



Indu Suresh

Assistant Professor of Home Science

ADDRESS & EMAIL

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QUALIFICATION

MSc Home Science

DATE OF JOINING

09/10/2012

EXPERIENCE IN YEARS

9 years

AREA OF SPECIALIZATION

Food & Nutrition

ADMINISTRATIVE DISTINCTION

2012-13

- Tutor of I DC students
- Resource person for Skill Enhancement Training to students of Women Resource Centre
- Question paper setter for BSc & MSc Home Science courses of MG University since 2012.

2013-14

- Tutor of II DC students
- Member of Performing Arts and Music club of Sree Narayana College for Women, Kollam
- Accompanied UG students for field visits
- Coordinator of Craft and Tailoring course (Extension Activity of Dept of Home Science)
- Coordinator of the exhibition conducted in connection with Craft and Tailoring course (Extension Activity).
- Coordinator of the Diet Counselling organised in connection with the National Nutrition Week celebrations conducted by the Department of Home Science on 3 and 4 September, 2013
- 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 Dept of Home Science, S N College for Women, Kollam on 20 & 21 February 2014.
- Executive member of Former Students' Association
- Tutor of III DC students
- Accompanied UG students for field visits

- Member of Performing Arts and Music club of Sree Narayana College for Women, Kollam
- Coordinator of Craft and Tailoring course (Extension Activity of Dept of Home Science)
- Coordinator of the exhibition conducted in connection with Craft and Tailoring course (Extension Activity)
- Staff advisor of Home Science students
- Executive member of Former Students' Association
- Member of UG Admission subcommittee
- Tutor of I MSc students
- Accompanied UG students for field visits
- Member of Performing Arts and Music club of Sree Narayana College for Women, Kollam
- Coordinator of Craft and Tailoring course (Extension Activity of Dept of Home Science)
- Coordinator of the exhibition conducted in connection with Craft and Tailoring course (Extension Activity)
- Coordinator of the diet counselling organised in connection with the National Nutrition Week celebrations conducted by the Department of Home Science on 7 and 8 September, 2015
- Attended PG valuation camp at St Teresa's College, Ernakulam (Autonomous) (Mahatma Gandhi University)
- Executive member of Former Students' Association
- Executive member of Staff Association
- Tutor of II MSc students
- Accompanied UG students for field visits
- Internal mentor of Walk With a Scholar (WWS) programm
- Member of Performing Arts and Music club of Sree Narayana College for Women, Kollam
- Coordinator of fabric painting workshop conducted in collaboration with Pidilite industries (Fevicryl)
- Coordinator of the one-day regional workshop on Value Addition of Jack fruit organised by the Department of Home Science on 7 June 2016
- Associate editor of multidisciplinary research journal 'Jnanabhoomika' published by Sree Narayana College for Women, Kollam
- Coordinator of the diet counselling organised in connection with the National Nutrition Week celebrations conducted by the Department of Home Science on 5 and 6 September 2016
- Attended PG valuation camp at St Teresa's College, Ernakulam (Autonomous) (Mahatma Gandhi University)
- Gave talk on "Nutritional Management in Life style diseases" at IMA Women's Wing, Kollam on 25 June 2016
- Executive member of Former Students' Association

- Accompanied UG students for field visits
- Internal mentor of Walk With a Scholar (WWS) programme
- Member of Performing Arts and Music club of Sree Narayana College for Women, Kollam
- Coordinator of the diet counselling organised in connection with the National Nutrition Week celebrations conducted by the Department of Home Science on 14 and 15 September 2017
- Gave a talk in the Community Radio on the topic “Health Issues in Adolescents” which was aired on 18.10.2017
- Gave a talk on “ Nutrition in Degenerative Diseases” on 13.01.2018 at Sree Narayana Vanitha Samithy, Kadappakada, Kollam
- Coordinator of two-day Workshop on “Shibori work, Tie and Dye, Lace work, Ikat work, Mexican Work, Zentangle design and Spray Painting” conducted by Department of Home Science, Sree Narayana College for Women, Kollam in association with Pidilite Industries on 19 and 20 February 2018
- Editorial board member of News Letter of Former Students’ Association
- Executive member of Former Students’ Association
- Tutor of I DC students
- Member of Performing Arts and Music club of Sree Narayana College for Women, Kollam
- Member of Theatre club of Sree Narayana College for Women, Kollam
- Gave a talk in the community radio on the topic “Food fortification and micronutrients” (Poshan Abhiyan) which was aired on 25.09.2018
- Tutor of the II DC students
- Internal mentor of Walk With a Scholar (WWS) programme
- Member and co-ordinator of Performing Arts and Music club of Sree Narayana College for Women, Kollam
- Member of Theatre club of Sree Narayana College for Women, Kollam
- Member in the registration committee of the 51st Annual National Conference of Nutrition Society of India in collaboration with Rajiv Gandhi Centre for Biotechnology conducted from 8 -9 November 2019 at Thiruvananthapuram

