

## **CURRICULUM VITAE**



1. Name- SONIKA CHOUDHARY
2. Designation –Professor & Incharge
3. Subject – Home Science
4. Specialization- Human Development and Family Studies
5. Academic Qualifications- M.Sc., NET, JRF, Ph.D., Post Graduate Diploma in Psychological Counseling.
6. Date of Birth: 09.10.1975
7. Date of Joining: 30.01.2003
8. Experience-23 Years (Teaching) & 25 Years (Research)
9. Official Address- Department of Home-Science, Raghunath Girls' Post Graduate College , Meerut-250001(Uttar Pradesh)
10. Contact No.-09719032923
11. Email: [sonikachaudhary11@yahoo.in](mailto:sonikachaudhary11@yahoo.in) , [sonikabhagatsingh11@gmail.com](mailto:sonikabhagatsingh11@gmail.com) & [prof.sonikachoudhary@rgcollege.ac.in](mailto:prof.sonikachoudhary@rgcollege.ac.in)
12. Areas of Research: Human Development and Family Studies, Foods & Nutrition
13. Digital Profile:

*LinkedIn* : [www.linkedin.com/in/sonika-choudhary-71aa721b6](https://www.linkedin.com/in/sonika-choudhary-71aa721b6)

*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>

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*ORCID* : <https://orcid.org/0000-0003-4493-7543>

*Scopus Author ID*: 57213930190

*Researcher ID* : LKN-6120-2024

#### **14.Achievements:**

- a)** Convenor of Board of Studies, Research Advisory Cell & Research Development Cell in the subject of Home Science of C.C.S. University, Meerut from 21.04.2023 to 20.04.2025 and Member from 21.04.2025 to 20.02.2027
- b)** Member, Board of Studies- B.Sc (Tourism and Hospitality operations), M.S. University, Saharanpur (2024-25)
- c)** Member, Research Advisory Committee & Research Development Committee (Home Science), M.S. University, Saharanpur (2024-26)
- d)** Member, Research Advisory Committee (Home Science), Mahatma Jyotiba Phule Rohilkhand University, Bareilly (2025-2026)
- e)** 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
- f)** 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, 01.05.2025,19.12.2025, 12.12.2025
- g)** Subject Expert for the selection of lecturers/ Assistant Professor in the colleges of C.C.S. University, Meerut.
- h)** Subject Expert for opening of Home Science in the Colleges of C.C.S. University, Meerut since 2021 onwards.
- i)** Pre PhD Coordinator (Home Science) in CCS University from 2021-2023.
- j)** Received appreciation letter from Women Welfare Department, Uttar Pradesh for organising activities on International Women's Day,2025

### **15. 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 |

### **16. 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>Author-ship</i> | <i>ISSN</i>                       | <i>Whether peer reviewed, UGC listed, Impact Factor if any</i> | <i>Digital Link, if any</i>                                                                                                                                   |
|-------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------|------------------|--------------------|-----------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 34.         | ज्वार आधारित किफायती ग्लूटन-फ्री नानखताई का मानकीकरण एवं उसका संवेदी मूल्यांकन. pp.432-437                                  | शोध मंथन Vol. XVII No.2                | Apr.- June. 2026 | 3 <sup>rd</sup>    | ISSN: (P) 0976-5255 (e) 2454-339X | Peer Reviewed 8.889(SJIF)                                      | <a href="https://anubooks.com/journal-volume/shodhmanthan-vol-xvii-june-2026-no2">https://anubooks.com/journal-volume/shodhmanthan-vol-xvii-june-2026-no2</a> |
| 33.         | पीसाओडी से ग्रस्त युवा महिलाओं (18-24 वर्ष) पर तनाव, आहार एवं मानसिक स्वास्थ्य का प्रभाव: मेरठ नगर पर एक अध्ययन. pp.427-431 | शोध मंथन Vol. XVII No.2                | Apr.- June. 2026 | 3 <sup>rd</sup>    | ISSN: (P) 0976-5255 (e) 2454-339X | Peer Reviewed 8.889(SJIF)                                      | <a href="https://doi.org/10.31995/shodhmanthan.2026.v17i02.058">https://doi.org/10.31995/shodhmanthan.2026.v17i02.058</a>                                     |

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| 32. | 25-40 वर्ष आयु वर्ग की विवाहित कार्यरत अध्यापिकाओं में तनाव के मुख्य कारणों, भोजन संबंधी व्यवहार एवं कार्य-दबाव का अध्ययन .pp.422-426 | शोध मंथन<br>Vol. XVII<br>No.2                                          | Apr.-<br>June.<br>2026 | 3 <sup>rd</sup> | ISSN:<br>(P)<br>0976-<br>5255<br>(e)<br>2454-<br>339X | Peer<br>Reviewed<br>8.889(SJIF) | <a href="https://anubooks.com/journal-volume/shodhmanthan-vol-xvii-june-2026-no2">https://anubooks.com/journal-volume/shodhmanthan-vol-xvii-june-2026-no2</a> |
| 31. | Consumer Perception and Household Practices Affecting the Storage and Quality of Dry Masala.pp.139-144                                | Research Journal of Philosophy & Social Sciences. Vol. LII             | June<br>2026           | 3 <sup>rd</sup> | ISSN:<br>(P)0048<br>-7325<br>(e)<br>2454-<br>7026     | Peer<br>Reviewed<br>8.902(SJIF) | <a href="https://doi.org/10.31995/rjpsss.2026v52i01.017">https://doi.org/10.31995/rjpsss.2026v52i01.017</a>                                                   |
| 30. | A study on awareness of government schemes among women entrepreneurs engaged in micro enterprises of Meerut City.pp.46-58             | The Indian Journal of Home Science. Vol.38(1)                          | Jan,2<br>026           | Joint           | 097027<br>33                                          | Peer<br>Reviewed                | <a href="https://doi.org/10.5281/zenodo.19980943">https://doi.org/10.5281/zenodo.19980943</a>                                                                 |
| 29. | Addressing Gender Inequality: Roots, impacts and fixes.pp.111-115                                                                     | International Journal of Home Science. Vol.12(3)                       | 2026                   | Joint           | 2395-<br>7476                                         | Peer<br>Reviewed,<br>5.66       | <a href="https://www.doi.org/10.22271/23957476.2026.v12.i3b.2140">https://www.doi.org/10.22271/23957476.2026.v12.i3b.2140</a>                                 |
| 28. | Women Entrepreneurship : A Literature Review and Future Research Directions. pp. d865-d870                                            | Journal of Emerging Technologies and Innovative Research. Vol. 12 (11) | Nov,2<br>025           | Joint           | 2349-<br>5162                                         | Peer<br>Reviewed,<br>7.95       | <a href="https://doi.org/10.56975/jetir.v12i11.572004">https://doi.org/10.56975/jetir.v12i11.572004</a>                                                       |

