BIO-DATA

1. **Name : GIRIJA C**
2. **Date of birth : 19 APRIL 1983**
3. **Mother’s Name : RADHA KOVILAMMA**
4. **Father’s Name : K KUNHUKUTTAN**
5. **Marital Status : Married**
6. **Occupation : Assistant Professor in Commerce**

MPMM SN Trusts College, Shoranur, Palakkad, Kerala-679122

1. **Spouse Name : SREEKUMAR P**
2. **Occupation : GOVT SERVICE ( Ex-Servicemen)**
3. **Permanent Home Address : KIZHUTHODI HOUSE**

(POST) PATHAMKULAM (DIST) PALAKKAD KERALA – 679522

1. **Communication Address : KIZHUTHODI HOUSE**

(POST) PATHAMKULAM (DST) PALAKKAD KERALA – 679522

Mob: 9446274417, 8547837417

E mail – [girijacotp@gmail.com](mailto:girijacotp@gmail.com)

1. **Educational Qualification: - : M. Com (Finance), UGC- NET**

(Completed Pre -Degree ,UG & PG from N.S.S. College Ottapalam, Palakkad, Kerala under Calicut University)

Doing PhD in Mother Theresa Women’s

University, Kodaikkanal in Stress Management

1. **Experience : 1. 13 Years teaching experience in UG & PG**
   1. **Participating as Resource Person in Faculty Improvement Programme.**
   2. **Women Cell Co-ordinator in the College.**
2. **Keen interested areas : 1. Doing Motivational speeches, Personality**

Development classes, Women Empowerment Classes, Psychology Classes etc. to

parents, students and teachers as social service

* 1. **Provides counselling and caring classes to students to reduce their stress.**
  2. **Keen passion in student involvement teaching taking Classes Psychology Classes etc. to parents, students and teachers as social service mentoring.**
  3. **Malayalam Poem writing, Article writing etc.**
  4. **Doing Motivational talk on Local Channel.**
  5. **Interest in doing social services.**
  6. **Interested Subjects : Income Tax, Accounting, Stress Management, Personality Development and Business Communication**

Resource Person & Keynote Speaker

1. **Served as a Resource Person for the Webinar on Stress Management and Behavioural Changes among Students during COVID 19 Pandemic, organized by SNDP Yogam College , Perithalmanna, Kerala on 6th Aug2020**
2. **Webinar on Mental Health and Stress Management among College Students organized by MPMM SN Trusts College, Shoranur, NSS Unit 90 & 150.**
3. **Keynote Speaker on Virtual International Award Conference on Multi-Disciplinary Research and Innovation held at Dolphin College of Science & Agriculture Chunni Kalan,Punjab ,India.**
4. **Webinar on Stress Managemnt & Personality Development on 31st October 2020, organized by Department of Commerce & Management Studies,**

Mount Seena College of Arts & Science, Lakkidi, Palakkad.

1. **Webinar on Project Prepation on 12th December 2020 organized by Ideal College of Arts & Science College, Cherpulassery.**
2. **Webinar organized by SIP Cell and IQAC , Mar Thoma College Chumgathara.**
3. **Webinar on Stress Management organized by PG Department of Commerce, Sadanam Kumaran College,Palakkad.**
4. **Keynote Speaker & Session Chair in International Conference on “Challenges and Opportunities for Innovationin New Normal Scenario- Conference World**
5. **Resource Person for the Webinar on Women and Mental Health as part of International Women’s Day.**
6. **Session Chair in International Conference organized by ESN Publications.**
7. **Key note speaker as of Virtual International Award Conference on Multi-Disciplinary Research and innovation with ISBN978-81-948668-0-0 during Nov 2020 -Conference World-IARDO**
8. **Keynote Speaker and Session Chair in International Conference on “ Challenges and Opportunities for Innovation in New Normal Scenario held on 3rd April 2021at KSR Institute for Engineering and Technology ,Namakkal, Thamil Nadu, India-Conference World.**
9. **Providing Online Net Coaching**
10. **. IARDO Gold Member (Academician Category)**
11. **6. Life time member of Indian Academic Association**
12. **7. Life member of INSPIRA**
13. **8. Associate Member of International Stress Management Association.**

# Rewards

1. **Certificate of Appreciation -Teacher Innovation Award from Zero Investment Innovations for Education Initiatives. (ZIIEI) for sustainable efforts towards promoting joyful and experimental teaching.**
2. **Certificate of Appreciation -Teacher Innovation Award from Zero Investment Innovations for Education Initiatives. (ZIIEI) for sustainable efforts towards promoting experimental joyful and innovative teaching ideas.**
3. **IARDO RACE 2020 India Award for Distinguished Teacher.**
4. **Innovation and Knowledge Excellence (Global Awards Best “Women Faculty Award”**

