

REPORT

गृह विज्ञान विभाग डी० एस० बी० परिसर कुमाऊँ विश्वविद्यालय, नैनीताल

आज दिनांक 18/09/2021 को गृह विज्ञान विभाग द्वारा एक दिवसीय अन्तर्राष्ट्रीय वेबिनार का आयोजन किया गया वेबिनार का शीर्षक- **'Holistic Health and Nutritional Issues of Reproductive age women'** प्रजनन आयु वर्ग की महिलाओं का सम्पूर्ण स्वास्थ्य एवं पोषण सम्बन्धी समस्याएँ रहा। यह वेबिनार गृह विज्ञान विभाग डी० एस० बी० परिसर कुमाऊँ विश्वविद्यालय नैनीताल द्वारा राष्ट्रीय महिला आयोग के तत्वावधान के अन्तर्गत आयोजित किया गया। यह वेबिनार राष्ट्रीय पोषण माह 2021 के उपलक्ष्य में आयोजित किया गया। वेबिनार के संरक्षक कुलपति कुमाऊँ विश्वविद्यालय नैनीताल प्रो० एन० के० जोशी जी थे। प्रोफेसर लता पाण्डे, वेबिनार निदेशक, श्री आशुतोष पाण्डे वेबिनार अध्यक्ष एवं डॉ० छवि आर्या वेबिनार संयोजक रहें, डॉ० राजेन्द्र डोबाल, डॉ० के० डी० पुरोहित, प्रो० कमल के० पाण्डे, प्रो० हरीश बिष्ट, वेबिनार की सलाहकार समिति में सम्मिलित थे। वेबिनार निदेशक प्रो० लता पाण्डे द्वारा उपस्थित सभी वक्ताओं एवं प्रतिभागियों का स्वागत किया गया।

सर्वप्रथम वेबिनार को कुलपति कुमाऊँ विश्वविद्यालय नैनीताल द्वारा सम्बोधित किया गया, कुलपति महोदय ने वेबिनार के उद्देश्यों एवं इसकी प्रासंगिकता पर प्रकाश डाला साथ ही विभाग द्वारा इतने कम समय में इतने उत्कृष्ट कार्यक्रम के आयोजन पर उन्हें बधाई दी एवं उनका उत्साहवर्धन किया वेबिनार में अध्यक्ष श्री आशुतोष पाण्डे जी ने सभी प्रतिभागियों को सम्बोधित किया इन्होंने अपने सम्बोधन में कहा कि महिलाएँ दूसरों के साथ-साथ स्वयं के स्वास्थ्य एवं पोषण पर भी ध्यान दें, क्योंकि अकसर महिलाएँ स्वयं की स्वास्थ्य एवं पोषण सम्बन्धी आवश्यकताओं की उपेक्षा करती हैं एवं ग्रामीण क्षेत्रों की महिलाएँ स्वास्थ्य एवं पोषण की दृष्टि से एक सवेदनशील समूह हैं।

डॉ० रश्मि पन्त (मुख्य चिकित्सा अधिकारी नैनीताल) ने प्रजनन आयु वर्ग की महिलाओं की सामान्य स्वास्थ्य समस्याओं से प्रतिभागियों को सविस्तार अवगत कराया, प्रो० दीक्षा कपूर (प्रोफेसर पोषण विभाग इग्नू नई दिल्ली) द्वारा प्रजनन आयु वर्ग के महिलाओं हेतु उचित पोषण, रीता सिंह रघुवंशी (प्रोफेसर गोविन्द बल्लभ पन्त कृषि एवं प्रौद्योगिकी विश्वविद्यालय

पन्त नगर) ने छुपी भूख तथा प्रजनन आयु वर्ग के महिलाओं में इनके परिणाम एवं भविष्य हेतु मार्ग, श्रीमती पवन रेखा शर्मा (पोषण परामर्शदाता न्यू जर्सी अमेरिका) ने प्रजनन आयु वर्ग की महिलाओं के मानसिक स्वास्थ्य एवं इसका आहार एवं पोषण से सम्बन्ध पर अपना वक्तव्य दिया एवं प्रतिभागियों को स्वास्थ्य एवं पोषण सम्बन्धी अति महत्वपूर्ण जानकारी दी। बाल विकास कार्यक्रम अधिकारी (हल्द्वानी) रेनू मर्तोलिया ने महिलाओं हेतु चलायी जा रही विभिन्न सरकारी योजनाओं पर प्रकाश डाला, डॉ० पंकज शाह ने मानव स्वास्थ्य एवं खाद्य पदार्थों में पाये जाने वाले पादप रसायनों पर अपना वक्तव्य दिया, डॉ० हिमांशु पाण्डे ने महिला स्वास्थ्य एवं पोषण में प्रोटीन की भूमिका विषय पर अपना वक्तव्य दिया। इस अन्तर्राष्ट्रीय वेबिनार हेतु देश- विदेश से कई उत्कृष्ट वक्ता जुड़े थे, वेबिनार में अमेरिका, इजराइल एवं ओमान से वक्ता जुड़े थे, वेबिनार का क्षेत्र काफी व्यापक था तथा इसमें 900 से अधिक प्रतिभागियों ने पंजीकरण कराया। सभा का संचालन डॉ० छवि आर्या द्वारा किया गया। श्रीमती अनुलेखा बिष्ट (जिला कार्यक्रम अधिकारी), प्रो० युगुल जोशी, श्रीमती शिल्पा (सी० डी० पी० ओ० रामनगर), कुमारी गुजन तिवारी, दिव्या, कृतिका बिष्ट, श्रीमती बबीता आयोजन समिति के सदस्य रहे, वेबिनार के आयोजन में गृह विज्ञान विभाग के सभी सदस्यों श्रीमती इन्द्रा पन्त, श्रीमती हीरा पाण्डे एवं श्रीमती पुष्पा मैठानी ने अपना सहयोग प्रदान किया। वेबिनार के अन्त में डॉ० छवि आर्या द्वारा सभी को धन्यवाद ज्ञापित किया गया।

