

**Department of Home Science**  
**DSB Campus, Kumaun University, Nainital**

**Outcomes:**

- Women empowerment
- Skill development and enhancement
- Capacity building
- Entrepreneurial skill development
- Student centric job oriented course

**Infrastructural Facilities**

The department has good learning and teaching facilities like classrooms, Internet facility, Seminar Hall, Library, Cooking Lab and computers for academic purposes.

**Areas of Research:**

**1. Food and Nutrition**

The current thrust in foods and nutrition research of the department is in the following areas:

- Community nutrition-
  - a. Estimating nutritional status of various population groups residing in Uttarakhand
  - b. Special focus on women and child nutrition and nutritional problems of these age groups.
- Nutrition education
- Nutritional research on locally available and underutilized food resources
- Utilizing rare and locally available foods in food product development and food preservation

**2. Human Development**

This area focuses on study of persons through the life span with emphasis on micro and macro level environment like the social, cultural, biological and psychological processes that influence the overall development of individual.

The department has been working in the following areas of Human Development:

- Prospects of children with special needs,
- Guidance and counseling of children and parents
- Study of Women and child welfare schemes
- Study of Social welfare schemes
- Special focus on mental health of women, adolescent girls and young adults.
- Collaboration and evaluation of the activities of Non-governmental organization working in the field of child development within the state

### **3. Clothing and Textiles**

This area focuses on acquiring relevant skills in apparel designing, handicrafts, dyeing and printing.

Department has worked on the following areas:

- Participation of women belonging to Munshiyari region in woolen industry.
- Study of locally available natural dyes and fibers.
- Exploring existing employment generation avenues for women in the field of clothing, textiles and handicrafts.

### **4. Extension and Communication**

In this field of home science, the department has been actively conducting field surveys and several other extension related activities such as

- Educating the community on topics of health, hygiene and nutrition
- Developing instructional and educational material
- Adult education programmes through NSS
- Community visits
- Training and skill development of women and adolescent girls on utilizing locally available foods for product development, handicrafts and manufacture.

### **5. Family resource management**

The department has been working on the following areas of Family Resource Management:

- Housing and interior decoration

- Aspects of management of resources in family li

<b>Achievement of Home Science Department for 2015-16</b>	
1.	Expert lecture organised by the department on the topic:- <b>“Women Empowerment through skill development in textile related activities”</b> . Delivered by Prof. Alka Goel, Dean, College of Home Science, GBPUAT, Pantnagar.

<b>Achievement of Home Science Department for 2016-17</b>	
1.	Expert lecture organised by the department on the topic: <b>“Avenues in Home Science”</b> delivered by Pooja Talikoti, Professor and Head, Department of Home Science, University of Rajasthan, Jaipur.
2.	Participation of department in <b>10<sup>th</sup> UCOST Congress</b> and one faculty received young scientist award
3	Participation of department faculty and research scholars in various national and international seminars

<b>Achievement of Home Science Department for 2017-18</b>	
1.	The department is working for the welfare and upliftment of the community along with ICDS at state level since past 20 years in the following broad areas. <ul style="list-style-type: none"> <li>• <b>Kishori Shashaktikaran Yojana</b> which covers health, hygiene and nutrition component, under which lectures, workshops were organised for rural women at ATI Nainital, Bhimtal Vikas Bhawan, Bhimtal and Haldwani within the academic year 2017-18.</li> <li>• Women empowerment under which <b>training in entrepreneurial skill development is being provided to rural women</b> of Nainital district.</li> <li>• The department provided <b>training on food product development by the utilization of millets and coarse grains grown in Uttarakhand.</b></li> <li>• Awareness lectures were organized for women and adolescent girls on Phytofoods and Nutraceuticals.</li> </ul>
2.	Under ICDS, technical assistance training was provided by the department for the development of <b>Ready to Use Therapeutic Food (RUTF)</b> by the name <b>URJA</b> . This therapeutic food product (RUTF) was developed to cater to severely malnourished children attending AWC’s at Nainital district.
3	Lecture delivered by <b>Prof. Lata Pande</b> at ATI Nainital on <b>Health, Hygiene and Nutrition.</b>
4	Lecture delivered by <b>Prof. Lata Pande</b> at UOU on <b>Therapeutic Nutrition.</b>

<b>Achievement of Home Science Department for 2018-19</b>	
1.	Department organised expert lectures for students on the topic- <b>Vocational Avenues in Home Science</b> . This lecture was delivered by Dr. Bharti Singh, Director, Institute of Home Science, Agra.
2.	HOD Home Science, <b>Prof. Lata Pande</b> acted as convener Home Science at <b>UCOST Congress, 2019</b> , held at Dehradun.
3.	An expert lecture was organised by Home Science department on 25 <sup>th</sup> March on the topic <b>“Nutritional Diseases Prevalent in India and Healthy Diet”</b> . The lecture was delivered by <b>Prof. Sarita Srivastava</b> , Professor Food and Nutrition Department, College of Home Science, G.B. Pant University of Agriculture and Technology, Pantnagar.

