



Matushri Virbaima 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	Ms. Hina K. Bhadaniya
2	Residential Address with Pin No.	D-4 , Merry Gold Residency, B/H Cosmo Commercial Complex, Mahila College Chowk, Rajkot-360001.
3	Mobile No.	9429574269 (M) 9427732199(M)
4	Landline No. of Resident	-
5	Other alternative No.	-
6	E-Mail ID	heena_hs2011@yahoo.in
7	Date of Birth	10/04/1965

B. (a) General Information :

1	Designation	Associate Professor
2	Department	Home Science (Foods & Nutrition)
3	Specialization if any	Foods & Nutrition
4	Date of Appointment	
	(i) In the present institution	19/01/1989
	(ii) In the present post	19/01/1989
5	Honours conferred	-----

B.(b) Academic Qualification :

Examination	Board/University	Subjects	Year	Division/Grade/Marks
S.S.C.	GHSEB	----	March-1980	II Class
H.S.C.	GHSEB	Science	April -1982	II Class
B.Sc. [Home Science] [FN]	Saurashtra University	Foods & Nutrition	August -1985	Distinction
M.Sc. [Home Science] [FN]	Sardar Patel University	Foods & Nutrition	October-1987	II Class
B.A. [Music]	Brahad Gujarat Sangeet Samitti Ahmedabad	Indian Classical Vocal	1993	I Class

Research Stage	Title of work/ Thesis	University where the work was carried out
M.Phil. or equivalent	-	-
Ph.D.	-	-
Post-Doctoral	-	-
Publication (give a list separately) (Annexure-I)	Annexure-1	-
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
Effectiveness Of Health Improvement Programme For Obesity In Rajkot City.	University Grants Commission (UGC)	2013 to 2015	Submitted

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

Sr. No.	Name Of The Seminars , Conferences, Symposia, Workshops, Etc.	Name Of The Sponsoring/Organizing Agency	Place And Date	Title Of The Paper Presented [If Any]
National Seminar				
1	Current Trends and Issues in Home Science.	Department of Home Science, Saurashtra. University Sponsored by UGC	Rajkot 24th & 25th January 2004	Declining Ratio of Female to Male Population-A Problem of much Concern
2	Non Government Organizations : Goals, Transparency and Accountability [An Auditing].	Department of Social Work and Economics, Saurashtra University	Rajkot 27th & 28th October 2007	Chetana- A Leading NGO
3	Women Health-Indian Scenario.	SHAKTI-A National Movement for Women	Pune 19th & 20th January 2008	Effectiveness of Health Improvement Programme for Obesity in women Health and Nutrition Issues Concerning women and Children-Role of Home Science Education A Study on Bone Density and Haemoglobin Status of women

4	Current Problem of Obesity in India.	R.P.Bhalodiya Mahila Home Science College Sponsored by UGC	Upleta D10 th &11 th January 2009	Obesity: The Cause of Our Downfall.
				Childhood Obesity: A Major Problem in India
5	Cultural Phenomena in Indian Literature.	Shree H. L. Patel Arts & Commerce College Sponsored by UGC - Pune	Bhayavadar 16 th & 17 th January 2010	Ardhshatabdinu Gujarati Sahitya – Ek Sinhavalokan
				Saurashtra-Kutchchh sanskruti samyata
				Gujarati sahyama Geetono Amar Varso
6	Environment Education; Concerns, Sensitization & Action.	Faculty of Family and community science Dep.of Extension & Communication Sponsored by UGC	Baroda 24 th & 25 th January 2012	Environmental Contaminants
				Environmental effect of keeping quality of food
7	Gandhi Thought, Anna Movement & Our Education	M. B. Arts & commerce College Sponsored by UGC	Gondal 04/03/2012	Pravartman Shikshanma Mahavidyalayanu Uttardayitva
				New Dimensions of Qualitative Higher Education
8	The women in a new global perspective post 90's- avenues & approaches	M.J. Kundaliya Arts Commerce & Computer science College Sponsored by UGC	Rajkot 05/10/2012	Nari atyachar-kadvi vastavikta
				Jatiya asamanta - narijatinu apaman
9	Democracy In Our Times: Past, Present & Future	Smt. H.B. Jasani Arts & N.K. Jasani Commerce College, Rajkot In Collaboration with All India Women's Conference Sponsored by UGC	Rajkot 14/09/2013	Role of women in democracy.
10	Environmental Issues And Challenges	Smt. H.B. Jasani Arts & N.K. Jasani Commerce College, RAJKOT In Collaboration with Gujarat Geographical Association Sponsored by UGC	Rajkot 19/03/2014	Child Environmental Health- Risk And Remedies.
11	Education Commissions Recommendations and Its Executions In Independent BHARAT	IQAC, Saurashtra University, Rajkot and Siksha Sanskriti Utthan Nyas, New Dehi	Rajkot 18/06/2015	Attended
12	Startup-Standup	Shri Saraswati Shikshan	Bhutwad,	Spirulina-Wonder

