Dr Rekha V V

Associate Professor of Home Science

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|  | **ADDRESS & EMAIL**  Gitanjali Palace Ward  ,ORA# 28  Kollam  Pin 691009.  [vvrekha@gmail.com](mailto:vvrekha@gmail.com)  **QUALIFICATION**  MSc Family Resources Management  PhD  **DATE OF JOINING**  02/06/2001  **EXPERIENCE IN YEARS**  22 years 4 months  **AREA OF SPECIALIZATION**  Family Resource Management |  | **ADMINISTRATIVE DISTINCTION**   * SAAC CO-ORDINATOR * Community Health Club Co-Ordinator 2017-19 * WWS Mentor 2015-16 to 2017-18 * RUSA Committee Member * Planning and purchase Committee Member * Community Health Club Member 2019-till date * PTA Executive Committee Member 2014-15 to 2015-16 * Chief Superintendent of University Examinations April/May 2015 (2015-16) * SNCW Hostel Committee Member * Staff association Secretary 2020-2022 * Presiding officer of Internal Complaint Committee. (2021 onwards)   **PAPER PRESENTATIONS**   * Presented A Paper On “A Study On The Problems Of Employed Married Women Staying In Hostels”. 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.   **PARTICIPATION IN SEMINARS/ CONFERENCES/ WORKSHOPS**   1. Attended an Oriantation programme at senate chamber University office, TVM , on 20th June 2001. 2. Participated In The Workshop On Domestic Energy Conservation Conducted At Thiruvananthapuram In Connection With The Uk Science Innovation Exhibition And Science Fest 2002, Organized By British Council, Association Of British Scholars And Indian Society Of Inter Disciplinary Studies on 23rd July2002. |

