



MatushriVirbaima Mahila Science & Home Science College

Kalawad Road, Near Under Bridge, RAJKOT

PHONE NO. +91-281-2452997 email ID : mvmscience@yahoo.co.in

Self Appraisal Form for Teachers

A. Personal Information :

1	Name	Bhavana M.Vaid
2	Residential Address with Pin No.	29, Kasturi 2, Silver Park Amin Road Rajkot-360 001
3	Mobile No.	9428889162
4	Landline No. of Resident	---
5	Other alternative No.	9586409383
6	E-Mail ID	bhavana_vaid2002@yahoo.com
7	Date of Birth	01/05/1964

B. (a) General Information :

1	Designation	Associate Professor
2	Department	Home Science (Foods & Nutrition)
3	Specialization if any	Foods & Nutrition
4	Date of Appointment	21/11/1992
	(i) In the present institution	21/11/1992
	(ii) In the present post	21/11/1992
5	Honours conferred	University Third in B.Sc (Home Science) and University First in M.Sc (Home Science)

B.(b) Academic Qualification :

Examination	Board/University	Subjects	Year	Division/Grade/Marks
SSC	GSEB, Gandhinagar	Science	1980	67%, First Division
Higher Secondary	GSEB, Gandhinagar	Science	1982	55%, Second Division
B. Sc (Home Science FN)	Saurashtra University	Foods & Nutrition	1985	77%, A Grade
M. Sc (Home Science FN)	Saurashtra University	Foods & Nutrition	1989	79%, Distinction
Ph.D(Home Science FN)	Saurashtra University	Foods & Nutrition	2010	-

C.(a) Research Experience & Training :

Research Stage	Title of work/ Thesis	University where the work was carried out
M.Phil. or equivalent	-	-
Ph.D.	A Study on Nutrient Profile and Sensory Characteristics of Foods Cooked by Conventional Methods, Microwave Cooking and Solar Cooking	Saurashtra University
Post-Doctoral	-	-
Publication (give a list separately) (Annexure-I)	Annexure – I	-
Research Guidance (give names of Students guided successfully) (Annexure-II)	-	-

C.(b) Research Projects Carried out :

Title of the project	Name of the funding agency	Duration	Remarks
Incidence of Osteopenia and Osteoporosis in Premenopausal and Postmenopausal Women of Rajkot city – An Exploratory Study	UGC	2008 to 2010 (2 years)	Minor Research Project sanctioned in November 2008, Grant money Rs. 60,000 Status - Completed

C.(c) Seminars, Conferences, Symposia, etc. Attended :

Name of the Seminars, Conferences, Symposia, etc.	Name of the sponsoring/organising Agency	Place & Date	Title of the paper presented (if any)
National Seminars			
Empowerment of Women for Better Health and Family Life	UGC & Dept. of Home Science	Vallabh Vidya Nagar 01/03/2002	Attended
Current Trends & Issues in Home Science	UGC & Smt. S.B. Gardi Institute of Home Science	Saurashtra University, Rajkot 24 & 25 January 2004	Attended
Nutrigenomics: A Promising Tool for Combating Chronic Diseases	UGC –SAP DRS-1 & Post Graduate Dept of Home Science, SP University	Vallabh Vidya Nagar 3 & 4 February 2014	Acceptability of Flax Seed Incorporated Recipes
Papers -01			

State Level Seminars			
Emerging Trends & Scope In Home Science	UGC& M.V.M. Science & Home Science College	Rajkot, 01/02/ 2009	Microwave Cooking Vs. Solar Cooking
The Cereal Story	IDAGC & Kellog's	Hotel Grand Regency, Rajkot 08/03/2016	Attended
Protein and Fibre: Its Role in Satiety	IDAGC & Kellog's	Hotel Raddison Blu, Ahmedabad 09/04/2017	Attended
Life Style Nutrition	IDAGC &Saffola Active	Hotel Imperial Palace, Rajkot 07/07/2017	Attended
CNE: Nutrition during Life Cycle	IDAGC	Hotel Fern Residency, Rajkot 01/10/2017	Attended
Power of Grains	IDAGC & Kellog's	ITC Fortune, Rajkot 16/09/2018	Attended
Papers -01			
International Conferences			
Fermented Foods, Health Status and Social Well-being	Swedish South Asian Network on Fermented Foods	Anand Agricultural University, Anand, 17 & 18/ Dec., 2005	Nutrient Profile of Handwa Cooked by Conventional, Microwave and Solar Cooking
Enhancing Health, Wellbeing and Sustainability: Opportunities, Challenges and Future Directions	Nirmala Niketan	Mumbai 10 to 12 Jan., 2013	1. Bone Health in Premenopausal and Postmenopausal Women – Effect Of Income and Calcium Intake
			2. Solar Cooking Vs. Microwave Cooking
Papers -03			
National Conferences			
Aging, Nutrition and Health	Faculty of Home Science, M.S. University, Vadodara	Vadodara, 08/09/1999	Attended
Methodologies for Fitness Assessment	Nutrition Society of India, Mumbai & SNDT College	Mumbai, 15 & 16 Sept., 2006	Low Bone Density – An Alarm at 40+ (Poster)

