

Curriculum vitae



1. Name: ***Dr. Mamta Kumari***

2. Designation: Assistant Professor

3. Subject: Home Science

4. Academic Qualifications: Ph.D., MSc. UGC-NET

5. Areas of interest/Specialization: Human Development & Family Studies

6. Date of Birth: 8th March'1988

7. Date of Joining: 17th Aug.' 2017

8. Experience: 8 years and 9 months to till date (Raghunath Girls' Post Graduate College, Meerut)

9. Official Address: Department of Home Science, Raghunath Girls' Post Graduate College, Meerut

10. Contact no.: 8009881940

11. Email: missmamtu@gmail.com, dr.mamtakumari@rgcollege.ac.in

12. Areas of research: Human Development & Family Studies

13. Digital Profile, if any

- Google Scholar ID- <https://scholar.google.com/citations?user=AG4DQwQAAAAJ>
- Vidwan ID- <https://vidwan.inflibnet.ac.in/myprofile>
- LinkedIn ID-<https://www.linkedin.com/in/mamta-gupta-463588294?>
- Orchid ID- <https://orcid.org/my-orcid?orcid=0009-0002-9927-3166>
- Academia ID- <https://ccsuni.academia.edu/MamtaKumari>
- Web of Science Research ID- [QKZ-4468-2026](https://orcid.org/my-orcid?orcid=0009-0002-9927-3166)

14. **Achievements:**

- Convenor-II of Board of Studies in the subject of Home Science of C.C.S. University, Meerut since 27th May'2025-till date.
- Member of Board of Studies in the subject of Home Science of C.C.S. University, Meerut since 14th June'2023- 26th May'2025.
- Gold Medalist in M.Sc. (Human Development & Family Studies)

15. 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.	Home Science Association of India	Lifetime	11/M-2/LF

16. 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>
2025-2026						
1.	Impact of Food Processing on Nutrient Retention and Loss: A Comprehensive Review of Key Effects and Mechanisms (Pp. 556-562)	<i>Journal of Emerging Technologies and Innovative Research (Vol. No.-12)</i>	2025	2349-5162	An International Scholarly open access journal, Peer-Reviewed, Referred Journal, Impact Factor- 7.95	https://doi.org/10.56975/jetir.v12i8.567493
2024-2025						
2.	The Perspectives of Women's Empowerment in the Current Socio-Cultural Setting: Issues and Challenges pp. 170-174	<i>Journal of Neonatal Surgery, Vol 14</i>	2025	2226-0439	Indexed by Scopus	https://doi.org/10.63682/jns.v14i2S.7057
2022-2023						
3.	Effect of Gender and Socio- Economic Status on Parents- Adolescent Relationship	International Journal for Innovative Research in	May '2023	2455-0620	A Monthly Peer Reviewed, Refereed, Indexed	<i>DOIs:10.2015/IJIRMF/202305036</i>

	pp. 267-271	Multidisciplinary Field Vol. 9, No. 5			International Research Journal, (UGC approved Journal) Impact Factor-7.581	
4.	Effect of Gender and Socio- Economic Status on Adjustment of adolescents pp. 693-696	International Journal of All Research & Scientific Methods” Vol. 11, No. 5	May 2023	2455-6211	An ISO & UGC certified Peer-Reviewed Multi-Disciplinary Journal, (UGC approved Journal) <i>Impact No.</i> 7.896	DOI:https://doi.org/10.56025/IJARESM.2023.11523693
2014-2015						
5.	Mental stress of college students across gender pp. 180-183	Advance research journal of social science. Vol. 5 No. 2	Dec. 2014	e ISSN – 2231 – 6418	Impact Factor (SJIF),: 4.33 NAAS Rating- 2.72	<i>DOI:</i> 10.15740/HAS/ARJSS/5.2/180-183
6.	Anxiety level of college going students across the gender. pp. 658-659	Asian Journal of Home Science. Vol. 9, No. 2	Dec. 2014	0976-8351	Impact Factor (SJIF),: 6.77 NAAS Rating- 2.98	https://doi.org/10.15740/HAS/AJHS/9.2/658-659