One Day International Webinar

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On

**“HOLISTIC HEALTH AND NUTRITIONAL
ISSUES OF REPRODUCTIVE AGE GROUP
WOMEN”**

on the occasion of

NATIONAL NUTRITION MONTH 2021

“FEEDING SMART RIGHT FROM THE START”

ORGANISED BY :

DEPARTMENT OF HOME SCIENCE

D.S.B. CAMPUS, Kumaun University, Nainital

(Under the Aegis of **National Commission for Women**)

18th September 2021



Patron

Prof. N.K. Joshi

Vice Chancellor, Kumaun University, Nainital



Director

Prof. Lata Pande

Head, Department of Home Science
D.S.B. Campus, Kumaun University
Nainital



Chair Person

Mr. Ashutosh Pande

Senior Research Officer
National Commission for Women
G.O.I., New Delhi



Convener

Dr. Chhavi Arya

Assistant Professor
Department of Home Science
D.S.B. Campus, Kumaun University
Nainital

About National Commission for Women (NCW)

The National Commission for Women was established in January 1992 and functions to empower women and to improve their status in the society. It is a commission having the authority to review constitutional safeguard of women in the country. The commission addresses legal safeguards of women and suggests remedial legislative measures. It also advises government on the policy matters pertaining to women.

About the Department

The Department of Home Science was established at D.S.B. Campus, Kumaun University, Nainital, in the year 1989. The department was started at B.A. level with Home Science as one of the subjects among other subjects offered by the Faculty of Arts. The department is working actively for the academic and all the round development of female students.

The department has been working for the welfare and upliftment of women since past 20 years and has been conducting women welfare and empowerment programmes along with ICDS, Ministry of Women and Child Development, Government of India. The department is committed for the welfare of young women.

Speakers



Dr. Rashmi Pant
Additional CMO, Nainital



Prof. Deeksha Kapur
Discipline of Nutritional Sciences
School of Continuing Education, IGNOU



Dr. Pawan Rekha Sharma
RDN & Certified Diabetes
Educator, Fairfield, New Jersey



Prof. Rita Singh Raghuvanshi
Former Dean, College of Home Science
G.B. Pant University of Agriculture and
Technology, Pantnagar



Dr. Renu Martolia
CDPO, Haldwani Urban



Dr. Pankaj Sah
University of Technology & Applied Sciences
Muscat, Sultanate of Oman



Dr. Himanshu Pandey
Postdoctoral Research Fellow
Ben-Gurion University, Israel

Advisory Committee

Dr. Rajendra Dobhal, Director General, State council for Science & Technology,
Govt. of Uttarakhand

Dr. K.D. Purohit, Advisor, RUSA, Uttarakhand

Prof. Kamal Kishor Pande, Principal, S.B.S. Govt. P.G. College, Rudrapur, Uttarakhand

Prof. Harish Bisht, Head, Department of Zoology, D.S.B. Campus, Kumaun University, Nainital

Organising Committee

Mrs. Anulekha Bisht, District Programme Officer, Nainital

Dr. Yugal Joshi, Information Scientist, D.S.B. Campus, Kumaun University

Ms. Shilpa, CDPO, Ramnagar

Co-opted Members of Organising Committee

Ms. Gunjan Tewari, Department of Home Science

Ms. Divya, Department of Home Science

Ms. Kritika Bisht, Department of Home Science

Mrs. Babita, Department of Home Science

Last date of Registration - 17th September 2021

How to join webinar:

- > Registration form link will be provided via WhatsApp/E-mail or Click in the link below:

https://docs.google.com/forms/d/e/1FAIpQLSfGN05bMjCd-rbyc7SwKALL1x4owk2O0VIGTAyFore-4cH3jg/viewform?usp=sf_link

**** Students, women participants, academicians, dietitians, CDPO's, ICDS Supervisors
Anganwadi workers and those working for the welfare of women can attend.**

**** The webinar will mainly focus on rural women of reproductive age group and adolescent girls.**

- > Google meet App will have to be downloaded via Playstore.
- > Google meet meeting link will be sent via Whatsapp/mail before meeting.
- > By Clicking on that link received via Whatsapp/mail, Participants will be able to join the webinar.

The Webinar will be live streamed through facebook/You Tube

For Query, Kindly Contact:

Dr. Chhavi Arya

Contact No.: 9411198726

E-certificate will be distributed to all registered participants

12:12

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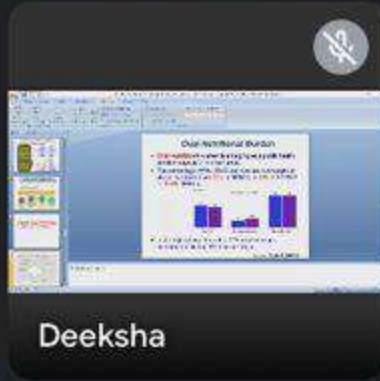
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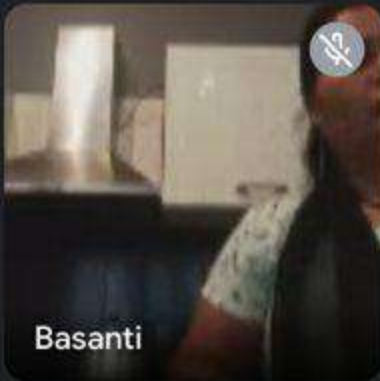
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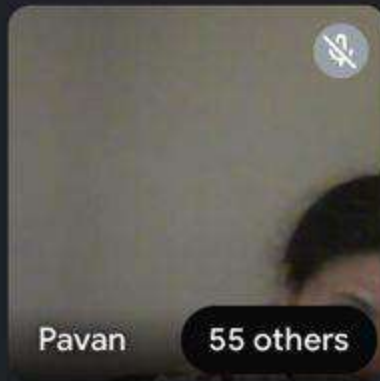
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Online National Workshop on Research Methodology

Report

The Department of Political Science at Kumaun University Nainital organized a five-day Online National Workshop on Research Methodology from 3rd March to 8th March 2021. The workshop aimed to enhance participants' understanding of research methodologies in the field of social science and provided a platform for sharing knowledge and experiences among scholars, researchers, and students.

