



Dr Aswathy Sugunan

Head & Associate Professor of Home Science

ADDRESS & EMAIL

Siva Ganga ,
JNRA-172,
Pattathanam East,
Kollam- 691021,
Kerala, India

aswathyarun1974@gmail.com
ail.com

draswathysugunan@sn
cwkollam.org

QUALIFICATION

M Sc, PhD

DATE OF JOINING

01.06.2001

EXPERIENCE IN YEARS

22 years 4 months

AREA OF SPECIALIZATION

Family Resource
Management

ADMINISTRATIVE DISTINCTION

- DST -FIST Co-Ordinator(2018-2023)
- RUSA Co-ordinator
- Member – Debate Club
- Member – Health Education Club
- Joint Convenor - Admission Committee 2013-14
- Co-Coordinator - Admission Committee 2021-22 and 2022-23
- PTA Executive Committee Member 2014-15 to 2015-16
- Member Library Advisory Committee 2013-14 to 2019-20.
- Member IQAC 2016-17 to 2017-18
- Mentor WWS – 2015-16 to 2017-18
- Convenor of Two days workshop on “Ikkat work, Shibori work, Mexican work, tie&dye, spray work, zentangle work and lace work , conducted by Department of Home Science , SNCW, Kollam On February 19th and 20th 2018.
- Convenor Of National Seminar On “Management Of Diabetes-A Global Concern” Sponsered By The Ugc And Organised By The Department Of Home Science , Sree Narayana College For Women, Kollam On 24th September, 2014
- Co-Ordinator of the workshop on “ Handloom and its importance” conducted by District Industries center, Kollam in association with Kerala institute of fashion technology, Chavara and Department of Home Science on February 18th 2014.
- Co-ordinator of the UGC sponsored national seminar on “Coping with academic stress need of the hour” organised by our department on February 20th & 21st 2014.
- Information officer from 2016-17 to 2019- 2020, 2020 October to 2023 May
- Senior superintendent of University Examinations April/May 2015 (2015-16)
- Member – NIRF committee (2020-21 Onwards)
- Dy Warden College hostel 2018- March 2023

PAPER PRESENTATIONS

- Presented a paper on “The Impact of SHG on Improving the Economic & Living Status of Rural Women” on 6th and 7th October, 2004 in a National Seminar on Problems and Challenges faced by Working Women organised by Women’s Study Centre, S.N.College for Women, Kollam.

PARTICIPATION IN SEMINARS/ CONFERENCES/ WORKSHOPS/SUBJECT EXPERT

- Attended One day Orientation program on PG Semesterisation at the Senate Hall, University of Kerala, Trivandrum, on June 20th 2001.
- Two day Inter- collegiate seminar on “Inter-disciplinary research methodology” conducted by Department of Student Services, MG University, Research guidance centre and the Centre for Research in English, Baselius College, Kottayam on 14th& 15th December 2001
- Participated in a Seminar on Medical Nutrition Therapy in Renal Disorder organised by Indian Dietetic Association, Kerala Chapter and Family and Community Science at CMS College, Kottayam on 5th november, 2003
- Participated in A National Seminar on Problems and Challenges Faced By Working Women organised by Women’s Study Centre, S.N.College For Women, Kollam on 6TH and 7TH OCTOBER, 2004
- Attended the UGC sponsored Refresher course in Home science conducted by the Academic Staff College, University of Kerala, Kariavattom from 25th october to 15th November, 2004.
- Attended a National Seminar On Bio-Technology “Biodreams-2006” (UGC Sponsored) organised by The Department of Zoology, Sree Narayana College For Women, Kollam On 24th February, 2006
- Participated in The National Seminar On Biofuels organised by The Department Of Botany, Sree Narayana College For Women, Kollam in association with the University Grants Commission on 28th February, 2007
- Attended the National Seminar on “Sponsored by the UGC and organised by the College Library , Sree Narayana College For Women, Kollam on 27th September 2008.
- Participated in a Five Day Workshop on Restructuring Under Graduate Education organised by the Board of Studies in Home Science (Pass), University of Kerala and sponsored by the Higher Education Council, Govt. of Kerala in N.S.S College for Women, Neeramankara, Thiruvananthapuram on 4th – 7th and 9th March 2009