17. 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/Local Publishers</i>	<i>Digital Link, if any</i>
1.	Role of Home Science in promoting Holistic Health	Lifestyle Disorders and Well-Being (A Home Science Perspective)	2026	978-93-48873-40-8	Hemakshee Publication, Sikar, Rajasthan, India	National	https://doi.org/10.5281/zenodo.20366069
2.	Kishangarh Shaili: History & Characteristics	Different Techniques and Methods of Indian Art	14 th Jan, 2025	978-81-923100-8-4	Visual Arts: Drawing & Painting Dept. Raghunath Girls' P.G. College, Meerut	National	https://doi.org/10.5281/zenodo.18868516
3.	Sexual Harassment of Women at Workplace: A Bitter Consequences of 21 st Century pp- 178-184	Mahila Suraksha Muddae Avem Nitiya	2018	978-81-940-315-3-6	Publisher: Nalanda Prakashan	National	https://doi.org/10.5281/zenodo.20366481
4.	Women's rights: A legal Perspective pp. 26-29	National Seminar on Home Science-Current Scenario and Future Challenges	2014	-	Krishna College of Science & Information Tech. Noorpur Road, Bijnor	National	https://doi.org/10.5281/zenodo.20366760

18. Articles in Magazines and Newspapers:

<i>S.No.</i>	<i>Name of the Article with page no.</i>	<i>Name of the Magazine/ Newspaper (with RNI)</i>	<i>Detail of the Publisher</i>	<i>Date</i>
1.	Positive Parenting pp. 205-206	Saurabh	Raghunath Girls' P.G. College, Meerut	2022
2.	Quinoa: A crop for Health	Reflection- Home Science Chronicles II	Dept. of Home Science, Raghunath Girls' P.G. College, Meerut	2022

19. Development of New Curricula and Courses :

<i>S.No.</i>	<i>Name of New Curricula & Courses</i>	<i>Hyperlink of Curricula or course</i>	<i>Role in Development</i>
1.	Pre- Ph.D course work	Course Link	Member
2.	Syllabus framed of M.Sc. (Foods & Nutrition), (Clothing & Textiles), (Human Development), M.A (Home Science), B.Sc (Home Science) and B.Sc (Clinical Nutrition & Dietetics)	https://drive.google.com/file/d/1DQaN9Q35qskwR73Njf9-Bp6_dbUPuD2x/view?usp=drive_link	Member

20. Development of E-contents /MOOCS:

<i>S.No.</i>	<i>Portal on which uploaded</i>	<i>Type of e-content</i>	<i>Hyperlink of e-content</i>	<i>Numbers</i>
<u>1.</u>	Learning Management System (LMS)	PDF	https://rgcollege.ac.in/erp/upload-content	20

21. Faculty Enrichment Programme Attended:

<i>S.No</i>	<i>Detail of the FDP/FEP</i>	<i>Date(s) of the event</i>	<i>Organizer & Sponsor</i>	<i>International/National/State/University/Obtained Grade</i>
2025-2026				
1.	Refresher Course on E-Content Development, MOOCs and Outcome Based Education	30 th Oct. 2025- 12 th Nov. 2025	UGC-MMTTC & Sri Guru Tegh Bahadur Khalsa College, University of Delhi	National Obtained Grade A
2.	FDP on मल्टीमीडिया टूल्स के द्वारा नवाचारपूर्ण शिक्षण	20 th Nov. – 26 th Nov. 2025	Nucleus of Learning & Development and Sevak Ram Sahu College, Bilashpur	National
3.	UGC - Sponsored Online Short-Term Programme/ FDP on Food, Health and Nutrition	23 rd Feb.- 28 th Feb. 2026	UGC-MMTTC and Kurukshetra University, Kurukshetra.	National Obtained Grade A+
4.	One Week Workshop on Intellectual Property Rights	16 th Feb.- 21 st Feb. 2026	Sponsored by- Uttarakhand State Council for Science& Technology, Dehradun. Organized By- IPR Cell, Chaman Lal Mahavidyalaya, Haridwar	National
2024-2025				
5.	NEP-2024 Orientation & Sensitization Programme under Malaviya Mission Teacher Training Programme (MMTTP) -UGC	18 th Feb.- 28 th Feb. 2025	UGC- MMTTC, Sri Guru Tegh Bahadur Khalsa College, University of Delhi	National
6.	5 days' Workshop/ FDP on Herbal Entrepreneurial Wellness: Business, Sustainability & Herbal Medicine	10 th – 14 th Dec. 2024	Plant Conservation Society & Teacher' Reskilling Cell, Raghunath Girls' P.G. College, Meerut	National