<b>Achievement of Home Science Department for 2019-20</b>	
1.	On occasion of <b>National Nutrition Month</b> , Department of Home Science organised a two <b>day sensitization workshop on 2<sup>nd</sup> and 3<sup>rd</sup> September 2019</b> at DSB Campus, Kumaun University, Nainital in collaboration with district administration under <b>National Nutrition Programme</b> and <b>Beti Bachao Beti Pado.</b> The activities held on occasion of National Nutrition Month are as follows: <ol style="list-style-type: none"> <li>1. <b>Health camp for university students and staff</b></li> <li>2. <b>Expert lectures</b></li> <li>3. <b>Sensitization rally</b></li> <li>4. <b>Poster competition</b></li> <li>5. <b>Signature campaign</b></li> </ol>
2.	<b>Prof. Lata Pande</b> participated as subject matter expert in a district level meeting focused on <b>Nutritional Upliftment of Severely Malnourished Children.</b>

<b>Achievement of Home Science Department for 2020-21</b>	
1.	A <b>national webinar</b> was organised by the department on Health and <b>Nutritional aspects of Adolescent and Young Women</b> in which a lecture series was conducted on <b>“community nutrition and health”</b> and <b>“Prevention of Anaemia in Women”</b> .

## DEPARTMENTAL ACTIVITIES


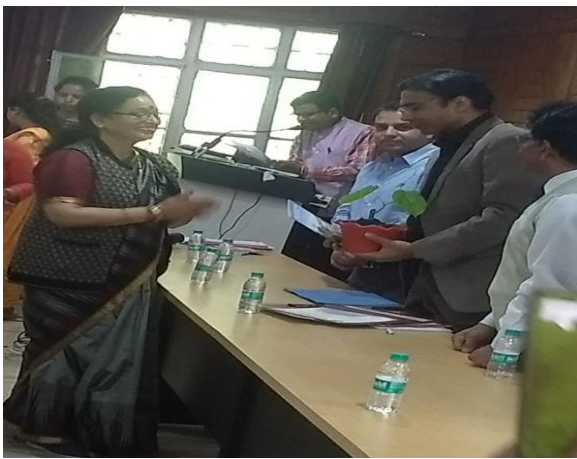
### 1. STUDENT ACTIVITIES







## 2. NATIONAL NUTRITION MONTH CELEBRATION




**National Nutrition Mission**

**National Webinar on Health and Nutritional aspects of Adolescent and Young Women**

Organized by Department of Home Science, D.S.B. Campus, Kumaun University, Nainital, on occasion of National Nutrition Month 2020

12th September, 2020 at 10:30 am to 01:00 pm

SUPPORTED BY HILLS2HOME  
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### 3. EXPERT LECTURES AND SEMINARS



## EXTENSION ACTIVITIES OF THE DEPARTMENT

### 1. READY TO USE THERAPEUTIC PRODUCTS (RUTF) TRAINING



### 2. EXPERT LECTURES, WEBINARS AND AWARENESS PROGRAMMES



महिला उद्यमिता कार्यशाला  
 पर्वतीय खाद्यान्नों से पोष्टिक आहार (दिनांक: 25 व 26 जनवरी 2009)  
 स्थान - परदापुरी (धारी)  
 आयोजक - गृह विज्ञान, कृ०वि०-पि० नैनीताल एवं उत्तराखण्ड राज्य विज्ञान एवं प्रौद्योगिकी परिषद, देहरादून



महिला उद्यमिता कार्यशाला  
 पर्वतीय खाद्यान्नों से पोष्टिक आहार (दिनांक: 18 व 19 जनवरी 2009)  
 स्थान - खूटानी (भीमताल)  
 आयोजक - गृह विज्ञान, कृ०वि०-पि० नैनीताल एवं उत्तराखण्ड राज्य विज्ञान एवं प्रौद्योगिकी परिषद, देहरादून





## आयुष्मति योजना





**PM's Organising Nutrition and Health**  
सखी पोषण - देश जेसन



**माननीय मुख्यमंत्री जी द्वारा उद्घाटित दूसरों के घरों में काम एवं मजदूरी कर जीवन यापन करने वाली महिलाओं के स्वास्थ्य एवं पोषण देखभाल हेतु जिला प्रशासन नैनीताल का एक प्रयास**

**उद्देश्य:-**

1. प्रतिभात स्वस्थता अभियान
2. महिलाओं के लिए एक सखी कार्यकर्ता कार्यकारी अर्थात् कार्य करने के द्वारा उनके स्वास्थ्य परीक्षण को रोकने
3. एक पोषण कार्यक्रम कर उनके स्वास्थ्य को जागरूकता देने पर सरकार अर्थात् कार्यकारी के विभिन्न कार्यक्रमों की राय पर उनकी अर्थात् कार्यकारी से रु. 5000 तक की जीविका उपलब्ध कराना
4. पोषण कार्य में सुधार के लिए आवश्यकता अनुसार आवश्यक एवं अन्य वैश्विक प्रशिक्षण का विवरण
5. सरकार की अन्य कल्याणकारी योजनाओं की जानकारी उपलब्ध कराना

