



# Seema Gopinathan

Assistant Professor of Home Science

## ADDRESS & EMAIL

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## QUALIFICATION

M.Sc, M.Phil, B.Ed

## DATE OF JOINING

12.10.2012

## EXPERIENCE IN YEARS

7 years 11 months

## AREA OF SPECIALIZATION

Home Science Extension  
Education

## PAPER PRESENTATIONS

- Presented a paper on A Study on the Social Profile of the Elderly in the proceedings of the UGC Sponsored National Seminar on “Emerging trends in Family and Community Science” organised by the Department of Home Science at Government College for Women, Thiruvananthapuram in collaboration with the Council for Teacher Education on 25<sup>th</sup> October, 2013.
- Presented a paper on A study on Women Entrepreneurs in Kollam district of Kerala at the National seminar in “Social Entrepreneurship: Avenues and Challenges in Home Science” organised by the Department of Home Science, Government College for Women, Thiruvananthapuram, 2017.
- Presented a paper on An Overview of the Recent Innovations for Better Teaching at the National Seminar on Challenges and Changes in AQAR and SSR Preparation organised by the Sree Narayana College for Women, Kollam on 19<sup>th</sup> - 20<sup>th</sup> December, 2019.
- Presented a paper titled Impact of Mass Media on Adolescents at the Proceedings of the Three day International seminar on Indian Literature, Language and Mass media, organised by the Dept. of Hindi with the collaboration of Vani and Aman Prakashan, New Delhi organised by the Sree Narayana College for Women, Kollam on 20<sup>th</sup> - 22<sup>nd</sup> January 2020.

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

- Participated in the UGC Sponsored National Seminar on “Emerging trends in Family and Community Science” organised by the Department of Home Science at Government College for Women, Thiruvananthapuram in collaboration with the Council for Teacher Education on 25<sup>th</sup> October, 2013
- Participated and presented a poster titled **ESSENTIAL BASIC LIFE SKILLS** in the UGC sponsored two day workshop on Life Skills for Excellence in Education at NSS College for Women, Neeramankara, Thiruvananthapuram on 29<sup>th</sup> and 30<sup>th</sup> January 2014
- Participated and presented a poster titled **CANCER-THE MOST DREADED DISEASE** in the UGC sponsored National Seminar on Rising Prevalence of Cancer among Women in Kerala organised by the Department of Home Science at the St.Joseph’s College for Women, Alappuzha on 4<sup>th</sup> February 2014
- Participated in the National Seminar on Data Analysis (NSDA-2014) organized by the Centre for Quantitative Analysis, University of Kerala, Karyavattom on 13<sup>th</sup> and 14<sup>th</sup> February 2014
- Participated and presented a poster titled **STRESS- FACTS TO KNOW** in the UGC Sponsored National Seminar on Coping with Academic Stress-Need of the Hour organized by the Department of Home Science, Sree Narayana College for Women, Kollam on 20<sup>th</sup> and 21<sup>st</sup> February 2014.
- Participated in the CBCSS-Workshop on Re-structuring of Syllabus for the First Degree Programme in Home Science in accordance with the recommendations of Prof. Hrdaya Kumari Committee at the Government College for Women, Thiruvananthapuram on 4<sup>th</sup> April 2014
- Participated in the National Workshop on Perspectives and Paradigms of Research Methodology and Statistical Applications in Home Science using SPSS organised by the Department of Home Science, Government College for Women, Thiruvananthapuram on 25<sup>th</sup> and 26<sup>th</sup> February 2015.
- Participated in the two-day UGC sponsored National seminar on the Importance of Green GDP and Sustainable Development in India organized by the Department of Economics, Sree Narayana College for Women, Kollam on 6<sup>th</sup> and 7<sup>th</sup> July, 2015.

- Participated in the two day National Seminar on Social Entrepreneurship: Avenues and Challenges in Home Science sponsored by the Directorate of Collegiate Education, Government of Kerala, organised by the Department of Home Science held at Government College for Women, Thiruvananthapuram on 28<sup>th</sup> and 29<sup>th</sup> November 2016.
- Participated in the one day workshop on the Restructuring of PG Syllabus of the University of Kerala organised by the Department of Home Science, Government College for Women, Thiruvananthapuram on 28<sup>th</sup> February 2017
- Participated in a two day National Seminar on Home Science –A Kaleidoscope of Life, organised by the Department of Home Science, Government College for Women, Thiruvananthapuram.
- Participated in a two day work shop on Shibori work, Tie and Dye, Lace work, Ikat work, Mexican Work, Zentangle design and Spray Painting conducted by the Department of Home Science, Sree Narayana College for Women, Kollam in collaboration with the Pidilite Industries Ltd on 19<sup>th</sup> and 20<sup>th</sup> February 2018.
- Participated in the half day workshop conducted for teachers and counsellors on Adolescent Mental Health held as Pre-Conference workshop in the 34<sup>th</sup> Annual Conference of the Branch of Indian Psychiatric Society (Kerala) organized by the Kollam Psychiatric Society on 14<sup>th</sup> September 2018.
- Participated in the three day International Seminar on Development and Endo-Nutrition: The Current Drift! sponsored by the Directorate of Collegiate Education, Government of Kerala, organised by the Department of Home Science held at Government College for Women, Thiruvananthapuram on 13<sup>th</sup> to 15<sup>th</sup> November 2018.
- Participated in the one day workshop on Master Mentoring Training Programme of Walk with a Scholar Programme organized by the New Initiatives in Higher Education, Directorate of Collegiate Education, Government of Kerala held at the Government College for Women, Thiruvananthapuram on 29<sup>th</sup> August 2019.
- Participated in the NAAC sponsored National Seminar on Challenges and Changes in AQAR and SSR Preparation organised by the Sree Narayana College for Women, Kollam on 19<sup>th</sup> and 20<sup>th</sup> December, 2019.
- Participated in the three day International seminar in collaboration with Vani Prakashan and Aman Prakashan, New Delhi on Indian Literature, Language and Mass media,