7.	Research Excellence and Innovative Teaching Strategies	15 th -21 st May'2025	IQAC, Shaheed Mangal Pandey Govt. Girls P.G. College, Madhavpuram, Meerut in Collaboration with Hi Learn Edu Tech Institute, Karnataka	National
2023-2024				
8.	Online two weeks Interdisciplinary Refresher course in Environmental Sciences	29 th Aug.-12 th Sept. 2023	Teaching Learning Centre Ramanujan College, University of Delhi in collaboration with Raghunath Girls' P.G. College, Meerut under the aegis of PMMMNMTT, Ministry of Education	Obtained Grade A+
2022-2023				
9.	FDP on New Trends in Research Methodology	11 th -17 th Feb.'2023.	Teachers' Re-skilling cell and LMS cell, Raghunath Girls' P.G. College, Meerut	National
10.	Seven Days Workshop on Universal Human Values & Ethics	11 th -21 st April' 2023	Department of Psychology, Raghunath Girls' P.G. College, Meerut	National
11.	Online FDP on Blended Learning, Development of MOOCs and E-Content	24 th -29 th April'2023	IQAC, Raghunath Girls' Post Graduate College, Meerut in collaboration with Mahatma Hansraj Faculty Development Centre, Hansraj College, University of Delhi under PMMMNMT	National
12.	Online FDP on MOOCs and E-Content Development	29th April-5 th 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 and obtained	National Grade B

2021-2022				
13.	One week FDP “3-D of MOOCs (Design, Development and Delivery)”	28 th Dec.2021 to 1 st Jan.,2022	RUSA, Meerut College, Meerut & SWAYAM-MOOCs Society and Media, New Delhi & AISHE , Meerut College, Meerut	National
14.	One-week Online FDP IN in Home Science “INSIGHT”	14 th - 19 th Feb. 2022	PG Department of Home Science, Rama Devi Women’s University, Bhubaneswar, Odisha funded by IDP,OHEPEE	National
15.	One week online interdisciplinary Capacity Building & FDP on Research publication and Ethics: Issues and Challenges.	24 th -29 th March’2022	Mahatma Gandhi Kashi Vidyapith, Varanasi, Uttar Pradesh, Sadanlal Sanwaldas Khanna Girls’ Degree College, Prayagraj, Uttar Pradesh in collaboration with Dr. Harisingh Gour Vishwavidyalaya, Sagar (M.P.) under the aegis of PMMMNMST, Ministry of Education , GOI, New Delhi	National Grade A
15.	Online workshop “Development of Synopsis for Research”	5 th - 14 th May’2022	Indian Teacher Education Community , Indore (M.P.)	National
2020-2021				
16.	UGC sponsored Online Refresher Course in Home Science	30 th Jan, 2021 to 12 th Feb’2021	Deen Dayal Upadhyay Gorakhpur University, Gorakhpur	National Grade A+
17.	One-week Online Workshop on Relax, Rejuvenate and Reset during second wave of COVID with Pranic Programme	17 th -23 rd June 2021	Deptt. of Zoology & IQAC, Raghunath Girls Post graduate College, Meerut	National
2019-2020				
18.	Hybrid Classroom: ICT Tools for Teaching and Learning	29 th May to 31 st May, 2020	Research culture Society, Vadodara	National

19.	E-Content Development For MOOC and Online Teaching	27 th -28 th May, 2020	UGC-HRDC Jamia Millia Islamia, New Delhi	National
20.	Life with Covid-19: Roadmap for Self-Reliant Bharat	25 th May to 8 th June 2020	CCSU, Meerut	National
21.	Research Methodology & Environment-Sustainable Development	27 th Dec. 2019- 2 nd Jan. 2020	Meerut College, Meerut, & Advance Research institute for development of Social Science, Meerut	National
2018-2019				
22.	UGC Sponsored Orientation Programme	15 th Jan to 11 th Feb, 2019	HRDC- DDU Gorakhpur University, Gorakhpur	National Grade- A
23.	National Art Summit- 4 th Edition, Art, Craft & Culture- The True cost of Modern India	26 th Oct.- 1 st Nov. 2018	Department of Visual Art: Drawing & Painting, R G P G College, Meerut	National
2017-2018				
24.	Art Plural: Voice of Contemporary Art	29 th Jan- 3 rd Feb. 2018	Department of Visual Art: Drawing & Painting, R G P G College, Meerut	National