**मुख्य बिन्दु:-**

घरों में काम करने वाली एवं वैश्विक मजदूरी करने वाली महिलाएं अपनाएं कर कार्य में जाने के कारण एक अपनी मजदूरी कोने के घर से सीमांत होने के बावजूद भी स्वस्थता अभियान द्वारा इनका नतीजा करवा पारी हैं। तथा उनकी होने के कारण उनकी विभिन्न समस्याओं की सेवा देने में भी स्वस्थता नती होती है, नतीजा अतिशय जानकारी एवं जागरूकता के अभाव तथा वैश्विक आधार पर स्वास्थ्य से सम्बन्धित करने के फलस्वरूप स्वास्थ्य देखभाल में लापरवाही के कारण इन महिलाओं में स्वास्थ्य एवं पोषण सम्बन्धी अनेक गंभीर बीमारियों के होने की सम्भावना होती है। महिलाओं के इस विशेष वर्ग की स्वास्थ्य एवं पोषण सम्बन्धी समस्याओं के निदान हेतु आयुष्मति योजना जनसद्व केंद्र नैनीताल में चलाई जा रही है।

**सरकारी अस्पतालों से अपेक्षा:-**

सरकारी अस्पतालों द्वारा आयुष्मति योजना के अन्तर्गत इन महिलाओं को प्राथमिकता के आधार पर मुफ्त दवाइयां एवं जांचे, आवश्यकता पड़ने पर अस्पताल में नर्सों की सुविधाएं एवं ऑपरेशन की सुविधाएं उपलब्ध कराई जावेंगी।

**महिलाओं के लिए सहायताार्थ नं- (05946) 281234, 253850**

## POSHAN WEBINAR SERIES ICDS NAINITAL




**महिलाओं में एनीमिया की रोकथाम**





**PROF. LATA PANDEY**  
KUMAON  
UNIVERSITY,  
NAINITAL



**TULIKA,**  
CONVENER  
SWASTHA BHARAT  
PRERAK, NAINITAL



**MAYA UPADHYAYA**  
RENOWNED FOLK  
SINGER  
UTTRAKHAND

**FACEBOOK LIVE @ICDS.Nainital**  
DATE: 18.09.2020, TIME : 11.30 AM



## KEY SPEAKERS



Prof. Rita Singh Raghuvanshi  
Professor, Food and Nutrition  
College of Home Science  
C.B. Pant Univ. of Agriculture  
and Technology, Pantnager,  
Uttarakhand



Dr. Shweta Dixit  
Women Welfare Officer Distt.  
Udham Singh Nagar  
Uttarakhand



Prof. Lata Pande  
Professor & Head,  
Department of Home Science,  
DSB Campus, Kumaun University  
Nainital (Uttarakhand)



Dr. Vinod Kumar Joshi  
Emeritus Professor,  
Department of Dravyaguna,  
Faculty of Ayurveda,  
Institute  
of Medical Sciences,  
Banaras  
Hindu University,  
Uttar  
Pradesh

## ONLINE EXTENSION ACTIVITIES IN NINE DEVELOPMENT BLOCKS OF DISTRICT NAINITAL

न हल्लानी • गुरुवार • 10 दिसंबर 2020 •

06

कैम्पस

अंशु पाण्डेय - हिंदुस्तान मीडिया - कोटाबाग



कोटाबाग में समूह की महिलाओं को एनआरएलएम के संदर्भ में जानकारी देते प्रशिक्षक।

### **तीन दिवसीय प्रशिक्षण कार्यक्रम का समापन**

कोटाबाग। ब्लॉक सभागार में तीन दिवसीय एनआर एलएम के क्रियान्वयन की सफलता सुनिश्चित करने हेतु स्वयं सहायता समूह के सदस्यों और पदाधिकारियों का तीन दिवसीय प्रशिक्षण शिविर आयोजित किया गया। इसमें एनआरएलएम के सुरेश कुमार पाठक ने एनआरएलएम के संबंध में महिला को जानकारी दी। वहीं महिला डॉक्टर ऐशवर्या कांडपाल ने महिलाओं को मासिक धर्म वह उसके समाधान के बारे में जानकारी दी। प्रोफेसर लता पांडे ने महिलाओं को पौष्टिक आहार को संतुलित आहार के बारे में जानकारी दी। शिविर में 93 महिलाओं को प्रमाण पत्र दिए। कार्यक्रम में वीडिओ हरिशंकर पांडे, प्रशिक्षक रामप्रसाद, राजेंद्र सिंह, सरस्वती तिवारी आदि लोग उपस्थित रहे।



### ACTIVITIES OF SELF HELP GROUPS







### Courses offered at UG level

<b>Semester</b>	<b>Name of Course</b>	<b>Course Code</b>
Semester I	Fundamental concepts of family resource management	H001
	Housing and interior decoration	H002
	Practical I	H003
Semester II	Introduction to textile science	H004
	Fabric formation and finishes	H005
	Practical II	H006
Semester III	Fundamentals of food and nutrition	H007
	Food preservation	H008
	Practical III	H009
Semester IV	Mother craft and child care	H010
	Introduction to clothing construction	H011
	Practical IV	H012
Semester V	Human development	H013
	Family welfare and community education	H014
	Practical V	H015
Semester V	Nutritional management in health and disease	H016
	Fundamental concepts of extension education	H017
	Practical V	H018