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|-----|----------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------|-------|--------------------------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 27  | Hemp Textiles :<br>Traditional Knowledge,<br>Ayurveda and Fabric Utility in<br>Ancient India.<br>Pp.84-89                              | Journal Global Values. Vol. XVI (Special Issue 2)                     | July ,2025         | Joint | 0976-9447 (p)<br>2454-8391 (e) | Peer Reviewed,<br>8.888        | <a href="https://doi.org/10.31995/jgv.2025.v16iSI07.012">https://doi.org/10.31995/jgv.2025.v16iSI07.012</a>                                                                                                            |
| 26. | Impact of Lifestyle and Dietary Pattern of Adolescents on their Health.<br>pp.a760-a763                                                | Journal of Emerging Technologies and Innovative Research. Vol. 11(11) | Nov,2024           | Joint | 2349-5162                      | Peer Reviewed,<br>7.95         | <a href="https://www.jetir.org/view?paper=JETIR2411077">https://www.jetir.org/view?paper=JETIR2411077</a><br><br><a href="https://doi.org/10.5281/zenodo.18731174">https://doi.org/10.5281/zenodo.18731174</a>         |
| 25. | Assessment of motivating factors for women entrepreneurs in Meerut City with special reference to small scale industries<br>pp 145-149 | International Journal of Home Science 10(3)                           | July-August ,2024  | Joint | 2395-7476                      | Yes<br>5.3                     | <a href="https://doi.org/10.22271/23957476.2024.v10.i3c.1690">https://doi.org/10.22271/23957476.2024.v10.i3c.1690</a>                                                                                                  |
| 24. | Impact of Parenting Style and emotional Intelligence on Academic Achievement of Adolescents.<br>pp.176-180                             | History Research Journal UGC CARE Journal, 30 (2)                     | Marc h-April, 2024 | Joint | 0976-5425                      | UGC Care Listed<br>Yes<br>7.86 | <a href="https://www.ijfmr.com/research-paper.php?id=16938">https://www.ijfmr.com/research-paper.php?id=16938</a><br><br><a href="https://doi.org/10.5281/zenodo.18731276">https://doi.org/10.5281/zenodo.18731276</a> |
| 23. | Fast Foods Consumption Impact on Physical Health of Adolescent Girls.<br>pp. 1-6                                                       | International Journal for Multidisciplinary Research. Vol.6 (2)       | Marc h-April ,2024 | Joint | 2582-2160                      | -                              | <a href="https://doi.org/10.36948/ijfmr.2024.v06i02.16938">https://doi.org/10.36948/ijfmr.2024.v06i02.16938</a>                                                                                                        |
| 22. | Parent-Child Relationship and Emotional                                                                                                | Education and Society. Vol.46(4)                                      | July-Sept: 2023    | Joint | 2278-6864                      | UGC Care Listed<br>Yes         | <a href="https://doi.org/10.5281/">https://doi.org/10.5281/</a>                                                                                                                                                        |

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|     | Intelligence : A Literature Review. pp.1252-1257.                                  |                                                                                 |              |       |                                | 6.718                                               | <a href="https://zenodo.org/record/18861117">zenodo.18861117</a>                                                                                                                                         |
| 21. | Impulsive Behavior of Adolescents: A Review of Related Literature. pp.13924-139231 | Scholarly Research Journal for Humanity Science & English Language. Vol. 11/55. | 2023         | Joint | 2348-3083                      | Yes. Impact factor-7.278                            | <a href="https://doi.org/10.5281/zenodo.18731483">https://doi.org/10.5281/zenodo.18731483</a>                                                                                                            |
| 20. | A study of Impulsive Behavior of Adolescents in Bareilly District. pp.956-962.     | International Journal of Research and Analytical Reviews. Vol.10(1).            | 2023         | Joint | 2348-1269 (E)<br>2349-5138 (P) | Yes                                                 | <a href="https://doi.org/10.5281/zenodo.18731541">https://doi.org/10.5281/zenodo.18731541</a>                                                                                                            |
| 19. | Reproductive Rights of Women: A Study. pp. 42-50                                   | Journal of National Development. Vol.35(2).                                     | 2022         | Joint | 0972-8309                      | Yes                                                 | <a href="https://doi.org/10.5281/zenodo.18731581">https://doi.org/10.5281/zenodo.18731581</a>                                                                                                            |
| 18. | Impact of fast food on the Menstrual health of adolescents. pp.f222-224.           | Journal of Emerging Technologies and Innovative Research. Vol.9(1)              | 2022         | Joint | 2349-5162                      | Yes. Impact factor:-7.95                            | <a href="http://www.jetir.org/view?paper=JETIR2201536">http://www.jetir.org/view?paper=JETIR2201536</a><br><a href="https://doi.org/10.5281/zenodo.18731617">https://doi.org/10.5281/zenodo.18731617</a> |
| 17. | Psychological Aspect of Abortion in India.pp.791-795                               | International Journal of Research and Analytical Reviews. Vol.6(1)              | 21,Jan, 2019 | Joint | 2349-5138 (p)<br>2348-1269 (e) | Yes. Impact Factor :7.17<br>UGC Approved (No.43602) | <a href="http://www.ijrar.org/papers/IJRAR19J5518.pdf">http://www.ijrar.org/papers/IJRAR19J5518.pdf</a><br><a href="https://doi.org/10.5281/zenodo.18864709">https://doi.org/10.5281/zenodo.18864709</a> |

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| 16. | Foods that Fight with Cancer. pp.601-604.                                                                    | Journal of Emerging Technologies and Innovative Research. Vol.6(12).   | Dec,2019 | Joint  | 2349-5162                                           | Yes International Impact Factor(Google Scholar): 5.87 UGC Approved (Journal No. 63975) | <a href="https://www.jetir.org/view?paper=JETIR1912080">https://www.jetir.org/view?paper=JETIR1912080</a><br><a href="https://doi.org/10.5281/zenodo.18733419">https://doi.org/10.5281/zenodo.18733419</a>             |
| 15. | Trends of Fast food consumption among Adolescent Girls. pp.65-67                                             | International Journal of Southern Economic Light. Vol.VII              | 2019     | Joint  | 2277-5692 (P)                                       | Yes Impact factor (SJIF): 6.244                                                        | <a href="https://doi.org/10.5281/zenodo.18733443">https://doi.org/10.5281/zenodo.18733443</a>                                                                                                                          |
| 14. | Interpreting the Literature on Ecotoxicological Significance of Pollutants and Human Development. pp.127-145 | Shodhmanthan. Vol. X Special Issue No. 7                               | 2019     | Single | 0976-5255(P) 2454-339X(e)                           | Yes Impact factor (SJIF): 6.726 UGC No. 40908                                          | <a href="https://doi.org/10.5281/zenodo.18733497">https://doi.org/10.5281/zenodo.18733497</a>                                                                                                                          |
| 13. | Physical Parameters of 6-7 Year Old Children as Effected by Toxicity in the Environment. pp 27-33            | Voyager: Vol.IX(2)                                                     | 2018     | Single | 0976-7436(P) 2455-054X(e)                           | Yes Impact factor (SJIF): 5.498                                                        | <a href="https://doi.org/10.5281/zenodo.18733535">https://doi.org/10.5281/zenodo.18733535</a>                                                                                                                          |
| 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     | Single | 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><br><a href="https://doi.org/10.5281/zenodo.18733574">https://doi.org/10.5281/zenodo.18733574</a> |
| 11. | Impact of Neurotoxicants on social development of children aged 6-7 years and their                          | EPRA International Journal of Economic and Business                    | 2016     | Single | ISSN (Online) :2347-9671 , ISSN                     | Yes Impact Factor (SJIF) : 5.509                                                       | <a href="https://eprajournals.com/IJES/article/8571/abstract">https://eprajournals.com/IJES/article/8571/abstract</a>                                                                                                  |