1. Participated In Zone Conference On Adult/Continuing Education, Organized By The Kerala State Branch At Institute Of Co-Operative Management, Poojapura, Thiruvananthpuram on10th &11th May2003 .
2. Participated in a one day seminar on “Medical Nutritional therapy in Renal disorders” held at C M S College, Kottaym on 5th November 2003 organised by Indian Dietetic Association – Kerala Chapter and Dept. of Family and Community Science, C M S College, Kottayam.
3. UGC Sponsored Orientation Programme In Multidisciplinary (It Oriented) Conducted By The Academic Staff College, University Of Kerala, Kariavattom on 3rd to30th March 2004.
4. National Seminar On Obesity-The Well Fed Undernourished Syndrome”, Sponsered By University Grants Commission Conducted By Department Of Home Science, St.Teresa’s College, Ernakulam on 28th to 30th July 2004.
5. 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. Presented A Paper On “A Study On The Problems Of Employed Married Women Staying In Hostels”.
6. Participated in a UGC sponsored Refresher course in Home Science from 25-10-2004 to 15.11.2004 Academic staff college , Kariavattom, Thiruvanathapuram.
7. National Seminar On Biotechnology ”Biodreams-2006” (Ugc Sponsered) Organised By The Department Of Zoology ,Sree Narayana College For Women, Kollam on 24th February 2006.
8. State Level Seminar On Challenges Of Continuing Education Organised By Indian Adult Education Association, Kerala State Branch At Mar Theophilas Training College, Thiruvananthapuram on 9th December 2006.
9. Attended 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
10. Attended the National Seminar on “Management of Diabetes- a Global Concern” Sponsored by the UGC and organised by the Department of Home Science, Sree Narayana College for Women, Kollam on 24th September, 2008.
11. UGC Sponsored Refresher Course in Women’s Studies Conducted by the Academic Staff College, University of Kerala, Kariavattom on 24th November - 15th December, 2008.
12. Attended an International Seminar on Democratic And Secular Education Organized by the Government of Kerala at the Kerala University Campus, Kariavattom ,Thiruvananthapuram on 4th to 6th December 2008
13. Attended the five day workshop on “Restructuring Under graduate Education” organised by the Board of Studies in Home Science (PASS), University of Kerala and sponsered by the Higher Education Council, Govt. of Kerala in N.S.S College for Women, Neeramankara, Thiruvananthapuram on 4th – 7th and 9th March, 2009.
14. Attended the one day workshop on “Child Development through Horticultural Therapy” conducted by Kerala Agricultural University, Vellayani at Government Guest House, Thycaud on 25th November, 2009.
15. Attended the one day Orientation Programme to the Teaching Staff of the Colleges on the Regulations of Choice Based Credit and Semester System held at Sree Narayana College for Women , Kollam on 8th December, 2009.
16. Attended the UGC Sponsored National Workshop on Scientific Writing in Home Science, Extension and Rural Development held at Gandhigram Rural Institute, Gandhigram on 22nd and 23rd February, 2010.
17. 19.National Workshop On Fast Food Trap (FFT 2012) Hosted By The Department Of Home Science, St. Thetesa’s College, Ernakulam On 12TH January 2012 .
18. State Level Awareness Programme On Energy Conservation Organised By National ServiceScheme &Energy Management Center In Sree Narayana College For Women Kollam On 18TH February 2012.
19. National Seminar Workshop On Thesis Writing Skills Organized At Christ University Nodal Office,Vazhuthacaud, Thiruvananthapuram On 28th -30th June 2012.
20. Awarded PhD On 31st December 2012.
21. Attended the additional meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 9th July,2013.
22. Attended the national seminar on “Rising Prevalence of Cancer among Women in Kerala” held at St.Joseph’s College for Women, Alappuzha on 4th February 2014.
23. Attended a two day UGC Sponsored National Seminar on “Coping with Academic Stress- Need of the Hour” organised by the Department of Home Science ,Sree Narayana College for Women ,Kollam on 20th &21st of February 2014.
24. Attended the additional meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 9th July,2013.
25. Attended the national seminar on “Rising Prevalence of Cancer among Women in Kerala” held at St.Joseph’s College for Women, Alappuzha on 4th February 2014.
26. Attended a two day UGC Sponsored National Seminar on “Coping with Academic Stress- Need of the Hour” organised by the Department of Home Science ,Sree Narayana College for Women ,Kollam on 20th &21st of February 2014.
27. Attended a UGC sponsored Short –Term course in Soft Skill Development conducted by the UGC Academic Staff College, University of Kerala ,Kariavattom from 18.3.2014-22.3.2014.
28. Attended a one day workshop on Re-structuring of syllabus in accordance with the recommendation of Prof .Hrdaya kumari Committee on 4th April2014 held at Govt College for Women, Thiruvananthapuram.
29. Attended UGC sponsored National seminar on “Ethnic Knowledge of Biological resources in Contemporary Plant science” organised by Department of Botany ,Sree Narayana College for Women ,Kollam on 28th &29th of August 2014.
30. Attended a one day Work shop for Coordinators/Internal Mentors of the Walk with a Scholar Programme Of the Department of Collegiate Education, Government of Kerala, held at SN College for Women, Kollam on 27-10-2014.
31. Attended the annual meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 14th January,2015.
32. Participated in UGC sponsored two –day National seminar on Fitness and Lifestyle Diseases Management organised by Dept .of Physical Education, S N College For Women, Kollam on 26th and 27th March 2015
33. 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 6th & 7th July 2015.
34. Attended a one week On-Job Training Course (Basic &Advanced Level) in Baking and Confectionary conducted at Sree Narayana College for Women ,Kollam.
35. Attended a one day Work shop on Restructuring of PG syllabus of the University of Kerala Organised by Department of Home Science, Government College for Women, Thiruvananthapuram held on 28.02.2017.
36. Attended a three-day International Seminar on “*Development Communication and Endo- Nutrition: The Current Drift !!”* Sponsored by “Directorate of Collegiate Education and Organised by Department of Home Science, Government College for Women

,Thiruvananthapuram held on November 113,14 and 15th 2017.