**organized by Shri Paramhans Education & Research Foundation Trusts.**

1. **GLOBAL EDUCATION AWARD 2020, for BEST TEACHER, from ESN Publications.**
2. **CERTIFICATE OF HONOR, event registered in WORLD BOOK OF RECORDS, organized by ESN Publications September 2020.**
3. **IARDO Inspirational Woman Award 2020 for Best Personality of the Year.**
4. **5th Academic Brand Awards 2020 Certificate of Excellence Honarable Jury Mention -Faculty**
5. **“ *Humanetarian Excellence Award*” from I Can Foundations in December 2020.**
6. **Young Achiever Award 2020**
7. **Education Excellence Award 2021 for best teacher by ESN Publications.**
8. **Para Women Award 2021- Women Faculty Award by Puduchery Academic Researchers Academy.**
9. **Best Educator Award 2021 (Pride Education Teacher’s Day Award)**
10. **Best Teacher Award 2022 from InSc Institute of Scholars.**

. Best Presenter -Faculty Category- the paper titled “Stress Management during COVID-19 Pandemic “organized by the Department of Computer Science, RBVRR Women’s College, Hyderabad, India in Collaboration with Global Conference Hub, Coimbatore, India 29th 30th May 2021.

1. **Best Presenter – Faculty Category -the paper titled “*Students’ perception towards online***

***classes during Covid-19 pandemic”* in First Internatioanl Conference on Environment**

,Economy ,Management, Science and Technology (ICEEMST- Online) organized by the Department of Environmental Science, SIES College of arts, Science and Commerce Navimumbai, Maharastra, in collaboration with RSP Conference Hub, Coimbatore, India on 24th & 25th Aug 2021.

1. **“*Best Educator Award ”* Pride Education Teachers’ Day Award, September 5th 2021 , ESN Publications.**

**Research Experience : UGC-Minor Research Project Completed**

Topic: Customer Relationship Management in Indian Banking Industry.

# Papers presented

1. ***“Role of Venture Capital in Economic Development”* in the Two International Seminar on Emerging Business Opportunities-Global Markets and Indian Potential organized by Department of Commerce School of Management Studies and Legal Studies, University of Kerala in 2016.**
2. ***“ Impact of Demonetization in the Banking Industry”* in the Two Day National Seminar on Emerging Trends in Banking and Finance, organized by PG Department of Commerce , N.S.S. College ,Ottapalam in 2017**
3. ***“ Impact of Goods and Services Tax in India”* in the Two Day Seminar on Emerging Trends in Commerce and Management ,organized by PG Department of Commerce ,**

N.S.S. College ,Ottapalam in 2019.

1. ***“Academic Stress among Students”* in the PG Department of Commerce, N.S.S. College, Ottapalam in 2019.**
2. ***“ Analytical Study on issues and Challenges faced by Street Vendors in Ottapalam, Muncipality,* in the International Seminar cum Workshop Research in Social Science: Emerging Trends- organized by the Post Graduate Department of Commerce and Management Studies, S.N.G.S. College,Pattambi, sponsored by the Department of Collegiate education, in December 2019.**
3. ***“ Reproductive Health Issues of Women”* in the Two Day National Seminar on Expurgate of Gender Discrimination at work place towards inclusive Economic Growth sponsored by NCW, New Delhi in January 2020**
4. ***“Awareness and perception of Beneficiaries towards CSR on Banking Sector*” in the IVth International Conference in Science, Engineering and Management and Humanities.( Online Presentation) in March 2020.**
5. ***“ Study on Investment Preference and Tax Planning measures adopted by College Teachers”* in the National Level Conference on Advance Business Methodology ABM 2020, organized by Management Wonders in May 2020**
6. ***“Academic Stress among College Students”* in the One Day Online Interdisciplinary International Conference on Sustainable Development & Environmental issues, Mandesh Mahavidyala Junoni Tal-Sangola Dist,Solapur ,Maharashtra in June 2020.**
7. ***“Impact of COVID on Education Sector”* in the International Conference SOSH 2020, organized by Eudoxia Research Centre in June 2020.**
8. ***“Stress Management during COVID-19 Pandemic”* in the Two Day National Conference on Emerging Trends and Paradigm Shifts in Social Sciences:-Issues and Challenges ETPSSSIC 2020 ( Online mode), organized by Department of Commerce of English and Foreign Languages and Department of Visual Communication Mother Teresa Women’s University ,Kodaikanal.**
9. ***“ Stress among Women”* in the International Web Conference organized by Department of Economics, St.Mary’s College ,Thoothukudi, Thamil Nadu ,India in association with National Foundation for Entreneurship Development ( NFED) in June 2020.**
10. ***“Stress and Worklife Balance of Employees”* in the Virtual International Conference on Advancements in Research and Education (VICARE) jointly organized by Association of Global Academicians and Researchers (AGAR) in June 2020.**
11. ***“Students’ Perception of Online Leaning During COVID-19”* in International Online Conference on Socioeconomic and Environmental Impact of COVID 19- Issues and Challenges organized by Indian Academic Research Association on , Thiruchirapalli 27th to 31st July 2020.**
12. ***“Impact of Educational Stress among Students in Higher Education”* in ESN International Conference on Multidisciplinary Research and Innovation 2020 held from 3/09/2020 to 9/09/2020.**