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|     | amelioration via an intervention programme. pp:195-202.         | Review Volume 4(9)                                                         |      |        | (Print) : 2349-0187                                  |                                   | <a href="https://doi.org/10.5281/zenodo.18733596">https://doi.org/10.5281/zenodo.18733596</a>                                                                                                                                                                                        |
| 10. | Lead : The Inevitable slow poison eroding our Society. pp:9-13. | International Journal of Applied Research , Volume 2(5)                    | 2016 | Single | ISSN (Online ) :2394-5869 , ISSN (Print) : 2394-7500 | Yes<br>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><br><a href="https://doi.org/10.5281/zenodo.18733618">https://doi.org/10.5281/zenodo.18733618</a> |
| 9.  | Effect of Antioxidants on Ageing Process. pp 62-68.             | Interdisciplinary Journal of Humanities & Social Science Studies, Vol.4(3) | 2015 | Joint  | ISSN No. 2319-829X                                   | Yes                               | <a href="https://doi.org/10.5281/zenodo.18733638">https://doi.org/10.5281/zenodo.18733638</a>                                                                                                                                                                                        |
| 8.  | The Science of Family Studies in the Service of Man. pp-125-136 | Research Journal of Philosophy & Social Sciences, Vol.41(1)                | 2015 | Single | 0048-7325                                            | Yes                               | <a href="https://doi.org/10.5281/zenodo.18733662">https://doi.org/10.5281/zenodo.18733662</a>                                                                                                                                                                                        |
| 7.  | Social Stratification in India: A Paradox. pp-85-91             | Journal Global Values, Vol.VI (1),                                         | 2015 | Single | 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><br><a href="https://doi.org/10.5281/zenodo.18733716">https://doi.org/10.5281/zenodo.18733716</a>                       |

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| 6. | Effect of Whey Guava Beverage Supplementation on Haemoglobin level of School Going Children. pp.123-129 | Indian Journal of Community Health. Vol.26(2)                       | 2014 | Joint | 0971-7587(p)<br>2248-9509 (e) | Yes<br>International<br>Impact<br>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><br><br><a href="https://doi.org/10.5281/zenodo.18736615">https://doi.org/10.5281/zenodo.18736615</a>                   |
| 5. | Colour, Health and Emotions. Pp 65-70.                                                                  | Artistic Narration – A Journal for Visual & Performing Art. Vol.III | 2012 | Joint | 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><br><br><a href="https://doi.org/10.5281/zenodo.18736655">https://doi.org/10.5281/zenodo.18736655</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 | Joint | 0048-7325                     | Yes                                            | <a href="https://doi.org/10.5281/zenodo.18736678">https://doi.org/10.5281/zenodo.18736678</a>                                                                                                                                                                                    |
| 3. | Impact of Neurotoxicants on the Nutritional status of Children. pp. 105-118                             | Research Journal of Philosophy & Social Science. Vol. XXXIV (1,2)   | 2008 | Joint | 0048-7325                     | Yes                                            | <a href="https://doi.org/10.5281/zenodo.18736724">https://doi.org/10.5281/zenodo.18736724</a>                                                                                                                                                                                    |

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|----|-------------------------------------------------------------------------------|----------------------------------------------------------|------|-------|-----------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2. | Impact of Neurotoxicants on the Physical Development of Children. pp. 48-54   | Journal of Exercise Science & Physiotherapy . Vol. 3 (1) | 2007 | Joint | 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><br><a href="https://doi.org/10.5281/zenodo.18736740">https://doi.org/10.5281/zenodo.18736740</a> |
| 1. | Effect of Modernization on the Personal Values of Adolescent girls. Pp-14-18. | Journal of Psychological Issues. Vol. 22(3).             | 2002 | Joint | -         | Yes | <a href="https://doi.org/10.5281/zenodo.18736764">https://doi.org/10.5281/zenodo.18736764</a>                                                                                                                                          |

### **18. Articles in Books/ Conference Proceedings Published:**

| <b><i>S. No</i></b> | <b><i>Title of the Article published with page no.</i></b>                                                          | <b><i>Title of the Book/ Conference Proceedings</i></b>               | <b><i>Year</i></b> | <b><i>Author -ship</i></b> | <b><i>ISBN</i></b> | <b><i>Detail of the Publisher</i></b>  | <b><i>Published by International /National /Local Publishers</i></b> | <b><i>Digital Link</i></b>                                                                    |
|---------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|--------------------|----------------------------|--------------------|----------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 10.                 | Women Entrepreneurship: Comprehension to Prospects, Challenges and its Assistance in National Development. Pp.21-29 | India@2047 Envisioning a Brighter Future                              | 2025               | Joint                      | 978-93-6729-380-5  | Indu Book Services Pvt. Ltd, New Delhi | National                                                             | <a href="https://doi.org/10.5281/zenodo.18683920">https://doi.org/10.5281/zenodo.18683920</a> |
| 9.                  | Sustainable Food Production and Demand pp- 142-157                                                                  | Green Chemistry and Sustainable Environment                           | 2024               | Joint                      | 978-81-981788-5-6  | Genic Books Publishers, Agra.          | National                                                             | <a href="https://doi.org/10.5281/zenodo.18725512">https://doi.org/10.5281/zenodo.18725512</a> |
| 8.                  | The Impact of Healthy Lifestyle Patterns on Mental Health of Adults.pp-38-46                                        | Proceedings on Holistic Approach to Healing Therapies for Body & Mind | 2024               | Joint                      | 9392128436         | Aman Publishing House , Meerut         | National                                                             | <a href="https://doi.org/10.5281/zenodo.18725202">https://doi.org/10.5281/zenodo.18725202</a> |
| 7.                  | Fast Food intake in School Going                                                                                    | Home Science as a                                                     | 2022               | Joint                      | 978-93-            | Star Public                            | National                                                             | <a href="https://doi.org/10.5281/">https://doi.org/10.5281/</a>                               |

