



Dr.S.Selsa

Associate Professor of Home Science

ADDRESS & EMAIL

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QUALIFICATION

MSc, PhD, UGC NET

DATE OF JOINING

05/06/2001

EXPERIENCE IN YEARS

19 years

AREA OF SPECIALIZATION

Family Resource
Management

ADMINISTRATIVE DISTINCTION

- Convener of General Time Table Committee from 2015 to 2019
- Member UG & PG Admission committee 2011, 2018 to 2020
- Co-ordinator of Health Education Club from 2015 to 2019
- Editorial board member of the News Letter of Former Students Association 2017-2018
- Secretary of Former Students Association 2015- 2016
- Member of Project Implementation Group of FIST from 23/2/2018 onwards.
- Member of Steering Committee from 2005-2008
- HOD in charge for the academic years 2009 to 2012
- Member of Science Forum from the academic year 2005-2008
- Member of Women's Study Centre from the academic year 2008-2010
- Member of Writers Forum for the academic year 2010-2012
- Member of College Council from 2009- 2017
- Member of RUSA Committee from 2017 onwards
- IQAC Convener from August 2019 to June 2020
- NAAC Convener from August 2019 -2021
- HOD in charge from May 2023

PARTICIPATION IN SEMINARS/ CONFERENCES/ WORKSHOP

1. Workshop on “ Environment and Waste Management “ conducted at Thiruvananthapuram 26th July 2002, In connection with U.K. Science Innovation Exhibition and Science Fest 2002 under the joint auspices of The British Council, Association of British Scholar and the Indian Society of Interdisciplinary Studies.
2. South Zone Conference on Adult / Continuing Education, 10th & 11th May 2003, Organized by the Kerala State Branch , at the Institute of Co-operative Management , Poojappura, Thiruvananthapuram
3. One day Seminar on “ Medical Nutrition Therapy in Renal Disorder” o 5th November 2003 , Organized by department of Family and Community Science and Indian Dietetic Association Kerala Chapter at C.M.S. College Kottayam.
4. UGC Sponsored Orientation Programme in Multidisciplinary (IT Oriented) on 3rd March 2004 to 30th March 2004. Organized by Academic Staff College , University of Kerala, Kariavattom.
5. UGC Sponsored Refresher Course in Home Science from 3rd to 23rd February 2004, Organized by Gandhigram Rural Institute – Deemed University , Gandhigram.
6. National Workshop on Methodology in Ergonomic Studies, from 21st to 25th February 2005, Organized by Gandhigram Rural Institute – Deemed University, Gandhigram.
7. Regional Seminar on “ Spectroscopy as a tool for Structural Elucidation” on 24th and 25th August 2005, Organized by Dept. of Chemistry , SNCW, Kollam,
8. UGC Sponsored National Seminar on Biotechnology , “ Biodreams 2006” on 24th February 2006, Organized by Dept of Zoology , SNCW, Kollam.
9. State level seminar on “ Challenges of Continuing Education “ on 9th December 2006, Organized by Indian Adult Education Association , Kerala State Branch at the Mar Theophils Training College, Thiruvananthapuram.
10. UGC Sponsored National Seminar , “ Home Science a Promising Future Ahead “ on 14th and 15th December 2007, Organized by the PG Department of Home Science , Fatima College , Madurai.
11. International Seminar on Democratic & Secular Education, from 4th to 6th December 2008, Organized by the Govt. of Kerala at the Kerala University Campus , Kariavattom , Thiruvananthapuram.