Home Science for Social Well Being	UGC & Smt. S.B. Gardi Institute of Home Science	Saurashtra University, Rajkot 07/02/2010	1.Food Processing Effect on Bacterial Load – A Food Safety Issue
			2.Obesity Review – Estimating Body Fat Content
Current Health Problems in Women	UGC& UKV Mahila Arts & Home Science College	Keshod 29&30 Jan., 2011	Incidence of Osteopenia and Osteoporosis in Premenopausal and Post Menopausal Women of Rajkot City
Environment & Climate	ISST, Mumbai & MVM Science & Home Science College, Rajkot.	Rajkot 13/02/ 2011	Eco friendly cooking device-Solar Cooker: Nutritional Quality and Acceptability of Solar Cooked Foods – Best <u>Poster Award – First Prize</u>
Scientific Wealth of Physics	UGC& H. & H.B. Kotak Institute of Science	Rajkot 26/08/2012	Qualitative Ultrasound – An Effective Non-Invasive Diagnostic Technique for Low Bone Density
Home Science & Life Style Management	UGC& S.B. Gardi Institute of Home Science	Saurashtra University, Rajkot 24/03/2013	Developing Flax Seed Incorporated Recipes
Home Science: Scientific Living & Social Outreach	UGC&S.B. Gardi Institute of Home Science	Saurashtra University,Rajkot 05/03/2017	Solar Processing of Foods-An Appraisal
Conference - Exploring Frontiers, Empowering Nutrition, Enriching Lives	Indian Dietetic Association	18 – 20 /12 2019	Clinical Presentation of Celiac Disease and Role of Gluten Free Diet in Children (Poster)
Papers -09			

C.(d) Training/ Workshop/FDP/Orientation/ Refresher Course :

Sr. No.	Name of Programme	Duration	Organized by
1	Orientation Course	23/05/94 to 18/06/94 (21 days)	UGC, Academic Staff College, Saurashtra University
Refresher Courses			
1	Refresher Course	10/07/2000 to 30/07/2000 (21 days)	UGC, Academic Staff College, Saurashtra University
2	Refresher Course	06/11/2000 to 26/11/2000 (21 days)	UGC, Academic Staff College, Saurashtra University
3	Refresher Course	11/02/2002 to 28/02/2002 (21 days)	UGC, Sardar Patel University, Dept. of Home Science, VV Nagar
National Workshop			
1	Nanoscience & Nanotechnology – A Curriculum Development Approach	Rajkot, 21/02/ 2010	UGC & M.V.M. Science & Home Science College
2	Sports Nutrition	Hotel Imperial Palace, Rajkot 08/01/2017	IDAGC, Saffola Active
3	Workshop on Co-Creation of NetProFaN	Delhi 22 & 23/03/2019	FSSAI, Delhi
State Level Workshops			
1	Research Methodology and Application of SPSS on Data Analysis	Mehsana 11 to 13 July, 2013	CSIR- New Delhi & Ganpat University
2	Best Practices in Higher Education	Ahmedabad 26-27/08/2016	KCG
3	Carbohydrate Counting	Eldorado Hotel, Ahmedabad 21/07/2018	IDAGC
Regional Workshops			
1	Importance of Trained Manpower and Recruitment Procedure for Hospitality Industry in Rajkot	Rajkot 03/06/2000	Kutch Saurashtra Productivity Council, Rajkot
2	Printing Technology	20 to 30 July, 2011 (10 days)	Gujarat Academy of Creative Studies, Rajkot
3	ICT in Universities	Saurashtra University 25/07/2012	UGC, ASC&IQAC (Saurashtra University)
FDPs			
1	Concepts of Networking	12/08/2013 to 23/08/2013	IQAC,MVM Science & Home Science College, Rajkot
2	Computer Basics	07/07/2014 to	IQAC,MVM Science &Home