**15 “*A Study on Occupational Stress Among Special Education School Teachers*” in Online International Conference on Recent Innovations in Science, Engineering, Humanities and Management held on 25th & 26th September 2020 organized by Tirumala Engineering College, Jonnalagadda, Narasaraopeta, Andra Pradesh.**

1. ***“Effect of Stress among Female students”* in the International Conference on “Women Writers &Researchers Cramp” organized by the Puducherry Academic Researchers Academy on 7th March 2021.**
2. **“Stress Management during COVID-19 Pandemic organized by the Department of Computer Science ,RBVRR Women’s College ,Hyderabad ,India in Collaboration with Global Conference Hub, Coimbatore ,India 29th 30th May 2021.**
3. **“*Students’ perception towards online classes during Covid-19 pandemic”* in First Internatioanl Conference on Environment ,Economy ,Management, Science and Technology (ICEEMST- Online) organized by the Department of Environmental Science, SIES College of arts, Science and Commerce Navimumbai, Maharastra , in collaboration with RSP Conference Hub, Coimbatore, India on 24th & 25th Aug 2021.**

# Paper Publications: -

* 1. ***“Impact of Demonetization in the Banking Industry”* in the Two Day National Seminar on Emerging Trends in Banking and Finance, organized by PG Department of Commerce, N.S.S. College, Ottapalam in 2017.( ISBN 978-93-85105-75-3)**
  2. ***“Impact of Goods and Services Tax in India”* in the Two Day Seminar on Emerging Trends in Commerce and Management, organized by PG Department of Commerce, N.S.S. College ,Ottapalam in 2019.( ISBN978-93-85105-91-3).**
  3. ***“ Analytical Study on issues and Challenges faced by Street Vendors in Ottapalam, Muncipality,* in the International Seminar cum Workshop Research in Social Science: Emerging Trends- organized by the Post Graduate Department of Commerce and Management Studies, S.N.G.S. College,Pattambi, sponsored by the Department of Collegiate education, in December 2019. (Our Heritge,ISSN 0474-9030.) UGC**
  4. ***“Students’ Perception of Online Leaning During COVID-19”* in International Online Conference on Socioeconomic and Environmental Impact of COVID 19- Issues and Challenges organized by Indian Academic Research Association on , Thiruchirapalli 27th to 31st July 2020. UGC**
  5. ***“ Reproductive Health Issues of Women”* in the Two Day National Seminar on Expurgate of Gender Discrimination at work place towards inclusive Economic Growth sponsored by NCW, New Delhi in January 2020**
  6. ***“Awareness and perception of Beneficiaries towards CSR on Banking Sector*” in the IVth International Conference in Science, Engineering and Management and Humanities. in March 2020. Conference World (ISBN: 978-93-90103-00-3)**
  7. ***“Study on Investment Preference and Tax Planning measures adopted by College Teachers”* in the National Level Conference on Advance Business Methodology ABM 2020, organized by Management Wonders in May 2020. (Purakala ISSN 0971-2143,Vol.31 ,Issue 36 UGC Carelist, May 2020)**
  8. ***“Academic Stress among College Students”* in the One Day Online Interdisciplinary International Conference on Sustainable Development & Environmental issues, Mandesh Mahavidyala Junoni Tal-Sangola Dist,Solapur ,Maharashtra in June 2020. (Juni Khat ISSN:2278-4632, Vol-10,Issue-5 No. 19 May 2020.)UGC**
  9. ***“Impact of COVID on Education Sector”* in the International Conference SOSH 2020, organized by Eudoxia Research Centre in June 2020.**
  10. ***“Stress Management during COVID-19 Pandemic”* in the Two Day National Conference on Emerging Trends and Paradigm Shifts in Social Sciences:-Issues and Challenges ETPSSSIC 2020 ( Online mode), organized by Department of Commerce of English and Foreign Languages and Department of Visual Communication Mother Teresa Women’s University ,Kodaikanal.**
  11. ***“Stress among Women”* in the International Web Conference organized by**

Department of Economics, St.Mary’s College ,Thoothukudi, Thamil Nadu ,India in

association with National Foundation for Entreneurship Development ( NFED) in June 2020. ISBN 978-81-942938-2-8

