

## CURRICULUM VITAE

**Name-SonikaChoudhary**

**Designation –Professor& Incharge**

**Subject – HomeScience**

**Specialization- Human Development and Family Studies**

**Academic Qualifications- M.Sc.,NET, JRF,Ph.D., Post Graduate Diploma in Psychological Counseling.**

**Experience-20 Years (Teaching) & 24 Years (Research)**

**Date of Birth: 09.10.1975**

**Date of Joining:30.01.2003**

**Official Address- Department of Home-Science, R.G.P.G.College,Meerut-250001(Uttar Pradesh)**

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**Areas of Research: Human Development and Family Studies, Foods & Nutrition**

**Digital Profile:**

***LinkedIn*** :[linkedin.com/in/dr-sonika-choudhary](https://www.linkedin.com/in/dr-sonika-choudhary)

***Research Gate*** :<https://www.researchgate.net/profile/Sonika-Choudhary>

***Google Scholar*** :<https://scholar.google.com/citations?hl=en&user=TBla6EEAAAAJ>

***SSRN***:<https://hq.ssrn.com/Participant.cfm?rectype=edit&partid=5222222&perinf=y>

### **ACHIEVEMENTS:**

1. Convenor of Board of Studies, Research Advisory Cell&Research Development Cell in the subject of Home Science of C.C.S. University, Meerut since 21.04.2023,



2. Selected by Union Public Service Commission, New Delhi as a Lecturer in Home Science via Letter no.DPI-UT-CI-12(62)2002 Dated 19.12.2003
3. Selected by Uttar Pradesh Public Service Commission , Prayagraj as a subject expert (Home Science) via a letter dated 05.10.2019,12.11.2021, 28.04.2023, 02.8.2023
4. Subject Expert for the selection of lecturers/ Assistant Professor in the colleges of C.C.S. University, Meerut.
5. Subject Expert for opening of Home Science in the Colleges of C.C.S.University, Meerut since 2021 onwards.
6. Pre PhD Coordinator (Home Science) in CCS University from 2021-2023.

### **Fellowships & awards:**

<i>S.No.</i>	<i>Name of Fellowships/Awards</i>	<i>Awarding Agency</i>	<i>Whether International/National/ State/Regional</i>	<i>Date</i>
1.	Award for Teaching & Research	ABVP	Regional	4 <sup>th</sup> September, 2019

### **Membership of Professional Bodies**

<i>S.No.</i>	<i>Name of the Professional Body</i>	<i>Type of membership</i>	<i>Membership no.</i>
1.	IAPEN India Association for Parenteral and Enteral Nutrition	Life time Member	LM-2021-104
2.	Home Science Association of India	Lifetime member	HSAI-2022-UP-1056-LF

### **17. Research Papers published:-**

<i>S.No</i>	<i>Title of the paper published (with Page no.)</i>	<i>Research Journal (with Vol. no.)</i>	<i>Year</i>	<i>ISSN</i>	<i>Whether peer reviewed, UGC listed, Impact Factor if any</i>	<i>Digital Link, if any</i>
19.	Impulsive Behavior of Adolescents: A Review of Related Literature. pp.13924-139231	Scholarly Research Journal for Humanity Science & English Language . Vol. 11/55.	2023	2348-3083	Yes. Impact factor-7.278	
18.	A study of Impulsive Behavior of Adolescents in Bareilly District. pp.956-962.	International Journal of Research and Analytical Reviews. Vol.10(1).	2023	2348-1269(E)	Yes	
17.	Reproductive Rights of Women: A Study". pp. 42-50	Journal of National Development.35(2).	2022	0972-8309	Yes	
16.	Foods that Fight with Cancer. pp.601-604.	Journal of Emerging Technologies and Innovative Research. Vol.6(12)	2019	2349-5162	Yes International Impact Factor(Google Scholar): 5.87 UGC Approved (Journal No. 63975)	

15.	Trends of Fast food consumption among Adolescent Girls. pp.65-67	International Journal of Southern Economic Light.Vol .VII	2019	2277-5692 (P)	Yes Impact factor (SJIF): 6.244	
14.	Interpreting the Literature on Ecotoxicological Significance of Pollutants and Human Development . pp.127-145	Shodhmanthan. Vol. X Special Issue No. 7	2019	0976-5255(P) 2454-339X(e )	Yes Impact factor (SJIF): 6.726 UGC No. 40908	
13.	Physical Parameters of 6-7 Year Old Children as Effected by Toxicity in the Environment. pp 27-33	Voyager: Vol.IX(2)	2018	0976-7436(P) 2455-054X(e )	Yes Impact factor (SJIF): 5.498	
12.	Bullying of Children in the Virtual and Realistic World. pp:25-30.	EPRA International Journal of Economic and Business Review Volume 5(4)	2017	ISSN (Online ) :2347-9671 , ISSN (Print) : 2349-0187	Yes Impact Factor (SJIF,2016) : 6.484	<a href="https://eprajournals.com/IJES/article/8434/abstract">https://eprajournals.com/IJES/article/8434/abstract</a>