12. National Seminar on “ Democratic and Secular Education “ on 4th to 6th December 2008, Organized by the Government of Kerala University Campus , Kariavattom , Thiruvananthapuram
13. UGC Sponsored Refresher Course in Women’s Studies from 24th to 25th December 2008, Organized by the UGC –Academic Staff College ,University of Kerala,, Kariavattom , Thiruvananthapuram
14. .National Workshop on Scientific Writing in Home Science, Extension and Rural Development Date: 22nd and 23rd February 2010, Sponsored by UGC, Organised by Dept of Home Science. Gandhigram Rural Institute, Gandhigram.
15. .43rd Annual National Conference of Indian Dietetic Association,Date: 3rd and 4th December 2010. Organised by National Institute of Nutrition, ICMR Hyderabad.
16. College Level Training Programme in General Informatics, Date: 13th to 15th December 2010, Sponsored by The Kerala State Higher Education Council, Thiruvananthapuram. Organised by Sree Narayana College for Woman ,Kollam.
- 17.National Seminar on Health, Nutritional and Elderly: Need for Strategies and Intervention Date: 16th and 17th December, 2011, Sponsored by UGC, Organised by Dept of Home Science, Gandhigram Rural Institute, Gandhigram.
- 18 .Refresher Course, Date: 1st to 22nd February 2012, Sponsored by UGC, Conducted by the UGC- Academic Staff College, University of Kerala, Kariavattom.
19. State Level Energy Conservation Programme on 18th February 2012, Organized by National Service Scheme & Energy Management Centre in SNCW,, Kollam.
20. National Conference on Recent Advances in Computational Biology, Date: 9th March 2012, Sponsored by UGC, Organised by P.G and Research Department of Zoology, Government Arts College Karur.
- 21.. National Seminar Workshop on Thesis Writing Skills, Date: 28th to 30th June 2012, Organised at Christ University Nodal Office, Vazhuthacaud, Thiruvananthapuram.
22. Short Term Course in Soft Skill Development from 18th to 22nd March 2014, Sponsored by UGC Conducted by the UGC –Academic Staff College , University of Kerala , Kariavattom, Thiruvananthapuram
23. One day Workshop on Re-structuring of syllabus in accordance with the recommendations of Prof. Hardya Kumari Committee on 4th April 2014, Organized by Dept of Home Science , Govt. College for Women , Thiruvananthapuram

24. UGC Sponsored National Seminar on “Ethnic Knowledge of Biological Resource in Contemporary Plant Sciences” from 28th to 29th August 2014, Organized by Dept of Botany , SNCW, Kollam.
25. 61st All India Adult Education Conference , from 28th to 30th December 2015, Organized by India Adult Education Association, New Delhi in Collaboration with Gandhigram , Rural Institute, Gandhigram
26. Two day National Seminar on “ Social Entrepreneurship : Avenues and Challenges in Home Science, on 28th and 29th November 2016, Sponsored by Directorate of Collegiate Education, Govt. of Kerala, Organized by Dept of Home Science , Govt. College for Women, Thiruvananthapuram.
27. National Seminar on “ Omics & Biomarker Analysis: In Disease Pathology 2.0 & Young Investigators Retreat” from 19th to 21st December 2016, Sponsored by Kerala State Council for Science , Technology and Environment, Organized by Dept. of Zoology , University of Kerala, Thiruvananthapuram
28. Two day National Seminar on “Home Science A Kaleidoscope of Life” on 16th and 17th November 2017
29. Three day Workshop on “ Redesigning of Courses for Outcome Based Education” Organized by the Kerala State Higher Education Council from 14th to 16th December 2017 at Thiruvananthapuram.
30. One day Workshop on Re-structuring of PG Syllabus of the University of Kerala, Organized by the Dept. of Home Science, Govt. College for Women, Thiruvananthapuram on 28th February 2017
31. Short –Term Course in “Women Empowerment “ conducted by the UGC –Human Resource Development Centre , University of Kerala , Kariavattom, Thiruvananthapuram from 6th to 11th November 2017
32. Field Survey and Seminar on Dengue Prevalence in Mundakkal, Kollam held in collaboration with SNCW, Kollam on 21st and 22nd November 2018
33. Three Day International Seminar on “Development Communication and Endo-Nutrition : The Current Drift!! Sponsored by Directorate of Collegiate Education , Organized by the Dept. of Home Science, Govt. College for Women, Thiruvananthapuram from 13th to 14th November 2018.
34. Two day Workshop on “ Shibori Work, Tie and Dye, Lace Work, Ikat Work, Mexican Work, Zentangle designs and Spray Painting” conducted by Dept of Home Science in collaboration with Pidilite Industris on 19th and 20th February 2018.

