated in International Webinar on “Food and Well Being Challenges of the 21st Century (A fit body, a calm mind, a house full of love)” organised by the Department of Home Science and Psychology, Sophia Girls’ College (Autonomous), Ajmer (Rajasthan) on 17 & 18 July, 2020.
- Participated in the Webinar on “The Paradigm Shift in the Dietary Approaches to Non-Communicable Diseases in the Context of Covid-19”

organised by the Department of Home Science in association with the IQAC, HHMSPBNSS College for Women, Neeramankara, Thiruvananthapuram, Kerala on 24 July 2020.

- Participated in the International Webinar on “Manodharma Sangeetham” Organized by Department of Music in association with IQAC, Sree Narayana College for Women, Kollam on 27 July 2020.
- Participated in the International webinar on “Solid Waste Management” organized by the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 29 July 2020.
- Participated in the International webinar on ‘Financial Market Trends : Paradigm shift in the post pandemic scenario’, organised by the Department of Commerce, Sree Narayana College for Women , Kollam on 30 July 2020.
- Participated in the International webinar seiers-Connecting the dots...on ‘Problems of Data Relating to Older People and Covid-19: the case of India organized by UBA in association with IQAC and Dept of Home Science, Govt College for Women,Thiruvananthapuram on 30-07-2020.
- Participated in the International webinar seiers-Connecting the dots...on ‘Music the Tranquilizer’organized by UBA in association with IQAC and Dept of Home Science, Govt College for Women,Thiruvananthapuram on 03-08-2020.
- Participated in the International webinar seiers-Connecting the dots...on ‘Indias Health System in Covid Times-how well is it coping?’ organized by UBA in association with IQAC and Dept of Home Science, Govt College for Women,Thiruvananthapuram on 10-07-2020.
- Participated in the International Webinar on “Healthy aging - A Spotlight On Intergenerational Landscaping for the wellbeing Of Older Adults ”organized

by the Post Graduate Department of Home Science, Sree Narayana College for Women, Kollam on 1st October 2020.

- Participated in the International Webinar series on Ageing, organised by the Dept of Home Science, Govt College for Women, Tvpm, Kerala in association with the Unnat Bharat Abhiyan Cell and Home Science Association of India, Kerala Chapter on 2nd October 2020.
- Participated in the two days international webinar on - "Age Well"... It's Never Too Late organised by the Dept of Home Science, St. Joseph's College for Women, Alappuzha on 1<sup>st</sup> & 2<sup>nd</sup> October 2020.

### **INVITED LECTURES AS RESOURCE PERSON**

- Resource person for the one day training to ICDS supervisors on Home Management organized by District Level ICDS Cell as part of the Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (IRGSEAG—SABLA) ON 18-12-2014.
- Served as Judge for the District Level Cookery competition for ICDS beneficiaries conducted by the Department of Social Justice, Government of Kerala on 26-09-2017.

### **PUBLICATIONS IN BOOKS OR JOURNALS**

- Published an article in the proceedings of the National Seminar on 'Health, Nutrition and Elderly: Need for Strategies and Intervention', organized by the Department of Home Science, Gandhigram Rural Institute- Deemed University, Gandhigram, Tamilnadu on 16<sup>th</sup> & 17<sup>th</sup> December 2011.
- Published an article titled 'Factors Influencing Women Entrepreneurs to Establish Enterprise in Kollam City in a book 'Women In Society' published by APH publishing corporation, New Delhi. 2013. ISBN 978-93-93-313-1803-9.



## **MEMBERSHIP IN PROFESSIONAL BODIES**

- Chairperson of Board of Studies of Home Science(pass) from 2020 onwards.
- Member of PG Borad of Studies in HomeScience 2005-2008, 2012-2015,2020
- Member of Borad of Studies in HomeScience(Pass)2005-2008,2012-2015,2017-2020.
- Chairperson of Board of Examiners for the second ,fourth and sixth Semester B.Sc Home Science Degree Examinations 2015.
- Chairperson of Board of Examiners for the First ,Third and Fifth Semester B.Sc Home Science Degree Examinations 2019.
- Life member of Indian Dietetic Association,Kerala Chapter.
- Life member of Indian Adult Education.

## **OTHER ACHIEVEMENTS**

- Secured PhD from University of Kerala, Thiruvananthapuram.

## **RESEARCH OUTPUT**

- Guided PG projects from 2001-2008
- Guiding UG and PG projects from 2012- till date.