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|----|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|------|--------|-------------------|----------------------------------------------------|----------|-----------------------------------------------------------------------------------------------|
|    | Adolescents Girls.pp-390-397.                                                                                                                 | Vocational Subject: Challenges and Opportunities.              |      |        | 81246-60-3        | ation, Agra.                                       |          | <a href="https://doi.org/10.5281/zenodo.18725923">zenodo.18725923</a>                         |
| 6. | Socialism in India as Hypothesized by M.K. Gandhi. pp :76-90                                                                                  | Gandhian way of Swaraj, Ed.- Mishra,A.                         | 2018 | Joint  | 978-93-81234-68-6 | Ankit Publications, Delhi                          | National | <a href="https://doi.org/10.5281/zenodo.18725958">https://doi.org/10.5281/zenodo.18725958</a> |
| 5. | GST In India. pp.70-74                                                                                                                        | GST in Present Scenario,Ed-Kaur, M.                            | 2018 | Single | 978-81-936088-0-7 | D.K. Fine Art Press Pvt. Ltd, New Delhi.           | National | <a href="https://doi.org/10.5281/zenodo.18730351">https://doi.org/10.5281/zenodo.18730351</a> |
| 4. | Egalitarian Status of Women: A Myth or Reality. pp.290-300.                                                                                   | Women Empowerment through Skill Development, Ed. Saxena, Amita | 2015 | Single | 978-93-5056-756-2 | A Disco very Publishing House Pvt. Ltd. New Delhi. | National | <a href="https://doi.org/10.5281/zenodo.18730377">https://doi.org/10.5281/zenodo.18730377</a> |
| 3. | Dimensions of Food & Nutrition in 21 <sup>st</sup> Century. pp. 74-84.                                                                        | Professionalism Home Science., Tikkoo, Santosh                 | 2010 | Joint  | 978-93-80525      | Academic Excellence, New Delhi.                    | National | <a href="https://doi.org/10.5281/zenodo.18730393">https://doi.org/10.5281/zenodo.18730393</a> |
| 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 | Joint  | -                 | V.M. L.G. College, Ghaziabad                       | National | <a href="https://doi.org/10.5281/zenodo.18730410">https://doi.org/10.5281/zenodo.18730410</a> |
| 1. | Neurotoxicity: Threat to Development of Children.pp.132-139                                                                                   | Contemporary Research Design in Human Development.             | 2009 | Joint  | -                 | Child Development Society                          | National | <a href="https://doi.org/10.5281/zenodo.18683447">https://doi.org/10.5281/zenodo.18683447</a> |

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|  |  | Ed. IJS<br>Jaswal and S.<br>Jaswal |  |  |  | y,<br>Swam<br>i<br>Printe<br>rs,<br>Ludhi<br>ana |  |  |
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### **19. Development of New Curricula and Courses :**

| <b><i>S.No</i></b> | <b><i>Name of New Curricula &amp; Courses</i></b>                     | <b><i>Hyperlink of Curricula or course</i></b>                                                                                                                                                                                                                              | <b><i>Role in Development</i></b> |
|--------------------|-----------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|
| 1.                 | Statistical methods in Home Science Research                          | <a href="https://cdn.ccsuniversity.ac.in/public/pdf/2024/04/syl(Pre-Ph.D.%20Coursework%20(Home%20Science)).pdf">https://cdn.ccsuniversity.ac.in/public/pdf/2024/04/syl(Pre-Ph.D.%20Coursework%20(Home%20Science)).pdf</a>                                                   | Convenor                          |
| 2.                 | Recent Advances and Recent trends in Home Science                     | <a href="https://cdn.ccsuniversity.ac.in/public/pdf/2024/04/syl(Pre-Ph.D.%20Coursework%20(Home%20Science)).pdf">https://cdn.ccsuniversity.ac.in/public/pdf/2024/04/syl(Pre-Ph.D.%20Coursework%20(Home%20Science)).pdf</a>                                                   | Convenor                          |
| 3.                 | M.Sc (Foods & Nutrition)                                              | <a href="https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/MSc%20Food%20&amp;%20Nutrition%20(NEP)-Ann-IV.pdf">https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/MSc%20Food%20&amp;%20Nutrition%20(NEP)-Ann-IV.pdf</a>         | Convenor                          |
| 4.                 | M.Sc. (Clothing & Textiles)                                           | <a href="https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/M.Sc%20Clothing%20and%20textiles%20(NEP)-Ann-VI.pdf">https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/M.Sc%20Clothing%20and%20textiles%20(NEP)-Ann-VI.pdf</a>     | Convenor                          |
| 5.                 | M.Sc. (Human Development)                                             | <a href="https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/M.Sc.%20HD%20Syllabus%20(NEP)-Ann-V.pdf">https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/M.Sc.%20HD%20Syllabus%20(NEP)-Ann-V.pdf</a>                             | Convenor                          |
| 6.                 | M.A (Home Science)                                                    | <a href="https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/M.A.%20Syllabus%20(NEP%202020)-Ann-III.pdf">https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/M.A.%20Syllabus%20(NEP%202020)-Ann-III.pdf</a>                       | Convenor                          |
| 7.                 | B.Sc (Home Science)                                                   | <a href="https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/B.Sc%20HOME%20SCIENCE%20(NEP)-Ann-I.pdf">https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/B.Sc%20HOME%20SCIENCE%20(NEP)-Ann-I.pdf</a>                             | Convenor                          |
| 8.                 | B.Sc (Clinical Nutrition & Dietetics)                                 | <a href="https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/B.Sc.%20Home%20Science%20(CN&amp;D)%20NEP-Ann-II.pdf">https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/B.Sc.%20Home%20Science%20(CN&amp;D)%20NEP-Ann-II.pdf</a>   | Convenor                          |
| 9.                 | Minor elective for PG (Care of Elderly)                               | <a href="https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/Minor%20Elective%20for%20P%20G%20Programme-Ann-X.pdf">https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/Minor%20Elective%20for%20P%20G%20Programme-Ann-X.pdf</a>   | Convenor                          |
| 10.                | Minor elective for UG (Maternal and Child Nutrition)                  | <a href="https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/Minor%20Elective%20for%20U%20G%20Programme-Ann-IX.pdf">https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/Minor%20Elective%20for%20U%20G%20Programme-Ann-IX.pdf</a> | Convenor                          |
| 11.                | Skill development in Food Preservation, Processing & Technology-I &II | <a href="https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/Skill%20Course-%20Ann-VIII%20(A&amp;B).pdf">https://ccsuniversity.blr1.cdn.digitaloceanspaces.com/public/pdf/2024/09/Skill%20Course-%20Ann-VIII%20(A&amp;B).pdf</a>                       | Convenor                          |
| 12.                | B.Sc. (Tourism and Hospitality operations)                            |                                                                                                                                                                                                                                                                             | Member                            |

**20. Ph. D Supervised :**

| <b><i>S.No.</i></b> | <b><i>Name of the student with Regd. No.</i></b>         | <b><i>Topic</i></b>                                                                                                                      | <b><i>Enrolled Date &amp; Year</i></b> | <b><i>Submitted Date &amp; Year</i></b> | <b><i>Awarded Date &amp; Year</i></b> |
|---------------------|----------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------|-----------------------------------------|---------------------------------------|
| 13.                 | Ms. Aaliya Res-2/B/25180001/0620 dated 05.02.2026        | Valorization of Date Seed Powder- Nutritional Profiling and Development of Value Added Food Products in Meerut District ( Uttar Pradesh) | 17.12.2025                             | -                                       | -                                     |
| 12.                 | Ms. Deepa Kandpal Res-2/B/25180003/0620 dated 05.02.2026 | फास्ट फैशन का उपभोक्ता खरीद मनोविज्ञान और सतत् जागरूकता पर प्रभाव: अत्यधिक उपभोग प्रवृत्ति एवं ज़िम्मेदार परिधान चयन का अध्ययन"          | 17.12.2025                             | -                                       | -                                     |
| 11.                 | Kalindi Singh 2/B/24180003/6295 Dated 14.06.2024         | Transformative Potential of Farmer Producer Organisations (FPO's)in Empowering Women Farmers in Basti District of Eastern Uttar Pradesh  | 17.05.2024                             |                                         |                                       |
| 10.                 | Neelu Malik 2/B/24180004/6294 Dated 14.06.2024           | Utilizing Waste Potato Starch from Food Industry: Towards Developing of Biodegradable and Edible Film                                    | 17.05.2024                             |                                         |                                       |
| 9.                  | Parul Singh 2/B/24180007/6289 Dated 14.06.2024           | Crafting Sustainable Solutions: Design Development and Acceptance of Hemp Textile                                                        | 17.05.2024                             |                                         |                                       |