PARTICIPATION IN SEMINARS/ CONFERENCES/ WORKSHOPS

- Participated and presented paper at the UGC-Sponsored one-day National Seminar on ‘Emerging Trends in Family and Community Science’ organized by the Department of Home Science, Government College for Women, Thiruvananthapuram on 25 October 2013
- Participated in the UGC sponsored two-day State Level Workshop on “Life Skills for Excellence in Education” organised by Dept of Home Science, NSS College for Women, Thiruvananthapuram on 29 & 30 January 2014
- Participated in the UGC sponsored one-day National seminar on “Rising Prevalence of Cancer Among Women in Kerala” organised by Dept of Home Science, St Joseph’s College for Women, Alappuzha on 4 February 2014
- Participated in the UGC sponsored two-days National seminar on “Coping with Academic Stress – Need of the Hour” organised by Dept of Home Science, S N College for Women, Kollam on 20 & 21 February 2014
- Participated in the one-day CBCSS workshop on Restructuring of Syllabus for First Degree Programme in Home Science at Government College for Women, Thiruvananthapuram on 4 April 2014
- Participated in the UGC-Sponsored two-day National Seminar on ‘Sustainable Resource Management – Tools and Techniques’ organized by the Department of Home Science, St Teresa’s College, Ernakulam on 7 & 8 October 2014
- Participated in the UGC-Sponsored two-day National Workshop on ‘Perspectives and paradigms of Research Methodology and statistical Applications in Home Science’ organized by the Department of Home Science, Government College for Women, Thiruvananthapuram on 25 & 26 February 2015
- 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 & 7 July 2015
- Participated in a Directorate of Collegiate Education-sponsored two-day National seminar on “Social Entrepreneurship: Avenues and Challenges in Home Science” organized by the Department of Home Science, Government College for Women, Thiruvananthapuram on 28 and 29 November 2016.
- Participated in a one-day Capacity Building Workshop for internal mentors of “Walk With a Scholar Programme” organized by the Office of the New Initiative in Higher Education at Fatima Mata National College, Kollam on 11 January 2017.
- Participated in the one day workshop on Re-structuring of PG syllabus of the University of Kerala organized by the Department of Home Science, Government College for Women, Thiruvananthapuram on 28 February 2017
- Attended a one week On –Job Training Course in Bakery & Confectionary (Basic & Advanced Levels), organised by Department of Home Science, Sree Narayana College for Women, Kollam from 24 to 30 July 2016.