1. Attended a two day National Seminar on “*Home Science A Kaleidoscope of Life”* Organised by Department of Home Science, Government College for Women ,Thiruvananthapuram held onNovember 16-17 2017.
2. Attended a two day Work shop on *“Shibori Work, Tie and Dye, Lace work, Ikat work, Mexican work, Zentangle designs and spray painting”* Organised by *Department of Home Science, SNCW, Kollam in collaboration with PIDILITE INDUSTERIES* on 19th and 20th of February 2018.
3. Member of organising committee member of seminar organised by Community Health Club & Department of Zoology in collaboration with National Health Mission, Kollam, on *“Youth and Mental Health Challenges in the Changing World”* held on 23rd October 2018.
4. Attended an additional meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 22nd May2019.
5. Attended a One day workshop on *“OUTCOME BASED EDUCATION”*held on June 1st 2019 at Aquatic Biology Hall, Department of Aquatic Biology and Fisheries, University of Kerala, Kariavattom, Thiruvananthapuram.
6. Member of organising committee member of programme “Meet the Doctor”conducted in association with Travancore Medical Hospital,Kollam, on 5th July 2019.
7. Participated in Field survey & Seminar on “Mosquito Sources Reduction” held in collaboration with Sree Narayana College For Women, Kollam on 12-7-2019 and 15-7 2019.
8. Attended an additional meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 27th July 2019.
9. Member of organizing committee member of Seminar “Rabies Eradication” sanctioned by the District Medical Office and held in Sree Narayana College For Women, Kollam on 30th September 2019.
10. Attended a National Seminar on “Challenges and Changes inAQAR and SSR preparation” organised by the Internal Quality Assuranve cell(IQAC).Sree Narayana College For Women, Kollam on 19thand 20th December 2019
11. Attended an annual meeting of the Board of Studies in Home Science (Pass) at the University Buildings of the University of Kerala, Thiruvananthapuram on 28th January 2020.
12. Member of organising committee of Seminar “Awareness on Corona Virus” held at Sree Narayana College for Women, Kollam on 5th February 2020.
13. Participated in a webinar on “Methodological Approach for Researchers” Organised by Research Committee, Maharaj’s College Ernakulam on 6th June 2020.
14. Participated in a webinar on “Post Covid-19 Business “Environment: Challenges and Opportunities” Organised by IQAC and Department of Commerce, Mar Thoma College for Women, Perumbavoor on 7th June 2020.
15. Participated in an International webinar on “Global Pandemic Challenges:

Recalibrating the Socio-Economic Mechanism” Organised by Department of Economics, Sree Narayana College for Women Kollam on 9th June 2020.

1. Participated in a 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, Kerala on 10th June 2020.
2. Participated in a webinar on “Trends in Academic Plagiarism” in connection with Research and Publication Ethics (RPE) Course organised by Research Committee, Maharaj’s College Ernakulam on 13th June 2020.
3. Participated in a webinar on “N-LIST and Open Access Academic E-Resources” Organised by Research Committee, Maharaj’s College Ernakulam on 17h June 2020.
4. Participated in a webinar on “Quality Research&Publication in High Impact Journal” Organised by Research and Post Graduate Department of Commerce, St.Dominic’s college

,Kanjirapally on 19th June 2020.

1. Participated in a webinar on “LIVE LONG ;LIVE FIT” Organised by The Department of Physical Education &IQAC,MSM College Kayamkulam on 20th June 2020.
2. Participated in a webinar on “ONLINE LEARNING: PROSPECTS AND PROMISES” Organised by Sree Narayana College, Chathanoor on 24th June 2020.
3. Participated in a webinar on “State Level observation of “International Day Against Drug Abuse and Illicit Trafficing” –“Better Knowlrdge for Better Care” organized by national service sechme on 26th june 2020.
4. Participated in a webinar on “BECOMING AN INSPIRING LEADER” Organised by SNM Training College, Moothakunnam on 13th July 2020.
5. Participated in an International webinar on “Nanotechnology Against COVID-19” Organised by Post Graduate Department of Chemistry, Sree Narayana College for Women, Kollam on 23rd July 2020.
6. Participated in a webinar on “The Paradigm shift in the Dietary Approaches to Non - Communicable Diseases in the Context of Covid -19” Organised by Department of Home Science in association with the IQAC, HHMSPBNSS College for Women, Neeramankara

,Thiruvanathapuram ,Kerala on 24th July 2020.