11.	Impact of Neurotoxins on social development of children aged 6-7 years and their amelioration via an intervention programme. pp:195-202.	EPRA International Journal of Economic and Business Review Volume 4(9)	2016	ISSN (Online) :2347-9671 , ISSN (Print) : 2349-0187	Yes Impact Factor (SJIF) : 5.509	<a href="https://eprajournals.com/IJES/article/8571/abstract">https://eprajournals.com/IJES/article/8571/abstract</a>
10.	Lead : The Inevitable slow poison eroding our Society. pp:9-13.	International Journal Of Applied Research , Volume 2(5)	2016	ISSN (Online) :2394-5869 , ISSN (Print) : 2394-7500	Yes Impact Factor (ISRA) : 5.2	<a href="https://www.allresearchjournal.com/archives/2016/vol2issue5/PartA/24-101.1-273.pdf">https://www.allresearchjournal.com/archives/2016/vol2issue5/PartA/24-101.1-273.pdf</a>
9.	Effect of Antioxidants on Ageing Process. pp 62-68.	Interdisciplinary Journal of Humanities & Social Science Studies, Vol.4(3)	2015	ISSN No. 2319-829X	Yes	
8.	The Science of Family Studies in the Service of Man. pp-125-136	Research Journal of Philosophy & Social Sciences, Vol.41(1)	2015	0048-7325	Yes	<a href="https://anubooks.com/view?file=760&amp;session_id=rjpsss-vol-xli-no11">https://anubooks.com/view?file=760&amp;session_id=rjpsss-vol-xli-no11</a>
7.	Social Stratification in India: A Paradox. pp-85-91	Journal Global Values, Vol.VI (1),	2015	0976-9447	Yes	<a href="https://anubooks.com/wp-content/uploads/2022/04/JGV-Index-June-2015.pdf">https://anubooks.com/wp-content/uploads/2022/04/JGV-Index-June-2015.pdf</a>

6.	Effect of Whey Guava Beverage Supplementation on Haemoglobin level of School Going Children. pp.123-129	Indian Journal of Community Health.	2014	0971-7587(p) 2248-9509 (e)	Yes International Impact factor-1.889	<a href="https://www.iapsmupuk.org/journal/index.php/IJCH/article/view/481/481">https://www.iapsmupuk.org/journal/index.php/IJCH/article/view/481/481</a>
5.	Colour, Health and Emotions. Pp 65-70.	Artistic Narration – A Journal for Visual & Performing Art.	2012	0976-7444	Yes	<a href="https://www.researchgate.net/publication/340925455_Colours_Health_and_Emotions">https://www.researchgate.net/publication/340925455_Colours_Health_and_Emotions</a>
4.	Scenario of Women Development, Empowerment & Atrocities: Their Representation in Law & Art. pp.105-109	Research Journal of Philosophy and Social Sciences. Vol. XXVI (1).	2009	0048-7325	Yes	
3.	Impact of Neurotoxins on the Nutritional status of Children. pp. 105-118	Research Journal of Philosophy & Social Science. Vol. XXXIV (1,2).	2008	0048-7325	Yes	
2.	Impact of Neurotoxins on the Physical Development of Children. pp. 48-54	Journal of Exercise Science & Physiotherapy. Vol. 3 (1)	2007	0973-2020	Yes	<a href="http://www.efha.in/wp-content/uploads/2015/01/JESP-3-48.pdf">http://www.efha.in/wp-content/uploads/2015/01/JESP-3-48.pdf</a>

1.	Effect of Modernization on the Personal Values of Adolescent girls. Pp-14-18.	Journal of Psychological Issues. Vol. 22(3).	2002	-	Yes	
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### **18. Articles in Books/ Conference Proceedings Published:**

<i>S.No</i>	<i>Title of the Article published with page no.</i>	<i>Title of the Book/Conference Proceedings</i>	<i>Year</i>	<i>ISBN</i>	<i>Detail of the Publisher</i>	<i>Published by International/national /Local Publishers</i>
7.	Fast Food intake in School Going Adolescents Girls.pp-390-397	Home Science as a Vocational Subject: Challenges and Opportunities.	2022	978-93-81246-60-3	Star Publication, Agra.	National
6.	Socialism in India as Hypothesized by M.K. Gandhi. pp :76-90	Gandhian way of Swaraj, Ed.- Mishra,A.	2018	978-93-81234-68-6	Ankit Publications, Delhi	National
5.	GST In India. pp.70-74	GST in Present Scenario,Ed- Kaur, M.	2018	978-81-936088-0-7	D.K. Fine Art Press Pvt. Ltd, New Delhi.	National
4.	Egalitarian Status of Women: A Myth or Reality. pp.290-300.	Women Empowerment through Skill Development, Ed. Saxena.	2015	978-93-5056-756-2	A Discovery Publishing House Pvt. Ltd. New Delhi.	National
3.	Dimensions of Food & Nutrition in 21 <sup>st</sup> Century.pp. 74-84.	Professionalism Home Science.	2010	978-93-80525	Academic Excellence, New Delhi.	National

2.	Effect of Environmental toxicity on the Physical Development of children in Neurotoxicant polluted & Neurotoxicant Free eco-settings. pp. 33-34	Environmental Challenges & Issues – Programme & Proceedings	2010	-	V.M.L.G. College, Ghaziabad	National
1.	Neurotoxicity: Threat to Development of Children	Contemporary Research Design in Human Development pp. 132-140.	2009	-	Child Development Society, Swami Printers, Ludhiana	National