Objectives: The workshop had the following objectives:

- To familiarize participants with various research methods and techniques.
- To explore the application of research methodologies in social science.
- To provide insights into the research design, data collection, and analysis techniques.
- To promote interaction and knowledge exchange among participants.

Format: The workshop was conducted entirely online, adhering to the prevailing COVID-19 safety guidelines. Google Meet, a popular video conferencing platform, was used for hosting the event. The online format allowed participants from diverse geographical locations to attend the workshop conveniently.

Resource Persons: Eminent academicians and researchers in the field of social science were invited as resource persons. Their expertise covered a wide range of research methodologies, including quantitative, qualitative, and Scientific method approaches, etc.

The Resource Persons included:

1.	Prof. M.P Dube	Formation of Hypothesis, Scientific Method	Former VC Rajarshi Tandon Open University, Allahabad, Uttar Pradesh
2.	Prof. Amit Kumar Singh	Qualitative and Quantitative Research, Survey & Sampling in Social Science	
3.	Prof. Neeta Bora Sharma	Selection of Research Problem, Research Ethics	Head & Convener Department of Political Science

4.	Prof. Madhurendra Kumar	Research Design	Former Head, Department of Political Science
5.	Prof. Kalpana Agrahari	Issues of Plagiarism in Research, Citations & References	Professor, Department of Political Science
6.	Prof. Divya U Joshi	Research Project Writing.	Duty Director, UGC-HRDC, Kumaun University, Nainital

Day 1: On 3 March 2021 at 11: 00 Am a distinguished academic and researcher, Prof. M.P Dube, delivered an enlightening lecture on the topic of "Formation of Hypothesis." The lecture was organized by the Department of Political Science, and it attracted a diverse audience of students, faculty members, and researchers eager to gain insights into the process of hypothesis formation in scientific research. Prof. Dube's vast expertise in the field of scientific inquiry made the lecture highly anticipated, and it proved to be an intellectually stimulating event.

Prof. Dube commenced the lecture by providing a brief overview of the significance of hypothesis formation in the scientific method. He emphasized that the formation of a hypothesis serves as the foundation for any research endeavor, as it sets the direction and guides the investigation toward a specific goal. Prof. Dube highlighted that the formation of a well-constructed hypothesis is crucial in facilitating the gathering of relevant data and drawing meaningful conclusions.

The lecture delved into the definition of a hypothesis and its characteristics. Prof. Dube explained that a hypothesis is a proposed explanation for an observable phenomenon, based on limited evidence or prior knowledge. It is essential for hypotheses to be falsifiable, meaning they can be tested and proven wrong through empirical observations or experiments. A non-falsifiable hypothesis lacks scientific validity as it cannot be confirmed or refuted through evidence.

Prof. Dube outlined the essential steps involved in formulating a hypothesis:

Observation: The initial step is to observe a phenomenon or gather relevant data from previous studies. Observations often lead researchers to question why certain patterns or relationships exist.

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Literature Review: Before creating a hypothesis, researchers must conduct a comprehensive literature review to understand the existing knowledge and theories related to the observed phenomenon. This step helps in identifying gaps in the current understanding, which can lead to the formulation of relevant research questions.

Defining Variables: Researchers must clearly define the variables involved in the study. A hypothesis typically consists of an independent variable (the factor being manipulated or studied) and a dependent variable (the outcome being measured or observed).

Background Knowledge: Prof. Dube stressed the importance of drawing on existing knowledge and theories when forming a hypothesis. This ensures that the hypothesis aligns with the current body of scientific understanding.

Predictive Statement: A well-constructed hypothesis must include a predictive statement, suggesting the expected outcome of the research or experiment. This prediction becomes the focus of the investigation.

Throughout the lecture, Prof. Dube presented several examples and case studies illustrating successful and unsuccessful hypotheses. These real-life examples brought clarity to the concept of hypothesis formation and demonstrated how hypotheses contribute to the progress of scientific research.

Prof. M.P Dube's lecture on the "Formation of Hypothesis" provided valuable insights into the crucial role of hypothesis in scientific inquiry. The lecture emphasized the significance of clear observation, comprehensive literature review, and predictive statements in constructing a robust hypothesis. Attendees left the lecture with a deeper understanding of hypothesis formation and its implications for advancing knowledge in various fields of research.

Day 1: After the Break at 2: 00 pm Prof. Dube commenced the lecture by defining the scientific method as a systematic approach to inquiry and problem-solving used by scientists to understand natural phenomena and make empirical discoveries. He highlighted that the scientific method involves a series of steps designed to ensure objectivity, reliability, and reproducibility in scientific investigations.

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Key Steps in the Scientific Method:

Observation: Prof. Dube emphasized the significance of keen observation as the starting point of any scientific inquiry. Observations help identify patterns, discrepancies, or phenomena that warrant investigation.

Question Formulation: Following the observation, scientists frame specific and testable questions that address the identified phenomena. Prof. Dube highlighted the importance of well-defined and focused questions to guide the research process effectively.

Hypothesis Development: The lecture delved into the formulation of hypotheses, which are educated guesses or predictions that attempt to explain the observed phenomena. Hypotheses should be falsifiable, allowing for empirical testing and potential rejection or acceptance.

Experimentation: Prof. Dube stressed the central role of experiments in the scientific method. Controlled experiments, with independent and dependent variables, enable researchers to test their hypotheses and gather empirical evidence.

Data Collection and Analysis: The lecture emphasized the importance of rigorous data collection and unbiased analysis. Prof. Dube discussed various methods of data collection and the significance of statistical analysis to draw meaningful conclusions.

Results and Conclusion: Once the data analysis is complete, scientists draw conclusions based on the evidence gathered during experimentation. These conclusions may either support or refute the initial hypothesis.