|    |                                                           |                                                                                                                                                    |            |            |            |
|----|-----------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|------------|
|    |                                                           | Based Sun Protection Products                                                                                                                      |            |            |            |
| 8. | Tanu Singh<br>2/B/24180012/<br>6293Dated<br>14.06.2024    | Empowering Sustainable Advocacy through Modular and Circular Clothing in Slow Fashion                                                              | 17.05.2024 |            |            |
| 7. | Anshika Verma<br>2/A/22180001<br>3805 Dated<br>11.09.2023 | Assessment of Empowerment Level of Women Entrepreneurs of Meerut District with Special Reference to Micro Enterprises                              | 01.08.2023 |            |            |
| 6. | Ms. Himani Vishnoi<br>2/A/1801802/1<br>2132               | Assessment of Value-Added Dietary Intake to Overcome Malnutrition among Pre-Adolescents at Kasturba Gandhi Balika Vidyalaya, Meerut, Uttar Pradesh | 04.12.2020 | -          | -          |
| 5. | Pallavi<br>2/B/1701608/8<br>905                           | Effect of Parent-Adolescent Relationship on Anxiety and Emotional Intelligence of Adolescents Residing in Delhi Zones                              | 06.08.2018 | 31.12.2024 | 22.09.2025 |
| 4. | Lata Gangwar<br>2/A/1301807/4<br>430                      | A Study of Impulsive Behaviour of Adolescents in Relation to Their Academic Achievement and Social Behaviour                                       | 30.06.2017 | 28.08.2023 | 03.09.2024 |
| 3. | Vikin<br>2/A/1301810/3<br>634                             | Psychological, Physical and Socio-Cultural Perspectives of Abortion & its                                                                          | 05.06.2017 | 24.03.2023 | 03.09.2024 |

|     |                              |                                                                                                                        |            |            |            |
|-----|------------------------------|------------------------------------------------------------------------------------------------------------------------|------------|------------|------------|
|     |                              | Effects on Rural Women                                                                                                 |            |            |            |
| 2.. | Vinita Tomer<br>2/A/1301808/ | Fast Food Consumption Pattern and Its Association with Menstrual Health Problems & Physical Health of Adolescent Girls | 05.06.2017 | 21.01.2022 | 28.03.2023 |
| 1.  | Divya<br>2/B/80710           | Impact of Whey Guava Beverage Supplementation on the Nutritional Status of School Going Children.                      | 20.11.2008 | 12.05.2015 | 05.01.2016 |

## 21. Research Project:

| <i>S.No.</i> | <i>Title</i>                                                                                                                                                                                                                                                                                                 | <i>Type &amp; Role</i> | <i>Funding Agency</i>                                  | <i>Amount</i>  | <i>Time Period</i> |
|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|--------------------------------------------------------|----------------|--------------------|
| 1.           | Empowerment of Marginal Farmwomen of Western UP through small-scale enterprise development of value added products from Finger millet Ragi, Eleusine coracana) and Black Wheat (Triticum aestivum) cultivation and training on drudgery reducing technologies<br>(Project F.No. TDUPW-11011/1/2024-IRD-DSIR) | Major (Co-PI)          | Department of Science & Industrial Research, New Delhi | Rs.30,80,000/- | 2024-26            |

## 22. 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> |
|-------------|------------------------------|-----------------------------------|--------------------------------|---------------------------------------------------|
| 39.         | NIRF Mastery Workshop        | 3 <sup>rd</sup><br>January, 2026- | DTEPL                          | National                                          |

|     |                                                                                      |                                                                         |                                                                                                                                 |          |
|-----|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------|
|     |                                                                                      | 15 <sup>th</sup><br>February,2026                                       |                                                                                                                                 |          |
| 38. | Innovative teaching through Multimedia Tools                                         | 20-26 <sup>th</sup><br>November,2025                                    | Sevak Ram Sahoo College and Atal Bihari Vajpayee University, Bilaspur in collaboration with Nucleus of Learning and Development | National |
| 37. | AI- Based Education system                                                           | 10-16 <sup>th</sup><br>November,2025                                    | Shaheed Mangal Pandey Government PG College, Meerut collaboration with Nucleus of Learning and Development                      | State    |
| 36. | Product Formulation for Healthier Choices                                            | 5-8 <sup>th</sup> August,<br>2025                                       | CII-Food and Agriculture Centre of Excellence under the FSSAI- Eat Right India Initiative                                       | National |
| 35. | NEP-2020 Orientation & Sensitization programme                                       | 6 <sup>th</sup> May-16 <sup>th</sup><br>May,2025                        | UGC-MMTTC (GAD-MMTTC) Shri Guru Tegh Bahadur Khalsa College, University of Delhi                                                | National |
| 34. | Innovative Teaching Practices with AI and Outcome based Education                    | 17 <sup>th</sup><br>February,2025-<br>21 <sup>st</sup><br>February,2025 | Mangalmay institute of Management and Technology                                                                                | State    |
| 33. | Workshop on 'AAA and IDP Governance and leadership 7 <sup>th</sup> attribute, NEP'   | 28 <sup>th</sup><br>January,2025-<br>31 <sup>st</sup><br>January,2025   | IQAC Cluster (White Code), Pune                                                                                                 | National |
| 32. | Herbal Entrepreneurial Wellness : Business, Sustainability and Herbal Business       | 10 <sup>th</sup> -14 <sup>th</sup><br>December,2024                     | Raghnunath Girls' Post Graduate College, Meerut                                                                                 | College  |
| 31. | Session on "Angel Investment/ VC Funding opportunities for Early Stage Entrepreneurs | 5 <sup>th</sup> June,2024                                               | Institute's Innovation Council & School of Biomedical Sciences, Galgotias University, Greater Noida, Uttar Pradesh              | National |
| 30. | National Webinar on the occasion of World Creativity and                             | 21 <sup>st</sup> April,2024                                             | Raghnunath Girls' Post Graduate College, Meerut.                                                                                | National |