- Participated in a One Day Workshop on “Child Development Through Horticultural Therapy” conducted at Govt. Guest House, Thycaud on 25th November, 2009.
- Participated in a One Day Orientation Programme for The Teaching Staff of the Colleges on the Regulations of Choice Based Credit and Semester System held at SNCW, Kollam on 8th December, 2009.
- Attended the UGC Sponsored National Seminar on “Fast Food Trap-Issues Problems And Solutions” organised by Department of Home Science, St. Teresa’s College, Ernakulam on January 12th 2012.
- Attended A National Workshop On “ Science Information Literacy & Scholarly Writing” organised by MG University in Association With KSCSTE & CILS, at M G University, Kottayam on January 17th to 19th 2012.
- Participated In A UGC Sponsored One-Day National Seminar On “Emerging Trends In Family And Community Science” Organised By Dept.Of Home Science, Government College For Women, Thiruvananthapuram On October 25th 2013.
- Participated In A One Day Workshop On Re-Structuring Of PG Syllabus Of The University Of Kerala, At Government College For Women, Thiruvananthapuram On 28th February 2017.
- Participated At The 2 Days National Workshop On “Home Science A Kaleidoscope Of Life” Organised By Dept Of Home Science , Govt College For Women, Thiruvananthapuram, On 16th & 17th November 2017.
- Participated In The 3 Day Workshop On “Redesigning Of Courses For Outcome Based Education(OBC)” Organized By The Kerala State Higher Education Council At Thiruvananthapuram On 14th To 16th December 2017.
- UGC SPONSERED REFRESHER COURSE IN LIFE SCIENCES (INTER DISCIPLINARY) CONDUCTED BY UGC – HRD CENTER, UNIVERSITY OF KERALA, KARIAVATTOM From 6th To 26th September
- Participated In UGC SPONSERED REFRESHER COURSE IN ENVIRONMENTAL SCIENCES (INTER DISCIPLINARY) CONDUCTED BY UGC – HRD CENTER, UNIVERSITY OF KERALA, KARIAVATTOM From 28th November To 18th December
- Participated At The 3 Day International Seminar On “Development Communication And Endo Nutrition: The Current Drift” Organised By Dept Of Home Science , Govt College For

Women, Thiruvananthapuram And Sponsored By Directorate Of Collegiate Education, On 13th,14th & 15th November 2018.

- Participated In A One Day Workshop On “Outcome Based Education” At The Aquatic Biology Hall, Dept Of Aquatic Biology And Fisheries, University Of Kerala ,Kariavattom,Thiruvananthapuram On 1st June 2019.
- Participated In The National Seminar On “Challenges And Changes In AQAR And SSR Presentation” Organized By The IQAC, Sree Narayana College For Women, Kollam On 19th & 20th December 2019.
- Participated In A National Webinar On “ A Link Between Health Practices And Lifestyle Diseases” Organized By Dept Of Bio Chemistry And Physical Education , St.Mary’s College , Thrissur On 10th June 2020.
- Participated In A National Webinar On “ Voice Of Youth For Oceans (VOYO)” Organized By Dept Of Aquatic Biology And Fisheries, University Of Kerala ,Kariavattom,Thiruvananthapuram On 8th 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 9th June 2020.
- Participated In The Webinar On ‘Quality Research & Publication In High Impact Journal’ Organized By The Research & Postgraduate Department Of Commerce , St. Dominic’s College, Kanjirapally On 19th June 2020.
- Participated In The Webinar On “Trends In Academic Plagiarism” In Connection With Research And Publication Ethics (RPE) Course Organized By Research Committee, Maharaja’s College Ernakulam On 13th June 2020.
- Participated In A Webinar On “Behavioural Finance And Investment Decision” Organised By P G Department Of Commerce And Department Of Bussiness Administration, KMM College Of Arts And Science, Thrikkakkara On 15th July 2020.
- Participated In A International Webinar On “CROSS ROADS 2020” Organised By P G And Research Department Of Physics, S N College For Women, Kollam On July 22nd 2020.
- Participated In An International Webinar On “Are Our Forests Real? Conservations Vs Conversions” Organised By Department Of Geography, S N College For Women, Kollam On July 22nd 2020.

