



## Matushri Virbaima Mahila Science & Home Science College

Kalawad Road, Near Under Bridge, Rajkot

PHONE NO. +91-281-2452997

EmailID: [mvmscience@yahoo.co.in](mailto:mvmscience@yahoo.co.in)

### Self-Appraisal Form for Teachers

#### A. Personal Information:

1	Name	Dr .Bhavna B .Mehta
2	Residential Address with Pin No.	“NAVKAR” 2 ,Tapu Bhavan Plot, Near Mirambika School, B/h P.D.M. College RAJKOT-360004
3	Mobile No.	9428282932
4	Landline No. of Resident	—
5	Other alternative No.	98248 28770
6	E-Mail ID	<a href="mailto:bhavnabmehta66@gmail.com">bhavnabmehta66@gmail.com</a>
7	Date of Birth	21/09/1966

#### B. (a) General Information:

1	Designation	Associate Professor
2	Department	Home Science
3	Specialization if any	Food and Nutrition
4	Date of Appointment	21/10/1988
	(i) In the present institution	24/05/2022
	(ii) In the present post	----
5	Honours conferred	Doctorate

**C. (b) Academic Qualification:**

Examination	Board/University	Subjects	Year	Division/Grade/Marks
<b>B. Sc.</b>	<b>Saurashtra University</b>	<b>Food &amp; Nutrition</b>	<b>1986</b>	<b>Distinction</b>
<b>M.Sc.</b>	<b>Sardar Patel University</b>	<b>Food &amp; Nutrition</b>	<b>1988</b>	<b>Second Class</b>

**D. (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 Nutritional and Health Status of Dyeing Workers of Jetpur Taluka	Saurashtra University Rajkot
Post-Doctoral	----	----
Publication (give a list separately) (Annexure-I)	Refer Annexure-I	----
Research Guidance (give names of students guided successfully) (Annexure-II)	-----	----

**E. (b) Research Projects Carried Out:**

Title of the project	Name of the funding agency	Duration	Remarks
-	-	-	-

**F. (c) Seminars, Conferences, Symposia, etc. Attended:****International Level Conferences/Seminars:**

<b>Name of the Seminars, conferences, Symposia, etc.</b>	<b>Name of the sponsoring Agency</b>	<b>Place&amp;Date</b>	<b>Title of the paper presented(if any)</b>
ForthWaveEducation	UGC	Saurashtra University 10/01/2004 to 12/01/2004	Enrichment of curriculum by the philosophy of Vidyabharati
ForthWaveEducation	UGC	Saurashtra University 10/01/2004 to 12/01/2004	Distance Education
Henry David Thoreau and Indian thought	Gurukul Mahila Arts and Commerce College	Porbandar 17/02/2018	Role of Home Science education in cultivating values in female

**National Level Conferences/Seminars:**

Current Trends and Issues in Home science	UGC	Department Of Home Science Rajkot 24&25/1/2004	Home Science as a helping hand of National movement to drive Out TB
Current Trends and Issues in Home science	UGC	Department Of Home Science Rajkot 24 &25/01/2004	Poster Presentation Importance of fashion and fashion designing as a subject for faculty of Home science
Methodology for Assessment of vitamin A deficiency, Iron deficiency Anemia and Iodine deficiency Disorders	Human Nutrition Unit	AIIMS New Delhi 13-15/9/2004	Attended
Use and Application of Multimedia	Home Science College Keshod	Keshod 5/02/2007	Attended