**Development of New Curricula and Courses :**

<i>S.No.</i>	<i>Name of New Curricula &amp; Courses</i>	<i>Hyperlink of Curricula or course</i>	<i>Role in Development</i>
1.	Statistical methods in Home Science Research	-	Convenor
2.	Recent Advances and Recent trends in Home Science	=	Convenor



**Ph. D Supervised :**

<i>S.No.</i>	<i>Name of the student with Regd. No.</i>	<i>University Registered</i>	<i>Topic</i>	<i>Enrolled Date &amp;Year</i>	<i>Submitted Date &amp;Year</i>	<i>Awarded Date &amp;Year</i>
1.	Ms. Himani Vishnoi 2/A/1801802/12132	C.C.S. University, Meerut	Assessment of Value-Added Dietary Intake to Overcome Malnutrition among Pre-Adolescents at Kasturba Gandhi Balika Vidyalaya, Meerut, Uttar Pradesh	04.12.2020	-	-
2.	Pallavi 2/B/1701608/8905	C.C.S. University, Meerut	Effect of Parent-Adolescent Relationship on Anxiety and Emotional Intelligence of Adolescents Residing in Delhi Zones	06.08.2018	-	-
3.	Neha 2/B/1701815/8851	C.C.S. University, Meerut	Socio-Economic Perspectives of Girl's Education in Rural Areas of Meerut District	31.07.2018		
4.	Lata Gangwar 2/A/1301807/4430	C.C.S. University, Meerut	A Study of Impulsive Behaviour of Adolescents in Relation to Their Academic Achievement and Social Behaviour	30.06.2017	28.08.2023	
5.	Vikin 2/A/1301810/3634	C.C.S. University, Meerut	Psychological, Physical and Socio-Cultural Perspectives of Abortion & its Effects on Rural Women	05.06.2017	24.03.2023	-

6.	Vinita Tomer 2/A/1301808/	C.C.S. University, Meerut	Fast Food Consumption Pattern and Its Association with Menstrual Health Problems & Physical Health of Adolescent Girls	05.06.20 17	21.01.202 2	28.03.20 23
7.	Divya 2/B/80710	C.C.S. University, Meerut	Impact of Whey Guava Beverage Supplementation on the Nutritional Status of School Going Children.	20.11.20 08	12.05.201 5	05.01.20 16

**Faculty Enrichment Programme Attended:**

<i>S.No</i>	<i>Detail of the FDP/FEP</i>	<i>Date(s) of the event</i>	<i>Organizer &amp; Sponsor</i>	<i>International/National/ State/ University</i>
20.	OnlineFDP on 'New Teaching Learning Trends in Higher Education'	30 <sup>th</sup> June, 2023- 05 <sup>th</sup> July,2023	Shri Sai Baba Aadarsh Mahavidyalaya Ambikapur Surguja (Chattisgarh)	<i>National</i>
19.	FDP on MOOCs and E- Content Development	29th April -05 <sup>th</sup> May'2023.	Guru Angad Dev Teaching Learning Centre under the PMMMNMTT, Ministry of Education, SGTB Khalsa College, University of Delhi in collaboration with Raghunath Girls' P.G. College, Meerut	<i>National</i>

18.	Blended Learning, Development of MOOCs and E-Content	24th-29 <sup>th</sup> April'2023.	IQAC, Raghunath Girls' Post Graduate College, Meerut in collaboration with Mahatma Hansraj Faculty Development Centre, Hansraj College, University of Delhi under PMMMNMT	<i>National</i>
17.	Workshop on Universal Human Values & Ethics	11 <sup>th</sup> -21 <sup>st</sup> April' 2023	Department of Psychology, Raghunath Girls' P.G. College, Meerut	University
16.	FDP for Teachers on New Trends in Research Methodology	11 <sup>th</sup> -17 <sup>th</sup> February'2023.	Re-skilling cell and LMS cell, Raghunath Girls' P.G. College, Meerut	University
15.	FDP on 3-D of MOOCs (Design, Development and Delivery)	28 <sup>th</sup> December,2021 to 1 <sup>st</sup> January,2022	RUSA, Meerut College, Meerut & SWAYAM-MOOCs Society and Media, New Delhi & AISHE , Meerut College, Meerut	National

14.	FDP on “Research publication and Ethics: Issues and Challenges”	26 <sup>th</sup> July,2021 to 31 <sup>st</sup> July,2021	Mahatma Gandhi Kashi Vidyapith, Varanasi, Uttar Pradesh in collaboration with Dr.Harisingh Gour Vishwavidyalaya, Sagar (M.P.) under the aegis of PMMMMNMTT, Ministry of Education , GOI, New Delhi	National
13.	Online Workshop on “Research Methods and Methodology in Social Sciences”	24 <sup>th</sup> June to 30 <sup>th</sup> June,2021.	The Dept. of Sociology, University of Lucknow, A.P.Sen Memorial Girls P G College, Lucknow, Govt. KRG PG College, Gwalior, MP in association with “Sociological Society of Uttar Pradesh	National
12	Online Workshop on “ Relax, Rejuvenate and Reset During Second Wave of COVID with Pranic Program	17 <sup>th</sup> June,2021 to 23 <sup>rd</sup> June,2021	Department of Zoology & IQAC, Raghunath Girls’ Post Graduate College, Meerut	University
11.	FDP on “Research Methodology”	15 <sup>th</sup> -20 <sup>th</sup> March,2021	IQAC, Government College for Girls, Ludhiana	National