21. Seminar/ Workshop/ Conference Attended:

<i>S.No</i>	<i>Detail of the Conference/ Seminar</i>	<i>Organizer & Sponsor</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International/ National/ State/ University</i>
2025-2026					
1.	Scientific Writing and Publication: Bridging Research & Readership	IQAC, Teachers' Re- Skilling Cell & Research Development Cell, Raghunath Girls' P.G. College, Meerut (U.P.)	22 nd Nov. 2025	Dr. Manmohan Nath Memorial Auditorium, Raghunath Girls' P.G.	International

				College, Meerut	
2024-2025					
2.	One Day International Seminar on Gender Inequality in Contemporary Indian Context: Conditions & Directions	Sponsored By- Master Khub Ram Educational Trust, Gurugram, Haryana Organized by- Dept. of Sociology	25 th March, 2025	Dr. Manmohan Nath Memorial Auditorium, Raghunath Girls' P.G. College, Meerut	International
3.	Three days' Workshop on Intellectual Property Rights (IPR) & Academic Writing	IPR Cell, SMPG College, Meerut	15 th Jan.- 17 th Jan. 2025	Online Mode	National
4.	One Day National Seminar on Environmental Crisis & Developing Economics: Challenges, Strategies & Solution	PCS, Vasudha Eco Club & Department of Economics, Raghunath Girls' P.G. College, Meerut Collaboration with Jagruk Nagrik Association	19 th Nov. 2024	Manmohan Nath Memorial Auditorium	National
2023-2024					
5.	Two days National Conference & Exhibition on Different Techniques & trends of Indian Art.	Sponsored by- UP State Higher Education Council, Lucknow Organized by- Dept. of Drawing & Painting Raghunath Girls P.G. College, Meerut	21 st March 2024-22 nd March 2024	Manmohan Nath Memorial Auditorium	National

6.	Two days National Seminar on Holistic Approach to Healing Therapies for Body & Mind.	Sponsored by- UP State Higher Education Council, Lucknow Organized by- Dept. of Physical Education & Sport Raghunath Girls P.G. College, Meerut	19 th March 2024-20 th March 2024	Manmohan Nath Memorial Auditorium	National
7.	One-Day webinar on “ Is Air Pollution responsible for Increasing Rate of Lung Cancer?”	UGC- MMTTC, SGTB Khalsa College, University of Delhi & Indian Cancer Society.	2 nd March’ 2024	Online	National
8.	One Day workshop on Enterprise Architecture Adoption for Higher Education Institutions	IQAC & Teacher’s Re- Skilling Cell Collaboration with Union Bank of India, RG Branch, Meerut	19 th August’202 3	Raghunath Girls’ P.G. College, Meerut	National
2022-2023					
9.	National Conference on Induction Training for teachers at Higher Education Institutions (HEIs): Today’s Need for enhancing Quality of Higher Education	Raghunath Girls’ Post Graduate College, Meerut.	21 st - 22 nd Dec. 2022	Raghunath Girls’ Post Graduate College, Meerut.	National

10.	IP Awareness/ Training Programme	Intellectual Property Office, India under National Intellectual Property Awareness Mission	27 th April' 2023	Online	National
2021-2022					
11.	National Conference on Landscape of Higher Education in India: A Perspective to Impart Education	Dept. of Education & IQAC	29 th – 30 th Nov. 2021	Raghunath Girls' P.G. College, Meerut	National
12.	Social Media: Society and Culture	Indian Council of Social Science Research, New Delhi	4 th Dec.'202 1	Department of History, Harsh Vidya Mandir (P.G.) College, Raisi, Haridwar, Uttarakhand	National
2020-2021					
13.	Implementation of NEP-2020 in the session 2021-2022	Chaudhary Charan Singh University, Meerut & Internal Quality Assurance Cell, Raghunath Girls' Post Graduate College, Meerut	24 th -25 th June 2021	Online	National
14.	"National Education Policy 2020 & Its Sustainability in Higher Education"	Internal Quality Assurance Cell (IQAC), Raghunath Girls' P.G. College, Meerut (UP)	16 th Sept. 2020	Online	National