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|     | Innovation Day<br>“Theme :<br>Punravartan,<br>Recycling and<br>Renovation”                                                    |                                                                                                                   |                                                                                                       |          |
| 29. | National Seminar<br>on “Women<br>Empowerment<br>through<br>Entrepreneurship,<br>Innovation and<br>Sustainable<br>Development” | 28 <sup>th</sup><br>March,2024 -<br>29 <sup>th</sup><br>March,2024                                                | Directorate of Higher<br>Education ,Uttar Pradesh,<br>Prayagraj                                       | National |
| 28. | National<br>Conference &<br>Exhibition on<br>“Different<br>Techniques &<br>Trends of Indian<br>Art”                           | 21 <sup>st</sup> March,2024<br>- 22 <sup>nd</sup><br>March,2024                                                   | UP state Higher Education<br>Council, Lucknow &<br>Raghunath Girls’ Post<br>Graduate College, Meerut. | National |
| 27. | National<br>seminar on<br>“Holistic<br>Approach to<br>Healing<br>Therapies for<br>Body & Mind”                                | 19 <sup>th</sup><br>March,2024 -<br>20 <sup>th</sup><br>March,2024                                                | UP state Higher Education<br>Council, Lucknow<br>&Raghunath Girls’ Post<br>Graduate College, Meerut   | National |
| 26. | FDP on “How to<br>Face Peer Team<br>Visits and SSS”                                                                           | 19 <sup>th</sup><br>March,2024 -<br>9 <sup>th</sup> April,2024                                                    | IQAC Cluster, White Code<br>Company, India                                                            | National |
| 25. | FDP on “NAAC<br>Documentation -<br>A Key insight’                                                                             | 6 <sup>th</sup> ,13 <sup>th</sup> , 20 <sup>th</sup><br>February,<br>2024 - 27 <sup>th</sup><br>February,<br>2024 | IQAC Cluster, White Code<br>Company, India                                                            | National |
| 24. | Webinar on<br>‘Understanding<br>upcoming new<br>changes, Binary<br>Accreditation and<br>its methodology<br>in NAAC’           | 5 <sup>th</sup> February,<br>2024                                                                                 | IQAC Cluster, White Code<br>Company, India                                                            | National |
| 23. | FTP on Master<br>NAAC<br>Accreditation<br>Process and<br>Documentation                                                        | 16 <sup>th</sup><br>October,2023-<br>20 <sup>th</sup><br>October,2023                                             | ACRNET India and CLiMed<br>Research Solutions, India                                                  | National |

|     |                                                                      |                                                                |                                                                                                                                                                                         |            |
|-----|----------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 22. | Orientation Program on NAAC Accreditation and Documentation          | 14 <sup>th</sup> October,2023                                  | ACRNET India and CLiMed Research Solutions, India                                                                                                                                       | National   |
| 21. | Guest Lecture on the theme “Healthy Diet Gaining Affordable for all” | 6 <sup>th</sup> September, 2023                                | Raghunath Girls’ Post Graduate College, Meerut.                                                                                                                                         | National   |
| 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)                                                                                                                     | National   |
| 19. | FDP on MOOCs and E- Content Development                              | 29th April -05 <sup>th</sup> May’2023.                         | Guru Angad Dev Teaching Learning Centre under the PMMMNMST, Ministry of Education, SGTB Khalsa College, University of Delhi in collaboration with Raghunath Girls’ P.G. College, Meerut | National   |
| 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 PMMMNMST              | National   |
| 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   |

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|-----|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|
| 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 PMMMNMTT, 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 Pranik 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                                                                                           |            |

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|----|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|------------|
| 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 Delhi Sponsored 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                                                                  | 23 <sup>rd</sup> December '11 to 12 <sup>th</sup> Dec. '12  | 'Guru Nanak Dev University, Amritsar                                                                    | National   |
| 2. | Refresher Course on the topic 'Research Methodology in Social Science'                                       | 1 <sup>st</sup> June '09 to 21 <sup>st</sup> June '09       | Kumaun University, Almora                                                                               | National   |
| 1. | Orientation Course                                                                                           | 14 <sup>th</sup> Feb. '06 to 13 <sup>th</sup> March '06     | Kurukshetra University, Kurukshetra                                                                     | National   |

### **23. Participation as expert-**

| S.No. | Title of Lecture / Academic Session                                               | Title of Conference / Seminar etc.    | Date(s) of the event             | Organized by                 | Whether International/ National |
|-------|-----------------------------------------------------------------------------------|---------------------------------------|----------------------------------|------------------------------|---------------------------------|
| 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                        |
| 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 | 15 <sup>th</sup> September, 2018 | 1&3/22 UP Girls BN NCC       | Regional                        |

|    |                                                                         |                                                                                |                                 |                                                                     |          |
|----|-------------------------------------------------------------------------|--------------------------------------------------------------------------------|---------------------------------|---------------------------------------------------------------------|----------|
|    |                                                                         | environment clean and healthy through proper use and disposal of Sanitary Pads |                                 | R G P G College, Meerut                                             |          |
| 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 |
| 5. | Utility of First Aid Kit                                                | Celebration of World First Aid Day                                             | 10 <sup>th</sup> September,2024 | 1&3/22 UP Girls BN NCC R G P G College, Meerut                      | Regional |

#### **24. Seminar/ Workshop/ Conference Attended:**

| <b><i>S.No</i></b> | <b><i>Detail of the Conference/ Seminar/Workshop</i></b>                        | <b><i>Organizer &amp; Sponsor</i></b>                                          | <b><i>Date(s) of the event</i></b>                     | <b><i>Venue of the event</i></b> | <b><i>International/ National/ State/ University</i></b> |
|--------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------|----------------------------------|----------------------------------------------------------|
| 33.                | Steps to prepare for NAAC Binary Accreditation                                  | The Edvisors Higher Education Consulting Firm                                  | 3 <sup>rd</sup> July,2025                              | Online                           | National                                                 |
| 32.                | NIRF Mastery Workshop                                                           | Decision Tree Endeavour                                                        | 3 <sup>rd</sup> January-15 <sup>th</sup> February,2026 | Online                           | National                                                 |
| 31.                | Intellectual Property Rights (IPR) & Academic Writing                           | Shaheed Mangal Pandey Government Girls Post Graduate College, Meerut           | 15-17 <sup>th</sup> Jan,2025                           | Online                           | State                                                    |
| 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                                                 |

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| 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      |

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|-----|------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------|---------------------------------------------------|---------------|
| 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 Girls College, 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                                | 27 <sup>th</sup> Nov.2015.                 | R.G.(P.G.)College, Meerut                         | International |
| 12. | Diet-Cal Software                                                            | Department of Home Science CCS University, Meerut                        | 30 <sup>th</sup> 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.                  | 29 <sup>th</sup> September 2015            | R.G. (P.G.) College Meerut                        | National      |

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|-----|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|---------------------------------------------------------------------|----------|
| 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                                                                   | 25 <sup>th</sup> & 26 <sup>th</sup> March '2007 | R.G.(P.G.) College, Meerut                                          | National |

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|----|----------------------------|---------------------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------------------|----------|
| 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 |
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## **25. Seminar/ Workshop/ Conference/ Exhibitions Organised:**

| <b><i>S.No</i></b> | <b><i>Detail of the Conference/ Seminar/Exhibitions (including Sponsor)</i></b>                                                     | <b><i>Date(s) of the event</i></b> | <b><i>Venue of the event</i></b>                | <b><i>International/ National/ State/ University</i></b> | <b><i>Role</i></b> |
|--------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------|-------------------------------------------------|----------------------------------------------------------|--------------------|
| 6.                 | From Ancient Wisdom to Modern Innovation : Leveraging Indian Knowledge Systems for Viksit Bharat @2047                              | 26 <sup>th</sup> February,2026     | Raghunath Girls' Post Graduate College, Meerut  | International                                            | Convener           |
| 5.                 | Scientific Writing and Publication : Bridging Research and Readership                                                               | 22 <sup>nd</sup> November,2025     | Raghunath Girls' Post Graduate College, Meerut. | International                                            | Coordinator        |
| 4.                 | Restore the Earth :One Planet, One Mission with Sustainable Living organised in Collaboration with Saksham Society Rajasthan, India | 5 <sup>th</sup> June,2025          | Online                                          | International                                            | Chairperson        |
| 3.                 | National Conference & Exhibition on “Different Techniques & Trends of Indian Art “sponsored by Uttar Pradesh Higher Education       | 21 <sup>st</sup> March,2024        | Raghunath Girls' Post Graduate College, Meerut. | National                                                 | Advisor            |
| 2.                 | National seminar on “Holistic Approach to Healing Therapies for Body & Mind” sponsored by Uttar Pradesh Higher Education            | 19 <sup>th</sup> March,2024        | Raghunath Girls' Post Graduate College, Meerut. | National                                                 | Advisor            |
| 1.                 | Symposium on ‘Role of Women in Innovation                                                                                           | 13 <sup>th</sup> Feb,2023          | Raghunath Girls' Post                           | National                                                 | Convenor           |