10.	Online FDP on "Research Methodology using SPSS & Art of Writing a Research Proposal	15 <sup>th</sup> June,2020 to 20 <sup>th</sup> June, 2020	Dept. of Commerce, St. Claret College, Bangalore University.	National
9.	Online FDP on "How to prepare E-Content"	12 <sup>th</sup> July'2020 to 18 <sup>th</sup> July'2020	Raghunath Girls' Post Graduate College, Meerut	University
8.	FDP on Research Methodology & Environment – Sustainable Development	27 <sup>th</sup> December,2019 to 2 <sup>nd</sup> January'2020	Meerut College, Meerut in association with ARIDSS, Meerut under the scheme of RUSA	National
7.	National Art Summit (Art , Craft & Culture – The True Cost Of Modern India)	26 <sup>th</sup> October to 1 <sup>st</sup> November ,2018	Department of Visual Art: Drawing & Painting Department, Raghunath Girls' Post Graduate College, Meerut	

6.	National Art Summit (Art Plural- Voices Of Contemporary Art)	29 <sup>th</sup> January to 3 <sup>rd</sup> February,2018.	Department of Visual Art: Drawing & Painting Department, Raghunath Girls' Post Graduate College, Meerut	University
5.	Faculty Recharge Course/ Enrichment of Teacher Course in Research Methodology For Science and Social Science	10 <sup>th</sup> June to 30 <sup>th</sup> June,2017	UGC , New DelhiSponsored organised by Meerut College, Meerut	National
4.	National Workshop on "Research Methodology in Science & Social Science"	12 <sup>th</sup> June 2016 to 18 <sup>th</sup> June 2016	Department of Defence Studies ,Meerut College, Meerut,	National
3.	Refresher Course in Health and Life Science	23rd December '11 to 12th Dec. '12	'Guru Nanak Dev University, Amritsar	National
2.	Refresher Course on the topic 'Research Methodology in Social Science'	Ist June '09 to 21st June '09	Kumaun University, Almora	National
1.	Orientation Course	14th Feb. '06 to 13th March '06	Kurukshetra University, Kurukshetra	National

**PARTICIPATION AS EXPERT-**

<b>S.No.</b>	<b>Title of Lecture / Academic Session</b>	<b>Title of Conference / Seminar etc.</b>	<b>Date(s) of the event</b>	<b>Organized by</b>	<b>Whether International/ National</b>
1	Panel Discussion of College Teachers teaching Home-Science as an elective Subject	Professionalism in Home-Science	25 <sup>th</sup> Sept'2010	Arya (P.G.) College,Panipat	National
4.	Challenges of Online Education Currently Facing Rural Students of India	Challenges of Online Education Currently Facing Rural Students of India	13 <sup>th</sup> June,2020	Dept. of Home Science, Ginni Devi Modi Girls' PG College, Modinagar	National
2.	Value & Skill Education – Need, Incorporation, Implementation & Challenges	Intellectual Talk –Samvad	26 <sup>th</sup> November, 2016	Vidya Knowledge Park, Meerut	National
3.	Use and Disposal of Sanitary Pad	Role of NCC Cadets in maintaining the environment clean and healthy through proper use and disposal of Sanitary Pads	15 <sup>th</sup> September,2018	1&3/22 UP Girls BN NCC R G P G College, Meerut	Regional

**Seminar/ Workshop/ Conference Attended:**

<i>S.No</i>	<i>Detail of the Conference/ Seminar</i>	<i>Organizer &amp; Sponsor</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International/ National/ State/ University</i>
30.	Webinar on “Sustainable Diets and Food Systems: Global and Indian Perspectives”	Department of Home Science, Lakshmibai College, University of Delhi	26 <sup>th</sup> July,2021.	Online	International
29.	Implementation of NEP-2020 in the session 2021-2022	CCS University, Meerut & IQAC, Raghunath Girls’ Post Graduate College, Meerut.	24.06.2021 & 25.06.2021	Online	National
28.	Women Empowerment through Financial Planning Including Mutual Funds	Department of Commerce, Raghunath Girls’ Post Graduate College, Meerut by in association with Association of Mutual Funds in India (AMFI)	30 <sup>th</sup> January,2021.	Online	National
27.	National Education Policy 2020 & its Sustainability in Higher Education”	IQAC, Raghunath Girls’ Post Graduate College, Meerut	16 <sup>th</sup> September,2020	Online	National
26.	New Education policy: Impact on Higher Education Sector	University College Retired Teachers Welfare Association UP and Forum of Concerned Teachers	12 <sup>th</sup> September,2020	Online	National