Reproducibility and Peer Review: Prof. Dube emphasized two vital aspects of the scientific method: reproducibility and peer review. Reproducibility ensures that scientific experiments and findings can be independently verified by other researchers, increasing the reliability of the results. Peer review, on the other hand, involves the evaluation of research papers by experts in the field before publication, ensuring the quality and accuracy of scientific literature.

Application in Various Fields: Throughout the lecture, Prof. Dube provided examples of how the scientific method is applied across diverse scientific disciplines, such as physics, biology, chemistry, and psychology. He highlighted that regardless of the field, adherence to the scientific method ensures the integrity and credibility of research.

Prof. M.P Dube's lecture on the scientific method was a compelling and enlightening experience. Attendees gained a profound understanding of the systematic approach scientists undertake to unravel the mysteries of the natural world. The lecture's emphasis on observation, hypothesis formulation, experimentation, data analysis, and peer review reinforced the importance of adhering to rigorous scientific principles for meaningful and reliable discoveries. Prof. Dube's expertise and engaging presentation style made the lecture an educational and enriching experience for all participants. This lecture will undoubtedly inspire future researchers to approach their work with a well-structured and testable hypothesis, contributing to the advancement of scientific knowledge.

Day 2: On 4 March 2021, Prof. Amit Kumar Singh delivered an engaging and insightful online lecture on the topic of "Qualitative and Quantitative Research." The lecture aimed to provide an in-depth understanding of the fundamental differences between qualitative and quantitative research methods, their respective strengths and weaknesses, and their applications in various academic and professional fields.

Prof. Amit Kumar Singh began the lecture by introducing the audience to the importance of research methodologies in academia, industry, and various other domains. He emphasized that the choice between qualitative and quantitative methods depends on the research objectives and the nature of the research questions.

The professor explained that qualitative research focuses on understanding the deeper meanings and complexities of human experiences, behaviors, and social phenomena. It relies on methods such as interviews, focus groups, observations, and content analysis. Prof. Singh highlighted that qualitative research is exploratory in nature and is well-suited for gaining insights into subjective experiences and cultural contexts.

In contrast, quantitative research involves the collection and analysis of numerical data to establish statistical relationships and patterns. It employs surveys, experiments, and structured observations to gather data. Prof. Amit Kumar Singh stressed that quantitative research aims to provide objective and measurable results, allowing for generalizations and statistical inference.

The lecture delved into the specifics of data collection techniques for both qualitative and quantitative research. Prof. Singh explained that qualitative data is often textual or visual and requires rigorous methods of analysis, such as thematic analysis or grounded theory. For

quantitative research, data is typically numerical and undergoes statistical analysis, including descriptive and inferential statistics.

The professor highlighted the strengths and weaknesses of both research methodologies. Qualitative research allows for in-depth exploration and richer understanding of complex phenomena but might lack generalizability. On the other hand, quantitative research provides statistical rigor and generalizability but may miss the nuances present in qualitative approaches.

Prof. Amit Kumar Singh introduced the concept of mixed methods research, where researchers combine both qualitative and quantitative approaches to complement each other's weaknesses. This allows for a more comprehensive and holistic understanding of research topics.

The lecture covered the real-world applications of both research methods across various disciplines such as psychology, sociology, marketing, healthcare, and education. Prof. Singh showcased exemplary studies and their contributions to the respective fields.

Prof. Amit Kumar Singh's online lecture on "Qualitative and Quantitative Research" successfully provided a comprehensive overview of the two fundamental research methodologies. Attendees gained valuable insights into the strengths and weaknesses of each approach and their diverse applications in different fields. The lecture has undoubtedly equipped the audience with the essential knowledge to make informed decisions while conducting research in their respective areas of interest. Overall, the lecture was an enlightening and enriching experience for all participants.

Day 2: In the Second Session, an insightful and informative online lecture on "**Survey & Sampling in Social Science**" was delivered by Prof. Amit Kumar Singh, a renowned expert in the field of social science research. Prof. Amit Kumar Singh commenced the session by providing an overview of the importance of surveys and sampling methods in social science research. He emphasized that these techniques play a crucial role in collecting accurate and representative data, enabling researchers to make informed decisions and draw valid conclusions about various social phenomena.



Key Points Covered:

Introduction to Survey Research: The lecture began with an introduction to survey research, its purpose, and how it differs from other research methodologies. Prof. Amit Kumar Singh explained the advantages and limitations of using surveys in social science research.

Types of Surveys: Various types of surveys, such as cross-sectional, longitudinal, and retrospective surveys, were discussed in detail. The presenter highlighted the suitability of each type based on the research objectives and the target population.

Survey Design: The audience was guided through the process of designing effective survey questionnaires. Prof. Amit Kumar Singh stressed the importance of clear and unambiguous questions to avoid response biases and enhance data quality.

Sampling Methods: One of the critical aspects of the lecture was the comprehensive explanation of various sampling techniques employed in social science research, including probability and non-probability sampling methods. The advantages and disadvantages of each method were outlined, helping participants understand when to use a particular approach.

Sample Size Determination: Understanding the significance of determining an appropriate sample size, Prof. Amit Kumar Singh elucidated the factors influencing sample size calculation and how to ensure it provides reliable results.

Data Collection and Analysis: The lecturer discussed the methods of data collection commonly used in survey research, such as online surveys, face-to-face interviews, and telephone surveys. Additionally, participants were acquainted with different data analysis techniques, including descriptive and inferential statistics.

Ethical Considerations: Prof. Amit Kumar Singh emphasized the importance of adhering to ethical guidelines when conducting surveys involving human participants. He addressed issues related to informed consent, confidentiality, and ensuring the welfare of respondents.

Q&A Session:

Following the presentation, a lively and engaging question-and-answer session took place. Participants enthusiastically asked Prof. Amit Kumar Singh various questions, seeking clarification on complex sampling techniques, data analysis tools, and best practices for survey implementation.