## ACADEMIC PROFILE OF Dr. LATA PANDE

1. Name :
2. Designation:
3. Qualification:
4. Area of Specialization/Research field:

**Dr. Lata Pande**  
Professor and HOD  
M. Sc., Ph. D.

- General Home Science
- Foods and Nutrition
- Human Development
- Extension Education



5. Number of Ph. D. Awarded: 01
6. Number of candidates working for Ph.D. award: 07
7. Publications:

### Research Articles Published:

S.N.	Author/Co authors	Year of Publication	Title of Paper	Journal	Volume	Page Number
1	R.S. Raghuvanshi, S. Sharma, Lata Joshi	2000	Nutrient Profile and cooking time of improved genotype of Pigeon Pea	Bulletin of Grain Technology,	33	39-42
2	Chavi Arya and Lata Pande,	2005	Finger millet – Nutritive value and its role in Agriculture Economy of Uttaranchal,	Agrobios Newsletter	3(9)	
3	Lata Pande	2008	Basella Alba- Uncommon Medicinal Plant	Agrobios Newsletter	6(8)	32
4	Lata Pande	2008	Fast Food: A bowl of poison for future generation	Agrobios Newsletter	7(5)	64

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6	yrk ik.Ms] Noh vk;kZ moZ"kh ik.Ms	2008	fgekYk;h vkS'k/kh; [kk kU;ksa ls vkgkj efgyk LokYkacu ,oa jkstxkj	xzkeh.k efgykvksa dh m ferk gsrq Lojkstxkj ewyd izf"k'k.k dk;Z"kkkyk gsrq y?qk iqfLrdk		
7	Kamal K. Pande, Lata Pande, Bharat Pande, A. Pujari and Pankaj Sah	2010	Gas Chromatographic investigation of <i>Coriandrum Sativum L.</i> from Indian Himalayas.	New York Science Journal	3(6)	43-47
8	Kamal Kishor Pande, Lata Pande et al	2011	Limonene Dominates the Photochemistry of <i>Trigonella foenum- graceum</i> in Nature	Published in Nature & Science	5	9
9	Lata Pande	2011	Socio-economic well- being and mental health profile of Rural hill women of Uttarakhand	Published in International Geographical Union (IGU), Commission Conference Nainital		33
10	Kamal K. Pande, Pankaj Sah, Lata Pande, Bharat Pande, Atul Pujari and Stuti Sah	2012	Dynamic Headspace GC-MS Study of Essential Oil from <i>Coriandrum Sativum L.</i> Fruits.	Natural Products Research Bulletin	1	07-011
11	Lata Pandey, Chhavi Arya	2012	Environmental Health Conditions of Women Folk belonging to Rural Area of Almora District – Uttarakhand	Presented in National Seminar organized by Women Study Center		
12	Kamal K Pande, Lata Pande,	2015	Identification and Comparison Of Volatile Constituents Of	<i>International Journal of life Science</i>	4(3)	

	Anshulika Upadhyaya, Bharat Pande and Atul Pujari,		Himalayan Phytofoods: <i>Allium auriculatum kunth</i> and its antimicrobial activities			
13	Prachi Bisht, Seema Sharma, Lata Pande	2015	Assessment of moral values among children of joint and nuclear families: A comparative study	<i>International journal of management and social sciences research review.</i>		
14	Lata Pande, Kamal K. Pande, Ganesh Pandey, Bharat Pandey and Atul Pujari	2016	Antimicrobial Activity and Phytochemical Analysis of Essential Oil of <i>Carum Carvi</i> , an important phytofood of Indian folk medicinal plants	<i>Journal of Molecular Pathophysiology</i>		
15	Chhavi Arya, Lata Pande, Chetna Jantwal	2016	<i>Kale Soybean (Bhatt) ka Poshak avem Aushidhimaan,</i>	Kisan Bharti		
16	Bisht Prachi and Pande Lata	2017	Psychological well-being as a correlate of physical health among the spouses of Indian armed force Personnel.	<i>International Journal of Indian psychology.</i>	3 (13)	165-168.
17	Bisht Prachi and Pande Lata.	2017	Psychological well-being of the spouses of deployed and non-deployed commissioned officers of Indian armed forces: A comparative study.	<i>Asian journal of home science.</i>	12	(127-130)

18	Chhavi Arya and Lata Pande	2017	Utilization of Health Care facilities by Pregnant Women Approaching government Hospitals in Nainital district , Uttarakhand ,	<i>Studies on Ethno Medicine</i>	11 (2)	193-200
19	Prachi Bisht Lata Pande	2020	Impact of psychological wellbeing on physical health among the wives of Indian army personnel deployed to field areas: a correlation	<i>Indian Journal of positive psychology</i>	11(1)	52-54
20	Tarun Kumar; Kamal K.Pande; Himanshu Sharma,; Manisha Koranga; Lata Pande	2020	HRLC-ESI-MS based separation and identification of anthocyanins extracted from popular wild edible fruit of himalaya: <i>Myrica Esculenta</i> (Himalayan Burberry).	<i>Journal of Advanced Scientific Research</i>	11(7)	269-275

**Conference/Seminar/Refreshers courses organized/attended:**

1. Member Steering committee, Nobel Centennial Celebration (1901-2001) organized by directorate of higher education, Uttaranchal and Vigyan Samwad, Nainital (7 Dec-10 Dec, 2001)
2. Attended a Conference on Functional Interior and Space Designing organized by G.B.P.U.A. & T. Pantnagar (1-21 June, 2002)
3. Member Steering committee, Sir Ronald Ross Symposium on Public Health, Almora, organized by directorate of higher education, Uttaranchal and Vigyan Samwad, Nainital (12 May-10 May 2002).