	Make In India	Mahavidhyalaya, B.Ed & M.Ed College , Bhutwad. In collaboration With VIEW OF SPACE, International Refereed Multidisciplinary Journal of Applied Research	Dhoraji 20/08/2016	Food On Earth
13	National Webinar Effective Ways To Develop E - Content	SMT. Devkiba Mohansinhji Chauhan College of Commerce and Science, Mumbai Internal Quality Assurance Cell In Collaboration with Knowledge Bridge, Ahmadnagar	Mumbai 09/05/2020	Attended
14	National Webinar Family & Social Health: Issues & Remedies	Children's University ,Gandhinagar	Gandhinagar 11/05/2020	Attended
15	National Webinar Art of Parenting and Child Care.	Children's University ,Gandhinagar	Gandhinagar 19/05/2020	Attended
16	National Webinar The Message of Swami Vivekanand to Modern Youth	Shri Ramkrishna Ashrama,Rajkot.	Rajkot 12/01/2021	Attended
17	National Webinar Nutraceuticals and Immunity Booster Foods for Combating COVID -19	ASPEE College of Home Science & Nutrition, Sardarkrushinagar Dantiwada Agricultural University.	Dantiwada 17/05/2021	Attended
International Webinar				
1	Current Updates and challenges in Public Health Nutrition	Faculty of Family and Community Sciences, M.S. University, Baroda	Baroda 05/06/2020	Attended
State Level Seminar				
1	Home Science	Arts & Commerce Mahila College	Unjha 11/03/2007	Health and Nutritional Problems of Adolescent Girls
2	Social Accountability of Higher Education Institutions.	Department of Sociology, M. J. Kundaliya Arts and Commerce. Mahila College	Rajkot 12/10/2007	Mahavidyalay: Samajik Chetana nu Kendra N.C.C. nu Samajik shetre Yogadan

3	Awareness of Home Science in Rural and Urban Community.	A. R. S. Sakhida C.C.Gediwala Arts, Commerce & Home Science College Sponsored by UGC	Limbd 20/12/2008	Anaemia and Adverse Pregnancy Outcome
				Shakti-A National Movenent For Women
4	Emerging Trends and Scope in Home Science.	UGC & MVM Science & Home Science College	Rajkot 01/02/2009	Spirulina- The Wonder Algae.
				Clean Water, Sanitation, Street foods and Stratagies to improve Street foods
5	Images and representation of women in Indian literatures.	Smt. H. B. Jasani & Shri N. K. Jasani Commerce College Sponsored by UGC	Rajkot 19 th & 20 th December 2009	Mahila Utkarshna Margo
				Stri Sanman Kelvo-Odakho Narina Antarne
6	Consumer Education	UGC & B.D. Arts College Department of Home-Science, Gujarat University	Ahmedabad 11/01/2010	To Make Consumers Aware Regarding The Quality of Food Products
				Need To Educate Consumers About Food Spoilage
International Conference				
1	Fourth Wave Education	Department of Education, Saurashtra University	Rajkot 10 th & 12 th January 2004	Attended
National Conference				
1	Aging, Nutrition and Health	M.S.University	Baroda 8 th & 9 th October 1999	Attended
2	Role of Home Science in Social Well Being	UGC & Smt. S. B. Gardi Institute of Home Science, Saurashtra University	Rajkot 07/02/2010	Health Concerns of Tribal Women
				A Study on Bone Density & Hb Status of Girls
3	A Global need-stress management and strategies	R.R. Patel Mahila arts & Commerce College	Rajkot 18/01/2011	Hypertension: Nutritional aspects and preventable strategies
				Stress- Its relation with nutrition and longevity

