

## BIODATA



1. **NAME:** : **Dr. D. HELEN CHRISTINA**
2. **QUALIFICATION** : M.Sc., M.Phil., Ph.D., SLET.,  
M.Sc., Counseling &  
Psychotherapy, PG Dip. In Counseling
3. **DESIGNATION & DEPARTMENT** : Assistant Prof. of Zoology
4. **AGE & DATE OF BIRTH** : 52 yrs 14.12.1969
5. **SEX** : Female
6. **PERMANENT ADDRESS** : 32, John Illam, Justin Diraviam Nagar  
Opp. St. Anne's Convent,  
Ponmeni, Madurai – 625 016
7. **ADDRESS FOR COMMUNICATION** : 32, John Illam, Justin Diraviam Nagar  
Opp. St. Anne's Convent,  
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### **8. EDUCATIONAL QUALIFICATION:**

S.NO	COURSES	SUBJECT	YEAR OF COMPLETION	INSTITUTION
1.	Bachelor's Degree	Zoology	April 1990	Lady Doak College, Madurai Kamaraj University
2.	Masters Degree	Zoology	April 1992	Thiagarajar College, Madurai Kamaraj University
3.	M.Phil	Zoology	May 1993	Thiagarajar College, Madurai Kamaraj University
4.	Ph.D	Zoology	October 2004	Thiagarajar College, Madurai Kamaraj University
5.	State Level Eligibility Test	Life Science	March 2006	Bharathiar University, Coimbatore

6.	PG Diploma	Psychological Counseling	April 2012	Madurai Institute of Social Sciences, Madurai Kamaraj University
7.	Masters Degree	Counseling and Psychotherapy	July 2013	Tamilnadu Open University

9. Research Work /Experience : 27 years

10. Recognized Research guide :yes/no : No

11. Area of Specialization : Microbiology, Immunology and Toxicology

**12. TEACHING EXPERIENCE:**

S.NO	DESIGNATION	PLACE	DURATION	NO.OF YEARS
1.	Teaching Assistant in Zoology	Thiagarajar College, Madurai	1994 - 2003	11
2.	Lecturer in Zoology	Lady Doak College, Madurai	2004 - 2006	1.5
3.	Assistant Professor	Sri Meenakshi Govt. Arts College for Women	2007 – till date	14
Total Teaching Experience				26.5

**13. ORIENTATION/REFRESHER COURSES/OTHER PROGRAMMES & TRAINING:**

S.NO	NAME OF THE COURSE	TOPIC	PLACE	PERIOD
1.	Orientation (Intensive Training) Programme for the newly recruited Government College Teachers	Life Sciences	Madurai Kamaraj University	26-12-2007 to 24-01-2008
2.	UGC sponsored Refresher Course	Life Sciences	Madurai Kamaraj University	18.11.2010 to 8.12.2010
3.	UGC sponsored Refresher Course	Life Sciences	Madurai Kamaraj University	02.11.2016 to 22.11.2016
4.	Training of Trainers Workshop on Police wellbeing		National Institute of Mental Health and Neuro Sciences, Bengaluru, Karnataka ( Police Department, Govt. of Tamil Nadu)	17.12.2018 to 21.12.2018
5.	Faculty Development Program on Psychological Enhancement & Psychological wellbeing		Vellore Institute of Technology, Chennai	2.11.2020 to 6.11.2020
6.	Faculty Development Program on "Pedagogy and Research Methods"		HRDC & IQAC, Academy of Maritime Education & Training/ University, Chennai	24.5.2021 to 6.6.2021

**17. CHAIR PERSON FOR INTERNATIONAL/NATIONAL/STATE CONFERENCES:**

S. No	Conference	Title	Place
1.	International	Women Empowerment and Social Sciences	The American College, Madurai. 5 <sup>th</sup> to 7 <sup>th</sup> March 2015

**18. INVITED TALKS DELIVERED INTERNATIONAL/ NATIONAL / STATE LEVEL CONFERENCES.**

S. No	Conference	Title	Place
1	International	Women and Power – Challenges & Opportunities	The American College, Madurai. 6.1.17 & 7.1.17

