



**(Indu Suresh)**

(Assistant Professor, Department of Home Science)

## ADDRESS & EMAIL

Sarada Vilas, Oorampallil,  
MRA -133, Mundakal,  
Kollam- 691001.

doctoryesbee@rediffmail.com

## QUALIFICATION

MSc Home Science

## DATE OF JOINING

09/10/2012

## EXPERIENCE IN YEARS

11 years

## AREA OF SPECIALIZATION

Food & Nutrition

## ADMINISTRATIVE DISTINCTION

- Resource person for Skill Enhancement Training to students of Women Resource Centre (2013)
- Member of Performing Arts and Music club of Sree Narayana College for Women, Kollam (2013-2021)
- Coordinator of Craft and Tailoring course (Extension Activity of Dept of Home Science) (2013-15)
- Coordinator of the exhibition conducted in connection with Craft and Tailoring course (Extension Activity) (2013-15).
- 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.
- Staff advisor of Home Science students (2014-15)
- External examiner for PG valuation (Mahatma Gandhi University) (2015-16,2016-17).
- Executive member of Staff Association (2015-16)
- Coordinator of fabric painting workshop conducted in collaboration with Pidilite industries (Fevicryl) (2016-17)
- Coordinator of the one-day regional workshop on Value Addition of Jack fruit organised by the Department of Home Science on 7 June 2016 (2016-17)

- Associate editor of multidisciplinary research journal ‘Jnanabhoomika’ published by Sree Narayana College for Women, Kollam (2016-17)
- 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. (2017-18)
- Member of Theatre club of Sree Narayana College for Women, Kollam (2018-19)
- Member of registration committee of 51<sup>st</sup> Annual National Conference of Nutrition Society of India on 8 & 9 November 2019 at Thiruvananthapuram.
- Member and co-ordinator of Performing Arts and Music club of Sree Narayana College for Women, Kollam (2019-20)
- Member of Theatre club of Sree Narayana College for Women, Kollam (2019-20)
- Member of Performing Arts and Music club of Sree Narayana College for Women, Kollam (Member of UG admission committee (2020-21)
- Co-ordinator of Health Education club of Sree Narayana College for Women, Kollam(2020-21)
- Convened the International webinar on “Healthy Ageing: A Spotlight on Intergenerational Landscaping for the well-being of Older Adults” organized by the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 1 October 2020.
- Coordinated the online workshop on “Maggie Magic in Minutes” organized by the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam in association with Nestle India Ltd on 5 December 2020.
- Coordinated the online workshop on “'X'mas preparations'” organized by the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 19 December 2020.
- Coordinated the online workshop on “New Year Special: Butter cupcakes with Icing” organized by the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 9 January 2021.
- Coordinated the regional webinar on “Menstrual Hygiene and Stress among Adolescents” organized by the Health Education Club in association with Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 12 February 2021.
- Coordinated the regional webinar on “Exam Stress and how to Manage it” organized by the Health Education Club in association with Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 17 March 2021.
- Presiding officer for the Assembly Constituency Election (2021).

## **PARTICIPATION/PAPER PRESENTATIONS 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 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.
- Participated in the National webinar on “Healthy Lifestyle to Prevent Cancer” organized by Sanjeevani Life Beyond Cancer in association with the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 26 August 2020.
- Participated in the International webinar on “Dietary Cholesterol : Current State of Evidence” organised by the Department of Home Science and Centre for Research, St Teresa’s College, Ernakulam in association with NetProFan and NSI, Kochi Chapter, on 29 September 2020.
- Participated in the two-days International webinar on “Age well..It’s Never too late” organised by PG Dept of Home Science, St Joseph’s College for Women, Alappuzha in association with NetProFan and Home Science Association of India, Kerala Chapter on 1 & 2 October 2020.
- Participated in and convened the International webinar on “Healthy Ageing: A Spotlight on Intergenerational Landscaping for the well-being of Older Adults” organized by the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 1 October 2020.
- Participated in the Global Food Safety Quiz organized by M.O.P. Vaishnav College for Women, Chennai on 18 October 2020.
- Participated in the International webinar on “Significance of Promoting Nutrition Education in Schools” organised by the Department of Home Science in association with the IQAC, HHMSPBNSS College for Women, Neeramankara, Thiruvananthapuram, Kerala on 24 November 2020.
- Participated in and coordinated the online workshop on “Maggie Magic in Minutes” organized by the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam in association with Nestle India Ltd on 5 December 2020.
- Participated in and coordinated the online workshop on “'X'mas preparations'” organized by the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 19 December 2020.
- Participated in and coordinated the online workshop on “New Year Special: Butter cupcakes with Icing” organized by the Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 9 January 2021.