Overall, the lecture was a resounding success, and the participants expressed their gratitude to Prof. Amit Kumar Singh for sharing his expertise and knowledge on this important subject. The event served as an inspiration for future endeavors in the realm of social science research, ensuring a more informed and methodologically sound approach to conducting surveys and sampling techniques.

Day 3: On 5 March 2021, Prof. Neeta Bora Sharma's online lecture on the topic of "Selection of Research Problem." The aim of the lecture was to provide valuable insights and guidance on the crucial process of selecting a research problem for academic pursuits. Prof. Neeta Bora Sharma, a distinguished scholar, and expert in the field presented the session. Prof. Neeta Bora Sharma's lecture provided valuable insights that are summarized as follows:

Importance of Selecting a Research Problem

The lecture emphasized the significance of selecting an appropriate research problem, as it forms the foundation of any academic study. A well-chosen research problem not only makes the research meaningful but also adds value to the existing body of knowledge.

Characteristics of a Good Research Problem

The speaker elucidated the characteristics that define a good research problem. These include being relevant, feasible, researchable, original, and having potential significance in the relevant field of study. Prof. Sharma stressed the need for clarity and specificity when formulating the research problem to avoid ambiguity.

Generating Research Ideas

Various techniques for generating research ideas were discussed during the lecture. These techniques ranged from literature review and brainstorming to consulting experts in the field and observing real-world problems. Prof. Sharma encouraged attendees to explore diverse sources to ensure a comprehensive understanding of potential research areas.

Narrowing Down the Scope

To prevent the research problem from being too broad or too narrow, Prof. Sharma shared effective strategies for narrowing down the scope of research. By setting clear research

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objectives and asking relevant questions, researchers can refine their focus and enhance the quality of their study.

Ethical Considerations

Ethical considerations play a vital role in research problem selection. Prof. Sharma stressed the importance of ensuring that the chosen research problem aligns with ethical standards, respects the rights of participants, and adheres to relevant guidelines and regulations.

Avoiding Pitfalls

The lecture highlighted common pitfalls researchers might encounter during the problem selection process. Some of these pitfalls include selecting problems with insufficient available data, biases in problem selection, and neglecting the potential impact of the research on society.

Prof. Neeta Bora Sharma's online delivered lecture on the Selection of Research Problem was a highly informative and insightful session. Attendees gained a deeper understanding of the importance of choosing an appropriate research problem, the key characteristics of a good problem, techniques for idea generation, scope narrowing, ethical considerations, and pitfalls to avoid. The lecture proved to be beneficial for both novice researchers and experienced scholars looking to enhance their research methodology.

The knowledge shared by Prof. Sharma is invaluable for researchers, as it provides a strong foundation for conducting meaningful and impactful academic studies. The lecture undoubtedly contributed to the academic and research community's growth and serves as a valuable resource for future reference.

Day 3: In the Second Session, Prof Sharma's lecture commenced with an introduction to research ethics, emphasizing its significance in maintaining the integrity and credibility of scientific investigations. Prof. Sharma highlighted the role of ethical guidelines in ensuring the protection of research participants and maintaining the public's trust in scientific findings. The lecture outlined the core ethical principles that researchers must adhere to, including:

- i. **Respect for Autonomy:** Researchers must obtain informed consent from participants, ensuring they understand the purpose of the study and their rights.

ii. **Beneficence:** Researchers are obligated to maximize benefits and minimize potential harms to participants.

iii. **Justice:** Ensuring fairness in participant selection and distribution of benefits and burdens of research.

iv. **Integrity:** Upholding honesty, accuracy, and transparency in all research practices.

Ethical Review Process: Prof. Sharma explained the importance of ethical review boards and the process of obtaining ethical approval for research projects. She discussed the significance of thorough and thoughtful reviews to address potential ethical concerns in research protocols.

Data Management and Privacy: The lecture delved into the responsible handling of data, emphasizing the need to protect participants' privacy and confidentiality. Prof. Sharma discussed data anonymization, storage, and disposal practices to ensure data security.

Plagiarism and Publication Ethics: Prof. Sharma touched upon the ethical issues related to plagiarism and emphasized the importance of giving proper credit to other researchers' work. Additionally, she addressed publication ethics, such as the significance of accurate reporting of findings and avoiding fraudulent practices.

Case Studies and Real-Life Examples: Throughout the lecture, Prof. Sharma incorporated relevant case studies and real-life examples to illustrate the complexities and dilemmas researchers may face concerning research ethics. These examples helped participants understand how to apply ethical principles in practical research situations.

Q&A Session: After the main presentation, Prof. Neeta Bora Sharma conducted an interactive question and answer session. Participants had the opportunity to seek clarifications, share their insights, and discuss specific ethical challenges they encountered in their own research.

Prof. Neeta Bora Sharma's online lecture on Research Ethics was an insightful and engaging session that provided a comprehensive understanding of the importance of research ethics in the scientific community. Her expertise, along with the inclusion of case studies and real-life examples, made the lecture highly informative and relevant. Participants left the session with a heightened awareness of the ethical responsibilities that researchers carry and the significance of upholding ethical standards in all stages of the research process.



Day 4: On 6 March 2021, at 11 Am Prof. Madhurendra Kumar's online delivered lecture on Research Design. The lecture was conducted to introduce participants to the fundamental concepts, methodologies, and techniques related to research design, a crucial aspect of any research study. Prof. Madhurendra Kumar, an esteemed academic and expert in the field, shared valuable insights during the online session. The primary objective of the lecture was to enhance the participants' understanding of research design and equip them with the necessary knowledge to design and conduct rigorous research projects effectively.

Key Points Covered:

Introduction to Research Design: Prof. Kumar began the lecture by providing a comprehensive overview of research design. He emphasized its significance in guiding the entire research process and ensuring the validity and reliability of the study's findings.

Types of Research Designs: The lecture covered various types of research designs, including experimental, quasi-experimental, correlational, descriptive, and exploratory designs. Prof. Kumar highlighted the advantages and limitations of each design, enabling the participants to make informed decisions based on their research objectives.