1. Participated in an International webinar on “Alternative Therapy for Oral Diseases: Exploring newer possibilities” Organised by Department of Botany, Sree Narayana College for Women, Kollam on 24th July 2020.
2. Participated in an International webinar on “Pandemic Impact on Education” Organised by Department of History, Sree Narayana College for Women, Kollam on 28th July 2020.
3. Participated in an International webinar on “SOLID WASTE MANAGEMENT” Organised by Post Graduate Department of HomeScience, Sree Narayana College for Women, Kollam on 29th July 2020.
4. Participated in an International webinar on “Online reaching and language learning” Organised by Department of Malayalam, Sree Narayana College for Women, Kollam on 29th July 2020.
5. Participated in an International webinar on “Problems of data relating to older people and *Covid19* :the case in India” Organised by UBA in association with IQAC and Department of Home Science, Govt College for Women, Thiruvanathapuram, Kerala ,India on 30th July2020.
6. Participated in an International webinar on “Financial Market Trends:Paradigm shift in Post pandamic scenario” Organised by Department of Commerce, Sree Narayana College for Women, Kollam on 30th July 2020.
7. Participated in an International webinar on “Nature is the best Physician: A remedy to every Problem, even Pandemic” Organised by Department of Botany ,Government College

,Harrai,Chhindwara,M.P on 31st July 2020.

1. Participated in an International webinar series-Connecting the Dots….on “Music: The Tranquiliser” Organised by UBA in association with IQAC and Department of Music ,Govt College for Women, Thiruvanathapuram, Kerala, India on 3rd August 2020.
2. Participated in a webinar on “Social Work Intervention Research ” Organised by IQAC and Research and Consultancy Cell, Vimala College (Autonomous)Thrissur-9, Kerala, on 03 August 2020 as part of “Explorigate”, Research Webinar Series.
3. Participated in a webinar on “SAAC: Perspectives on Assessment And Accreditation Process” Organized by IQAC in association with Kerala State Higher Education Council on 7th August 2020.
4. Participated in a National webinar on “Verboten spaces, Muffled Voices:Contemplating Marginity of Defying Heroines in Early South Indian Folklore” Organized by Department of History, Sree Narayana College for Women, Kollam on 12th August 2020.
5. Participated in an International webinar on “Crisis Management: When Alarming Floods and Covid-19 Encounters in Kerala” Organized by PG Department of Chemistry in association with IQAC, Deva Matha College ,Kuravilangad on 13th August 2020.
6. Participated in an International webinar on Connecting the Dots… on “Exploring New Approaches to Extension:#Covid 19” Organized by UBA in association with IQAC, Extension Cell and NCC Unit, ,Govt College for Women,T hiruvanathapuram,Kerala,India on 15th August 2020.
7. Participated in a webinar on “Healthy Lifestyle to Prevent Cancer” Organised by SANJEEVAN -Life beyond Cancer in association with PG Department of Home Science, Sree Narayana College for Women, Kollam on 26th August2020.
8. Participated in a National conference on “NEP2020: Towards a self-Reliant India” Organized by SNM Training College in collaboration with Kerala State Higher Education Council, Council of Teacher Education Foundation {CTEF}A and Council for Educational Administration And Management{CEAM} on 15th and 16th September 2020.
9. Participated in a Webinar on “Demystify Dementia” organised by the Department of Home Science, St Teresa’s College, Ernakulam in Association with ARDSI Cochin Chapter on 28th September 2020.
10. Participated in the International Rivers Day 2020 Webinar on “Vegetative Measures of River Bank Stabilization” organized by Social Forestry Extension Unit, Kollam and Department of Botany, Sree Narayana College for Women, Kollam on 28th September 2020.
11. Participated in an International webinar on “Healthy Ageing-A Spotlight On Intergenerational Landscaping for the wellbeing of Older Adults” Organized by Post Graduate Department of Home Science, Sree Narayana College for Women, Kollam on 1st October 2020.
12. Participated in Two days International webinar series on “Age Well” …. It’s Never Too Late!! Organized by Post Graduate Department of Home Science &Community Health Club in Association with Net ProFaN &Home Science Association of India ,Kerala Chapter in connection with International Elderly Dy Celebration on 1st &2nd October 2020.
13. in an International webinar series on Ageing Organized by Department of Home Science, Govt College for Women, Tvpm ,Kerala in Association with the Unnat Bharat Abhiyan Cell and Home Science Association of India ,Kerala Chapter on 2nd October 2020.
14. Participated in an International webinar series on Ageing Organised by Department of Home Science, Govt College for Women, Tvpm ,Kerala in Association with the Unnat Bharat Abiyan Cell and Home Science Association of India ,Kerala Chapter on 5th October 2020.