4	Current problems of women health in India	UGC & U.K.V. mahila Arts & Home Science college	Keshod 29 th & 30 th January 2011	Health and Nutrition issues concerning women
				What Ails women health?
5	Environment and Climate	M.V.M. Science & Home Science College. Dept. Of Biology	Rajkot 13/02/2011	Environmental Contaminants.
				Microbial load in Bhel a popular street food in India and its comparison with Homemade food
6	Home Science and Life Style Management	Smt. S. B. Gardi Institute of Home Science, Saurashtra University	Rajkot 24/03/2013	Healthy family-cradle of human development
				Mental Health And Nutrition Mental Health and Nutrition
7	Recent Research Trends in All Subjects	Shri Patel Kelavani Mandal, College of Tech & B.Ed.	Junagadh 17/08/2015	Healthy Family – A Perfect Cushioning System
8	Innovation In Business Humanities And Social Sciences	TGES Smt. K.S.N. Kansagara Mahila Arts & Commerce College, Rajkot. Managed By.. Saurashtra Educational Trust	Rajkot 08/10/2016	Childhood & Adolescent Obesity – Serious Public Health Problem
9	Interdisciplinary Innovative Trends In Business Management & Humanities (IITBMH-2017)	Smt. K.S.N. Kansagara Mahila Arts & Commerce College Under UGC IQAC Scheme	Rajkot 23/12/2017	Status of Girl Child in India
10	National Conference on Women in Science	Female Science Faculties on the occasion of National Science Day at Department of Physics, Saurashtra University,	Rajkot. 28/02/2020	-
Symposia				
1	The Cereal Story	Hotel Grand Regency, Dhebar Road Sponsored by Kellogg's India Ltd	Rajkot 08/03/2016	Attended
2	Functional Foods & Metabolic Syndrome	Hotel Grand Regency, Dhebar Road Sponsored by Saffola Active	Rajkot 30/07/2016	Attended
3	Life Style Nutrition	Hotel Imperial Palace, Dr Yagnic Road Sponsored by Saffola	Rajkot 07/01/2017	Attended

		Active		
4	Protein & Fibre: It's Role In Satiety.	Hotel Radisson Blu, Off C.G. Road, Indian Dietetic Association – IDA Gujarat Chapter & Kellogg India Private Ltd	Ahmedabad 09/04/2017	Attended
5	Power of Grains	Hotel Fortune Park JPS Grand Indian Dietetic Association – IDA Gujarat Chapter & Kellogg's India Private Ltd	Rajkot 16/09/2018	Attended
6	Living Well With Diabetes	Hotel Imperial Palace, Dr Yagnik Road Indian Dietetic Association – IDA Gujarat Chapter in association with Tata Chemicals Ltd.	Rajkot 27/01/2019	Attended
7	Think smart, Eat Right – Challenges in the lockdown.	First Digital CNE of Indian Dietetic Association	Gujarat Chapter 17/05/2020	Attended
8	Cardio – Metabolic Health	Indian Dietetic Association, NetProfeN – Gujarat Chapter	Gujarat Chapter 09/12/2020	Attended

C (d) Training/Workshops/FDP/Orientation/Refresher Course :