Formulating Research Questions and Hypotheses: The process of formulating clear and testable research questions and hypotheses was discussed in detail. Prof. Kumar stressed the importance of precise and measurable questions in guiding the research design.

Variables and Measurement: Understanding the concepts of independent and dependent variables and selecting appropriate measurement techniques were explained. The participants learned about the importance of operational definitions to ensure consistency and accuracy in data collection.

Sampling Techniques: The lecture covered various sampling methods, such as random sampling, stratified sampling, and convenience sampling. Prof. Kumar discussed the strengths and weaknesses of each technique and emphasized the importance of selecting the most suitable method for a particular study.

Data Collection Methods: Participants were introduced to various data collection methods, including surveys, interviews, observations, and secondary data sources. Prof. Kumar explained the nuances of each method and highlighted the significance of choosing the most appropriate method based on research objectives.

Validity and Reliability: The lecture delved into the concepts of validity and reliability in research design. Prof. Kumar emphasized the need for ensuring that research instruments and procedures yield consistent and accurate results.

Ethical Considerations: The lecture touched upon the ethical considerations in research, including informed consent, confidentiality, and avoiding harm to participants. Prof. Kumar underscored the importance of conducting research in an ethical and responsible manner.

Prof. Madhurendra Kumar's online delivered lecture on Research Design proved to be highly informative and engaging. Participants gained valuable insights into the different aspects of research design, enabling them to make informed decisions while planning and conducting their research projects. The lecture effectively covered various types of research designs, variables, measurement techniques, sampling methods, and ethical considerations, enhancing the participant's understanding of the research process as a whole.

Overall, the lecture successfully achieved its objective of equipping attendees with the essential knowledge required to design and execute research studies effectively and ethically. The participants expressed their gratitude for the opportunity to learn from a seasoned expert in the field, and many indicated that they felt more confident in their research endeavors after attending Prof. Kumar's lecture.

Day 4, In the Second Session, Prof. Kalpana Agrahari, an eminent scholar in the field of academia, delivered an insightful online lecture on the critical topic of **"Issues of Plagiarism in Research."** The lecture aimed to raise awareness among researchers, students, and academicians about the ethical concerns surrounding plagiarism and its impact on the credibility of research work. The key points covered in the lecture highlight the importance of promoting originality and integrity in scholarly pursuits.

Key Points Covered:

Defining Plagiarism: Prof. Agrahari commenced the lecture by providing a comprehensive definition of plagiarism. She explained that plagiarism is the act of using someone else's work, ideas, or intellectual property without proper acknowledgment or permission, presenting it as one's own. This can include text, ideas, images, data, or any other form of intellectual property.



Types of Plagiarism: The speaker elaborated on various types of plagiarism, ranging from direct copy-pasting to paraphrasing without proper citation. Self-plagiarism, where researchers reuse their own work without proper attribution, was also discussed. Prof. Agrahari emphasized the importance of understanding these different forms of plagiarism to avoid accidental infringement.

Consequences of Plagiarism: Prof. Agrahari highlighted the severe consequences of plagiarism, both for individual researchers and the academic community as a whole. These consequences can include damage to one's reputation, loss of credibility, legal ramifications, and even expulsion or termination from academic institutions.

Understanding the Causes: In this segment, the speaker explored the underlying reasons that lead researchers to commit plagiarism. Factors such as pressure to publish, lack of time management, inadequate knowledge of citation guidelines, and unethical research practices were discussed. By understanding these causes, Prof. Agrahari aimed to sensitize the audience to the need for promoting a culture of academic integrity.

Preventing Plagiarism: The lecture then shifted toward strategies to prevent plagiarism effectively. Prof. Agrahari stressed the importance of education and awareness about proper citation practices and the use of plagiarism detection tools. She encouraged researchers to maintain clear records of their sources and to seek guidance from mentors or colleagues when in doubt.

Promoting Academic Integrity: Promoting a culture of academic integrity was a key theme throughout the lecture. Prof. Agrahari emphasized that fostering a supportive and ethical academic environment is crucial to discouraging plagiarism. This can be achieved by setting clear expectations, providing mentorship, and recognizing and celebrating original contributions.

Case Studies: To reinforce the concepts discussed, Prof. Agrahari presented real-life case studies of plagiarism in research. These examples showcased the devastating impact of academic misconduct on researchers' careers and the importance of upholding ethical research standards.

Q&A Session: The lecture concluded with an interactive Q&A session, where participants had the opportunity to seek clarifications and share their insights. Prof. Agrahari addressed various

queries related to plagiarism detection tools, copyright issues, and best practices for avoiding unintentional plagiarism.

Prof. Kalpana Agrahari's online lecture on issues of plagiarism in research proved to be a highly informative and thought-provoking session. By shedding light on the various aspects of plagiarism, its consequences, and preventive measures, the lecture underscored the significance of academic integrity in the research community. It is incumbent upon researchers, educators, and institutions to uphold the highest ethical standards to ensure the credibility and advancement of scholarly pursuits.

Day 5: On 8 March 2021, Prof. Kalpana Agrahari delivered an online lecture on the importance of references and citations in research. The lecture aimed to provide valuable insights into the significance of proper referencing and citation practices in academic writing, ensuring the integrity and credibility of research work. This report summarizes the key points covered in the lecture.

1. Understanding References and Citations

Prof. Agrahari began the lecture by explaining the fundamental difference between references and citations. References refer to the sources or literature that a researcher consults while conducting their study, while citations are specific mentions of these sources within the text of a research paper. References are listed at the end of the paper in a bibliography or reference list, while citations occur within the text to acknowledge the original authors' work.