85. Participated in an webinar series on Traditional Foods and Immunity Organised by Department of Family and Community Science, CMS College Kottayam in Association with Home Science Association of India, Kerala Chapter on 12th October 2020.

86. Participated in the webinar series on “Organic Farming-A Sustainable Path for worthy Health and Wealth” Organized by Post Graduate Department and Research Department of Home Science in collaboration with ICAR-Krishi Vigyan Kendra, Kottayam in connection with World Food Day Celebration from15th October 2020 to 17th October 2020.

87. Participated in a National webinar on “Student Start Up’s: A Post COVID Necessity”.Organized by IQAC in association with Entrepreneurship Development Cub and PG Department of Commerce, LISSAH, on 20th October 2020.

88.Participated in the webinar on “Stress Management for Healthy lifestyle” Organized by Virtual School for Personality Development and Professional skills &Knowledge Steez on 24th October 2020.

89.Participated in the online seminar on “International Symposium on Brest Health”Organized by SANJEEVANI ……..*LIFE BEYOND CANCER* on 29th October 2020.

90. Participated in an online workshop on CREATIVE CRESCENT—BOTTLE ART”organized by the Post Graduate Department Of Home Science, Sree Narayana College for Women, Kollam On October 31st 2020.

91. Participated in an online workshop on CREATIVE CRESCENT—CAKE MAKING AND ICEING”organized by the Post Graduate Department Of Home Science, Sree Narayana College for Women, Kollam On November 7th 2020.

92. Participated in an online workshop on CREATIVE CRESCENT—TERRARIUM MAKING ”organized by the Post Graduate Department Of Home Science, Sree Narayana College for Women ,Kollam On November 14th 2020.

93. Participated in the regional Webinar on “COMMON SKIN DISEASES IN ADOLESCENCE”organized by the Community Health Club with Post Graduate Department Of Home Science, Sree Narayana College for Women , Kollam on February 10th 2021.

94. Participated in an workshop on “PARCHIN KARI ”organized by the Post Graduate Department Of Home Science, Sree Narayana College for Women ,Kollam in association with Pidilite Industries Ltd, on February 2021.

95. Participated in the national webinar on “PARADIGM SHIFT IN HOMESCIENCE EDUCATION” organized by the HOMESCIENCE ASSOCIATION OF INDIA (KERALA CHAPTER) from 18th to the 20th February 2021.

96. Participated in 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 March 17th 2021.

# PUBLICATIONS IN BOOKS OR JOURNALS

* Published a paper on ”HEALTH PROBLEMS OF WOMEN WORKING IN PRAWN PEELING INDUSTRY” in Review of Social Sciences, June 2016,Vol.XVII,No.1,P 64- 74.Published by The Kerala Academy of Social Sciences Regd.No.586/93 on 1st January, 2016.ISSN 0974-9004
* Author of a chapter in the book titled “Laboratory Manual-Food Science, Nutrition and Biochemistry “Chapter – 4 (Biochemistry)Page 176-187. ISBN-9788172551230, 2020

# MEMBERSHIP IN PROFESSIONAL BODIES

* Life Member of Indian Dietetic Association
* Life Member of Indian Adult Education Association
* Member of Board of Studies MSc 2005-07
* Member of Board of Studies BSc (pass) 2008-2016, 2016-2019
* Member of Board of Studies MSc(PG) 2019-2022