Sr. No	Name of Programme	Duration	Organized by
Training			
1	Basic Computer Course	Dt. 21/12/2005-01/02/2005 (05 Weeks)	Lakhotiya Computer Centre(LCC), Rajkot
2	Yoga Shibir	Dt. 6th to 8th october-2008 (03 Days)	Saurashtra University, Rajkot
3	CCC Course	15/10/2011 (45 hours)	Kamaniya Computer Academy Pvt. Ltd., Rajkot
4	Bakery Course	Dt. 02/05/2016 – 06/05/2016 (05 Days)	Bakery Shala Agriculture University, Junagadh
5	Food Presevation	Dt. 22/08/2022 to 26//08/2022	M.V.M.Science & Home Science College,Rajkot
National Workshops			
1	National Level Workshop on 'Nanoscience and Nanotechnology'	21/02/2010 (01 Day)	UGC M. V. M. Science & Home Science College, Organized by- Department of Physics, Rajkot.
2	National Workshop on...	12/03/2012 to 14/03/2012 (03 Days)	V.V.Nagar

	Research Methodology-- - A March Towards Creating Quality Through Research [NWCQTR]	Presented a Research Proposal on - “Risk factor identification as prediction for chronic non communicable diseases among college 8teachers of Rajkot city.”	KCG
State Level Workshops			
1	Projected Aids UGC Sponsored	26th to 28th February 1991 (03 Days)	Ed. Ex. Department , Baroda
2	Importance of Trained Manpower & Recruitment Procedure for Hospitality Industry in Rajkot	03/06/2000 (01 Day)	Kutch-Saurashtra. Productivity Council, Rajkot
3	Syllabus “Abhyaskram Ghadatar Shibir.”	04/02/2007 (01 Day)	Bosamiya College, Jetpur
4	Printing Technology	20/07/2011 to 30/07/2011 (11 Days)	306,307 Sorath Plaza, 2/10 Bakti Nager Station Plot, Rajkot. Gujarat Academy of Creative Studies [GACS]
5	Research Methodology & Application Of SPSS On Data Analysis.	5th to 7th September 2013 (03 Days)	Acharya Motibhai Patel Institute Of Computer Studies, Ganpat University. Ganpat Vidyanagar-384012 Gujarat Council On Science & Technology Government Of Gujarat Sponsored [GUJCOST]
6	Content development for CFN Course	24/10/2013 (01 Day)	Babasaheb Ambedkar Open University (BAOU)Ahmedabad
7	Building Awareness Among Women Consultants In India	18/02/2014 (01 Day)	M.V.M. Science & Home Science College,Rajkot. North India Consultancy Organisation Ltd. [NITCON]
8	Content development for CFN Course	14/10/2014 (01 Day)	Babasaheb Ambedkar Open University (BAOU) Ahmedabad
9	UGC 7th pay Regulation- 2018 For University/ College Teachers	11/03/2018 (01 Day)	Jointly Organized by IQAC, Saurashtra University & Saurashtra Vishwavidyalaya Vistar Shaikshik Sangh (SVVSS) Saurashtra University, Rajkot
10	Intercollegiate Food & Nutrition Competition & Seminar on... .”Build Your roots with Healthy Foods”	05/07/2019 (01 day)	Protein Foods & Nutrition Development Association of India [PFNDAI] in Collaboration with Indian Dietetic Association – Gujarat Chapter and Department of Home Science of Sadguru