2. Importance of References and Citations

The presenter emphasized the critical role that references and citations play in academic research. They serve several purposes, including:

a. **Supporting Claims:** Properly citing credible sources lends support and validity to the claims made in a research paper. It allows readers to verify the information and build trust in the presented findings.

b. **Avoiding Plagiarism:** Accurate citations give credit to the original authors and prevent instances of plagiarism. Plagiarism is a serious academic offense that can lead to severe consequences for researchers.



c. **Building on Existing Knowledge:** References provide readers with avenues to explore further on the topic and understand the context in which the research was conducted. It also shows how the current work builds on existing knowledge.

d. **Establishing Research Rigor:** Including a comprehensive list of references demonstrates the researcher's commitment to conducting a thorough literature review and adds credibility to the research.

3. Referencing Styles and Formats

Prof. Agrahari discussed various referencing styles commonly used in academic writing, such as APA (American Psychological Association), MLA (Modern Language Association), Chicago, and Harvard. Each style has its unique guidelines for citing different types of sources, including books, journal articles, websites, and more.

4. Tips for Effective Referencing and Citation

The lecture included practical tips for researchers to improve their referencing and citation practices:

a. **Consistency:** Researchers should adhere to a specific referencing style consistently throughout their paper.

b. **Verify Sources:** Before citing a reference, researchers must verify the accuracy and credibility of the source to avoid disseminating misinformation.

c. **Use Citations Appropriate to the Content:** Direct quotations, paraphrasing, and summarizing should be used judiciously based on the context of the research.

d. **Cite Primary Sources:** Whenever possible, it is best to cite the original source rather than citing a secondary source that cites the original.

5. Common Mistakes in References and Citations

The lecture highlighted some common mistakes researchers make in referencing and citations:

a. **Incomplete Citations:** Failing to provide all necessary information for a citation, such as page numbers or publication dates.

b. **Over-reliance on Internet Sources:** Overusing web sources without cross-referencing with peer-reviewed literature.

c. **Mismatched In-text Citations and References:** Ensuring that every in-text citation has a corresponding entry in the reference list, and vice versa.

Prof. Kalpana Agrahari's lecture on references and citations in research provided valuable insights into the importance of these elements in academic writing. By understanding the significance of proper referencing and citation practices, researchers can enhance the credibility and impact of their work while upholding academic integrity. The practical tips and common mistakes highlighted in the lecture offer researchers valuable guidance to improve their referencing skills and produce high-quality research papers.

Day 5, In the Second Session, Prof. Divya U Joshi, a distinguished expert in the field of academia and research, conducted an online lecture on the topic of "Research Project Writing." The lecture aimed to equip participants with the essential skills and knowledge required to effectively plan, execute, and present a research project. The key points covered during the lecture provide an evaluation of its overall effectiveness. The lecture spanned approximately 2 Hours and was conducted via a virtual platform accessible to registered participants. Prof. Divya U Joshi's academic background and expertise in research project management lent credibility to the lecture.

Key Topics Covered

The lecture was comprehensive, covering various critical aspects of research project writing, including:

a. **Understanding Research Projects:** Prof. Joshi provided a clear definition and purpose of research projects, highlighting their importance in contributing to the advancement of knowledge and addressing real-world problems.

b. **Selecting a Research Topic:** Participants were guided through the process of selecting an appropriate and meaningful research topic, considering personal interests, relevance, and originality.

- c. **Literature Review:** Prof. Joshi emphasized the significance of conducting a thorough literature review to identify gaps in existing knowledge and how to effectively integrate relevant sources into the research.
- d. **Research Methodology:** The lecture delved into different research methodologies and data collection techniques, assisting participants in choosing the most suitable approach for their projects.
- e. **Data Analysis and Interpretation:** Prof. Joshi explained various methods of data analysis and offered insights into interpreting research findings accurately.
- f. **Ethical Considerations:** Participants were reminded of the ethical responsibilities associated with research projects, including obtaining informed consent, maintaining confidentiality, and avoiding plagiarism.
- g. **Structuring the Research Project:** The lecture provided a framework for structuring a research project, including the proper organization of chapters and sections.
- h. **Citation and Referencing:** Prof. Joshi stressed the importance of proper citation and referencing, emphasizing various citation styles commonly used in academic writing.
- i. **Effective Presentation Skills:** The lecture touched upon strategies for delivering compelling presentations and defending the research project before an academic audience.

4. Teaching Methodology and Engagement

Prof. Joshi employed a dynamic teaching methodology, combining informative slides, interactive quizzes, and real-world examples. She encouraged active participation from attendees, addressing their queries and fostering a collaborative learning environment.

The online lecture delivered by Prof. Divya U Joshi on Research Project Writing was highly informative, engaging, and well-structured. Participants praised her expertise and ability to communicate complex concepts with clarity. The practical examples provided during the lecture resonated well with the audience, enhancing their understanding of the subject matter.

The lecture's interactive elements, such as quizzes and live Q&A sessions, ensured that participants remained engaged throughout the session. Prof. Joshi's passion for the topic was evident, inspiring attendees to pursue research projects with dedication and commitment.

Sessions and Discussions: The workshop was spread over five days, comprising multiple sessions each day. After each presentation, participants actively engaged in discussions and had the opportunity to ask questions, seek clarifications, and share their insights.

Interactive group activities, virtual brainstorming, and hands-on exercises were also organized to reinforce the concepts discussed during the workshop. Participants were encouraged to collaborate, work on research scenarios, and present their findings to receive valuable feedback from both the resource persons and their peers.

The Online National Workshop on Research Methodology organized by the Department of Political Science, Kumaun University Nainital, was highly enriching and insightful. Participants gained valuable knowledge and practical insights into different research methodologies applicable in the field of political science.

The workshop facilitated meaningful networking among scholars, researchers, and students, fostering a culture of continuous learning and collaboration. The organizing team's efforts, combined with the expertise of the resource persons, contributed to the success of the workshop in achieving its stated objectives.

The participants expressed their appreciation for the well-structured sessions and the opportunity to interact with distinguished experts in the field. Overall, the workshop undoubtedly played a significant role in enhancing the research acumen of attendees and promoting research excellence in the domain of political science.

In the end Prof. Neeta Bora Sharma, Head, Department of Political Science thanks all the delegates, resource persons, research scholars, and all faculty members of the department to make this event a great success.




