



Dr. THARA SEBASTIAN
Assistant Professor in Home Science (Child Development)
Dept. of Home Science and Centre for Research,
St. Teresa's College, Ernakulam.

PROFILE

GENERAL INFORMATION

Date of Birth: 2nd of March, 1965

Address (Residential): Lane 2, T.K. Shanmathuran Road, Maradu P.O., Kochi-682304

Area of Specialisation: Child Development (Area of interest: Advanced Child Development and Developmental Theories, Mental Health Issues, Adolescent Development and Issues, Guidance and Counselling).

Date of Appointment: 26th September, 1989 (leave vacancy); 20th August, 1990 (Permanent vacancy).

EDUCATIONAL QUALIFICATIONS

- Ph. D awarded in 1998 from MG University, Kottayam.
- M.Sc. (Child Development) **First rank** in MG University (1987).
- B.Sc. (Home Science) **First rank** in Kerala University (1985).
- Qualified at the UGC Test for Eligibility for Lectureship (NET) held in January 1993 in the subject of Home Science.
- One year IT Certificate Course from Dublin, Ireland in 1998, successfully completed with Distinction in all subjects including Word Processing (Advanced), Communications, Desktop Publishing, Computer Applications, Business Calculations and Typewriting conducted by the National Council for Vocational Awards, Republic of Ireland.
- *Professional Development Certificate in ADHD: Effective Management and Teaching Strategies* awarded in April 2006 from Dublin, Ireland.
- *Research Guide for Home Science (Child Development) under MG University, Kottayam.*
- Completed a NPTEL course online in *Emotional Intelligence* in April 2019

PROFESSIONAL EXPERIENCE

Experience at St. Teresa's College

- Teaching undergraduates and postgraduates from 1989 onwards.
- Guiding M.Sc. Thesis in Child Development from 1991 onwards.

Teaching Experience from Republic of Ireland

- Was resident in Ireland from 1996-1999 and from 2002-2011.
- Taught Home Economics at St Brigid's Special Needs School, Westmeath, Ireland from September 2004 to August 2006. Taught Home Economics at Columba College, Westmeath, Ireland from September 2006 to June, 2011.

Attended a course on Legal and Administrative Mechanism for Combating Violence against Women and Children from 19th to 21st August 2015, conducted by the Institute of Management in Government, Ernakulam, sponsored by Government of India.

ACADEMIC ACTIVITIES

- Currently teaching post-graduate students in Child Development.

- Guiding PG dissertations and B.Sc. projects in Child Development.
- Arranging internships for students in schools for children with special needs and counselling centres.
- Actively involved in planning, organising and conducting various National Level and Regional Seminars and Workshops on many issues facing India today, as part of the team of the Home Science Department and also as part of the Staff in charge of Women's cell of the college.
- BOS member of M.G University, 2011-17; BOS member of Dept of Home Science, St Teresa's College, Ekm.
- Member Secretary, Academic Council of St.Teresa's College, Ernakulam (2019-21).

RESEARCH ACTIVITIES

Served as the research guide for M.Sc Child Development Dissertations and B.Sc Projects from 1990 onwards.

Projects and collaborations

- Principal Investigator of UGC sponsored minor project which got its approval on 29th March, 2013. The title of the study is the 'Psycho-social Wellbeing of Children of Alcoholics and Awareness Creation on Alcohol Misuse for Adolescents of Ernakulam district, Kerala'. The completed project was submitted to the UGC in 2016.
- Arranged several programmes for empowering girls in **collaboration** with **KSWDC** (Kerala State Women Development Corporation) during the years, 2017-18, 2018-19.

PAPERS PUBLISHED

Dementia in India: A call for action. Proceedings of the UGC sponsored National Seminar on "Ageing and Society: A Multi-disciplinary Approach" Published by Excel Publishers, New Delhi, 2013.

Safe, Sustainable and Eco friendly toys for children. Proceedings of the UGC sponsored National Seminar on "Sustainable Resource Management-Tools and Techniques", October, 2014. ISBN 978-8172550660.

Eco-friendly Toys. Proceedings of the UGC sponsored National Seminar on "Towards Green Consumerism-Innovative Approaches and Practices" 2012, Published by Touch Stone Publishers, Ernakulam. ISBN No. 978-81-922091-5-9.

Food Advertisements on Television: A Content Analysis of Children's Channel and Efficacy of Media literacy Programme, FoodSci: Indian Journal of Research in Food Science and Nutrition, Vol 3, Issue 2, July-December, 2016, 54-58.

International Publications

Prevalence of Anorexia Nervosa among College girls in Ernakulam city, Kerala: International Journal of Advanced Research, (IJAR) Vol 2, Issue 12, 508-517, 2014. (ISSN 2320-5407)

Pain and Palliative Care services of General hospital, Ernakulam: A Case study based on Participatory Approach, International Journal of Science and Research (IJSR) Vol 4, Issue 10, October, 2015. (ISSN online 2319-7064).

PAPERS AND POSTERS PRESENTED

Presented a poster on "Adolescents' Alcohol use and their Attitude towards alcohol use among adolescents in Ernakulam City, Kerala" at the 26th Annual Conference of the National Academy of Psychology held at *IIT Madras* during 29-31st December, 2016.