4. Member Steering committee, No-cost, Low-Cost Science Teaching organized by Directorate of Higher Education, Uttaranchal and Vigyan Samwad, Nainital (30 Sept- 1 Oct 2003)
5. Attended Professional Education Programmes in Home Science and Institute Employer/industry interface in context of Home Science, organized by G.B.P.U.A. & T. Pantnagar (9-29 September, 2004)
6. Nutrela Health workshop organized by Ruchi Soya Industries and American Soybean Association, Haldwani (Nainital) 16 March 2004.
7. Participated in the Summer School in Home Science entitled “Professional Education Programmes in Home Science and Institute- Employer/ Industry Interface in the context of WTO” held at College of Home Science, Pantnagar from 9-29 September, 2004.
8. Presented a paper entitled “Entrepreneurship: A practical approach of development of weaker section” in a National Seminar on Constitutional Provisions and the development of weaker sections in India Perspectives, Problems and Perspectives held on March 10-11, 2007 at the Department of Sociology, DSB Campus, Nainital.
9. Participated in National Seminar on patents & IPR issues in innovation management on 17<sup>th</sup> August 2007
10. Participated in National Seminar on Right to Information Act, 2005: Problem and Challenges in November 2007.
11. Organized 3 days workshop on women entrepreneurship and phytofoods from Himalaya, funded by UCOST in 2008 at DSB Campus, Kumaun University, Nainital and 2 days workshop at Padampuri and Khutani Village.
12. Participated in 2<sup>nd</sup> Rashtriya Yuva Vaigyanik Sammelan 2010 at Doon University, Dehradun witnessed on behalf of Vijnana Bharati, Doon University and Uttarakhand State Council for Science and Technology.
13. Presented a paper under the discipline Home Science at 3<sup>rd</sup> Uttarakhand State Science and Technology Congress-2008 at Indian Institute of Technology, Roorkee.
14. Participated in National Seminar on Gender & Development in the world of work and health with focus on women worker in the agrarian sector on November, 2010.

15. Presented a paper entitled "Socio economic well being and mental health profile of rural hill women of Uttarakhand" in International Geographical Union (IGU) commission Conference, Nainital, Uttarakhand held from May 1 to 9, 2011.
16. Presented a paper entitled "Environmental Health Conditions of Women Folk Belonging to Rural Area of Almora District" in a national seminar on status and role of women in Uttarakhand held on 29-30 November 2012 organized by Centre for Women's Studies, Kumaun University, Nainital.
17. Presented a paper entitled "Assessment of nutritional status of girls (10-12year) in government Primary school of Ludhiana" in an international conference on gender equity: issues of Theory, Practice and policy in the Asia-Pacific Region held on 21 -22 march 2013 at Nainital sponsored by National Commission for Women, New Delhi.
18. Presented a paper entitled "A study of cardio-Protective effect of poly phenols- A Phytonutrient" in a national conference on innovation in ethno-pharmacology, recent Developments in Biological and Chemical Sciences for Societal benefits, 1-3 march 2013.
19. Paper presented on "national seminar on Woman empowerment through panchayati raj- issues and challenges "13-14 march.2015. Uttarakhand mein panchayati raj vyavastha; ek sadhantik vishleshan, organized by Department of Sociology, School of Social-Sciences, Uttarakhand Open University and National Commission for Women New Delhi.
20. Participated in an International Seminar on Role of E-Learning in Quality Education held at Radhe Hari Govt. PG College, Kashipur on 22-23 February, 2015 sponsored by Department of Higher Education, Uttarakhand in collaboration with World Peace Movement Trust.
21. Member of organizing committee/advisory committee and gave a guest lecture in a 10 days research orientation workshop (ROW) held at M.B. Govt. P.G. College, Haldwani, Nainital from 20-01-2016 to 30-01-2016