- Attended a two-day National Seminar on “Home Science –A Kaleidoscope of Life”, organized by Department of Home Science, Government College for Women, Thiruvananthapuram on 16-17 November 2017
- Attended a two-day Workshop on “Shibori work, Tie and Dye, Lace work, Ikat work, Mexican Work, Zentangle design and Spray Painting” conducted by Department of Home Science, Sree Narayana College for Women, Kollam on 19 and 20 February 2018
- Participated in the three-day International seminar on “Development Communication & Endo-nutrition: the Current Drift” sponsored by Directorate of Collegiate Education & organised by Department of Home Science, Govt College for Women, Thiruvananthapuram from 13 to 15 November 2018
- Published a paper “Musculoskeletal problems and associated risk factors among nurses in Kollam” in the proceedings of the three-day International Seminar on “Development Communication and Endo-Nutrition: The Current Drift”, organized by Department of Home Science, Government College for Women, Thiruvananthapuram from 13 to 15 November 2018
- Participated in the Pre-Conference workshop (7 November 2019) of the 51st Annual National Conference of Nutrition Society of India held at Rajiv Gandhi Centre for Biotechnology conducted from 8 -9 November 2019 at Thiruvananthapuram
- Participated in the 51st Annual National Conference of Nutrition Society of India held at Rajiv Gandhi Centre for Biotechnology conducted from 8 -9 November 2019 at Thiruvananthapuram
- Participated in the NAAC sponsored National seminar on “Challenges & changes in AQAR & SSR preparation” organised by IQAC, Sree Narayana College for Women, Kollam on 19 & 20 December 2019
- Participated in the National Webinar on “Thy food... Thy medicine” organised by the Department of Home Science and Centre for Research in association with IQAC, St Teresa’s College, Ernakulam on 22 May 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 7 June 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 webinar on LIVE LONG ; LIVE FIT , organised by the Department of Physical Education & IQAC, MSM College Kayamkulam on 20 June 2020.
- Participated in the webinar on “Online learning: Prospects & promises” organised by Sree Narayana College, Chathannoor, Kollam on 24 June 2020.
- Participated in the International Webinar on “CONNECTING PEOPLE WITH NATURE” organised by The Department of Botany, Women’s Christian College, Nagercoil on 24 June 2020.
- Participated in the International webinar on “COVID-19 & Food and Nutrition Security: Scenario in South and South East Asia” organised by Department of Food Science & Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 27 June 2020.
- Participated in the International Webinar on ‘COVID-19, Understanding the real Threat to Human’, organised by the Department of Clinical Nutrition & Dietetics, St Teresa’s College, Ernakulam on 3 July 2020.
- Participated in the National Webinar on “Diet, Epigenetics and Cognitive Performance” organised by the Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 14 July 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 “Problems of data relating to older people and COVID19 : the case of India” Organized by UBA in association with IQAC and Dept. of Home Science, Govt.College for Women, Thiruvananthapuram, Kerala, India on 30 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 National webinar on “Demystifying Food Allergy and Food Intolerances” organized by the Department of Food Technology, Bhaskaracharya College of Applied Sciences on 15 August, 2020.
- Participated in the National webinar on “Meta Analysis in Nutrition- Need and Process” organized by Nutrition Society of India, Mumbai Chapter on 16 August, 2020

PUBLICATIONS IN BOOKS OR JOURNALS

- Published an article on “Dietary Habits of School-going children (aged 6-12 years) of Employed and Unemployed Homemakers” in the proceedings of the UGC sponsored National seminar on “Emerging Trends in Family and Community Science” organised by Department of Home Science, Government College for Women, Thiruvananthapuram. ISSN/ISBN No. 978 81 92850603.
- Published an article on “Cooking fuel consumption and associated problems among rural and urban home makers” in the proceedings of the UGC-Sponsored two-day National Seminar on ‘Sustainable Resource Management – Tools and Techniques’ organized by the Department of Home Science, St Teresa’s College, Ernakulam on 7 & 8 October 2014. ISSN/ISBN No. 978-81-7255-066-0
- Published an article on “Kudumbasree & Women empowerment- an overview” in the multidisciplinary research journal ‘Jnanabhoomika’ published by Sree Narayana College for Women, Kollam. ISSN 2394-4765. Vol 3. Issue 2.

MEMBERSHIP IN PROFESSIONAL BODIES

- Life member of Indian Dietetic Association
- Life Member of Nutrition Society of India

OTHER ACHIEVEMENTS

- Attended a one week On –Job Training Course in Bakery & Confectionary (Basic & Advanced Levels), organised by Department of Home Science, Sree Narayana College for Women, Kollam from 24 to 30 July 2016
- Short-term course sponsored by UGC at UGC-HRDC, Kariavattom. 20/03/2017 to 25/03/2017 .
- Orientation Course sponsored by RUSA at UGC-HRDC, Kariavattom. 22/11/2017 to 19/12/2017
- Refresher Course sponsored by RUSA at UGC-HRDC, Kariavattom 06/09/2018 to 26/09/2018

RESEARCH OUTPUT

- Guided UG and PG projects (2012-13)
- Guided UG and PG projects (2013-14)
- Guided UG and PG projects (2014-15)
- Guided UG and PG projects (2015-16)
- Guided UG and PG projects (2016-17)
- Guided UG project (2017-18)
- Guided UG and PG projects (2018-19)
- Guided UG and PG projects (2019-20)