- Participated in and coordinated the regional webinar on “Menstrual Hygiene and Stress among Adolescents” organized by the Health Education Club in association with Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 12 February 2021.
- Participated in the National webinar on “Paradigm shift in Home Science Education” organized by the Home Science Association of India, Kerala Chapter from 18 - 20 February 2021.
- Participated in and coordinated the regional webinar on “Exam Stress and how to Manage it” organized by the Health Education Club in association with Post Graduate Department of Home Science , Sree Narayana College for Women, Kollam on 17 March 2021.
- Participated in the online workshop on "Maouri Art" organised by PG Department of Home Science, Sree Narayana College for Women, Kollam in association with Pidilite Industries on 10 April 2021.
- Participated in the International Webinar on “Nutritional Strategies for Enhanced Sports Performance” organised by Department of Physical Education in association with IQAC, Sree Narayana College for Women, Kollam on 28 May 2021.
- Participated in the National Webinar on “Delayed Speech Development in Children - Parent’s role to Play” organised by Department of Home Science in association with IQAC, NSS College for Women, Neeramankara, Thiruvananthapuram on 4 August 2021.
- Participated in the National Webinar on “Evidence based Updates on Diet and Diabetes” organised by Department of Home Science & Centre for Research, St Teresa’s College, Ernakulam on 12 November 2021.
- Attended the online workshop for BSc syllabus revision organised by the University of Kerala on 8 December 2021.
- Participated in an convened the international webinar on “An Introduction to Qualitative Research in Home Science” organised by the Department of Home Science, Sree Narayana College for Women, Kollam on 29 May 2021.
- Coordinated the international webinar on “Caring for Persons with Dementia” organized by the Post Graduate Department of Home Science, in association with IQAC, Sree Narayana College for Women, Kollam on 6 December 2022.
- Participated in the 34<sup>th</sup> Biennial National Conference of Home Science Association of India on “Innovation and Incubation Opportunities in Home Science for Self-reliant India” held at St Teresa’s College, Kochi, Kerala from 15 to 17 December 2022.
- Coordinated the “Artist in me” Exhibition organized by the Post Graduate Department of Home Science in association with Fevicryl, Pidilite Industries Ltd on 25 January 2023.

- Coordinated the “Artist in me” Workshop series organized by the Post Graduate Department of Home Science in association with Fevicryl, Pidilite Industries Ltd from November 5 to 25 January 2023.
- Participated and presented paper at the 35<sup>th</sup> Kerala Science Congress held at Mar Baselious Christian College of Engineering and Technology, Idukki from 12 to 14 February 2023.
- Coordinated the “Dupatta Painting - Rangoli” workshop organized by the Post Graduate Department of Home Science in association with Fevicryl, Pidilite Industries Ltd on the occasion of International Women’s Day on 6 March 2023.
- Coordinated the event “Nutria-2023” organized by the Post Graduate Department of Home Science in association with Eat Right Kollam as part of the National Nutrition Month celebration on 27 September 2023.

## **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” (ISSN/ISBN No. 978 81 92850603). organised by Department of Home Science, Government College for Women, Thiruvananthapuram on 25 October 2013 .
- 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’ (ISSN/ISBN No. 978-81-7255-066-0) organized by the Department of Home Science, St Teresa’s College, Ernakulam on 7 & 8 October 2014.
- 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, 2016.
- 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. ISBN 978 81928506 2-7 from 13 to 15 November 2018.
- Authored a chapter - “Knowledge Skills for Higher Education” in the textbook “Informatics and Research” (ISBN No.978-81-928506-3-4) published in 2019.
- Authored a chapter – “Non-Communicable Diseases -An Overview” in the book “Current Topics in Nutrition” (ISBN No.978-81-9466901-2) published in 2021.



## **INVITED LECTURES AS RESOURCE PERSON**

- Delivered lecture on “Nutritional Management in Life style diseases’ organised by Indian Medical Association Women’s Wing, Kollam on 25 June 2016.
- Delivered lecture on the topic “Health Issues in Adolescents” in the Community Radio Benziger aired on 18 October 2017.
- Delivered lecture on “ Nutrition in Degenerative Diseases” at Sree Narayana Vanitha Samithy, Kadappakada, Kollam on 13 January 2018.
- Delivered lecture on the topic “Food fortification and micronutrients” (Poshan Abhiyan) in the Community Radio Benziger aired on 25 September 2018.
- Delivered lecture on the topic “Healthy Cooking methods and Methods to Improve Bioavailability of Nutrients” organised by Government Vocational HSS for Girls, Kannur, Kerala on 30 January 2021.
- Delivered lecture on “Healthy Food and Cooking Methods” in connection with Poshan Pakwada 2021, organised by the National Service Scheme, Sree Narayana College for Women, Kollam on 31 March 2021.
- Delivered an invited talk on “Healthy Food Habits in Women” as part of International Women’s Day celebration at the Kerala Gazetted Officer’s Federation Women’s Committee on 8 March 2023.

## **MEMBERSHIP IN PROFESSIONAL BODIES**

- Life member of Indian Dietetic Association
- Life Member of Nutrition Society of India
- Life Member of Home Science Association 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.