Online National Workshop on Research Methodology

List of Participants

S. No	Name	Father Name	Subject
1.	Prakash Singh	Ganesh Singh	Economics
2.	Kritika Bisht	Girish Chandra Bisht	Home Science
3.	Mahendra Singh Negi	Mr Birendra Singh Negi	Tourism and Hospitality
4.	Shikha Vinwal	Mr. Joga Ram	Sociology
5.	Nitin Kumar	MR. P. L Arya	Tourism & Hospitality
6.	Prakhar Pandey	Mr. PRABHAKER PANDEY	Economics
7.	Radhika Devi	Sh. Rattan Lal	Political Science
8.	Abhijeet Singh	Baldev Singh	Sociology
9.	मेधा नैलवाल	श्री जीवानन्द नैलवाल	हिन्दी
10.	Gulshan Kumar	Mahesh Ram	Political Science
11.	Deepak Kumar	Mr. Tilog ram	History
12.	Sachin Arya	Bhim Ram	History
13.	Sneha Arya	Mr. Kamal Kishore Arya	Music
14.	Shraddha Srivastava	Vinod Kumar Srivastava	Sociology
15.	Anuradha Bhatt	Mr. Dinesh Chand Bhatt	Economics
16.	Divya	Mr Gajendra Ram	Home Science
17.	PIYUSH PREETAM ARYA	MR NAND KISHOR	History
18.	Kamlesh Chandra Pandey	Badri Dutt Pandey	Sociology
19.	नीतिका ताम्र	श्री रामपाल सिंह ताम्र	हिन्दी
20.	Nidhi	Mr. Parmanand Melkani	Home science

21.	Dhruv Pant	M. M. Pant	Sociology
22.	भगवती	श्री चंदन सिंह	हिंदी
23.	Purnima	Mr. Vinod Kumar Jatav	History
24.	Komal Pathak	Mr. M.C Pathak	Music
25.	Chandralok Kumar	Lalan Choudhary	Political Science
26.	Divya Sharma	Shiv Kumar	Economic
27.	Swarnima		economics
28.	Pallavi	Rajeev Kumar Sharma	Geography
29.	Bimal Kishor Tamang	Mon Prasad Tamang	Geography
30.	Hem Chandra Kothari	Mr. D.P. Kothyari	Geography
31.	Dhiraj Gurung	Rudra Pd. Gurung.	Political Science
32.	Richa Pande	Sanjeev Kumar Pande	English
33.	Deepa Rai	Rajendra Kumar Rai	Geography
34.	Rajesh	Bhaddu Ram	Geography
35.	Chetan Rajput	Buddhsen Rajput	Political Science
36.	रिता शर्मा	श्री ज्योतिराम शर्मा	हिंदी
37.	Pooja Arya	Jai Ram Arya	Geography
38.	Garima Pandey	Anand Ballabh Pandey	English
39.	Gaurav Bisht	Bhupal Singh Bisht	Music
40.	Kamal Joshi	Saroj Chandra Joshi	Music
41.	Avinash Jatav	Mr. Vinod Jatav	Political Science
42.	Satyendra Tiwari	Mr. Devi Prasad Tiwari	Political Science
43.	Pankaj Singh	Mr, Laxman Singh	Political Science


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3.3.2 - Number of workshops/seminars conducted on Research Methodology, Intellectual Property Rights (IPR), Entrepreneurship and Skill Development						
S. N.	Department	Year	Name of the workshop/ seminar	Number of Participants	Date From – To	Link to the Activity report on the website
1	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2022	An Expert Talk on "How to plan for Start-up and legal and ethical steps"	167	30/05/2022	https://www.kunainital.ac.in-event/Expert%20talk%20(Harsh%20Vardhan%20Pant).pdf
2	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2022	Rollar-coaster journey of a student to startup	159	13/06/2022	https://www.kunainital.ac.in-event/Impact%20Lecture%202%20(2)page-0001.jpg
3	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2022	How to do techno-entrepreneurship?	159	13/06/2022	https://www.kunainital.ac.in-event/Impact%20Lecture%201%20(2)page-0001.jpg
4	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2021	- Sensitization and motivation of freshmen UG students under Students Induction programme	85	08/10/2021	https://www.kunainital.ac.in-Annual-Report-2021-22.pdf
5	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2021	Motivational session by successful ientepreneur/startup founder	148	27/10/2021	https://www.kunainital.ac.in-Annual-Report-2021-22.pdf
6	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2021	Motivational session by sucessful innovator	54	12/11/2021	https://www.kunainital.ac.in-Annual-Report-2021-22.pdf
7	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2021	Problem solving and ideation workshop	54	13/11/2021	https://www.kunainital.ac.in-Annual-Report-2021-22.pdf

	IIC), Nainital					
8	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2022	E-Symposium on Building Innovation Ecosystem in Educational Institutions	20	11-01-2022 to 12-01-2022	https://www.kunainital.ac.in/-Annual-Report-2021-22.pdf
9	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2022	Expert talk on "Process of Innovation Development & Technology Readiness Level (TRL)" & "Commercialisation of Lab Technologies & Tech-Transfer	108	04/02/2022	https://www.kunainital.ac.in/-Annual-Report-2021-22.pdf
10	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2022	Workshop on Entrepreneurship Skill, Attitude and Behaviour Development	110	23/02/2022	https://www.kunainital.ac.in/-Annual-Report-2021-22.pdf
11	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2022	Workshop on Intellectual Property Rights and IP management for Startup	47	24/06/2022	https://www.kunainital.ac.in/-Annual-Report-2021-22.pdf
12	Kumaun University Innovation and Incubation Centre (KU-IIC), Nainital	2022	Field/Exposure Visit to Pre-incubation units such as Fab lab, Makers Space, Design Centres, City MSME clusters, workshops etc	32	24/02/2022	https://www.kunainital.ac.in/-Annual-Report-2021-22.pdf


 Director
 KU-IIC
 Kumaun University Nainital