35. Three day Workshop on “Redesigning of Courses for Outcome Based Education” organized by the Kerala State Higher Education Council from 14th to 16th December 2017

36. One Week Online Workshop on “ Techno Pedagogy -2020” Organized by Dept of Education (SDE) , Bharathiar University ,Coimbatore & jointly Organized by Bharathiya Shikshan Mandal , Dhaksin Tamilnadu, from 24th -30th June 2020

37. One Day Virtual Hands on Training on “ Creating Brochure Design & Auto Generation Certificates using Microsoft PowerPoint “ Organized by Guru’s Academy of Commerce , Erode on 11th July 2021

38. Five -day Faculty Development Programme “ Sketching the Contours of Teaching “ Organized by IQAC, Amala College of Advanced Studies ,Nilambur, Kerala in Association with Kerala State Higher Education Council from 26th to 30th July 2021

39. Online International Workshop on “ Research Paper Writing “ , Organized by Excellence Brings Success , New Delhi from 26th August to 1st September 2021.

INVITED LECTURES AS RESOURCE PERSON

- Member of the Board of Adjudicators for the evaluation of the Ph.D Thesis submitted to Mahatma Gandhi University, Kottayam 2018
- Examiner to value the M.Phil Dissertation in Extension Education submitted to Mother Teresa Women’s University , 29/10/2004

PUBLICATIONS IN BOOKS OR JOURNALS

- 1. “Aromatherapy-Uses and Benefits”, New Horizons of Family and Community Science, Felicitation Volume, Kerala University Central Co-operative Press. 2008
- 2. “Periodontal Problems and its Management in Geriatric Patients” ;Elderly: Health and Nutrition, New Delhi: APH Publishing Corporation. 2011. ISBN 978-93-313-1737-7
- 3. Anxiety During Covid 19 Pandemic- A Study Among Female College Students and Teachers in Kerala, International Journal for Multidisciplinary Research (IJFMR), April 2023
- 4. Antimicrobial activity of crude extract of curcuma longa and centella asiatica against standard microbial strains and antibiotics. Journal of current studies, May 2023

MEMBERSHIP IN PROFESSIONAL BODIES

1. 1 Member of Board of Studies in Home Science (PASS) University of Kerala 2005 TO 2007
2. Member of Board of Studies in Home Science(PG) University of Kerala since 2008 to 2016

- 3..Life member -Indian Adult Education Association since 2013
- 4..Life member Indian Red Cross Society 2014
- 5..Life member -Indian Dietetic Association Since 2011
6. Chairman of Board of Studies in Home Science (PASS) University of Kerala from 23/7/2016to 22/7/2019
7. Member of Board of Studies in Home Science (PASS) University of Kerala 2005 TO 2007
- 8.Subject expert of St Teresa' College, Ernakulam, Board of Studies in Home Science(PG, UG) 2014 to 15
- 9 .Member of Board of Studies in Home Science(PG, UG) CMS College ,Kottayam Since 2016
- 10.Member of Board of Studies in Home Science(PG, UG) MG University ,Kottayam Since 2016 to 2021
11. Subject Expert of the Board of Studies , Family and Community Science of CMS CollegeKottayam,2019
- 12.Life member – Home Science Association of India from 2020
- 13.Member of Board of Studies in Home Science (PASS) University of Kerala from 2023

OTHER ACHIEVEMENTS

- 1.Examiner for the conduct of BSc & MSc practical exams since 2003
- 2.Additional examiner for the valuation of answer books of University exams conducted by University of Kerala since 2003
3. Additional examiner for the valuation of answer books of University exams conducted by Mahatma Gandhi University 2012
- 4.Chief advisory Board member –Journal of Research , Extension and Development. A Peer Reviewed Interdisciplinary Monthly National Journal-ISSN:2319-1899.
- 5.Doctoral Committee, Subject Expert , under the Faculty o f Science in the discipline of Home Science, Mahatma Gandhi University, Kottayam.17/9/2010 &28/10/2013
- 6.Doctoral Committee, Chairperson, under the Faculty o f Science in the discipline of Home Science, Mahatma Gandhi University, Kottayam.8/12/2016
- 7.Doctoral Committee, Chairperson, under the Faculty o f Science in the discipline of Home Science, Mahatma Gandhi University, Kottayam.11/12/2015
- 8.Doctoral Committee, Chairperson, under the Faculty o f Science in the discipline of Home Science, Mahatma Gandhi University, Kottayam.11/12/2019
- 9.Subject expert of the selection committee for conducting interview for appointment of Asst. Professor in Home Science at St .Joseph's College for Women ,Alappuzha on 30/5/2012