15.	“Decoding NEP 2020: A Perspective of Teacher Education”	Department of Education, R.G.P.G. College, Meerut (UP)	12 th Sept. 2020	R.G.P.G. College, Meerut	National
16.	“Immunity Boosting Diet during Covid-19 & Postural Stress in online work environment Prevention and Remedies”	Dept. of Home Science, Swami Shukdevnand College, Shahjahanpur	30 th Aug’2020	Online	National
17.	Yoga for Pregnant Women	Atal Bihari Vajpayee Trust, Bilaspur, Chhattisgarh	2 nd Aug’2020	Online	National
18.	How to develop e-content? Distance teaching with IT enabled services	Govt. Arts College, Sikar, Rajasthan.	11 th July’2020.	Online	National
19.	Living with COVID-19: Biochemical& Psychological considerations for Family Wellbeing	HD & FS and Dept. of Family Resource Management and Consumer Science, Ethelind College of Home Science, SHUATS, Prayagraj	6 th july’2020	Online	National
2019-2020					
20.	“Enhanced Employability for Home Scientists in Current Scenario	Dept. of Home Science, Rashtrasanr Tukadoji Maharaj Nagpur University, Nagpur	22 nd -23 rd June’2020	Online	National
21.	Challenges of online Education currently facing	Ginni Devi Modi Girls’ PG College, Modinagar	13 th June’2020	Online	National

	rural students of India				
22.	Socio-Cultural & Economic Impact of Covid-19 Pandemic :A Global Perspective	Dept. of Sociology, Maharaja Bijli Pasi Govt. P G College, Lucknow & Sakaldiha P G College, Chandauli	13 th -14 th June, 2020.	Online	International
23.	Indo-China Relations: Past, Present and Future	Dept. of Political Science, R.G.P.G.College, Meerut & ARIDSS, Meerut	15 th June'2020	Online	National
24.	Academic Publishing & Enhancing Research Effectiveness"	Dr. Zakir Husain Library, Jamia Millia Islamia, New Delhi	9 th June'2020.	Online	National
25.	Digital learning In and Beyond COVID-19"	Dept. of Botany, R. G. P.G. College, Meerut	07 th June'2020.	Online	National
26.	Socio-Economic Impact of Covid-19: Life Ahead in India.	Dept. of Sociology and Dept. of Economics, Govt. D.B. Girls' P.G. (Autonomous) College, Raipur, Chhattisgarh	6 th June'2020.	Online	International
27.	EQ vs. IQ (Why EQ matters more than IQ)	Kanohar Lal P G Girls College, Meerut on	4 th June'2020	Online	National
28.	Art of writing Research Paper	Dept. of Computer Science & Engineering, University School of Information & Communication Technology, Gautam Buddha University, Greater Noida (UP)	29 th May'2020	Online	National
29.	Gender Sensitization: Needs of the Hour.	Institute of Home Science and IQAC, Dr. Bhimrao Ambedkar University, Agra	26 May'2020	Online	National

30.	Online Education: Challenges and Strategies during COVID-19”	Department of Science, Neta ji Suhash Chandra Bose, Govt, Girls P.G. College, Aliganj, lucknow	13 th may’2020.	Online	National
31.	Harbal Therapy: Present Scenario and future Prospects”	Dept. of Botany	19th Sept. 2019	Raghubath Grils’ P.G. College, Meerut	National
32.	National Workshop on “Understanding Academic Integrity and Practices to Avoid Plagiarism.” organized	Department of English	20 th Sept. 2019	D. N. College, Meerut	National

2018-2019

33.	International Seminar on Kashmir problem and India- Pakistan Relations	Indian Council of World Affairs(ICWA) New Delhi (Ministry of External Affairs, Govt. of India).	17 th & 18 th March, 2019	Department of Defence Studies, Meerut College, Meerut	International
34.	International Conference on Vertman Samasyaye Aur	Swami Sahjanand P. G. College, Ghajipur And Central Institute of Hindi, MHRD, Govt. of India	23 rd & 24 th Nov 2018	Swami Sahjanand P. G.	International