**19. TECHNICAL TALKS DELIVERED / RESOURCE PERSON:**

S. No	Resource Person	Title	Place
1		State level seminar on The role of Red Cross Society in the emerging era of ecological disasters 18.2.2010	Thiagarajar College, Madurai
2		Darwin 200 celebrations 12 & 13 <sup>th</sup> February, 2010	School of Biotechnology, Madurai Kamaraj University
3		Intensive training program on Graphology 8- 12 <sup>th</sup> august 2012	Madurai Institute of Social Sciences
4		UGC merged special program on Women and Positive discrimination, 26.9.2012	Thiagarajar College, Madurai
5		Faculty Development Program on Life skill management, 3.2.2013	Kalasalingam University, Srivilliputhur
6		Soft skill training, 26.7.2013	Velammal College of Engg. And Tech
7		Orientation on Women and Socio economic challenges, 3.9.2013	Thiagarajar College, Madurai
8		Orientation program for faculty on Psychoeducation and Student counseling, 12.3.2013	Thiagarajar College, Madurai
9		Faculty Development Program – Stress Management, 16.9.2014	Vivekananda College, Madurai
10		Talk on Problem solving & Decision Making. 19.09.2014	Sermathai Vasan College for Women, Madurai
11		Talk on Stress Management. 18.09.2014	Mannar Thirumalai Naicker College, Madurai

12		Talk on Mental Health. 08.10.2014	Mangayarkarasi College for Women, Madurai
13		Equal Opportunities Centre - on Life Skills. 17.12.2014	V.V.Vannia-perumal college for Women, Virudhunagar
14		Lecture on Mental Health. 22.01.2015	Assefa College of Education, Madurai
15		Lecture on Adolescent Psychology. 21.01.2015	N.M.R. Subburaman College for Women, Madurai
16		Invited Lecture on "Self Awareness" 29.01.2015	Madurai Kamaraj University
17		Talk on "Know your Self". 12.02.2015	Thiagarajar College, Madurai
18		Lecture on "Psychological basis of Human Behaviour". 17.02.2015	S. Vellaichamy Nadar College, Madurai
19		Lecture on "Online and Mobile Counseling". 12.02.2016	Thiagarajar College, Madurai
20		Invited Lecture on "Emotional Intelligence" 2.11.2016	Madurai Kamaraj University
21		Invited Lecture on "Stress Management 22.11.2016	Madurai Kamaraj University
22		Special talk on Emotional Intelligence in the International Womens' Day , 9.3.2017	The American College, Madurai
23		Technical Expert for the National Level Workshop on Mental Health of Young Adults, 9.10.2017	, The American College, Madurai
24		Facilitated a session at the National Level Workshop on Mental Health in Workplace, 10.10.2017	The American College, Madurai
25		FDP - IQAC, 9.12.2019	Sermathai Vasan College for Women, Madurai
26		Methods and Techniques of Academic Enrichment Program for Hostel Wardens, 18.2.2020	Centre for Educational Research, Madurai Kamaraj University
27		Physiology of Emotions, 8.5.2020 (Online)	Department of Psychology, The American College, Madurai
28		Emotions and Health - Cardiac and Respiratory, 14.5.2020 (Online)	Department of Psychology, The American College, Madurai
29		Emotions and Health - Gastrointestinal tract and Liver, 25.5.2020 (Online)	Department of Psychology, The American College, Madurai

30		Transactional Analysis – <b>International Webinar Series</b> , 20.7.2020	Department of Psychology, Periyar University, Salem
31		Psychoimmunology, 26.7.2020	Department of Psychology, The American College, Madurai
32		Resource Person for Training program for Improving Police Public Interface 27.7.2020 – 29.7.2020	In-service Training Centre, TamilNadu Police Department, Madurai Range
33		National Webinar on Be the Reason a Woman and Child Thrives, 14.8.2020	CCDRR, National Institute of Disaster Management, Ministry of Home Affairs, Govt. of India
34		National Webinar on Climate Change, Environment and Children , 3.12.2020	CCDRR, National Institute of Disaster Management, Ministry of Home Affairs, Govt. of India
35		National Seminar on Positive Psychology: Approaches and Applications, 22.4.2021	Centre for Educational Research, Madurai Kamaraj University
36		Neurophysiology of COVID, 24.6.2021	Department of Psychology, The American College, Madurai
37		Handling Emotions, World Mental Health Day for prison inmates, 21.20.2021	Madurai Central Prison
38		Awareness Program on Gender Equity	Internal Complaints Committee, S. Vellaichamy Nadar College, Madurai
39		Life Skill Program, 28.12.2021	Internal Complaints Committee, Sethu Institute of Technology, Madurai
40		Awareness Program on Sexual Harassment of Women at Workplace, 3.2.2022	Madras High Court, Madurai Bench
41		Teen Consent and Boundary Skills, 12.2.2022	Mangayarkarasi College of Engineering, Madurai
42		Leadership and Team Building training program for AD Welfare Hostel Wardens in Madurai Dist., 23.2.2022	Anna Administrative Staff College, Regional Training Centre, Madurai
43		Motivation and Leadership training program for Librarian Staff in Madurai Dist., 25.2.2022	Anna Administrative Staff College, Regional Training Centre, Madurai
44		Life Challenges and Coping Strategies for Service Learning Program Students 5.3.2022	The American College, Madurai
45		Training Program on Psychosocial Care during COVID for NSS program Officers, 24.3.2022 – 26.3.2022	NIMHAMS, MKU and M.S. Chellamuthu Trust and Research Foundation for Govt. pf TamilNadu