22. Member of organizing committee/advisory committee for a national workshop on Building Awareness on Intellectual Property Rights in Higher Education at Intellectual Property Rights Cell, M.B. Govt. P.G. College, Haldwani. On 4<sup>th</sup> April 2016.
23. Member of organizing committee/ advisory committee for a workshop on Technology Enabled Education on 26<sup>th</sup> July 2016 organized by Uttarakhand Science Education and Research Centre in association with Department of Higher Education, Government of Uttarakhand and Uttarakhand Open University held at M.B. Govt. P.G. College, Haldwani, Nainital
24. Member of organizing committee/ advisory committee and delivered a lecture on Geotag in a workshop on Geographical Indicators: Conservation and Importance organized by UCOST, Dehradun under Intellectual Property Rights held at Kausani, Bageshwar on 15<sup>th</sup> October, 2016.
25. Member of organizing committee/ advisory committee for a 7 day national workshop on Developing Synergy Between Information Communications Technology and Academics organized by Department of Higher Education, Government of Uttarakhand from 25<sup>th</sup> to 31<sup>st</sup> March 2017.
26. Presented a paper in an International seminar on Urban Spaces Gender: Exploring gender, marginalization and equity in urban spaces in the Asia- Pacific in Delhi in November 2017 organised by UGC-HRDC, Kumaun University, Nainital, ISSR, New Delhi and UCOST, Dehradun.
27. Organized lectures, workshops and training programmes under **Kishori Shashaktikaran Yojana**, for rural women at ATI Nainital, Bhimtal, Vikas Bhawan, Bhimtal and Nagar Nigam Sabhagaar, Haldwani within the academic year 2017-18.
28. Organized a lecture on topic “**Vocational avenues in home science**” delivered by Prof. Bharti Singh, Director Institute of Home Economics, Agra (U.P.) on 20<sup>th</sup> April 2018 at Department of Home Science, D.S.B. Campus, Nainital.



29. Organized a 2 day sensitization workshop on the occasion of national nutrition month on 2<sup>nd</sup> and 3<sup>rd</sup> September 2019 under **National Nutrition component, Domestic violence, Beti Bachao- Beti Padhao** with support from district administration- District Magistrate Nainital, DPO, CDPO Bhimtal, CDPO Haldwani and District lead- Nutrition.
30. Organized an online national webinar on “**Health and nutritional aspects of adolescent and young women**” on the occasion of National Nutrition Week in September 2020.

**Academic/Administrative positions held:**

S.N.	Chairman/Member/Secretary	Committee/Board	Year (From-To)
1	Head	Home Science	1989 onwards
2	Convener	Home Science	1989 onwards
3	Convener PG Self Finance Course	Home Science	Since 2007 to 2014
4	Member	Academic Council	1989 onwards
5	Member	University Court	1989 onwards
6	Warden	KP Girls Hostel	1997- 2003
7	Member	Executive Council	2010-11, 2013
8	Convener	Research & Development Committee, Home Science	2011 onwards

**Courses Designed Under The Convenership of Prof. Lata Pande**

S.No.	Degree Programme
1	Home Science at graduation level (annual mode and semester mode)
2	Home Science at post graduation level (annual mode, semester mode and CBCS mode)
3	B.Sc Home Science (semester pattern)
4	M.Sc Food and Nutrition (semester pattern)
5	M.Sc Clothing and Textiles (semester pattern)
6	M.Sc Family Resource Management (semester pattern)
7	B.Sc Food Technology (semester pattern)
8	M.Sc Food Technology_(semester pattern)

<b>9</b>	PG Diploma in Interior and Exterior Design
<b>10</b>	B.Sc Fashion Design
<b>11</b>	M.Sc Fashion Design

### **Membership to Professional Organization/Associations:**

<b>S.No.</b>	<b>Name of the Association/Organizations</b>
1	Nutrition Society of India, Hyderabad
2	Indian Dietetic Association, Calcutta
3	Home Science Association of India

### **Subject Expert/Resource Person**

1. Convener, Health & Nutrition, National Planner Work Shop, 1992, **UNICEF**
2. Counselor, Home Science, **IGNOU**, New Delhi.
3. Resource Person and subject expert at Summer Institute, **All India Coordinated Research Project**, College of Home Science, GBPUAT, Pantnagar, 2003.
4. Subject Expert, Workshop in Women Empowerment and Child Development Department, 2003, **ICDS**, Uttarakhand.
5. Subject Expert, Health and Nutrition, District Organizing committee, **Year of Scientific Awareness-2004, DST**, Govt. of India.
6. Resource Person at **ATI (Administrator Training Institute)** Nainital for Health Nutrition.
7. Resource Person at ASC- Kumaun University, Nainital.
8. Subject expert in many govt. and semi govt. senior school lecturer grade selection board in Uttarakhand.
9. Subject expert Higher Education Directorate Uttarakhand Government.
10. Chairperson, Home Science in II- UCOST held in Nainital during 15-17 November 2007.
11. Resource Person to the participants of the Orientation Programme-03 organized between 14 September -11 October 2007 at UGC, HRDC Centre, Kumaun University, Nainital.
12. Resource Person and Expert, Training of trainer's programme. Health, hygiene and nutrition and environmental sanitation, **Swayamsiddha Project**. National Workshop, sponsored by Department of Women Empowerment and Child Development, Government of Uttarakhand. 02-05 July 2008.
13. Resource Person and Expert, Training of trainer's programme. Health, hygiene and nutrition and environmental sanitation, **Swayamsiddha Project**. National Workshop,

sponsored by Department of Women Empowerment and Child Development, Government of Uttarakhand. 25-28 June 2008.