		17/07/2014	Science College, Rajkot
3	In house FDP	11/08/2016 to 20/08/2016	IQAC,MVM Science & Home Science College, Rajkot
4	International Faculty Development Programme (Phase I)	3 & 4 Nov., 2017	KCG, HRDC, IQAC (Saurashtra University) and GTEP (UK)
5	International Faculty Development Programme (Phase II)	14/03/2018	KCG, HRDC, IQAC (Saurashtra University) and GTEP (UK)

C.(e) Details as Resource person :

Sr.No.	Event	Title of Presentation	Date & Place	Organized by
1	National Conference	Functional Food Adequacy in Gujarati Diet	Hotel Grand Regency 30/06/2016	IDA & Marico
2	Talk on GyanVani, Rajkot	Diet in disorders of - GI tract Obesity & Eating disorders Liver disorders Hypertension Kidney disorders Musculoskeletal system	08/08/2006 07/09/2006 04/10/2006 01/11/2006 07/12/2006 08/01/2007 03/02/2007	GyanVani, AIR, Rajkot
3	Mahila Jagat Programme on TV	Awareness on Home Science	17/02/2011 14/03/2011	Doordarshan Kendra, Rajkot
4	Member of Review Committee	Study material of CFN Course	25 & 26 Apr. 2014	BAOU, Ahmedabad
5	Resource Person for On Line course for Dr.Babasaheb Ambedkar Open University	Health Enriching Food and Nutrition	3/8/14	BISAG Studio
6	CNE by PFNDAI (Protein Foods & Nutrition Development Association of India)	Edible Oil – A Nutritionist’s Perception	05/07/2019	Sadguru Home Science College
7	ICDS – Workshop on Kitchen Garden for AanganwadiWorkers	Iron and Anemia	13/03/2020	ICDS, Taluka Panchayat, Rajkot

D.(a) Teaching Experience :

Course taught	Name of the University/College/Institution	Duration (As on June-2024)
U.G.	M.V.M. Science & Home Science College, Rajkot.	21/11/1992 till date

		(31 years)
P.G.	Smt. S.B.Gardi Institute of Home Science, Saurashtra University, Rajkot.	2004 to 2006 (3 years)
M. Phil.	---	---
Any other	---	---

D.(b) Total Teaching Experience :

(i) Under-graduate : **31 years** (ii) Post graduate : **3 years**

E. Innovations / Contributions in Teaching :

(Give list/lists separately for the following if required)

- a) Design of Curriculum : **As a member of Foods and Nutrition Board, participated in designing curriculum of F.Y. Home Science and T.Y. Home Science, and contributed in preparing Question Bank for T.Y. Home Science. Contributed in designing curriculum of B.Sc (Home Science) Sem I and II as per NEP guidelines.**
- b) Teaching Methods : **Chalk and Talk, seminar, presentation, group discussion, ICT enabled teaching-learning**
- c) Laboratory experiments : **All subjects taught in Home Science have practicals.**
- d) Evaluation Methods : **Continuous evaluation through assignments, projects and tests.**
- e) Preparation of resource material Including book, reading materials, Laboratory manual etc.:
Prepared laboratory manual for the subjects Diet Therapy and Food Analysis for the students of T. Y. B. Sc (Home Science) – Foods & Nutrition. See Annexure 1 for books.
- f) Remedial Teaching / Student : **Students are guided as and when needed.**
- g) Counselling (academic): **Acting as Convener of CCDC (Career Counselling & Development Cell) and UDISHA (Universal Development of Skills in Integrated in Higher Education Institutions) of the college and counselling students for various possible careers by inviting experts for guidance lectures, and disseminating information on careers through notice boards.**
- h) Any other: **Member of Board of paper setters for T.Y.B.A. (Home Science) Examination of Veer Narmad South Gujarat University since 2006. Paper setter for CCCD Course of BAOU in 2014-15.**

