

V.S.Rekha

Assistant Professor cum Physical Directress Incharge
Department of Home Science
Avvaiyar Government College For Women
Karaikal- 609602
E mail: rekhabalasub@gmail.com
9884408919

Being a Master of philosophy Graduate in Home Management with sound working experience over **16 years** in related to Teaching & Research side, I would like to offer my candidature for a post of **Assistant Professor**, commensurate with my experience, in your organization.

My resume is enclosed for perusal please.

Thanking you,
Yours Truly

V.S.REKHA
W/O. Mr. V. Balasubramani,
4/63 Devaraj Street, Strahans Road
Chennai - 600012

Encl. Resume.

V.S.REKHA

4/63 Devaraj Street, Strahans Road, Chennai 600012

Contact No. 9884408919

E mail: rekhabalasub@gmail.com

Objective: Seeking a challenging and rewarding opportunity in the organization which is in line with my academic background and which effectively utilizes my educational knowledge and technical skills in the field of Home science

SUMMARY OF SKILLS

- Competent, diligent & result oriented professional with **Master of Philosophy in Home Management**
 - Total Teaching experience of 15 years
 - A quick learner with sound analytical skills and strong decision making skills
 - Excellent communicator and an effective team player with an eye for details
 - Extensive exposure to a comprehensive range of team management activities, thrive on working
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PROFESSIONAL EXPERIENCE

Avvaiyar Governement College for Women, Karaikal
Since March 2017 till date, Assistant Professor

Administrative Duties

1. **Physical directress Incharge 2017 to till date**
2. Attended Orientation Programme, Madras University 10.5.2017- 6.6.2017
3. Attended **one day Orientation Programme** at Tagore Arts College, Puducherry on 19.7.2018 under the chairmanship of Honorable Chief Minister and Honorable Education Minister.
4. **Co-convenor** – NATIONAL NUTRITION WEEK celebrated by collaboration with Ministry of Women & Child Development, Food & Nutrition Board, Government of India, as National Nutrition week 4.8.2018
5. **Speaker at symposium** Conducted by Ministry of Women & Child Development, Food & Nutrition Board, Government of India, As National Nutrition Week with specific theme On Ensuring Focused Interventions on Addressing Under- Nutrition During The First 1000 Days of the Child: Better Child Health :-In the topic “Weaning and Nutrition for Children Conducted by Ministry of Women & Child Development, Food & Nutrition Board, Government of India.
6. Participated in **rally for swatchbharath** – 26.9.18
7. **Marathon race coordinator** at Avvaiyar College FOR WORLD TOURISM DAY 27.9.18

8. **Resource person for a seminar on - ERGONOMICS AND FURNITURE DESIGN** (3.1.19) conducted by Interior Design and Décor Department, Sri Kanyaka Parameswari Art and Science College for Women, Chennai.
9. **Member in reception committee** (Lamp, Invocation, Rangoli and Inaugural ceremony) - Inauguration of newly constructed academic block for Avvaiyar Govt college for Women.
10. **Member in Anti ragging committee** 2019
11. **Convenor in Sports Day** 2019
12. Question Paper setter for Interior Design and Décor Department in siet college, tynampet, chennai.
13. **Awarded PhD in the Department of Resource Management**, in the Avinashilingam University for Women, Coimbatore on 13.12.2018
14. **Member in Guest Refreshment Duty** for College Day Celebration (2018)
15. Internal Examiner for practicals 2017, 2018, 2019
16. Deputed as presiding officer for the Lok Sabha General Election April 2019
17. **Member of UG Board of Studies member in Home science Department**, Pondicherry University
18. Question Paper setters for various University
19. Attended **meeting with Director, OSD and Principals** on 11.10.2019 in PIPMATE COMPLEX regarding Inter collegiate cultural, games and sports competitions.
20. Honoured as **Judge for food festival** on 22nd October 2019 at Nagore Crescent Matriculation higher secondary school. Nagapattinam.
21. Attended **Refresher course in Applied Social Sciences** conducted by Madras University from 12.11.2019 to 25.11.2019
22. Attended **meeting of Puducherry Inter-collegiate and cultural meet 2020** on 28.11.2019 at Directorate of Higher and Technical Education, Puducherry.
23. Awarded as Certificate of Merit “**Jhana Guru Award by Lions Club of Karaikal Kings** on 5.9.2019
24. Coordinating member in Inter collegiate Marathon for women in karaikal organized by Directorate of Higher and Technical Education, puducherry On 3.2.2020
25. Board of Studies member in Thiruvalluvar University for M.Sc., Home Science Interior Design and Décor, Feb 2020
26. Published paper in 33rd Biennial Conference of Home Science Association of India (HSAI) On Trends for Futuristic Development in Home Science: Research and Innovation on 22nd – 24th January 2020 on “Impact of Creating Awareness on Postural Conditions and Musculoskeletal Disorders of the Selected Computer Operators “ in the Department of Resource Management in the Avinashilingam University for Women, Coimbatore