25.	National Policy of Education 2020: An Overview to develop a Holistic Approach in Education System	D.A.V. College, Muzaffarnagar.	3 <sup>rd</sup> September, 2020	Online	International
24.	Symbiotic Foods in Management of Health and Immunity	NetPro Fan U.P. Chapter	14 <sup>th</sup> July, 2020	Online	National
23.	How to Develop e-content? Distance Teaching with IT enabled services	Government Arts College, Sikar, Rajasthan	11th July, 2020	Online	National
22.	“ Effective Skills for Research And Publication In Social Sciences”	Department of Post Graduation Studies in Sociology, RCU, Belagavi	26 <sup>th</sup> June,2020.	Online	International
21.	Challenges of Online Education Currently Facing rural Students of India	Department of Home Science , Ginni Devi Modi Girls' PG College,Modinagar	12 <sup>th</sup> June, 2020	Online	National
20.	Entrepreneurship Opportunities in Indian Stock Market	AITD Institute Innovation Council, Chennai	13 <sup>th</sup> June,2020.	Online	National
19.	Academic Publishing & Enhancing Research Effectiveness	Dr. Zakir Husain Library, Jamia Milia Islamia, New Delhi.	9 <sup>th</sup> June,2020	Online	National

18.	Nutrition During Covid-19'	ML&JNK GirlsCollege, Saharanpur	31 <sup>st</sup> May,2020	Online	National
17.	ICT Tools and Software for Teaching and Learning	National Post Graduate College, Lucknow	3 <sup>rd</sup> July ,2020	Online	National
16.	Digital Learning in and Beyond COVID-19	Dept. of Botany, Raghunath Girls' (P.G.) College, Meerut	7 <sup>th</sup> June,2020	Online	National
15.	Gender Sensitization: Need of the Hour	Institute of Home Science &IQAC, Dr. Bhimrao Ambedkar University, Agra.	26 <sup>th</sup> May, 2020	Online	National
14.	Shodhgyan workshop on Fundamentals of Research Methodology and Hands on SPSS	Vidya School of Business Meerut	4 <sup>th</sup> & 5 <sup>th</sup> Feb,2017	Vidya School of Business Meerut	National
13.	Malaria Awareness- Causes Symptoms & Vaccines	Dept.of Zoology R.G.(P.G.)College, Meerut	27th Nov.2015.	R.G.(P.G.)College, Meerut	International
12.	Diet-Cal Software	Department of Home Science CCS University, Meerut	30th Sept.2015	Department of Home Science CCS University, Meerut	University
11.	Stereotypes related to Menstruation	Department of Home Science, R.G. (P.G.) College Meerut.	29th September 2015	R.G. (P.G.) College Meerut	National

10.	Role of CST UP in Promotion of Science & Technology & Facilitation of IPR Protection	Council Of Science and Technology, UP, Lucknow in Collaboration with Intellectual Property Cell, CCS University, Meerut	18 <sup>th</sup> March, 15	CCS University, Meerut	State
9.	Adolescence : The Changing World	Department of Home Science, G.N.G. College, Yamuna Nagar (Haryana)	14 <sup>th</sup> Feb'10-15 <sup>th</sup> Feb'10	G.N.G. College, Yamuna Nagar (Haryana)	National
8.	Scientific & Technical Terminology of Home Science	HRD Ministry in V.M.L.G. College, Ghaziabad	5 <sup>th</sup> & 6 <sup>th</sup> December '09	V.M.L.G. College, Ghaziabad	National
7.	Remediation of Cognitive Dysfunction using Neuro-psychological Techniques	Dept. of Psychology, R.G. (P.G.) College, Meerut	20 <sup>th</sup> Nov. 09	R.G. (P.G.) College, Meerut	National
6.	Time Management	Department of Home Science, R.G. (P.G.) College, Meerut	11 <sup>th</sup> Nov. 09	Department of Home Science, R.G. (P.G.) College, Meerut	National
5.	Food adulteration workshop	Food Science & Quality Control Dept. of R.G. (P.G.) College, Meerut	25 <sup>th</sup> August 09.	Food Science & Quality Control Dept. of R.G. (P.G.) College, Meerut	Regional
4.	Anger Management and Anger Profile	Department of Psychology, R.G. (P.G.) College, Meerut	1 <sup>st</sup> Sept. 09	R.G. (P.G.) College, Meerut	National
3.	Teacher's Role in Quality Enhancement of College Education	R.G. (P.G.) College, Meerut	5 <sup>th</sup> Sept. 07	R.G. (P.G.) College, Meerut	National

2.	Application of Psycho Physiological Techniques	Department of Psychology, R.G. (P.G.) College, Meerut	25th & 26th March '2007	R.G.(P.G.) College, Meerut	National
1.	Food adulteration workshop	Food Science & Quality Control Dept. of R.G. (P.G.) College, Meerut	12 <sup>th</sup> Feb.2007-14 <sup>th</sup> Feb. 2007	Food Science & Quality Control Dept. of R.G. (P.G.) College, Meerut	Regional

• **Seminar/ Workshop/ Conference/ Exhibitions Organised:**

<i>S.No</i>	<i>Detail of the Conference/ Seminar/Exhibitions (including Sponsor)</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International/National / State/ University</i>	<i>Role</i>
1.	Symposium on 'Role of Women in Innovation India's G-20 presidency' in Collaboration with Srijan Sanchar.	13 <sup>th</sup> Feb,2023	Raghnath Girls' Post Graduate College, Meerut	National	Convenor