* 1. ***“Stress and Work life Balance of Employees”* in the Virtual International Conference on Advancements in Research and Education (VICARE) jointly organized by Association of Global Academicians and Researchers (AGAR) in June 2020.(Saliha Publications, Volume -1 ,Issue 1, ISBN978-81-946014-6-3.)**
  2. ***International Journal of Advance in Engineering and Management (IJAEM) on “Customer Perception on Digital Transformation of Public Distribution System*”, ISSN:2395-5252 Volume 2 Issue 4 PP 292-299 ( UGC Listed).**
  3. **Publication of Chapter book entitled, Multidisciplinary Subjects for Research Vol -2 Aug 2020 *“Stress Management during COVID-19 Pandemic” ISBN: 978-1-71663-026-2, red shine Publication.***
  4. **Book Publication “ Trends in Business Communication, ISBN 978-81-946014-2-5, Saliha Publications, Vaniyambadi, Thamilnadu,India**
  5. **“*A Study on Occupational Stress Among Special Education School Teachers*” in Online International Conference on Recent Innovations in Science, Engineering, Humanities and Management held on 25th & 26th September 2020 organized by Tirumala Engineering College, Jonnalagadda, Narasaraopeta, Andra Pradesh. ISBN: 978-93-90103-08-9**
  6. ***“Stress and Anxiety among Students during COVID-19”* Published in International Journal of Creative Thoughts ISSN:2320-2882, An International Open Access, Peer**

-reviewed, Referred Journal.

* 1. ***“Corporate Social responsibility in Banking Sector”* published in International Chapter Book October 2020; Multidisciplinary Subjects for Research II Vol 1 , Red shine publications .ISBN: 978-1-716050-381-8, DIP:18.20.716050381.027.**
  2. **Paper on “*Effect of Stress among Female College Students*” published in International Journal of Creative Research Thoughts (IJCRT) ,An International Open Access, Peer-reviewed Referred Journal , UGC approved journal, Vol 9, Issue 4, April 2021 , Paper ID : IJCRT2104007.**
  3. ***Stress and Mental Health”* published in International Chapter Book December 2020; Multidisciplinary Subjects for Research IIIVol 1 , Red shine publications**

.ISBN: 978-1-716-74325-2, DIP:18.20.716.743252.50

* 1. ***“Academic Stress among Students”* published in International Chapter Book March 2021; Multidisciplinary Subjects for Research V Vol- 1 , Red shine publications**

.ISBN: 978-8-718-050-87865-3, DIP:18.10.8718878653.16

* 1. **“Stress Management during COVID-19 Pandemic organized by the Department of Computer Science, RBVRR Women’s College, Hyderabad, India in Collaboration with Global Conference Hub, Coimbatore, India 29th 30th May 2021.**
  2. ***“Goods and Services Taxes”* published in International Chapter Book May 2021; Multidisciplinary Subjects for Research II Vol 1 , Red shine publications .ISBN: 978-1-4834.30850.015, DIP:10.25215/9781667143545.**
  3. ***“Impact of Covid-19 in Digital Banking”* published in Multidiscilpnary Research Area, International Chapter Book October 2020; Multidisciplinary Subjects for Research II Vol 1 , Red shine publications .ISBN: 978-93-91479-70-1, DIP:10..**
  4. **“*Students’ perception towards online classes during Covid-19 pandemic”* in First Internatioanl Conference on Environment ,Economy ,Management, Science and Technology (ICEEMST- Online) organized by the Department of Environmental Science, SIES College of arts, Science and Commerce Navimumbai, Maharastra , in collaboration with RSP Conference Hub, Coimbatore, India on 24th & 25th Aug 2021.**

***Links:***

<https://youtu.be/EVao6wLkBEQ>

PUBLISHED STUDIES.

1. [**http://proceeding.conferenceworld.in/IIMT\_March\_2020/12I1C571J3ONAI7020.**](http://proceeding.conferenceworld.in/IIMT_March_2020/12I1C571J3ONAI7020.pdf)[**pdf**](http://proceeding.conferenceworld.in/IIMT_March_2020/12I1C571J3ONAI7020.pdf)
2. [**http://www.junikhyat.com/no\_19\_may\_20/22.pdf**](http://www.junikhyat.com/no_19_may_20/22.pdf)
3. [**http://ijaem.net/current-issue.php?issueid=17**](http://ijaem.net/current-issue.php?issueid=17)
4. [**http://conference.iardo.com/SEHM-2020/19TXLDRKEOVJJT945.pdf**](http://conference.iardo.com/SEHM-2020/19TXLDRKEOVJJT945.pdf)
5. [**http://www.ijcrt.org/**](http://www.ijcrt.org/)
6. [**https://iaraindia.com/wp-content/uploads/2020/10/14-GIRIJA-C.pdf**](https://iaraindia.com/wp-content/uploads/2020/10/14-GIRIJA-C.pdf)

Website Link: <https://sites.google.com/view/girija1/home>