- Participated In A Webinar On “CLASSROOM MANAGEMENT TOOLS” Organised By Department Of Commerce , SCMS School Of Technology And Management, Muttom, Aluva On July 23rd 2020.
- Participated In A An International Webinar On “Problems Of Data Relating To Older People And Covid -19: The Case Of India” Organised By UBA In Association With IQAC & Department Of Home Science , Governmnet College For Women, Thiruvananthapuram On July 30th 2020.
- Participated In An International Webinar On “Financial Market Trends: Paradigm Shift In The Post Pandemic Scenario” Organised By Department Of Commerce, S N College For Women, Kollam On 30th July 2020.
- Participated In An International Webinar On “Adapting To The New Norm Of Education-Part -III , Mental Health Need For Students And Faculty” Organised By Department Of Home Science, Assumption College, Changanassery On July 30th 2020
- Participated In Research Webinar Series On “Socila Work Intervention Research” Organised By The IQAC & Research And Consultancy Cell , Vimala College, Thrissur On August 3re 2020.
- Participated In A An International Webinar On “Exploring The New Approaches To Extension:# Covid-19”” Organised By UBA In Association With IQAC, Extension Cell And NCC Unit , Governmnet College For Women, Thiruvananthapuram On !5th August 2020.
- Participated In National Webinar On “Recent Economic Policy Reforms And Institutional Changes In India” Organised By Department Of Economics, S N College For Women, Kollam, Kerala In Association With Indian Economic Association On August 14th 2020.
- Participated In A One Day State Level Webinar On “SAAC: PERSPECTIVES ON ASSESSMENT AND ACCREDITATION PROCESS” Organised By IQAC S N College, Kollam In Association With Kerala State Higher Education Council On August 3rd 2020.
- Participated In The National Webinar On “Home Science As A Profession” Organized By The Department Of Home Science And IQAC, Nirmalagiri College, Kannur On August 26th 2020.
- Participated In An International Webinar On “Role Of Philosophy In Pandemic Crisis”” Organised By UBA In Association Department Of Philosophy With IQAC, Governmnet College For Women, Thiruvananthapuram On August 4th 2020.

- Organised And Participated In An Webinar On “Healthy Lifestyle To Prevent Cancer” Organised By Sanjeevani Life Beyond Cancer In Association With P G Department Of Home Science, S N College For Women, Kollam On August 26th 2020.
- Participated In A National Webinar On “Paradigm shift in Home Science Education” Organised By Home Scienc Association of India (Kerala Chapter) from 18th to 20th February 2021.
- Participated in the Orientation Programme for Chairpersons and Members of Board of studies on Syllabi revision , transformation to the OBE mode, for affiliated colleges of University of Kerala on 18th November 2022 at C.V.Raman Hall, CLIF, University of Kerala, Kariavattom Campus, Thiruvananthapuram
- Participated in the second phase of Orientation Programme for Chairpersons and Members of Board of studies on Syllabi revision , transformation to the OBE mode, for affiliated colleges of University of Kerala on 13th December 2022 at C.V.Raman Hall, CLIF, University of Kerala, Kariavattom Campus, Thiruvananthapuram
- Participated in the 34th Biennial National Conference of Home Science Association of India (HSAI), organized by Home Science Association of India- Kerala Chapter, on “Innovation and Incubation opportunities in Home Science for Self- Reliant India” held on December 15th to 17th 2022 at St.Teresa’s College (Autonomous) , Ernakulam, Kochi, India.
- Organised “Artist in Me” 12 days Workshop in association with Fevicryl(PIDILITE INDUSTRIES Ltd)- November 5th 2022 to January 25th 2023.

INVITED LECTURES AS RESOURCE PERSON

- Served as faculty for the Training of Trainers(TOT) programme on Health and Nutrition for Supervisory staff of ICDS at Kollam-Punalur ICDS office during the period from 19th to 23rd November 2007.(Ministry of HRM, Government of India)
- Served as a Faculty at the Orientation Training Course on Health and Nutrition Education conducted by the Food and Nutrition Extension Unit from February 27th 2008 to 28th February 2008, Thiruvananthapuram at Kuttichira, Kollam District. (Ministry Of Women And Child Development, Government of India)

PUBLICATIONS IN BOOKS OR JOURNALS

- Published a research paper titled “ Impact Of SHG On Improving The Economic & Living Status Of Rural Women”, in a book “Women in Society” by E.A.Gandhi & S S. Vijayanjali, 2013,APH publishing corporation. Chapter – 27 . Page nos- 226 to 229, ISBN 978-93-313-1803-9
- Editor of a book titled “Laboratory manual – Food Science, Nutrition and Bio chemistry”. ISBN 9788172551230, 2020

MEMBERSHIP IN PROFESSIONAL BODIES

- Life time member Indian Dietetics Association
- Board Of Studies Member (PASS) 2009-11
- Board of studies member (PG) 2017-20
- Board Of Studies Member (PASS) 2017-20
- Academic Council Member (2017-2020)
- Board Of Studies Member (PASS) 2020-23
- Board of Studies Member(UG and PG) St.Teresa’s College (Autonomous), Ernakulam 1st November 2021 to 1st November 2024.
- Board Of Studies Member (PG) 2023-26S