• **Journal /Book Edited:**

<i>S.No.</i>	<i>Name of the Journal/ Book edited</i>	<i>Month and Year</i>	<i>Role</i>	<i>Digital Link (if any)</i>
1.	Journal Global Values(ISSN 0976-9447)	since Jan 2015 to Jan,2019	Editor	<a href="https://anubooks.com/journal/journal-global-values">https://anubooks.com/journal/journal-global-values</a>
2.	Journal Global Values(ISSN 0976-9447)	since Dec, 2019 onwards	Co-Editor	<a href="https://anubooks.com/journal/journal-global-values">https://anubooks.com/journal/journal-global-values</a>



<b>XIII</b>	<b>2020-21</b>			
49.	Yoga and Human Health	Contribution of Yoga in “Wellness of Human Being” 22 <sup>nd</sup> February,2021	Dept. of Physical Education, Government Degree College, Nanauta, Saharanpur	National (Sponsored by Department of Higher Education, U.P.)
<b>XII</b>	<b>2019-20</b>			
48.	Indo-China Relations Amidst the Changing Socio-Economic Scenario after Covid-19”	Indo-China relations : Past, Present and Future.15 <sup>th</sup> June,2020	Dept. of Political Science, R.G.P.G. College, Meerut & ARIDSS	National
47.	Detoxification of Human Body in Herbal Therapy	Herbal Therapy : Present scenario and Future Prospects 19 <sup>th</sup> September,2019	Dept. of Botany, R.G.P.G. College, Meerut	National
<b>XI</b>	<b>2018-19</b>			
46.	The Contentious issue of Kashmir amidst the changing political scenario in India & Pakistan	Kashmir Problem And India-Pakistan Relations. 17-18 March,2019	Department of Defence studies, Meerut College,Meerut	International (Indian Council of World Affairs (ICWA) , New Delhi sponsored.

X	2017-18			
45	Cultural Roots of Indo-Pak affecting their Contemporary Relations	India-Pakistan Relations : Past, Present and Future 11-12 <sup>th</sup> March,2018	Department of Defence studies, Meerut College,Meerut	National (UGC & ICSSR Sponsored)
44	The ideology of Present Generation of Indian Muslim Women regarding Triple Talaq	Social Status of Indian Muslim Women 24-25 <sup>th</sup> February,2018	Department of Sociology, M.M.H. College, Ghaziabad	National (ICSSR Sponsored)
43	Hierarchical segregation of Indian Society as Hindrance in Child's Overall Development	Acharya KautikyakeArthshashtrameinvarnithvyavayasthayonkivarthmanmeinprasangitha 19-20 <sup>th</sup> February' 2018	Department of Sanskrit Ismail National Mahila P.G. College, Meerut	National
42	Socioeconomic Perspectives related to Reproductive Health of Rural Women in India	Women's Health in Indian Society : Challenges and Resolution 17-18 <sup>th</sup> February,2018	ShaheedMangal Pandey Govt Girl's P.G. College, Madhavpuram, Meerut	National (Sponsored by Department of Higher Education, U.P)

41	Social Values of Modern Youth as Interpreted by Indian Mythology	Globalization and Its Impact on Indian Culture and Social Values 20 <sup>th</sup> January,2018	Km. Mayawati Government Girls' P.G. College, G.B.Nagar	National (Sponsored by Department of Higher Education, U.P)
40	UGC Guidelines as assessment Indicator of Lecturer's efficiency	Varthmaamsamaymeinucchshikshakichun othian v samadhan 26 <sup>th</sup> December,2017	D.A.V.(P.G) College, Bulandshahar& MUTA	National
39	Socio-cultural Implications of GST	GST in Present Scenario- Impact and Challenges 28-29 <sup>th</sup> October,2017	Raghunath Girls' (P.G.) College, Meerut (U.P)	National
<b>IX</b>	<b>2016-17</b>			
38	Reservation on Various Parameters of Society as a threat to India's Internal Security	India's Internal Security Challenges 26 <sup>th</sup> March,2017	Allahabad State University, Allahabad& Advance Research Institute For Development of Social Sciences (ARIDSS), Meerut	National (ICSSR Sponsored)
37	Manifestations of various hurdles in the life of rural women Entrepreneurs	Development of Women Entrepreneurship in India 18-19 <sup>th</sup> February, 2017	Department of Economics, Ismail National Mahila P.G. College, Meerut	National (ICSSR Sponsored)
36	Bullies of the Digital world	Role of Media in Terrorism and Communalism : Its Impact on Society 28-29 <sup>th</sup> January,2017	Department of Political Science Ismail National Mahila P.G. College, Meerut	National



35	Diet and Environmental Oxidative Stress	Climate Change and Biodiversity Conservation 21 <sup>st</sup> December,2016	Department of Botany, R.G.P.G. College, Meerut	International
34	Effectiveness of Government policies in Reducing pollution	Climate Change and sustainable Development in India: Problems and Challenges 13-14 <sup>th</sup> November,2016	Department of Geography, Meerut College, Meerut	National (ICSSR Sponsored)
33	Assessment of Family Structure of Gujjars of Meerut Area	Tribal Issues and Strategies for Empowerment 21-22 <sup>nd</sup> October,2016	B.S.M. (P.G.) College, Roorkee	National (ICSSR Sponsored)
32	Grounded theory as an approach to Data analysis	Global Initiatives in Applied Sciences and Green Technologies 09-11 <sup>th</sup> September,2016	Scientific Educational Research Society, Meerut & SRM University, Delhi.	International
31	Creation of awareness regarding water utilization	Water- Conservation, Challenges and opportunities 30-31 <sup>st</sup> ,August,2016	Ginni Devi Modi Girls' P.G. College, Modinagar	National
30.	YogEvam MansikSwasthya	YogAurSwasthayay 10 <sup>th</sup> May,2016	Yoga Dept.R.G.P.G College, Meerut	National
<b>VIII</b>	<b>2015-16</b>			
29.	Role of Govt.& Private Institutions In Upliftment of Higher Education In India.	Education for Happiness 11 <sup>th</sup> -13 <sup>th</sup> March, 2016	Faculty of Education & Home Science Dept. of Nawal Kishore Bhartiya Municipal Girls (P.G.) College, Chandausi	International (ICSSR Sponsored)