14. Resource Person and Expert, Women Entrepreneurship, National workshop for **Sabla Modules development**, Uttarakhand Academy of Administration, Department of women empowerment and child development
15. Resource Person & Member at State Level, **Rajeev Gandhi Kishori Sashaktikaran Pariyojana** (A central govt. continuous long term project) (Since 2009-10)
16. Delivered a lecture on “Nutritional Challenges in Space Travel” in a national conference on Recent Trends in Interdisciplinary Research and Astrophysics Space Science on 3<sup>rd</sup> and 4<sup>th</sup> November 2012.
17. Delivered lecture on 'recent development of foods and nutrition in zero gravity' national seminar on recent development in physics and prosperity in solar physics- space science (27-28 ) December 2014 organized by Department of Physics, M.B. Govt. P.G. College, Haldwani, Nainital
18. Expert, (Health, Hygiene and Nutrition) for implementation of **National Women Policy** 2016 in Uttarakhand on 25<sup>th</sup> July 2016.
19. Delivered lecture at ATI Nainital on Health, Hygiene and Nutrition on 21<sup>st</sup> September 2017.
20. Delivered lecture at UOU on Therapeutic Nutrition 4<sup>th</sup> September 2017.
21. Participated as a subject matter expert in training programme for District Resources Group Members under ICDS in May 2019
22. Participated as a member of State Resource Group (SRG) on ILA module 7, 8, 9, National Nutrition Mission (NNM) under state category programme of Women Empowerment and Child Development Department, Uttarakhand from 21<sup>st</sup> to 22<sup>nd</sup> June 2019 at Nainital.
23. Participated as subject matter expert in a district level meeting for malnourished children to finalize SHG responsible for the formulation of high energy food **RUTF** in July 2019
24. Participated as subject matter expert in training programme for district resource group members under ICDS in August 2019
25. Prepared sensitization and awareness programme under National Nutrition Mission component, domestic violence, **Beti Bachao- Beti Padhao** with support from district administration in August 2019. Activities like poster competition, health camp, sensitization rally, signature campaign, exhibition and prize distribution were organized.

26. Participated as Subject matter expert in training programme for district resource group members under **ICDS** in October 2019.
27. Delivered an online expert lecture at UOU, Haldwani on topics “**Research and Home Science**” in April 2020
28. Delivered an expert lecture at a 2 day national virtual conference on **COVID-19 Pandemic: Voice of Youth- An urgent need of psycho social support**, organised by Department of psychology (MBPG, Haldwani) in collaboration with Uttarakhand open University and Directorate Higher Education, Uttarakhand on the topic “**Society and Mental Health- COVID-19**”
29. Delivered an online lecture series on “**Community Health and Nutrition**” and “**Prevention of Anaemia in Women**” at nine developmental blocks of Nainital in December 2020.
30. Delivered lecture at Department of Psychology, Rudrapur College on “**Iron Deficiency Disease**” under health and nutrition in September 2020
31. Delivered Foods and Nutrition related information at training programme of CDPOs, Supervisors and Doctors at **ATI, Nainital** in October 2020.
32. Delivered food preservation and product formulation training with the support of district administration in November 2020
33. Provided e-training to various self help groups for self employment in November 2020
34. Subject expert and Panel member at **Uttarakhand Public Service Commission** since 2014 till date.
35. Subject expert and panel member at **HNB Garhwal Central University** since last 15 years
36. Subject expert, panel member, BOS and member of academic advisory committee at **Uttarakhand Open University** since 2010 till date.
37. Subject expert and panel member at **G.B. Pant University of Agriculture and Technology, Pantnagar** since last 10 years.
38. Subject expert, panel member and member of BOS and RDC at **CCS University, Meerut** since last 5 years.
39. Subject expert at **Lucknow University**.
40. Subject Expert, Department of Higher Education, Dehradun

41. Subject Expert, IGNOU, Study Centre
42. Subject expert and resource person at UGC-HRDC, Nainital since 2007 till date.
43. Reviewer for the following journals ;
  - a. *QUEST*- The Journal of UGC-HRDC, Nainital
  - b. *Pantnagar Journal of Research*, Pantnagar  
and some other national and international journals
44. Member of Advisory Committee and Editorial Board for *Journal of Acharya Narendra Dev Research Institute*, Nainital.
45. Member of BOS, Home Science of Sri Dev Suman University, Dehradun.

## Academic Profile of Dr. Chhavi Arya

Name : Dr. Chhavi Arya  
 Designation: Assistant Professor  
 Qualification: M. Sc., Ph. D.  
 Area of Specialization/Research field: Major – Food and Nutrition  
 Minor – Food Technology



Awards/Recognitions: **Recipient of Young Scientist Award at 10<sup>th</sup> UCOST Congress (2015-16)**

1. Number of Ph. D. Awarded: 02
2. Number of candidates working for Ph.D. award: 03
3. Publications:

i) Books:

Eight chapters authored in framing courses of B.A. Home Science for Uttarakhand Open University.

ii) **Research Articles Published:**

S.N.	Author/Co authors	Year of Publication	Title of Paper	Journal	Volume	Page Number
1	Chhavi Arya L. Pande	2005	Finger millet- Nutritive value and its role in agricultural economy of Uttaranchal	<i>Agrobios</i>	Vol.3 No. 9	57-59
2	Chhavi Arya	2006	Non nutritive high potency sweeteners of commercial significance	<i>Agrobios</i>	Vol. 4 No. 10	57-60
3	yrk ik.Ms] Noh vk;kZ moZ''kh ik.Ms	2008	fgekYk;h vkS'k/kh; [kk kU;ksa ls vkgkj efgyk LokYkacu ,oa jkstxkj	xzkeh.k efgykvksa dh m ferk gsrq Lojstxkj		