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|  | India's G-20 presidency'in Collaboration with Srijan Sanchar. |  | Graduate College, Meerut |  |  |
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## **26. Journal/ Book Edited**

| <b><i>S.No.</i></b> | <b><i>Name of the Journal/ Book edited</i></b>                                                                                     | <b><i>Month and Year</i></b> | <b><i>Role</i></b>              | <b><i>Digital Link (if any)</i></b>                                                                                 |
|---------------------|------------------------------------------------------------------------------------------------------------------------------------|------------------------------|---------------------------------|---------------------------------------------------------------------------------------------------------------------|
| 1.                  | Journal Global Values (ISSN 0976-9447)                                                                                             | since Jan 2015 to Jan,2019   | <i>Editor</i>                   | <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- Jan,2021    | <i>Co-Editor</i>                | <a href="https://anubooks.com/journal/journal-global-values">https://anubooks.com/journal/journal-global-values</a> |
| 3.                  | Journal Global Values (ISSN 0976-9447)                                                                                             | Jan,2021 - Dec,2022          | <i>Co-Editor</i>                | <a href="https://anubooks.com/journal/journal-global-values">https://anubooks.com/journal/journal-global-values</a> |
| 4.                  | Journal Global Values (ISSN 0976-9447)                                                                                             | Jan,2023 - Dec,2026          | <i>Editor-in-Chief</i>          | <a href="https://anubooks.com/journal/journal-global-values">https://anubooks.com/journal/journal-global-values</a> |
| 5.                  | Journal Community Outlook                                                                                                          | Jan,2024 - Dec,2026          | <i>Member of Editorial team</i> |                                                                                                                     |
| 6.                  | Global Crises and International Relations (International ISBN : 978-1-8384965-1-7 Published by : Britain Book Company, England, UK | 2024                         | Co-Editor                       | <a href="https://doi.org/10.5281/zenodo.18715351">https://doi.org/10.5281/zenodo.18715351</a>                       |

**27. Invited lectures/ Resource person/ Paper Presented in Conferences/ Seminar/ Workshops:**

| S.No.        | <i>Title of the Invited Lecture/ paper presented</i>                                                   | <i>Detail of the Conference/ Seminar (including Date)</i>                                                                                                                         | Organized by                                        | Whether International / National/State/ Regional/ College or University Level     |
|--------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>XVIII</b> | <b>2025-26</b>                                                                                         |                                                                                                                                                                                   |                                                     |                                                                                   |
| 58.          | Microfinance and Skill Development for Rural Women : A Home Science perspective on Livelihood Security | Microfinance for Empowerment of Women and Reduction in Rural Out-Migration : Micro Evidence from Uttarakhand State.13-14 <sup>th</sup> March,2026                                 | Dr.P.D.B.H. Govt.P.G. College, Kotdwar, Uttarakhand | National Seminar sponsored by ICSSR                                               |
| 57.          | Research Methods for Assessing Dietary Intake: A Review of Current Approaches                          | Scientific Writing and Publication : Bridging Research and Readership 22 <sup>nd</sup> November,2025                                                                              | Raghunath Girls' Post Graduate College, Meerut      | International (Sponsored by Anu Books, Publishers and Distributors)               |
| <b>XVII</b>  | <b>2024-25</b>                                                                                         |                                                                                                                                                                                   |                                                     |                                                                                   |
| 56.          | Gender Inequality in Social Aspects : Challenge, Impacts and pathways to Equity                        | Gender Inequality in Contemporary Indian Context : Conditions & Directions 25 <sup>th</sup> March,2025                                                                            | Raghunath Girls' Post Graduate College, Meerut      | International (Sponsored by Master Khub Ram Educational Trust, Gurugram, Haryana) |
| 55.          | Green Finance : The Emerging Ideal for Green Economic Growth in India                                  | Environmental Crisis and Developing Economies: Challenges, Strategies and Solutions (Integrating GEP to foster Ecological and Economic Resilience) 19 <sup>th</sup> November,2024 | Raghunath Girls' Post Graduate College, Meerut      | National ( Jagruk Nagrik Association)                                             |
| <b>XVI</b>   | <b>2023-24</b>                                                                                         |                                                                                                                                                                                   |                                                     |                                                                                   |
| 54           | Breaking Barriers, Building Future : Women leading the Entrepreneurial Revolution                      | Women Empowerment through Entrepreneurship, Innovation and Sustainable Development 28 <sup>th</sup> -29 <sup>th</sup> March,2024                                                  | M.L.&J.N.K. Girls College, Saharanpur (U.P)         | National (Sponsored by UP State Higher Education Council, Lucknow, Uttar Pradesh) |
| 53           | The Impact of Healthy Lifestyle Patterns on Mental Health of Adults                                    | Holistic Approach to healing Therapies for Body & Mind                                                                                                                            | Raghunath Girls' Post Graduate                      | National (Sponsored by Directorate of                                             |

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|-------------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|             |                                                                                           |                                                                                                                                                                                                      | College,<br>Meerut                                                                                              | Higher<br>Education ,Uttar<br>Pradesh,<br>Prayagraj)                                                               |
| <b>XV</b>   | <b>2022-23</b>                                                                            |                                                                                                                                                                                                      |                                                                                                                 |                                                                                                                    |
| 52.         | The wonder world of<br>Millets                                                            | Eat Right Millet .<br>31 <sup>st</sup> March,2023                                                                                                                                                    | FSDA<br>Meerut& CCS<br>University,<br>Meerut                                                                    | Regional                                                                                                           |
| 51.         | Stake Holders Role in<br>Higher Education Quality                                         | Induction training for<br>Teachers at Higher<br>Education institutions<br>(HEIs): Today's Need for<br>Enhancing Quality of Higher<br>Education. 21 <sup>st</sup> -22 <sup>nd</sup><br>December, 2022 | Raghunath<br>Girls' Post<br>Graduate<br>College,<br>Meerut                                                      | National<br>Conference                                                                                             |
| <b>XIV</b>  | <b>2021-22</b>                                                                            |                                                                                                                                                                                                      |                                                                                                                 |                                                                                                                    |
| 50.         | Poverty and Internal<br>security in India                                                 | Roadmap to Internal<br>Security in India :<br>Challenges and Dilemmas.<br>14-15 <sup>th</sup> May,2022.                                                                                              | Department of<br>Anthropology<br>& Political<br>Science.<br>Avadh Girls'<br>Degree<br>College,<br>Lucknow, U.P. | National<br>(Sponsored by<br>Advance<br>Research<br>Institute for<br>Development of<br>Social Science,<br>Meerut.) |
| <b>XIII</b> | <b>2020-21</b>                                                                            |                                                                                                                                                                                                      |                                                                                                                 |                                                                                                                    |
| 49.         | Yoga and Human Health                                                                     | Contribution of Yoga in<br>"Wellness of Human Being"<br>22 <sup>nd</sup> February,2021                                                                                                               | Dept. of<br>Physical<br>Education,<br>Government<br>Degree<br>College,<br>Nanauta,<br>Saharanpur                | National (<br>Sponsored by<br>Department of<br>Higher<br>Education, U.P.)                                          |
| <b>XII</b>  | <b>2019-20</b>                                                                            |                                                                                                                                                                                                      |                                                                                                                 |                                                                                                                    |
| 48.         | Indo-China Relations<br>Amidst the Changing<br>Socio-Economic Scenario<br>after Covid-19" | Indo-China relations : Past,<br>Present and Future.15 <sup>th</sup><br>June,2020                                                                                                                     | Dept. of<br>Political<br>Science,<br>R.G.P.G.<br>College,<br>Meerut &<br>ARIDSS                                 | National                                                                                                           |
| 47.         | Detoxification of Human<br>Body in Herbal Therapy                                         | Herbal Therapy : Present<br>scenario and Future<br>Prospects 19 <sup>th</sup><br>September,2019                                                                                                      | Dept. of<br>Botany,<br>R.G.P.G.<br>College,<br>Meerut                                                           | National                                                                                                           |