28	Political And Cultural Implications Responsible For the Present Status of Women In India”	Political Thinking In Indian Literature 13 <sup>th</sup> -14 <sup>th</sup> February, 2016	Dept.of Political Science,IPSA&Bhartiya Vidya Bhavan	National
27.	Impact of Social Media on Children’s Health.	Impact Of Social Media On Society & Environment 30 <sup>th</sup> -31 <sup>st</sup> January,2016	Digambar Jain College, Baraut	National (ICSSR Sponsored)
26.	Sensitization Towards Discrimination Against Women In India.	Gender Disparity & Women Security: Issues, Challenges & Solution 28 <sup>th</sup> -29 <sup>th</sup> November,2015	Km.Mayawati Govt. Girls’ P.G.College, Badalpur, G.B.Nagar.	National (ICSSR Sponsored)
25.	Philosophy Of Education Related to Children’s Education	Philosophy: Its Dimensions & Relevance 20 <sup>th</sup> November,2015	Dept. of Philosophy, R.G. (P.G.) College, Meerut	National
24.	Women In India Their Rights & Status As Accorded By Our Legislations & Society	Crime Against Women: Issues, Challenges & Interventions 1 <sup>st</sup> &2 <sup>nd</sup> November,2015	Dept.of Psychology, Digambar Jain College, Baraut	National (ICSSR Sponsored)

23.	Effect of Cultural Beliefs & Devout Fasting on the Attitude of Indian Students During Examinations.	Relevance of Ancient Indian Wisdom in Contemporary India 14 <sup>th</sup> September, 2015	The Gandhian Study Centre, I.N.(P.G) College for Women	National
22.	Hindi Ki Sanskritik Dharohar	Hindi Abhivvyakti Evam Sanskriti 14 <sup>th</sup> September, 2015	Hindi department R.G.(P.G.) College, Meerut	National
21.	Children Of India: Their Rights & Status as Accorded By Our Legislations	Human Rights: Present & Future 26 <sup>th</sup> & 27 <sup>th</sup> August, 2015	Dept. of Political Science S.S.V. College, Hapur	National
<b>VII</b>	<b>2014-15</b>			
20	Scenario of Crime against Girls.	Increase of Crime in Youth :in the context of 21 <sup>st</sup> Century. 22 <sup>nd</sup> March, 2015	Maharaja Harishchandra P.G. College Moradabad	National
19	Spiritual Quotient as a Predictor of Child Development	Spiritual Orientation: A Predictor of Mental Health in Teaching Professionals 28 <sup>th</sup> January, 2015	Dept. of Education, R.G.P.G. College, Meerut	National

18	Effect of Whey Guava Beverage Supplementation on the Haemoglobin level of School Going Children.	International Workshop on Micronutrients and Child Health 3 <sup>rd</sup> -7 <sup>th</sup> November' 2014	AIIMS, New Delhi	International
17.	Environmental Fluctuations affecting Child's Development	Climate Change with Reference to India 6 <sup>th</sup> September' 2014	Dept. of Geography, R.G.P.G. College, Meerut	National
<b>VI</b>	<b>2013-14</b>			
16.	Pre & Post Social Assessment of Children Getting Intervention	Workshop on Research Methodology 28 <sup>th</sup> March'2014	Dept. of Defence Studies Meerut College, Meerut	National
15	Natural Resources as the basis of Human Conflict	All India Annual Conference 28 <sup>th</sup> -30 <sup>th</sup> December' 2013	Indian Political Science Association, Hyderabad	National
14	Religious Fanaticism: A Threat To India's Internal Security	Threat to India's Internal Security : Issues and Challenges 24 <sup>th</sup> -25 <sup>th</sup> November'2013	Department of Defence studies, Meerut College, Meerut	International (ICSSR Sponsored)
13.	Implications of Social Stratifications in India.	Human Rights : A Parameter of Socio-Political Ethics 30 <sup>th</sup> July'2013	Dept. Of Political Science, R.G.P.G. College, Meerut	International