27. Avinashilingam Institute for Home science and higher Education for Women, organized UGC STRIDE SPONSORED TRAINING PROGRAMME from 3.2.2021 TO 11.2.2021 on the Topic Environmental sustainability and research ethics
28. Deputed as Presiding officer for the General Elections to the Puducherry Legislative Assembly 2021 (6.4.2021)
29. Appointed to give a talk to the NSS volunteers in the special camp on 15.2.2022 at sethilar nagar karaikal.
30. Attended board of studies meeting for B.Sc. Interior Design & Décor in Thiruvalluvar University, Vellore 16.06.2022 online
31. Appointed as board of studies member for B.Sc. Interior Design & Décor in Annamalai University, Chidambaram 21.06.2022
32. Appointed as Subject Expert of Inspection Commission to inspect Theivanai Ammal College for Women, Villupuram for grant of New Programme B.Sc., Costume Design and Fashion for the Academic year 2022-2023
33. Attended UGC Sponsored **Refresher course in Home Science** conducted by Sardar Patel University, Vallabh Vidyanagar, Gujarat from 5.09.2022 to 18.09.2022 (14 days)

**Sri Kanayaka Parameswari College of Arts and Science for Women, Chennai
Since December 2007-2017 Assistant Professor**

Administrative Duties:

- ✓ Tutor for Textiles and fashion designing in Empowerment Programme.
- ✓ Syllabus formation committee for M sc. Interior Design & Decor
- ✓ Supervision for proper functioning of the department & involved in activities like setting up Time- Tables, Class room infrastructure, Proper Maintenance of LAB equipments etc.
- ✓ Department Association Secretary 2007-2008
- ✓ served as a member of fine arts (college culturals) 2008-2009
- ✓ served as Eco club secretary 2009-2012
- ✓ Member of Editorial Board for International Seminar 2012-2013
- ✓ Convener of College Exams for from 2012-2014

**LADY WILLINGDON INSTITUTE OF EDUCATION, Triplicane
Since Aug2005-March2006, Aug2006-Mar2007 Assistant Professor in Home science and Education**

Administrative Duties:

- ✓ Member of Interview Panel for Student selection in Bed College

- ✓ Appointed University External Examiner for commission purpose.
- ✓ Admission Co-ordinator
- ✓ Supervision for proper functioning of the department & involved in activities like setting up Time- Tables, Class room infrastructure, Proper Maintenance of LAB equipments etc.
- ✓ Supervisor for Intensive Teacher Training Programme

SOKA IKEDA COLLEGE, AMBATTUR

Since Aug 2004-March 2005, Lecturer in Textiles and Fashion Designing:

- ✓ Appointed University External Examiner for Final Practical Examinations in various Institutions
- ✓ Supervision for proper functioning of the department & involved in activities like setting up Time- Tables, Class room infrastructure, Proper Maintenance of LAB equipments etc.
- ✓ Set-up the Textiles Labs at Soka Ikeda for Commission Purpose.
- ✓ Served as a tutor for one day programme for local women in Maadhanakuppam in Ambattur as a part of NSS Programme

EDUCATION CREDENTIALS

Ph.D in Family Resource Management (submitted thesis waiting for viva)

Avinashilingam University for Women

MPhil in Home Management- 2004

Queen Mary's College

MSc in Home Management- 2003

Queen Mary's College

BSc in Nutrition, FSM & Dietetics - 1999

Queen Mary's College

BEd in Homescience - 2001

Lady Willingdon Institute Advanced Study In Education

M.A in Education - 2009

Periyar University, Salem

Projects under went

Msc Project- **A Study on Adjustment Pattern of Adolescent.**

Mphil Project – **A study on occupational health problems and Job Satisfaction of women using computers.**

Ph.D Topic- **“Postural Impact on Health and Job Satisfaction of Women Computer Operators”**,

RESEARCH PAPERS

1. Undertaken a Research Paper titled "Occupational Health Profile and Job Satisfaction of Women using computers" in Inter-National Conference In Human Science For Next Generation has been published At SIET College for women held in 13-14 JULY, 2006.
2. Undertaken a Research Paper titled "Right at Information Act" has been published in State Level Seminar in "Human Values & Rights in 21st Century" at Thirunelveli Dakshina Nadar Sangam College of Education held in 14-16 Sep, 2006.
3. Undertaken a Research Paper titled "A study on service for children with behavior problem" has been published in National seminar on Children's Right as Basic Human Rights-sensitization of stake holders at Vellalar College for Women Erode, in 26-27 mar 2007.
4. Undertaken a Research Paper titled "A Report on violation of Rights of Disabled" has been published in National Seminar in the topic Human Rights and Priority at Sri Sarada College of Education Salem on 27-28 Mar 2007.
5. Undertaken a Research Paper titled "A Study of Women Entrepreneur in Chennai" has been published in National Conference in Role of Women for India a Head at SRM University held in 2-3 Apr, 2007.
6. Undertaken a Research Paper titled "A report on foundation of qualitative case study "has been published in National Seminar in the topic Reflection on Pedagogical Researches" at Dr. Sivanthi Adithanar College of Education held 12-13 Apr 2007.
7. Undertaken a Research Paper titled "Role of Body Language in Teaching "has been published in National Seminar in the topic Cultural Barrier in Communication" at Sri Kanyaka Parameswari College of Arts and Science for Women held on 28 Jan 2009.
8. Undertaken a Research Paper titled "Women Entrepreneur Challenges and Opportunities "has been published in National Seminar in the topic Women Studies" at Sri Kanyaka Parameswari College of Arts and Science for Women held on 3-4 Feb 2011.
9. Undertaken a Research Paper titled "A Study on Psychological Effects of childhood Obesity" has been published in National Seminar in the topic "Optimizing Nutritional support in Health and Disease" at Queen Mary's college for Women held on 28 Jan 2012.
10. Undertaken a Research Paper titled "Parental Prevention practice towards child sexual Abuse "has been published in Inter-National Seminar in the topic "Psychosocial Social Factors in Child Sexual Abuse" at Sri Kanyaka Parameswari College of Arts and Science for Women held on 28-29 Feb 2012.
11. Undertaken a Research Paper titled "Ergonomic characteristics of job design" has been published in Inter-National Seminar in the topic "Current Scenario of Ergonomic in Interiors" at Sri Kanyaka Parameswari College of Arts and Science for Women held on 15-16 Feb 2013.
12. Undertaken a Research Paper titled "A Report on Health Problems of Women in Work Place" has been published in Inter-National Seminar in the topic "Current Scenario of Ergonomic in Interiors" at Sri Kanyaka Parameswari College of Arts and Science for Women held on 15-16 Feb 2013.
13. Undertaken a Research Paper titled "Work life of Women Computer Workers" has been published in National Seminar in the topic "Emerging Management Issues & Challenges in Contemporary Scenario" at Agurchand Manmull held on 5th March 2015.