**20. SEMINAR/ SYMPOSIA / WORKSHOP ATTENDED:**

<b>S NO</b>	<b>NAME &amp; LEVEL OF THE PROGRAMME</b>	<b>TITLE</b>	<b>PLACE</b>	<b>PERIOD</b>
1	National Seminar	Frontiers in Nanotechnology	Lady Doak College	17.9.2009 18.9.2009
2	State Orientation Program	Darwin 200	TamilNadu Science Forum & SVN College	21.2.2009
3	National training program	Counseling skills for Educators and Functionaries	National Institute of Social Defense and Madurai Institute of Social Sciences	7.12.2011 11.12.2011
4	State level workshop	Psychotherapy	Madurai Institute of Social Sciences	2.3.2012 - 4.3.2012
5	State level workshop	Family counseling	Madurai Institute of Social Sciences	28 & 29.7.2012
6	International Conference	New Horizon, emerging challenges in food mediated immunity	The American college	31.8.16 & 1.9.16
7	State level Seminar	Quality higher education in changing times	The American college	5.9.17
8	International Seminar	Waste Management	Thiagarajar college	3.9.18
9	Webinar	Outcome based Curriculum and Evaluation	Autonomy Committee SMGACW, Madurai	21.5.2020
10	International Webinar	Brief Perspectives of Nanotechnology	Jayaraj Annapackiam college for Women, Periyakulam	27.5.2020 – 29.5.2020
11	National Webinar	Human Trafficking and COVID19	International Justice Mission and The American College	4.6.2020
12	International Webinar	Recent Advances in Life Sciences	Department of Zoology, SMGACW, Madurai	8.7.2020 – 10.7.2020
13	FDP	Digital Technologies in Teaching and E-Content Preparation	PG and Research Department of Zoology, Vivekananda College, Thiruvudagam West, Madurai district	8.2.2022

**21. Paper Presented:**

<b>S NO</b>	<b>NAME &amp; LEVEL OF THE PROGRAMME</b>	<b>TITLE</b>	<b>PLACE</b>	<b>PERIOD</b>
1	National Seminar on Issues and Strategies for Women Empowerment – Vision 2020	‘ Role of academicians/educators in Women Empowerment’,	Thiagarajar College, Madurai	14 <sup>th</sup> & 15 <sup>th</sup> March 2013
2	International Conference on Ilakiya Pathivugalil Madurai	Mullai Kaliyum, Yearu thazhuvuthalum	Dept. of Tamil, SMGACW, Madurai	25 <sup>th</sup> & 26 <sup>th</sup> February 2016

**22. SEMINAR/ SYMPOSIA / WORKSHOP CONDUCTED:**

<b>S NO</b>	<b>NAME &amp; LEVEL OF THE PROGRAMME</b>	<b>TITLE</b>	<b>PLACE</b>	<b>PERIOD</b>
1	District level Nodal Officer, a Joint venture of Madurai District Administration and National Rural Health Mission, Govt. of India	Training Program for College Teachers on Psycho-educational skills	The American College	11 <sup>th</sup> – 16 <sup>th</sup> November 2013
2	District level Nodal Officer, a Joint venture of Madurai District Administration and National Rural Health Mission, Govt. of India	Training Program for College Teachers on Psycho-educational skills	The American College	4 <sup>th</sup> to 12 <sup>th</sup> August, 2014
3	District level Nodal Officer, a Joint venture of Madurai District Administration and National Rural Health Mission, Govt. of India	Training Program for College Teachers on Psycho-educational skills	The American College	24 <sup>th</sup> to 29 <sup>th</sup> November, 2014
4.	Member of Organizing Committee	UGC Sponsored National Seminar on New Horizons in Animal Sciences,	Department of Zoology, SMGACW, Madurai	25.2.2020
5.	Organizing Secretary	National Webinar on COVID19 Pandemic Challenges – Enhancing Holistic Health	Department of Zoology, SMGACW, Madurai	3.3.2021 & 4.3.2021
6	Coordinator	National Webinar on Adolescents Health & Psycho-Social concerns amidst Resurgence	For Students' Counseling Cell, SMGACW, Madurai	13.5.2021