Bhartiya Nari Vimarsh	Hindi Sahitya Academy Gandhinagar	Upleta 23&24/2/2008	Bharat me Nari shiksha
Hindi Rashtriya Sangosthi	Hindi Sahitya Academy Gandhinagar	Bhayavadar 22/11/2008	Rashtra Bhasha rashtriyata ka pratik
Manavjivan par Bhagvadgita no prabhav	Joshipura College Junagadh	Junagadh 03/01/2009	Shrimad Bhagwat Geeta dharmgranth nahi pan vyavhar
Current problem of Obesity in India	UGC	Upleta 10&11/01/2009	The study of Obesity occurring due to Fast and Junk Food
Water Management Social Impacts	UGC	Dhoraji 15/02/2009	Pani aapano Pranprashna
SahityaVivechana na Nutan Abhigamo	UGC	Jetpur 28&29/03/2009	Shrungar ras ni ek vishisht kruti Rupsunder Katha Kruti aaswad
Quality System Nanceof Higher Education Institutions in Rural Areas	NAAC	Manavadar 5&6/12/2009	Attended
Cultural Phenomena in Jain Literature	UGC	Bhayavadar 16/01/2010	Cultural Phenomena in Jain Literature
Role of Home Science in Social well being	UGC	Rajkot 07/12/2010	Effect of Germination and Heat Processing
Modern Perspectives in Home Science	UGC	Valsad 24&25/1/2010	Vastu a need of the day for Home decor
Contemporary Issue in Commerce and Management	Indian Accounting Association	Jetpur 20/02/2010	Theory of Trustee ship
Research Methodology in Social Science and Training in Spass	UGC	Junagadh 24&25/11/2011	Attended
Current Problem of Women Health in India	UGC	Keshod 29&30/1/2011	Strioma vadhu fealayelo asadhya rog Osteoporosis no abhyas
Bhasha Ke Prachar Prasar me Media ka yogdan	HindiSahitya Academy Gandhinagar	Jetpur 4&5/02/2012	Media kranti aur bhasha anuvad ke sath media ka sambandh
Women Psychology Past ,Present and Future	UGC	Jetpur 24/02/2013	Domestic violence and the Child welfare system
Bhartiya Sant Sahitya Tatra avam Tantra	SatNirvan Foundation Ghoghavadar	Dhoraji 9&10/2/2013	Bhartiya dharm ma Tatvadarshan
Home Science and Life Style Management	UGC	Rajkot 24/03/2013	Nutritional issue among Adolescent girls in rural area Of Jetpur

Current reality and Emerging Trends in Global World	SardarPatel College Jetpur	Jetpur 30/12/2013	Health Foods Emerging trends in food science and technology
Environment Issue and Challenges	UGC	Rajkot 19/03/2014	Clean up the world start today
Multi-Dimensional Aspects of Yoga	UGC	Rajkot 08/02/2015	Various aspects of Yoga
Nadi ,Vav ,Koova Kanthe Sinchan ane Vimasan	Balvant Parekh Center Vadodara	BordiSamdhiyala 27,28/08/2015	Jal:Manvini Mulbhut Jaruriyat
Startup Standup Make in India	Shri Saraswati Shikshan Maha Vidyalaya	Bhutwad 20/08/2016	Paryavaaran nu rakshan ane bharat no vikas
Nurturing FamilyValue for the Social Well Being	Smt.S.B. Gardi Instituteof Home Science Rajkot	Rajkot 29/01/2017	Individual Values Goals ,Standards and their impact on family growth
Digital India Issues and Opportunities for Digital Empowerment	Research Matrix	Junagadh 04/03/2017	Role of Management in family life
Shaikshik Punarrachana ka Prarup	Punarrutthan Vidyapith	Ahmedabad 15&16/4/2023	Samajvyavstha me sudhar avam sujav

### StateLevelConferences/Seminars:

NSS	Gandhi Labor Institute Ahmedabad	Ahmedabad 15/03/1994	Attended
StateLevelSeminaron Home Science	Home Science College Unza	Unza 11/03/2007	Preventing and controlling Iron deficiency Anemia through planned Food and Nutrition
Awareness of Home Science in Rural and Urban Community	UGC	Limdi 20/12/2008	Gramya ane shaheri samuday ma Gruhvigyan na madhyam thi paryavaran jagruti

Research Methodology and Minor/Major Research Project	UGC	Junagadh 2,3/10/2009	Attended
Research Methodology	Drashti Foundation	Dhoraji 17/02/2013	Attended
Symposium on the Cereal Story	IDAGujarat Chapter	Dhoraji 08/03/2016	Attended
Life Style Nutrition	IDAGujarat Chapter	Rajkot 07/01/2016	Attended
National Workshop on Sports Nutrition	IDAGujarat Chapter	Rajkot 08/01/2017	Attended
Power Of Grains	IDAGujarat Chapter	Rajkot 16/09/2018	Attended

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

<b>Sr. No.</b>	<b>Name of Programme</b>	<b>Duration</b>	<b>Organized by</b>
1	Orientation	23/5/1994 To 18/06/1994	Academic Staff College, Rajkot
2	Refresher I	10/07/2000 To 30/07/2000	Academic Staff College, Rajkot
3	Refresher II	06/11/2000 To 26/11/2000	Academic Staff College, Rajkot
4	Refresher III	25/04/2001 To 12/05/2001	Academic Staff College, Gujarat University
5	Training In Extension	15/03/1994 To 20/03/1994	UGC Baroda
6	One Week Training and Capability Building Program in Home Science	10/03/2012 To 17/03/2012	KCG RAJKOT
7	Workshop On Promotion of Culture of Quality Through Research	12/04/2012 To 14/04/2012	KCG RAJKOT
8	Short Term Course on Professional Development Programme for Teacher on Creative Workshop on Search and Research	21/10/2013 To 27/10/2013	UGC RAJKOT
9	International Faculty Development Program (IFDP)	13 & 14/10/2017	KCG AND HRDC