F. Extension Work/ Community Services :

- 1 Please give a short account of your contribution to :
 - i. Community work such as values of National Integration, secularism, democracy, socialism, humanism, Peace, Scientific temper, flood or drought relief, small family norms etc.: **Participation in programmes held on Republic Day and Independence Day**
 - ii. National Mission: **Participation in Yoga Day, Celebration of Dietetics Day and National Nutrition Month for spreading awareness on health.**
- 2 Position held/Leadership role played in organizations linked with Extension Work & National Service Scheme (NSS) or NCC or any other similar activity : ---

G. Participation in Corporate Life:

Please give a short account of your contribution to:

- i. College/ University/Institution : **Organized a UGC sponsored State Level Seminar entitled ‘Emerging Trends and Scope in Home Science’ on 1/2/2009.**
- ii. Co-curricular Activities: **Guide students for University Youth Festival and cultural events held in college, especially events related to dance.**

Acted as team manager for the West Zone Inter University Youth Festival held in Dec. 2009 at Mumbai University. The team included 13 students of MVM College who participated in the group dance event.

Appointed as Team Manager by Saurashtra University for West Zone Inter University Youth Festival held at Ujjain in December 2005.

- iii. Enrichment of Campus Life (Hostels, Sports, Games, Cultural Activities) : **Guide students for University Youth Festival and cultural events held in college, especially events related to dance.**
- iv. Students Welfare & Discipline: ---
- v. Membership/Participation in Bodies/Committees on Education and National Development: **Member of FN Board, Saurashtra University**
- vi. Professional Organization of Teacher: **Member of Adhyapak Mandal**

H.(a) Membership of Professional Bodies, Societies etc. :

1. **Life member of Indian Dietetic Association**
2. **Member of Indian Women Scientists' Association (IWSA)**

(b) Editorship of Journals: ---

I.(a) State brief assessment of your performance indicating :

(b) Difficulties faced: **Students coming from different academic backgrounds limit the scope of in depth teaching; and expected outcome of academic performance is not achieved.**

(c) Suggestions for improvement: **Strengthen remedial teaching.**

J. Step taken by you for the evaluation of the course/ programme taught :

Compare the course content with that of other universities; and update the courses at regular interval.

K. Any other Information :

Annexure-I

Sr. No.	Title of the Paper	Journal/ Book	Date/ Volume/ Pg. No.	Year of Publication	National/ International	ISBN/ ISSN No.
Research papers						
1	Processing Effect on Nutritional Quality of Sweet Corn (Zea Mays)	Indian Journal of Nutrition and Dietetics	Vol. 47, No. 1 Pg.12-17	January 2010	National	ISSN:0022-3174
2	Effect of Conventional, Microwave and Solar Processing on Vitamin C Content and Bacterial Load of Some Foods	Asian Journal of Home Science	Vol. 5, No. 1 193-196	June 2010	International	ISSN: 0973-4732
3	Effect of Different Cooking Methods on Bacterial Load and Sensory	Research Reach	Vol. 10, No. 1 Pg.1-6	January 2011	National	ISSN:0974-617X

	Characteristics of Some Foods					
4	Low Bone Density – An Alarm at 40+	Research Reach	Vol.11 No. 2, Pg.1-8	July 2012	National	ISSN:0974-617X
5	Effect of Processing on Protein & Free Amino Acids Profile of Groundnut (Arachis hypogea)	Samiksha	Issue 2 Pg. 113-115	August 2013	International	ISSN: 2320-3420
6	Qualitative Ultrasound – An Effective Non-Invasive Diagnostic Technique for Low Bone Density	UGC sponsored National Seminar on Scientific Wealth of Physics organized by H. & H.B. Kotak Institute of Science	Pg. 117-18	Proceedings of Seminar 26/08/2012	National	ISBN:978-93-5067-857-2

Books						
1	-	Human Nutrition	-	1997	-	-
2	-	Fundamentals of Foods & Nutrition	-	2004	-	-
3	-	Diet Therapy	-	Jan. 2011	-	ISBN: 978-81-921413-1-2
4	-	Dietetics	-	2013-14	-	ISBN: 978-93-5156-898-8
5	-	Therapeutic Nutrition	-	2016-17	-	ISBN: 978-93-82679-63-9