



## **Bio-data**

**Dr. K. Lavanya**  
**Lecturer in Home Science**  
**A.S.D. Government Degree College for women (A)**  
**Kakinada-533002**

**Mobile: 7396469712**  
**9492031589**  
**email: lkandiraju@gmail.com**

### **Educational Qualifications:**

- PhD in Human Development and Family Studies from Sri Padmavathi Mahila Viswavidyalayam, Tirupati in 2021
- Master's in Home science (Human development and Family Studies) from Acharya N.G. Ranga Agricultural University, Hyderabad.
- Bachelors of Home Science from A.P. Agricultural University, Hyderabad.
- Intermediate with 65% from Satya Sai Junior College, Anantapur
- S.S.C with 79% from Nirmala English Medium High School, Cuddapah.

### **Other qualifications:**

- Acted as Previewer of Consortium for Educational Programme for Home Science Courses developed by Educational Multimedia Research Center(EMRC),Hyderabad
- Qualified for ICAR National Eligibility Test for Lectureship conducted by ASRB in 2010.
- Qualified for National eligibility test for Lectureship conducted by UGC in 1997.
- Qualified for State Level Eligibility Test conducted by APPSC in 1997.

### **Research Experience:**

- Conducted Research on “Smartphone Usage Of College Students And Their Physical, Psychological and Social Wellbeing” as a part of Doctoral Programme
- Conducted research on “Personality traits of Institutionalized children and Children from low middle income group” as a part of Post-Graduation programme

- Worked as Research Associate in the project titled” Implementation Mid-day meal programme in primary schools of tribal areas of East Godavari district”.

### **Post Qualification Experience:**

- Recruited through APPSC and Working as Lecturer in Home Science in A.S.D.G.D.C(W),Kakinada since 26-12-2011
- Worked as Lecturer in the Department of Human Development and Family Studies, College of Home Science, ANGRAU from March 2008 to December 2011.
- Worked as Academic Manager in Sunshine Preschool, Miyapur for 6 months.
- Worked as Research Associate in a project titled “Implementation of Mid-day Meal in tribal areas of East Godavari” for 3 months in the Department of Human Development and Family Studies, College of Home Science.
- Worked as Preschool Teacher for one academic year i.e. June2005-April 2006 in Lab School, College of Home Science, ANGRAU, Hyderabad.
- Worked as Child Development Project Officer (CDPO) for one and half years i.e. from January 2000 to July 2001 in ICDS Project, Alur, Kurnool district.
- Worked as Instructress for Preschool Education Diploma Course in Telugu Bala Mahila Pragati Pranganam, Cuddapah, AP Women’s Finance Corporation, for one year

### **Workshops Conducted:**

- Acted as Convener for Faculty Improvement Programme On “Massive Open Online Courses (MOOCs)-Designing and Creation” (Under Autonomy Grant by UGC) on 7February2020
- Acted as Co-Convener for One Day National Workshop on “Academia-Industry Interface: Strategies for Resource Management and Organizational Management” on 5<sup>th</sup> September 2019

- Acted as Convener for “Capacity Building Programme (UGC- Autonomy Grant) on Thematic Approach in Preschool Curriculum” for the preschool teachers of Kakinada on 1<sup>st</sup> March 2019
- Acted as Convener for 2 Day National Workshop on “Integration of OER for Quality sustenance in Teaching-Learning” on 19<sup>th</sup> February 2019

**Publications:**

- Green House Solar Drying for Rural India, Agrigate-An International e-magazine
- Life Skills-The 21<sup>st</sup> Century Skills ,International Journal of Multidisciplinary Research
- Impact of smartphone usage of adolescents and young adults on their social wellbeing, The Indian Journal of Home Science
- Life Skills: The 21st Century Skills, International Journal for Multidisciplinary Research
- Promising role of biogas in waste management and environmental protection, An International Multidisciplinary e-magazine
- Smartphone Usage as a Predictor of Psychological Wellbeing among College Students, International Journal Of Research And Scientific Innovation
- Smartphone usage patterns of college students. International Journal of Home Science
- Smartphone usage and physical Health Risks of Young people-A Review, Health & Wellbeing of Women and Children-A Review. Pragma Publications
- Smartphone Usage and Perceived Physical Wellbeing of College Students. proceedings of National Conference on Prevention and Management of Non Communicable Diseases
- Impact of Dietary habits, Lifestyle variables on Body Weight and Blood Pressure of working women”, International Journal of Academic research, Special Volume
- Impact of Institutionalization on Geriatric Psychological Well Being, Global Journal For Research Analysis

- A study on relationship between self-esteem and anxiety levels of the adolescents”, Journal of education and psychology
- Foods Promoting Conception, Food & Women, Mahatma Gandhi National Institute of research and Social Action”, Hyderabad
- Dietary Guidelines for women with polycystic ovary Syndrome” Mahatma Gandhi National Institute of research and Social Action, Hyderabad
- Mid-day meal program- Implementation in tribal areas of East Godavari district ,Andhra Agricultural Journal

**Books Published:**

- Smartphone usage and wellbeing of youth
- Life skills and youth

**Participations:**

- Completed Online Refresher Course at HRDC Osmania University,Hyderabad on “Capacity Building and Adapting to New Normal”
- Completed Summer School at JNTUH, Hyderabad on “Research Oriented Teaching”
- Completed Orientation Programme at HCU, Hyderabad
- Completed Refresher Training Programme for NSS Programme Officers at Ideal degree College, Kakinada
- Completed training programme for NSS Programme Officers organized by Andhra University and JNTU, Kakinada at JNTU Campus, Kakinada
- Completed “Advanced Training Programme on Psychological Assessment” at Department Of HDFs, College of Home Science, ANGRAU.
- Completed training programme at NIPCCD , Bangalore as a part of job training of Child Development Project Officer from 21<sup>st</sup> February to 13<sup>th</sup> April 2000

### **Extension Activities:**

- Conducted various “Awareness programmes on Health and Nutrition to the adolescent girls and mothers of school children” in the slums of Kakinada
- Conducted “Adolescent awareness programme for adolescent girls on Health, Nutrition and hygiene” for 10 days in Municipal Girls High School, Kakinada for 10 days
- As NSS Programme officer conducted a special camp for NSS volunteers at Chollangi village, Tallarevu mandal, E. Godavari dist. for 7 days
- Conducted Nutrition education programme for mothers of school going children at kotha chodupalli, Uppada, E.G. Dist in collaboration with GMR Varalakshmi foundation, Kakinada
- Participated actively in Janmabhoomi programmes in Alur mandal, Kurnool district
- Conducted a Work shop on curriculum training for teachers of preprimary sections, Chinmaya school ,Shamshabad, Hyderabad
- Conducted Parent and Community education programmes in the slums of khairatabad with students, College of Home Science, Khairatabad, Hyderabad.

### **Personal profile:**

Date of Birth: 27/04/1973

Marital status: Married

### **Permanent address:**

MIG 1129, Old MIG,  
BHEL, Ramachandrapuram,  
Hyderabad-500032

### **Present Address**

H.No:53-3-1  
Vishnalayam Road, Jagannaickpur  
Kakinada-533002