

# Ms. Suhasini Ashok Baone

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Ms. Suhasini Ashok Baone is a highly experienced educator, counsellor, and researcher with a distinguished career spanning over three decades in the fields of education, nutrition, psychology, and guidance and counselling. Her multidisciplinary expertise and commitment to holistic development have made her a respected figure in teacher education and community-oriented educational initiatives.

She served as a Lecturer at the College of Teacher Education, Andhra Mahila Sabha, from 2002 to 2018, where she was actively involved in the Post Graduate Diploma in Early Childhood Education programme. Prior to this, she contributed as a Lecturer in Food Science and Quality Control at Andhra Mahila Sabha Arts and Science College (1995–2002), and as an Education Specialist at the State Resource Centre, Andhra Mahila Sabha (1992–1995). Her early academic career also includes roles as a Chemistry Lecturer at Kasturba Gandhi College for Girls and as a Research Assistant at the National Institute of Nutrition (NIN), Hyderabad, where she worked on a National Dairy Development Board project focusing on nutritional science and public health.

Ms. Baone holds an M.A. in Psychology with specialization in Guidance and Counselling from Osmania University, along with an M.Ed. and B.Ed. from Annamalai University. She also earned an M.Sc. in Food and Nutrition from Nagpur University, reflecting her strong academic grounding across disciplines.

A dedicated counsellor, she has provided guidance and support to students, parents, and educators across schools, industries, and community organizations. She has served as a visiting nutrition counsellor for various schools in Hyderabad and Secunderabad and has designed dietary programmes for institutions, including international schools. Her counselling work extends to organizations such as BHEL and Rotary Clubs, as well as her active role in the Psychological Counselling Cell of Andhra Mahila Sabha, where she has addressed academic, emotional, and developmental concerns.

Her contributions to research and extension activities are significant. She has developed innovative strategies based on multiple intelligences, designed school readiness programmes for Anganwadi centres, and created activity-based learning packages for primary education. She has also conducted nutrition awareness programmes in government schools and organized workshops and orientation programmes for teachers across Hyderabad and Secunderabad. In addition, she has guided M.Ed. students in their dissertation work, fostering research and academic inquiry.

A prolific author, Ms. Baone has published a textbook on teaching mathematics for pre-primary classes and authored a series of 13 resource books titled *“First Steps”* (2021) for parents, teachers, and early childhood educators. She has also presented papers at various state and national-level seminars, contributing to academic discourse in education and child development.

Beyond her academic and professional pursuits, she is deeply engaged in personal development and holistic well-being practices. She has completed courses in Vedanta through the Chinmaya Mission, Reiki healing, Yoga through Patanjali Yoga, and Raja Yoga meditation with the Brahma Kumaris. Her interests in spirituality, writing, and classical music further reflect her holistic approach to life and education. She has also been involved in social initiatives, including organizing awareness programmes such as the “Kill the Cancer” campaign in collaboration with ISKCON.

With her vast experience, interdisciplinary expertise, and dedication to holistic education, Ms. Suhasini Ashok Baone continues to contribute meaningfully to the fields of teacher education, counselling, and community development, leaving a lasting impact on learners and society.

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