10	Vidyarthi Sajjata Shibir	21/01/2007	Bosamia College Jetpur
11	Curriculum Development Workshop	04/02/2007	Bosamia College Jetpur
12	Bakery Workshop	22/06/2009 To 26/06/2009	Krushi University Junagadh
13	Faculty Development Workshop	09/08/2013	Bosamia College Jetpur
14	Faculty Development Workshop	19/02/2016	Joshiपुरa College Junagadh
15	Fruit and Vegetables Preservation Training	20/09/2010 To 26/09/2010	Bosamia College Jetpur
16	Curriculum Development Workshop in Family and Community Science	03/08/2014	Bosamia College Jetpur
17	Fal-Shakbhaji Parirakshan Training	1-7/08/20011	Bosamia College ,Jetpur
18	Housekeeping Utility Services Training	14 & 23/12/2016	Bosamia College ,Jetpur
19	Training Session On GST	15/07/2017	Bosamia College ,Jetpur
20	Online Webinar on Family Stress Management	23 To 25/2/2021	College of community science Meghalaya
21	Online Webinar on The Value of CHAT GPT	7/3/2024	KCG
22	Online Webinar on Women Rights	20/3/2024	KCG
23	Online Webinar on Stress Management	15/4/2024	KCG

**H.(e)Details as ResourcePerson:**

<b>Sr. No.</b>	<b>Event /Role</b>	<b>Title of Presentation</b>	<b>Date&amp;Place</b>	<b>Organizedby</b>
1	Resource Person	Personality Development	9 To 15/10/2003 Jetpur	Centre of Continuing Education,Saurashtra University,Rajkot

2	Resource Person	FancyCookery	26 To 31/12/2005 Jetpur	Centre of Continuing Education, Saurashtra University,Rajkot
3	Resource Person	Marriage&Family Life	26 To 31/12/2005 Jetpur	Centre of Continuing Education,Saurashtra University,Rajkot
4	Resource Person	FancyCookery	2 To 7/01/2006 Jetpur	CentreofContinuing Education,Saurashtra University,Rajkot



5	Resource Person	Framework	18/09/2006 To 10/10/2006 Jetpur	Centre of Continuing Education, Saurashtra University, Rajkot
6	Resource Person	Beauty Care	15 To 30/12/2006 Jetpur	Centre of Continuing Education, Saurashtra University, Rajkot
7	Member-Organizing Committee	National Conference Contemporary Issues in Commerce and Management	20/02/2010 Jetpur	Indian Accounting Association

**I.(a) Teaching Experience:**

Course taught	Name of the University/College/Institution	Duration (As on June-2024)
U.G.	1. Shri G.K.&C.K. Bosamia Arts & Commerce College, Jetpur	21/10/1988 To 23/05/2022 = 33 Years
	2. Matrushi Virbaima Mahila Science & Home Science College, Rajkot	24/05/2022 To till date
P.G.	Shri G.K.&C.K. Bosamia Arts & Commerce College, Jetpur	June 2001 To May 2020 = 19 years
M.Phil.	-	-
Any other	-	-

**J.(b) Total Teaching Experience:**

(i) Under-graduate: **35 years** (ii) Post-graduate: **19 years**

**K. Innovations/Contributions in Teaching:**

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

- a) Design of Curriculum: **Active Participation in curriculum designing for UG/PG (Member of BOS) Subject in Home Science.**

- b) Teaching Methods: **Lecture, Interaction, Power point Presentation, Group discussion, Quiz, Seminars, Demonstration, Models and Workshop.**
- c) Laboratory experiments: **Yes. As per curriculum.**
- d) Evaluation Methods: **Internal test, Assignment, Quiz Test, Oral Test, OMR Test**
- e) Preparation of resource material including book, reading materials, Laboratory manual etc.: **Yes**
- f) Remedial Teaching/Student: **Yes**
- g) Counselling (academic): **Yes**
- h) Any other: -

#### **L. 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.:**
    - ✓ Blood donation camp
    - ✓ Tree plantation in campus
    - ✓ Participation in programmes held on Republic Day and Independence Day
    - ✓ Various Activities under Centre of Continuing Education, Saurashtra University, Rajkot
  - ii. **National Mission:**
    - ✓ Participation in Yoga Day
    - ✓ Swine flu Awareness in Rural Areas
- 2 Position held/Leadership role played in organizations linked with Extension Work & National Service Scheme (NSS) or NCC or any other similar activity:

#### **M. Participation in Corporate Life:**

Please give a short account of your contribution to:

- i. **College/University/Institution:**
  - ✓ Mentoring students for youth festival, mentoring students in SDP (Student

Development Programme)

- ✓ Paper setting at UG and PG level
- ✓ Serving as an external examiner and paper setter at UG Course for BKNM University

**ii. Co-curricular Activities:**

- ✓ Mentoring of students for Saptadhara, Youth Festival, Cultural Activities

**iii. Enrichment of Campus Life (Hostels, Sports, Games, Cultural Activities)**

**iv. Students Welfare & Discipline:**

- ✓ Counseling students for scope in career

**v. Membership/Participation in Bodies/Committees on Education and National Development:**

- ✓ Co-Ordinator Women Counselling Cell of college
- ✓ Member of, Research Development Committee of college
- ✓ Member of Sarjanatmak Abhiviyakti Dhara of Saptadhara (An initiative of Government of Gujarat)
- ✓ Member of Swami Vivekanand Spiritual Centre
- ✓ .Member of Student Alumani Association.

**vi. Professional Organization of Teacher:**

- ✓ Member of Adhyapak Mandal

**N. (a) Membership of Professional Bodies, Societies etc.**

1. Life Member of IDA [Indian Dietetic Association]
2. Life Member Of HSAI
3. Other than Chairman of Home Management Board Saurashtra University Rajkot.

(b) Editorship of Journals: **NIL**

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

- ✓ **Difficulties faced:** Students coming from different rural area limits the expected teaching outcome, Technology hurdle
- ✓ **Suggestions for improvement:** Remedial coaching, Weekly Tests, Library Period, Visiting Lectures. Field work

**P. Steps taken by you for the evaluation of the course/program taught:**

- ✓ Served as Member of BOS
- ✓ Syllabus updating at regular interval is done keeping in view Model curriculum of UGC and of other Universities of India.

**Q. Any other Information:** CCC+ Exam passed (2/2/2022 - SPIPA RAJKOT)

(Name & Signature of Teacher)

**Annexure-I**

Sr. No.	Title of the Paper	Journal/Book	Date/ Volume/ Pg. No.	Year of Publication	National/ International	ISBN/ ISSN No.
1	Effect of Germination and Heat Processing on Protein Riboflavin Vitamin C and Niacin Content in Peas Cowpea and Wheat	Asian Journal of Home Science	2nd Volume Page 34-38	2007	International Refereed	ISSN:0937-4732
2	Health Food: Emerging Trend in Food Science and Technology	SPKM-A Multi-Disciplinary Journal	Issue-1 Page No. 122-123	2013-14	National	ISSN:2347-5994
3	Paryavaran nu Rakshanane Bharat no Vikas	View of Space	4/8/2016 Volume 6 Issue 4 Page-51-54	2016	National	ISSN:2320-76620
4	Individual Values Goals	Research	February	2017	National	ISSN:2321-

	Standards and their Impact on Family Growth	Matrix	2017 Issue-7 Page 17-26			7073
5	Sanchar Madhyam Me Internet	Bhasha ke PracharPrasharan me Mediya kaYogdan Dr.Pravin Singh R.Chauhan	PrathamSanskaran- 2013 P.No.19-27	2013	National	ISBN: 978-8.1 925294.0- 0
6	The Study of Obesity OccurringDue to Fast and Junk Food Among the Adolescent Girl of Bosamia College Jetpur	FactsOfFastFood in India Edited by Pro.Urvashi Kantariya	First Addition PageNo.26 To 34	2013	National	ISBN: 978-93 83334-61-2
7	Health Issues Amongst Adolescent Girls in Rural Area of Jetpur	UGC ApprovedJurnal INo.42610	December- 2017 Special Issue-2 Volume-5 Page66-69	2017	International Quarterly Referred Journal	ISSN2320- 141X
8	SkinDiseases Due To The Affection Of Various Dyes Among The Workers Of Dyeing Industries In Jetpur, Gujarat ,India	An International Multidiscipli nary Referred Journal	11/08/2019 Volume-5 Issue -1 P.No.1-12	2019	International Referred Journal	ISSN 2454-8596 2019
9	Food Pattern and Its Effect on Nutritional Status Among the Workers of Dyeing Industries Jetpur, Gujarat, India	An International Multidiscipli nary Referred Journal	08/06/2019 Volume-5 Issue-6	2019	International Referred Journal	ISSN 2454-8596 2019