**25. OTHER RESPONSIBILITIES HELD IN SERVICE (CURRENT/ PREVIOUS):**

<b>S.NO</b>	<b>NAME OF THE SERVICE/COMMITTEE</b>	<b>PLACE</b>	<b>PERIOD</b>
1	College Admission Coordinator	Sri Meenakshi Govt. Arts College for Women	2008
2	Member of Sports Committee	Sri Meenakshi Govt. Arts College for Women	2008 to 2016
3	Member of College Discipline committee	Sri Meenakshi Govt. Arts College for Women	2011 – 2012
4	Coordinator of Students Counseling cell	Sri Meenakshi Govt. Arts College for Women	2013 to till date
5	Admission Coordinator for Sciences	Sri Meenakshi Govt. Arts College for Women	2018

**26. OTHER RESPONSIBILITIES HELD IN OTHER INSTITUTIONS:**

<b>S.NO</b>	<b>NAME OF THE SERVICES/COMMITTEE</b>	<b>PLACE</b>	<b>PERIOD</b>
1	Honorary service as Psychological Counselor	Office of the Superintendent of Police, Madurai District	2013 to 2015
2	Honorary Counselor for victims of domestic violence and family dispute	Office of the Superintendent of Police, Madurai district	2013 – 2014
3	Academic Auditor for PG Zoology	PG and Research Department of Zoology, Vivekananda College, Thiruvudagam West, Madurai district	2016 – 17
4.	Gender Audit Expert during the 3 <sup>rd</sup> NAAC cycle	The American College, Madurai	2016 – 17
5.	Honorary Counselor for providing mental health rehabilitation for remand prisoners and convicts	Madurai Central Prison	December 2017 To April 2020
6.	Confidential work – TRB	Mother Teresa Women's University	12.2.2018
7.	Ethical committee Member	M.S. Chellamuthu Trust and Research Foundation	2019 onwards
8.	Honorary Member of Governing Board	Grace Kennett Foundation & Hospital	2020 onwards
9.	External Expert for Academic and Administrative Audit	PG and Research Department of Zoology, Vivekananda College, Thiruvudagam West, Madurai	2019 – 2020

		district	
10.	Life Member	TamilNadu Counselors and Psychotherapists Association	2020 onwards
11.	Member of Resource Team for creating Awareness on "Psychosocial care during COVID19"	Madurai Kamaraj University and M. S. Chellamuthu Trust and Research Foundation	May to July 2020
12.	Confidential work – TRB	Madurai Kamaraj University	28.7.2021
13.	Member of IQAC composition	Thiagarajar College	January 2022 onwards

### **27. AWARDS/MEDALS RECEIVED:**

1. Award of Honour, Madurai Rotary West for exemplary service at Madurai Central Prison, 2018 March
2. Veera Mangai Rani Mangammal Award , Madras High Court, Madurai Bench for community service at Madurai central prison, 2019 March
3. Women Achiever Award, Transgender Resource Centre and Lady Doak College for service in Madurai Central Prison, March 2020
4. World Teacher Award for Outstanding contribution in teaching, Redpond Educational and Psychological Research Institute, Madurai, TamilNadu and UK

### **28. MEMBER IN PROFESSIONAL BODIES**

1. Member of BoS in Zoology, Lady Doak College, Madurai, 2013 – 2015
2. Member of BoS in Microbiology, Thiagarajar College, Madurai, 2013 – 2015
3. Member of BoS in MLT & Aquaculture, The American College, Madurai, 2013 – 2015
4. Member of BoS in M.Sc., Biotechnology, Thiagarajar College, Madurai 2014 – 16
5. Member of BoS in Food Processing and Preservation, The American College, Madurai 2014 – 15
6. Member of BoS in Zoology, Thiagarajar College, Madurai 2015 -16
7. Member of BoS in Psychology, Thiagarajar College, Madurai 2015 – 16
8. Member of BoS in M. Sc., Zoology, Fatima College, 2016 - 17
9. Member of BoS in Biology, Madurai Kamaraj University, 2017 -18
10. Member of BoS in M.Sc., Biotechnology, Thiagarajar College, Madurai 2017 – 18, 2018 -19