10. Co-ordinator of the UGC sponsored "Centre for Enhancement of Initiative for Competence Building" during the period from 2010 to 2012.
11. Convener Of The Extension Activity " Craft And Tailoring" Six Months Training Course In The Department Of Home Science During The Period 2009 To 2012
12. Co-ordinator of UGC sponsored "Add-on course in Fashion Designing" During the period from 2009 - 2010.
13. Organizing secretary of the seminar "Skin and Trichology problems related to Abuse of Cosmetics" organized by Dept . of Home Science in association with Fashion Technology Add-on course, on 07/02/2010.
14. Organizing secretary of the seminar "Kerala,s Eating Habit Taking a Wrong Turn" organized by Dept . of Home Science in association with Former students association, on 07/02/2010.
15. Organizing secretary of the seminar "Emerging Trends in Home Science-Horticulture therapy" organized by Dept . of Home Science on 07/02/2011.
16. Convenor of the UGC Sponsored National seminar on" Coping with Academic Stress – Need of the Hour " Organized by Dept of Home Science on 20th & 21st February 2014.
17. Executive member of the UGC National Seminar on " Managing Diabetes -A global concern" on 24/9/2008
18. Convener Of Dental Camp And Awareness Class On "Oral Hygiene" For The Students Of Our College. Organised By Dept: Of Home Science In Association With Indian Dental Association Date:06/03/2013
19. Co-ordinator of the One- Day Regional Workshop on Value addition of Jack Fruit on 7/6/2016
20. Subject Expert For The Selection Committee Constituted For The Appointment Of Assistant Professor In Home Science At St. Joseph's College For Women ,Alappuzha On 30/5/2012.
21. IT Mission Project Monitoring Committee Of Kerala State It Mission Course, Skill Enhancement Women Resource Centre, SN College For Women, Kollam During 2011, 2012, 2013 And 2014.
22. Presiding officer for the conduct of Kerala Municipality election 2010
23. Convener of On-Job Training Course (Basic and Advanced Level) in Bakery & Confectionary in collaboration with Institute of Baking Technology , Chennai, from 18/7/2016 to 30/7/2016.
24. Subject expert for the MG University, P.G Syllabus Revision 2019
25. Member in the Selection Committee constituted for scrutinizing the promotion application to the post of Associate Professor in Home Science , St Teresa's College Ernakulam on 19/03/2021
26. Doctoral Committee, Chairperson, under the Faculty of Science in the discipline of Home Science, Mahatma Gandhi University, Kottayam. 23/04/2021

27. 27. Doctoral Committee, Chairperson, under the Faculty of Science in the discipline of Home Science, Mahatma Gandhi University, Kottayam.17/11/2021

28. Subject expert of the Selection Committee constituted for the promotion from Assistant Professor Stage III to Associate Professor of the Dept of Home Science of H.H.M.S.P.B.N.S.S .College for Women, Neeramankara, TVM on 26/04/2021

29. .Doctoral Committee, Chairperson, under the Faculty of Science in the discipline of HomeScience, Mahatma Gandhi University, Kottayam. 31/01/2023

30. Screening committee member ,for the Appointment of Assistant Professor Academic level 12 In Home Science at Govt College for women , Thiruvananthapuram , Keral on 12th July 2023 .

30.Screening committee member ,for the Appointment of Associate Professor In Home Science at Morning Star Home Science College , Angamaly , Keral on 26th September 2023.

RESEARCH OUTPUT

- a. Guiding dissertation at masters level since 2001
- b. Guiding project at UG level since 20012
- c. Co guide