	Lok Ki Bhumika			College, Ghajipur	
35.	21vi Sadi Main Mahila Suraksha: Samasyay avam chunautiya	Indian Council of Social Science Research, New Delhi	21 st oct. 2018	Dept. of Political Science & Home Science, Chaman Lal degree College, Haridwar	National
36.	National Workshop on Statistical Design & Analysis of Experiments	Dept. of Food Nutrition & Public Health	27 th -31 st August, 2018	Ethelind School of Home Science, SHUATS, Allahabad	National
2017-2018					
37.	India- Pakistan Relation: Past, Present and Future	UGC(Under CPE) Indian Council of Social Sciences Research	11 th -12 th March, 2018	Dept. of Defence Studies, Meerut college, Meerut	National
38.	Women's health in Indian society: Challenges and Resolution	Department of Higher Education (UP)	17 th -18 th Feb., 2018	Dept of Sociology, S M P Govt. girls P. G. college, Madhavpur am , Meerut	National
39.	Centenary annual conference of Indian economic association (IEA)	Indian Economic Association	27 th -29 th Dec. 2017	Jai Narayan Vyas University, Jodhpur, Rajasthan	National
40.	GST in present scenario-	Faculty enrichment programme of UGC-CE	28 th – 29 th Oct. 2017	Raghunath Girls P.G.	National

	Impact and challenges			College, Meerut	
41.	Contemporary issues in higher education	University Grant Commission under the scheme of Enrichment of Teacher	27 th Oct. 2017	N.R.E.C. College, Khurja	National

22. Seminar/ Workshop/ Conference/ Exhibitions Organised:

S.No	<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>
2025-2026					
1.	Add-On Course: Innovative Techniques in Cake Baking and Icing from	24 th Feb.2026 to 13 th March 2026	Dept. of Home Science	College	Org. Secretary
2.	Organized one day workshop on Cooking as a Holistic Practice in Indian Culture and Philosophy.	21 st Feb. 2026.	Dept. of Home Science	College	Org. Secretary
2024-2025					
3.	International Seminar on Gender Inequality in Contemporary Indian Context: Conditions & Directions.	25 th March, 2025.	College Auditorium, Raghunath Girls' P.G. College, Meerut	International	Organizing Member
4.	National Seminar on Environmental Crisis & Developing Economies: Challenges, Strategies & Solutions.	19 th Nov. 2024.	College Auditorium, Raghunath Girls' P.G. College, Meerut	National	Organizing Member
2023-2024					
5.	One Day Workshop on Yoga Therapy for a Healthy Heart	29 th Sept. 2023	College Auditorium, Raghunath Girls' P.G. College, Meerut	-	Org. Secretary
2022-2023					
6.	Exhibition cum Sale under "Earn while you learn Scheme"	20 th -21 st Oct. 2022.	Raghunath Girls' P.G. College, Meerut	College	Member

7.	Capacity building Programme Series-II (2022) on “Igniting the artist in You” in collaboration with Pidilite Industries Ltd.	11 th - 19 th Nov. 2022.	Department of Home Science, Raghunath Girls’ P.G. College, Meerut	National	Member
8.	One week faculty development programme on New Trends in Research Methodology held on	11 th -17 th Feb. 2023.	Dept. of Drawing & Painting, Raghunath Girls’ P.G. College, Meerut	National	Member
2021-2022					
9.	Capacity building Programme Series-I (2022) on “ Research Methodology & latest Trends in Home Science Research”	3 rd - 31 st March’2022	Online	National	Member
10.	One Day workshop on Cyber Crimes and their Preventive Measure	09/10/2021	College Auditorium, Raghunath Girls’ P.G. College, Meerut	Under the aegis of Mission Shakti	Member

23. Invited lectures/ Resource person/ Paper Presented in Conferences/ Seminar/

Workshops:

<i>S.No</i>	<i>Title of the Invited Lecture/ paper presented</i>	<i>Detail of the Conference/ Seminar(including organizer & Sponsor)</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International/ National/ State/ University</i>	<i>Role</i>
2025-2026						
1.	शोध लेखन की नैतिकता: चुनौतिया और उनके समाधान	Scientific Writing and Publication: Bridging Research & Readership, Sponsor by- Anu Book IQAC, Teachers' Re- Skilling Cell	22 nd Nov. 2025	College Auditorium	International	Paper Presenter