14. Published a paper on Titled “A Study on Effect of Lighting In The Work Enviroment of IT and NON IT sectors” in International Journal of Scientifc Research, volume 05, issue 08 August 2016.
15. Published a paper on Titled “Impact of Work Environment On Helath of IT and NON IT Workers” in Paripex- Indian Journal of Research, volume 05, Issue 12 December 2016.

WORKSHOPS

16. State Level Seminar on Metabolic and Nutritional implication of HIV infection in the era Haart conducted by Prof Dhanapalan College on 26 Aug 2006
17. State Level Seminar on Continuing Nutrition Education Programme conducted by Sri Ramachandra Medical Collge on 7 oct 2006
18. State Level workshop on Sentizing Teacher Education Towards Global Concerns conducted by Meston College of Education on 30 mar 2007
19. Participated in the International Seminar on Being An Adolescent in the 21st Century held on 9.12.2014 at the Department of Post Graduate studies and Research studies and Research in Home Science in Justice Basheer Ahmed Sayeed Collegefor Women, Chennai.

TRAINING ATTENDED

- In-service training programme conducted by Lady willing don Institute for Education 22 Mar 2007.
- State Resource cum Training Centre SRTC one day training programme conducted by Guidance Home for the Adult Deaf Girls in the topic **Research in Disability Areas** 14 mar 2007.
- State Resource cum Training Centre SRTC one day training programme conducted by Guidance Home for the Adult Deaf Girls in the topic **Training for Administrator** 15 mar 2007.
- Orientation Course conducted by University of Madras on 8-11-2011 to 5-12-2011
- Research Convention Programme Conducted by Avinashilingam University 1-3 Aug 2013
- Research Convention Programme Conducted by Avinashilingam University 5-7 Feb 2014.
- Short Term Course on SPSS Hands on Training conducted by Madras University 20.6.2016-25.6.2016

PAPER SETTER

Bharathiyar University
Queen Marys college
Avinashilingam University
Thiruvallur Univeristy
Siet College

EXTERNAL EXAMINAR

Queen Marys college
Avinashilingam University
Siet College
Thiruvalluvar University

Projects under went

Msc Project- A Study on Adjustment Pattern of Adolescent.

Mphil Project – A study on occupational health problems and Job Satisfaction of women using computers.

GUIDE

Guided Mphil Project for Gandhi Gram Rural University in the topic “ A Study on Impact of ICDS & TINP Programme among Children living in North Chennai Slum Area”.

Guided M.Sc. Projects in Sri Kanayaka Parameswari College of Arts and Science for Women, Chennai

-Creating Awareness on Maintenance of Carpet among selected Working and Non-Working Women.

-To Enhance the knowledge of the Fire Safety in Installing False Ceiling among the Restaurant Managers.

-Imparting Knowledge on Facilities among Selected Preschool Administrators in the North Chennai.

PERSONAL DETAILS

DOB: 21st May 1978

Father's Name: V.A. Suryanarayana

Permanent Address: 4/63 Devaraj Street, Strahans Road Chennai - 600012

Hobbies: Listening to Music, Reading

Languages Known: English, Tamil, and Telugu

REFERENCES

Dr. Chitraprakash
Retired Professor
Department of Resource management
Avinashilingam University for Women
coimbatore.
Mobile no – 9443021052

Dr. Anne Ranjini Chellappa
Head Department of Nutrition and Dietetics
Dr. Ambedkar College
Vyasarpadi,
Chennai.
Mobile no - 9841892512

Declaration:

I hereby declare that all the above information furnished by me in this resume is correct to the finest possible extent till date

DATE

V.S.REKHA