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| <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. |
| <b>X</b>  | <b>2017-18</b>                                                                              |                                                                                                                      |                                                                     |                                                                             |
| 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 Kautikya Arthshashtra mei nvarnithvyavyasthayonkivart hmanmeinprasangitha 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                       | Shaheed Mangal 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                             | Varthmaam samay mein ucch siksha ki chunothian 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                                                                    |

| IX | 2016-17                                                                               |                                                                                                                    |                                                                                                                        |                            |
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| 38 | Reservation on Various Parameters of Society as a threat to India's Internal Security | India's Internal Security Challenges<br>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<br>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<br>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<br>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<br>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<br>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              |

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| 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.         | YogEvamMansikSwasthya                                                                               | 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                        |

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| 22.        | Hindi Ki Sanskritik Dharohar                                                                     | Hindi Abhivvyakti Evam Sanskriti<br>14 <sup>th</sup> September, 2015                                             | Hindi department<br>R.G.(P.G.)<br>College, Meerut     | National                        |
| 21.        | Children Of India: Their Rights & Status as Accorded By Our Legislations                         | Human Rights: Present & Future<br>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.<br>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<br>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<br>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<br>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<br>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<br>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<br>30 <sup>th</sup> July'2013                          | Dept. Of Political Science,<br>R.G.P.G. College,<br>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<br>13th-14 <sup>th</sup> April'2013 | Department of Defence studies,<br>Meerut College ,Meerut       | International (ICSSR Sponsored)                           |
| 11.       | Status of Women in India & Punjab                                                      | Status of Women in India & Abroad: A Comparative Analysis<br>18 <sup>th</sup> March,2013                    | Deptt. Of Political Science,<br>R.G.P.G. College,<br>Meerut    | International                                             |
| 10.       | A Question of the Right to Live or Die : Euthanasia                                    | Humanism & Contemporary Politics<br>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<br>15 <sup>th</sup> December, 2012                                                             | Department of Political Science, C.C.S University,<br>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<br>24 <sup>th</sup> -25 <sup>th</sup> November'2012      | Department of Defense studies,<br>Meerut College ,Meerut       | National                                                  |
| 7.        | Political Scenario regarding Use of various human resources in India                   | State Politics in India<br>8 <sup>th</sup> November, 2012                                                   | Department of Political Science,<br>R.G.P.G College,<br>Meerut | National                                                  |
| 6.        | Politics at national and international level influencing the role of women in home     | State of the Discipline<br>30 <sup>th</sup> -31 <sup>st</sup> March,2012                                    | Department of Political Science, C.C.S                         | National                                                  |

|            |                                                                                                                                       |                                                                                                                                            |                                                    |                           |
|------------|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|---------------------------|
|            |                                                                                                                                       |                                                                                                                                            | University,<br>Meerut                              |                           |
| <b>III</b> | <b>2010-11</b>                                                                                                                        |                                                                                                                                            |                                                    |                           |
| 5.         | Achievement of Women in Sports in India                                                                                               | Empowerment of Women in India<br>5 <sup>th</sup> & 6 <sup>th</sup> March,2011                                                              | Lajpat Rai (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<br>19 <sup>th</sup> & 20 <sup>th</sup> November 2010                                           | Vidyavati Mukand Lal 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<br>24-25 <sup>th</sup> September,2010 | Arya Post Graduate College, Panipat                | National                  |
| <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<br>26-27 <sup>th</sup> April,2010                               | D.A.V. College, Kharkhauda, Meerut                 | National                  |
| <b>I</b>   | <b>2005-06</b>                                                                                                                        |                                                                                                                                            |                                                    |                           |
| 1.         | Changing Values and Intergenerational Conflict                                                                                        | Antarpeedisangharsh : Ek Samkaleen Samasya,<br>16 <sup>th</sup> December,2005                                                              | Dept. of Sociology, R.G.P.G. College, Meerut       | National                  |

**28. Involvement in Administrative/Student-Centric/Examination related 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<br>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<br>Co-coordinator   | College      | 2018-2024<br>2022-2023                         |
| 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,<br>Incharge        | College      | 2016-18,<br>2020-22<br>2023-24                 |
| 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<br>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<br>Asst. Suptd | College      | 2003-14,<br>2019-20<br><br>2015-19,<br>2020-25 |
| 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         |
| 33. | Department of Home Science                                               | Incharge                  | College      | 2023-24 onwards |
| 34. | NAAC Coordinator                                                         | Coordinator               | College      | 2024-25         |
| 35. | E-Governance Cell                                                        | Incharge                  | College      | 2024-25         |
| 36. | Institutional Development Plan Cell                                      | Member                    | College      | 2024-25         |
| 37. | NIRF Committee                                                           | Member                    | College      | 2024-25         |
| 38. | RGPG Innovation Council                                                  | NISP Coordinator          | College      | 2024-25         |
| 39. | Internal Examination Committee                                           | Member                    | College      | 2024-25         |
| 40. | Internal Complaint Committee                                             | Member                    | College      | 2024-25         |
| 41. | Staff Grievances Redressal Committee                                     | Member                    | College      | 2024-25         |
| 42. | Evaluation of Answer books of B.B.A IIIrd, Vth & B.C.A. Ist, IIIrd & Vth | Deputy Coordinator        | University   | 2024-25         |
| 43. | Evaluation of Answer books of UG fourth Semester                         | Deputy Coordinator        | University   | 2025-26         |
| 44. | Even Semester Question paper Nodal centre                                | Assistant Centre Incharge | University   | 2025-26         |
| 45. | IQAC                                                                     | Coordinator               | College      | 2025-26 onwards |
| 46. | NISP                                                                     | Coordinator               | College      | 2025-26 onwards |

## **29. Future Plans**

1. To make the Teaching Learning process more outcome based
2. To publish papers in Scopus 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.



(Prof. Sonika Choudhary)