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4	Sarita srivastava Chhavi Arya Radhika Chaturvedi	2009	Nutritional aspects of mulberry leaf soups	Indian silk		
5	Chhavi Arya, Sarita Srivastava	2012	Evaluation of composite millet breads for sensory and nutritional qualities and glyceemic response	<i>Malaysian Journal of Nutrition</i>	18 (1)	89-101
6	Salini Chakabortiy, S. K. Dixit, Chhavi Arya, Rita Bora, L. D. Kaundol	2012	Status of Mid-day meal programme in selected govt. primary schools of Nainital- A case study	Research Methodology UGC-ASC, Durga Maa Prakashan, Haldwani		
7	Chhavi Arya	2015	Food allergy facts and identified risk factors.	Beverage and food world	42(2)	39-41
8	Chhavi Arya, Lata Pande, Chetna Jantwal	2016	<i>Kale Soybean (Bhatt) ka Poshak avem Aushidhimaan,</i>	Kisan Bharti		
9	Chhavi Arya, Lata Pande,	2016	Assessment of Nutritional Status of girls (10-12 years) in government primary schools in India, ,	Equating Gender Explorations in the Asia Pacific, Rawat Publication Jaipur India		224-231
10	Chhavi Arya and Lata Pande	2017	Utilization of Health Care facilities by Pregnant Women Approaching government Hospitals in	<i>Studies on Ethno Medicine</i>	11 (2)	193-200

			Nainital district , Uttarakhand ,			
11	Chhavi Arya and Chetna Jantwal	2017	A review on identified major food Allergen Characteristics and Role in Food Allergy	<i>Indian journal of nutrition and dietetics</i>	DOI:10.21048/ ijnd.54.3.11626	
12	Dimple Bagauli, Chhavi Arya (2017)	2017	Socio-economic issues in empowerment of hilly women thorough information, education and communication (IEC) interventions: A Review of past studies	<i>International journal of Applied Social Science</i>	Volume 4(1-4)	
13	D Bagauli and C Arya	2017	Analyzing the status of nutritional awareness among mountainous women of Nainital District Uttarakhand	<i>International J of Applied Home Science</i>	Vol 4 (5-6)	293-298
14	Kavita and C Arya	2017	Impact of Nutrition Education and assessment of adolescents belonging to Ramgarh block of Nainital District,	<i>International J of Applied Home Science,</i>	Vol 54 (3)	
15	Chetna Jantwal and Chhavi Arya	2018	Nutritional assessment of children attending Mid Day Meal in government Schools	<i>International Journal of Family and Home Science,</i>	Vol 14 (2)	197-205



16	Chhavi Arya, Dimple Bhatt	2019	Food security as determined by food availability in India	<i>International Journal of Basic and Applied Research</i>	Vol 9(7)	157-169
17	Chhavi Arya, Kavita Bisht	2019	Evaluation of the functioning of mid day meal programme in selected rural areas of Uttarakhand	<i>International Journal of Scientific Research and Reviews</i>	Vol 8(3)	607-618

#### Conferences/Seminar Attended:

Attended 12 National and International Conferences/Seminars

#### 4. Academic/Administrative positions held:

S.N.	Chairman/Member/Secretary	Committee/Board	Year (From-To)
1	Warden	KP Girls Hostel	2009 -2017
2	Member	DSW Board	2012 onwards
3	Member	Admission Committee (UG & PG)	
4	Programme Officer	NSS	2013 onwards
5	BOS member of Uttarakhand Open University		2013
6	Member of fee concession committee	B.A	2014
7	Co- convener	Girls hostel committee	2015
8	Member	Executive Council	2016

#### 5. Subject Expert/Resource Person

- Subject expert for framing syllabus of M. A Home Science at Uttarakhand Open University.
- Organized 3 days workshop on women entrepreneurship and phytofoods from Himalaya, funded by UCOST in 2008 at DSB Campus, Kumaun University, Nainital and 2 days workshop at Padampuri and Khutani Village.
- Delivered lecture entitled “**Food and Nutrition scenario in India**” on occasion of national nutrition week organized by NSS DSB Campus, Kumaun University Nainital
- Attended 7 days workshop on developing synergy between ICT and academics on 2<sup>nd</sup> April 2017

- Organizing member of 2 day sensitization workshop on the occasion of national nutrition month on 2<sup>nd</sup> and 3<sup>rd</sup> September 2019 under **National Nutrition component, Domestic violence, Beti Bachao- Beti Padhao** with support from district administration- District Magistrate Nainital, DPO, CDPO Bhimtal, CDPO Haldwani and District lead- Nutrition.
- Participated in two webinars and three quiz competitions in August 2020
- Organizing secretary of online national webinar on “**Health and nutritional aspects of adolescent and young women**” on the occasion of **National Nutrition Week** in September 2020.
- Delivered a lecture on **Balanced Diet and Health** at Kotabagh Block in December 2020
- Member of BOS, Home Science of Sri Dev Suman University, Dehradun.