Presented a paper on the *International Conference on Healthy Ageing and Mental Health*. The title of the paper is "Physical, Psychological and Financial problems of family caregivers of Palliative care patients" from 4th- 6th January 2017 at Rajagiri Institute of Management, Ernakulam.

Presented a paper titled "Whatsapp Usage among College Students" at the UGC sponsored National Seminar on "Behaviour Modification: A Psycho Dynamic Approach to Maladjustment in Adolescents. 19-20th January, 2017.

Presented a paper titled “ Family Well being of Children of Alcoholic fathers of Ernakulam District, Kerala” at the UGC sponsored National Seminar on “Behaviour Modification: A Psycho Dynamic Approach to Maladjustment in Adolescents. 19-20th January, 2017.

PROFESSIONAL AFFILIATIONS

- Life member of All India Association for Christian Higher Education (AIACHE).
- Member of PG Board of Studies, MG University, from 2010 to 2017, Member, Board of Studies of the Dept of Home Science, St Teresa’s college (Autonomous), Ernakulam.
- Member of the Core Committee of Child Rights Observatory, Ernakulam.
- Life member of Indian Council for Social Welfare (ICSW), Kerala.

EXTENSION ACITIVIES

- Conducted a number of awareness classes for adolescents of various schools on topics like “Alcohol Awareness and withstanding peer pressure”, “Safe and responsible mobile phone and internet usage”
- Actively involved in Flood Relief Camp activities at the college during the recent floods (August, 2018);organized activities for the children of the Flood relief camp, at Maria Goretti Public School, Nettoor, Maradu, Ernakulam; Organised donation of used items collected from the students of the college to flood affected people living at Udayay Colony and P.T Colony of Ernakulam Town on 18th July, 2018.
- Organised classes with M.Sc Child Development students on topics like Life Coping Skills at KEM School, Alangad, Aluva.

SERVED AS RESOURCE PERSON

- Chaired a session on “Palliative Care and Human Rights in Patient Care” at the National Seminar on Human Rights Challenges to Medical Sector in India organized by *Centre for Medical Law, Government Law College, Ernakulam* on 12th January, 2019.
- Gave an expert lecture on “Enhancing Socio-emotional Competence” to around 100 Final year Engineering Students of the Dept of Electronics and Communications, *TKM Engineering College, Quilon* on 10th October, 2018.
- Conducted a lecture on the topic “Population Trends and Reproductive Rights of Women” at the Seminar conducted in association with World Population Day, on 11th July, 2018 at General Hospital, Ernakulam
- Resource person to orient the students of Class 9 to 12 of Global Public school on the prospects of taking up Home Science at Degree level on 13 th October, 2017.
- Oriented the students of Choice school and Edapally Govt school on the “New Horizons in Home Science” as part of Home Science Fest at Dept of Home Science on 16th January, 2018.
- Served as a panel discussant at a session on “Child Sexual Abuse and Mental Health” at National Workshop on Child Sexual Abuse and Right to Health at *Government Law College, Ernakulam* on 23rd February, 2018.
- Served as the resource person for the “Career Fair, 2017” to address the students of Classes 9th to 12th on the prospects of Home Science at Rajagiri Public School, o 15 th September, 2017.
- Talked on the “Prospects of Home Science” to high school students of Bhavan’s Vidya Mandir, Giri Nagar, on 3rd November, 2018.
- Served as the resource person at the two day National Seminar on “Prevalence of Modern Slavery among Marginalized Women and Chidren in India: Causes and Consequences held on 15th December, 2016 at *CUAT*.
- Resource person for the talk on the topic “Phone and internet use of children: role of parents” conducted at Ambedkar Hall, Maradu Municipality, Kochi in connection with the distribution of

scholarships to SSLC pass students organized by Nandanam Charitable Trust, Maradu, Kochi on 24th June, 2018.

POSITONS HELD IN COLLEGE

- Student Dean of the College, 2013-14.
- Drama Club of College, 2017-18
- UG and PG Camp Officer, 2017-18.
- Member Secretary, Academic council, St. Teresa's College, Ernakulam. (2018-2021)
- Staff in charge of Women's Cell, (2015-16, 2016-17, 2017-18, 2018-19) and have arranged several programmes for empowering girls in **collaboration** with **KSWDC** (Kerala State Women Development Corporation) during the years, 2017-18, 2018-19.
- Staff in charge of Value education at the college, (2015-16, 2016-17, 2017-18).
- Staff in charge of St. Teresa's Alumni Association, (2018-2021).

SKILLS & HOBBIES

- I love to work for environment-related issues (staff in charge of Nature Club, 2012-2013) and Animal Rights issues.
- I love to bake; skilled in decorating cakes, flower arranging and gardening.
- I play badminton, and love to exercise, do yoga and meditation on a regular basis and keep fit. I have participated in different mini-marathons conducted around the Ernakulam city for various causes like drug abuse, women's day etc.
- I enjoy travelling, I have travelled extensively in India, and around the world: Ireland, United Kingdom and other parts of Europe, United States, Canada, Tanzania, Gulf countries, Thailand, Singapore, and Sri Lanka.