<b>V</b>	<b>2012-13</b>			
12.	Socio-cultural Factors influencing Relations Between India & Thailand	Bilateral Strategic and Economic Cooperation Between India and Thailand !3th-14 <sup>th</sup> April'2013	Department of Defence studies, Meerut College ,Meerut	International (ICSSR Sponsored)
11.	Status of Women in India & Punjab	Status of Women in India & Abroad: A Comparative Analysis 18 <sup>th</sup> March,2013	Deptt. Of Political Science, R.G.P.G. College, Meerut	International
10.	A Question of the Right to Live or Die : Euthanasia	Humanism & Contemporary Politics 16 <sup>th</sup> & 17 <sup>th</sup> March, 2013	Indian Renaissance Institute, New Delhi	International
<b>IV</b>	<b>2011-12</b>			
9.	Changes in the Women's rights in 5 Year Plan : A Reflecion in status of Women In India	Human Rights 15 <sup>th</sup> December, 2012	Department of Political Science, C.C.S University, Meerut	National ( National Human Rights Commission , New Delhi )
8.	The Pros and Cons Of Women in Defence Forces	India's National Security:Past ,Present and Future 24 <sup>th</sup> -25 <sup>th</sup> November'2012	Department of Defence studies, Meerut College ,Meerut	National

7.	Political Scenario regarding Use of various human resources in India	State Politics in India 8 <sup>th</sup> November, 2012	Department of Political Science, R.G.P.G College, Meerut	National 1
6.	Politics at national and international level influencing the role of women in home	State of the Discipline 30 <sup>th</sup> -31 <sup>st</sup> March,2012	Department of Political Science, C.C.S University, Meerut	National 1
<b>III</b>	<b>2010-11</b>			
5.	Achievement of Women in Sports in India	Empowerment of Women in India 5 <sup>th</sup> & 6 <sup>th</sup> March,2011	LajpatRai (PG) College, Ghaziabad	National (UGC Sponsored)
4.	Impact of Environmental toxicity on the Physical Development of children in Neurotoxicant polluted & Neurotoxicant Free eco-settings.	The Environment Today : Issues & Challenges 19 <sup>th</sup> & 20 <sup>th</sup> November 2010	VidyavatiMukandLal Girls (PG) College, Ghaziabad	National (UGC Sponsored)
3.	Dimensions of Foods & Nutrition in 21 <sup>st</sup> Century.	Achieving excellence in Home-Science- Changing Needs & Future Directions in 21 <sup>st</sup> Century 24-25 <sup>th</sup> September,2010	Arya Post Graduate College, Panipat	National 1

<b>II</b>	<b>2009-10</b>			
2.	Value pattern of the Adolescent Girls	Value Oriented Education and its Philosophy in the light of Indian Culture 26-27 <sup>th</sup> April,2010	D.A.V. College, Kharkhauda, Meerut	National 1
<b>I</b>	<b>2005-06</b>			
1.	Changing Values and Intergenerational Conflict	Antarpedisangharsh : EkSamkaleenSamasya, 16 <sup>th</sup> December,2005	Dept. of Sociology, R.G.P.G.College,Meerut	National 1

• **Involvement in extra –curricular activities**

S.No	Name of the Committee	Type of Participation	Whether College/ Department Level	Session
1.	Innovative Stitchery Centre	Incharge	College	2022-onwards
2.	RGPG Innovation Cell	Convenor President	College	2021-23 2023-24
3.	Institutional Development Plan Cell under NEP	Member	College	2023-24
4.	Industry – Academia Integration & Skill development Cell under NEP	Member	College	2022-24
5.	College Transport Safety Committee	Incharge	College	2019-20
6.	IQAC	Member Co-coordinator	College	2018-2021 2022-onwards
7.	Refreshment Committee	Member	College	2007-16
8.	B.A.I. Admission	Member	College	2013-15
9.	B.A.II Admission & Renewal	Member	College	2018-20
10.	7 <sup>th</sup> Pay Commission Committee	Member	College	2019-20
11.	Staff Club	Member	College	2019-20
12.	National Festivals & Programme	Member	College	2018-20
13.	Magazine	Member	College	2018-20
14.	College-O-Scope	Co-editor	College	2016-20

15.	College Calendar	Member	College	2017-20
16.	Website	Member, Incharge	College	2016-18, 2020-22 2023-
17.	Academic and Career Counselling	Member	College	2016-18
18.	E content Committee	Member	College	2020-21
19.	Library	Member	College	2011-2022
20.	Research Advisory Board/Research Development Cell	Member	College	2016-17 2021-23
21.	Sports	Member	College	2012-16
22.	Proctorial Board	Member	College	2014-16
23.	Public Information Officer (RTI)	Incharge	College	2009-16
24.	Invigilation/Supervision & Related Examination Duties in University Exam (Main, Back and Semester)	Invigilator Asst. Suptd	College	2003-14, 2019-20  2015-19, 2020-24
25.	Student Welfare Committee	Member	College	2009-18
26.	Library	Incharges	Departmental	2005-19
27.	Departmental calendar	Incharge	Departmental	2010-20
28.	IQAC	Incharge	Departmental	2005-18
29.	Publications	Incharge	Departmental	2010-19
30.	Stock checking	Incharge	Departmental	2018-till date
31.	Press notes and media	Incharge	Departmental	2010-20
32.	Magazine- <b>Reflections</b>	Editor	Departmental	2015-16

- **Future Plans**

1. To make the Teaching Learning process more outcome based
2. To publish more papers in UGC approved journals
3. To give students first hand experiences regarding their subjects
4. To guide the research students in publication of their work.
5. To suggest innovative and new ways for institutional development.
6. To make the website of college updated.
7. To assist in development of LMS within the college.