organised by the Department of Hindi, Sree Narayana College for Women, Kollam on 20<sup>th</sup> to 22<sup>nd</sup> January 2020.

## **PUBLICATIONS IN BOOKS OR JOURNALS**

- Published an article on A Study on the Social Profile of the Elderly in the proceedings of the UGC Sponsored National Seminar on “Emerging trends in Family and Community Science” organised by the Department of Home Science at Government College for Women, Thiruvananthapuram in collaboration with the Council for Teacher Education on 25<sup>th</sup> October, 2013
- Published a paper titled A Study on the Food Consumption Pattern of the Adolescents in the Star Research Reach, an Inter-Intra Disciplinary International Journal Vol.8, No.1 (ISSN 0975-5101) Published by the Department of Home Science, Morning Star Home Science College Angamaly South, Ernakulam, 2016, Pages : 95-107
- Co-authored a chapter titled A study on Women Entrepreneurs in Kollam district of Kerala in the book “Social Entrepreneurship: Avenues and Challenges in Home Science” Published by the Department of Home Science, Government College for Women, Thiruvananthapuram, 2017, Pages : 38-55
- Published a paper titled A Study on the Cause of Stress in Adolescent Girls in the Proceedings of the International seminar on Development Communication and Endo-Nutrition : The Current Drift organized by Govt. College for Women, Thiruvananthapuram on 13-15 November, 2018, Pages : 180 - 191
- Published a paper titled An Overview of Recent Innovations for Better Teaching in the Proceedings of the NAAC sponsored National Seminar on Challenges and Changes in AQAR and SSR Preparation organised by Sree Narayana College for Women, Kollam on 19<sup>th</sup> - 20<sup>th</sup> December, 2019. Page : 47
- Published a paper titled Impact of Mass Media on Adolescents in the Proceedings of the Three day International seminar on Indian Literature, Language and Mass media, organised by the Dept. of Hindi with the collaboration of Vani and Aman Prakashan, New Delhi organised by the Sree Narayana College for Women, Kollam on 20<sup>th</sup> - 22<sup>nd</sup> January 2020.

- Published in the book Women Led Empowerment with ISBN 978-9385604-14-0 a paper titled The Fiscal Profile of Women Members of Self-help Groups in Kollam in the 33<sup>rd</sup> Biennial Conference of Home Science Association of India (HSAI) on Trends for Futuristic Development in Home Science: Research and Innovation, 22-24<sup>th</sup> January 2020 organised by School of Home Science at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. Pages: 13-18

## **MEMBERSHIP IN PROFESSIONAL BODIES**

- Life member of the Association of Teresian Home Scientists
- Life member of the Home Science Association of India

## **ACCOMPLISHMENTS**

- External Examiner for the Post Graduate Programmes in other Universities since 2014
- Member in the Committee for the Revision of the syllabi of Home Science for the State Eligibility Test (SET) a mandatory qualifying test for teachers at the school level in 2015
- Teacher Supervisor for Youth Festival of University of Kerala in 2015, 2020
- University Supervisor for Spot Admissions at colleges of University of Kerala in 2016
- Nodal Officer for Provident Fund Affairs of Sree Narayana College for Women during 2016 – 2018

## **OTHER ACHIEVEMENTS**

- Additional Examiner of University Examinations conducted by the University of Kerala for the Bachelor's and Master's degree programmes since 2012
- External Examiner of University Practical Examinations conducted by the University of Kerala for Bachelor's and Master's degree programmes since 2012
- Staff Advisor of Bachelor's and Master's Programme students of Home Science in 2012
- Polling Officer in the conduct of Student Union Elections of University of Kerala since 2013
- Class Tutorship alternating between Bachelor's and Master's Degree Programmes since

2012

- Research supervisor for the dissertation at Master's degree level since 2013
- Co-ordinator of the Exhibition conducted in connection with Craft and Tailoring Course (Extension Activity) during 2013 -2015
- Research supervisor for the project at Bachelor's degree level since 2013
- Member of the Nature Club (Bio Diversity Club) since 2013
- Served as the Organising Committee Member of the UGC sponsored two day National seminar on Coping with Stress - Need of the Hour organised by Sree Narayana College for Women, Kollam on 20<sup>th</sup> and 21<sup>st</sup> of February, 2014.
- Presiding Officer of Panchayat elections of Kerala in 2015
- Co-ordinator of Fabric Painting Workshop conducted in collaboration with Pidilite Industries in 2017.
- Member of the Performing Arts Club and Folklore since 2018