		& Research Development Cell				
2.	भारतीय पारंपरिक वस्त्रों में कृत्रिम बुद्धिमत्ता की भूमिका: चुनौतियाँ और अवसर	Artificial Intelligence (A.I.) Beyond Technology: Shaping Science, Society, and Future. Shaheed Mangal Pandey Govt. Girls P G College, Meerut, Sponsored By Higher Education Department, Govt. of U.P.	30 th - 31 st March 2026	College Auditorium	National	Paper Presenter
2024-2025						
2.	Gender inequality at workplace: Conditions & Directions	One Day International Seminar on Gender Inequality in Contemporary Indian Context: Conditions & Directions Sponsored By- Master Khub Ram Educational Trust, Gurugram, Haryana Organized by- Dept. of Sociology	25 th March, 2025	Dr. Manmohan Nath Memorial Auditorium, Raghunath Girls' P.G. College, Meerut	International	Paper Presenter
3.	Climate Change: Challenges and Solutions for a Changing World	One Day National Seminar on Environmental Crisis & Developing Economics: Challenges, Strategies & Solution.	PCS, Vasudha Eco Club & Department of Economics, Raghunath Girls' P.G. College,	19 th Nov. 2024	Manmohan Nath Memorial Auditorium	National

			Meerut Collaboration with Jagruk Nagrik Association			
2023-2024						
4.	Kishangarh Shaili: History & Characteristics	Two days National Conference & Exhibition on Different Techniques & trends of Indian Art. Sponsored by- UP State Higher Education Council, Lucknow Organized by- Dept. of Drawing & Painting Raghunath Girls P.G. College, Meerut	21 st March 2024-22 nd March 2024	Manmohan Nath Memorial Auditorium	National	Paper Presente r
5.	Impact of Nutrition & Lifestyle on Health	Two days National Seminar on Holistic Approach to Healing Therapies for Body & Mind. Sponsored by- UP State Higher Education Council, Lucknow Organized by- Dept. of Physical Education & Sport Raghunath Girls P.G. College,	19 th March 2024-20 th March 2024	Manmohan Nath Memorial Auditorium	National	Paper Presente r

		Meerut				
2022-2023						
6.	Induction Training: Its Importance & Significance	National Conference on Induction Training for teachers at Higher Education Institutions (HEIs): Today's Need for enhancing Quality of Higher Education	21 st - 22 nd Dec. 2022	Raghunath Girls' Post Graduate College, Meerut.	National	Paper Presenter
2021-2022						
<u>7.</u>	Higher Education in India: Challenges and Opportunities	National Conference on Landscape of Higher Education in India: A Perspective to Impart Education Dept. of Education & IQAC	29 th – 30 th Nov. 2021	Dept. of Education & IQAC, Raghunath Girls' P.G. College, Meerut	National	Paper Presenter
<u>8.</u>	Social media and Its Impact on Women Safety.	National Seminar on Social Media: Society and Culture ICSSR, New Delhi	4 th Dec. '2021	Department of History, Harsh Vidya Mandir (P.G.) College, Raisi, Haridwar, Uttarakhand sponsored by Indian Council of Social Science	National	Paper Presenter

				Research, New Delhi		
2019-2020						
9.	Future of India-China Relations: Challenges and Prospects	Indo- China Relations: Past, Present and Future R G P G College and ARIDSS, Meerut	15 th June, 2020	Online	National	Paper Presenter
10.	Herbal Therapy: A new age treatment for substance Abuse	Harbal Therapy: Present Scenario and future Prospects	19 th Sept. 2019	Deptt. Of Botany, R. G. P.G. College, Meerut	National	Paper Presenter
2018-2019						
11.	Psychosocial impact of violence on Adolescents in Kashmir	Kashmir problem and India-Pakistan Relations Indian Council of Home Affairs, New Delhi	17 th - 18 th March, 2019	Department of Defence Studies, Meerut College, Meerut	International	Paper Presenter
12.	Adjustment Problem among parents and children in adolescent period	Vertman Samasyaye Aur Lok Ki Bhumika Central Institute of Hindi, MHRD, Govt. of India	23 rd -24 th Nov 2018	Department of Hindi, Swami Sahjanand P. G. College, Ghajipur	International	Paper Presenter
13.	Sexual Harassment of Women at Workplace: A Bitter Consequences of 21 st Century	21vi Sadi Main Mahila Suraksha: Samasyay avam chunautiya. ICSSR, New Delhi	21 st oct. 2018	Dept. of Political Science & Home Science, Chaman Lal degree College, Haridwar	National	Paper Presenter

2017-2018						
14.	Human rights violation in Jammu and Kashmir	India- Pakistan Relation: Past, Present and Future. UGC under CPE & ICSSR, New Delhi	11 th -12 th March 2018	Dept. of Defence Studies, Meerut college, Meerut	National	Paper Presenter
15.	Women's occupational health hazards in unorganized sector	Women's health in Indian society: Challenges and Resolution. Dept. of Higher Education (UP)	17 th -18 th Feb., 2018	Dept of Sociology, S M P Govt. girls P. G. college, Madhavpuram , Meerut	National	Paper Presenter
16.	Demonetization and its impact on Indian society	Centenary annual conference of Indian economic association (IEA)	27 th -29 th Dec. 2017	Jai Narayan Vyas University, Jodhpur, Rajasthan	National	Paper Presenter
17.	Impact of GST on Indian economy	GST in present scenario- Impact and challenges	28 th – 29 th Oct. 2017	R. G. P. G. College, Meerut	National	Paper Presenter
18.	Changing pattern of teaching skills after globalization	Contemporary issues in higher education UGC, under the scheme of enrichment of Teacher	27 th Oct. 2017	N.R.E.C. College, Khurja	National	Paper Presenter

24. Administrative Responsibilities

Name of Committee/Activity	Designation
2025-2026	
B.A. III Renewal committee	Member
Career Counselling and Placement cell	Member
Ravindranath Tagore Cultural Club	Member
Departmental Proctor	Proctor
Departmental IQAC	Incharge

2024-2025	
B.A. III Renewal committee	Member
Career Counselling and Placement cell	
B.A. I Time-Table Committee	
Ravindranath Tagore Cultural Club	
Mentoring & Counselling Cell	
Tablet distribution committee	
At Department Level	
Departmental IQAC	In-charge
Mentor-Mentee	
Departmental Association	Member
Capacity Building Programme & Certificate/ Add-on Course	
Exhibition & outreach activities	
Publications	
Stock –Checking	
Purchasing Committee	
Beautification and Cleanliness	
2023-2024	
Proctorial Board Committee	Member
B.A. III Renewal committee	
Start-up Activity	
B.A. I Time-Table Committee	
Tablet distribution committee	
Career Counselling and Placement cell	
Debating Society	
Progressive Women’s Forum for Social Change	
At Departmental Level	
Departmental IQAC	In-charge
Mentor-Mentee	
Departmental Association	Member
Capacity Building Programme & Certificate/ Add-on Course	
Exhibition & outreach activities	
Publications	
Stock –Checking	
Purchasing Committee	

Beautification and Cleanliness	
2022-2023	
National Festival & Cultural Committee	Member
B.A. II Renewal committee	Member
Mentor- Mentee cell	Member
Teacher Re-skilling cell	Member
Tablet distribution committee	Member
At Departmental Level	
Departmental IQAC Mentor- Mentee Press notes and media	In-charge
Time- table Committee Capacity Building Programme & Certificate Exhibition & outreach activities Publications Stock –Checking Purchasing Committee	Member
2021-2022	
medical aid committee, Cyber Crime cell Mentor-Mentee, Debating Society, Tablet Distribution and Skill Development Committee	Member
At Department Level	
Departmental IQAC Time-table	In-charge

Press notes and media	
2019-2020	
College Management committee, Debating Society, Cleanliness, rangers committee. Beautification and Plantation Committee, Hostel committee	Member
Department IQAC, Discipline Press notes and media Refreshment committee at Departmental level.	Incharge
2018-2019	
Cleanliness Committee Time-Table Committee Debating Society Rangers committee	Member
At Department Level	
Departmental IQAC	In-charge
2017-2018	
Cleanliness Committee	Member

25. Future plans:

- To adopt innovative and student-centered teaching methods.
- To integrate ICT and digital tools in classroom teaching.
- To organize value added and skill-based courses for students.
- To encourage students towards research and project work.
- To participate in faculty development programmes, seminars, and workshops.
- To develop e-content, study materials, and online learning resources.
- To strengthen mentoring and counseling support for students.
- To promote experiential and activity-based learning.
- To enhance interdisciplinary and community outreach activities.
- To improve academic excellence through continuous learning and research.