			Mahila Home Science College, Rajkot.
Faculty Development Programme			
1	Concepts of Networking	12th to 23rd August 2013 (12 Days)	MVM Science and Home Science College, Rajkot. Internal Quality Assurance Cell [IQAC]
2	Computer Basics	07th to 17th July 2014 (11 Days)	MVM Science and Home Science College, RAJKOT in collaboration with V. P. Academy, Rajkot Internal Quality Assurance Cell [IQAC]
3	Faculty Development Programme	11th to 20th August 2016 (10 Days)	MVM Science and Home Science College, Rajkot . Internal Quality Assurance Cell [IQAC]
4	International Faculty Development Programme [IFDP] Phase- 1	13 &14 October 2017 (02 Days)	Jointly Organized by Global Training Program (GTEP) (UK) & Internal Quality Assurance Cell (IQAC), Saurashtra University, Rajkot
5	International Faculty Development Programme [IFDP] Phase- 2	14/03/2018 (01 Day)	Jointly Organized by Global Training Program (GTEP) (UK) & Internal Quality Assurance Cell (IQAC), Saurashtra University, Rajkot
6	Features of Faculty	14/04/2018 (01 Day)	BAPS Swaminarayan Mandir , Rajkot
Orientation			
1	Orientation	01/05/1989 to 27/05/1989	ASC, Saurashtra University- Rajkot Sponsored By UGC
2	Orientation for Academic Counsellor for MFN – 004 & 006 of M.Sc. (DFSM) Programme	03/02/2006 (01 Day)	I.G.N.O.U. Regional Centre - Ahmedabad
3	Orientation for Academic Counsellor for M.Sc. (DFSM) Programme	11/09/2007 (01 Day)	I.G.N.O.U. Regional Centre - Ahmedabad
Refresher			
1	Refresher	18/02/1990 to 08/03/1990	ASC, M.S. University-Baroda Sponsored By UGC
2	Refresher	20/02/1995 to 12/03/1995	ASC, M.S. University-Baroda Sponsored By UGC
3	Refresher	10/07/2000 to 30/07/2000	ASC, Saurashtra University- Rajkot Sponsored By UGC
4	Refresher	06/11/2000 to	ASC, Saurashtra University- Rajkot

		26/11/2000	Sponsored By UGC
5	Refresher	25/04/2001 to 12/05/2001	ASC, Gujarat University- Ahmadabad Sponsored By UGC

C(E) Details As Resource Person:

Sr.No.	Event	Title of Presentation	Date & Place	Organized by
1	Delivered a talk	Food and Nutrition	Rajkot 11/08/2006	Central Board for Workers Education
2	Delivered talk	Food and Nutrition	Rajkot 10/08/2006, 09/09/2006,12/10/2006, 06/11/2006,11/12/2006, 10/01/2007,13/02/2007	AIR [Gyanvani Programme]
3	Delivered a talk	Anthropometric measurement of pre – school & school children & nutritional status of community.	Rajkot 19/12/2007	Mahila & Balvikas Mantralaya – Ahmedabad.
4	Representative as Nutrition Expert	Mid Day Meal School Programme	Gandhinagar 16/04/2009	From MVM Sc.& Home Sc. College, Rajkot
5	Delivered a talk	Food and Nutrition	Rajkot 14/03/2011	Mahila Jagat, Doordarshan, Rajkot
6	Delivered a talk	Foods & Nutrition [Under Poshan Jagruti Abhiyan , ICDS - ghatak 1,2	Rajkot 10/ 06/ 2011.	RMC , Rajkot
7	Delivered a lecture	Assessment of nutritional status in community	Gandhinagar 24/01/2012	BISAG
8	Delivered a lecture	Malnutrition & Health.	Rajkot 13/02/12	Mahila Jagruti Shibir By – Gujarat Rajya Mahila Arthik Vikas Nigam Ltd.
9	Delivered a lecture in subject CFN.	Tamaro Ahar Ane Teni Upyogita. CFN-2	Gandhinagar 08/08/2014	BAOU

D.(a) Teaching Experience :

Course taught	Name of the University/College/Institution	Duration (As on June-2024)
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U.G.	MVM Science and Home Science College, Rajkot	19/01/1989 to till date (35 yrs., 05 months)
P.G.	Saurashtra University	1997 to 2000 (03 yrs.)
M. Phil.	-	-
Any other	-	-

D.(b) Total Teaching Experience :

(i) Under-graduate : **35 yrs** (ii) Post graduate : **03 yrs**

E. Innovations / Contributions in Teaching :

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

a. Design of Curriculum :

Designed curriculum for Home Science[Food& Nutrition] subjects for under graduate programme

Teaching Methods :

Chalk & Talk, Power point presentation, Use of Internet, Group Discussion, Interaction, Seminars among the Students, Through asking Questions, Project works, Assignments, Field trips, etc., & Use of Visual aids like Charts, Posters, Folders, Pamphlets, Leaflets, Models etc.

Laboratory experiments : **As Per Curriculum**

b. Evaluation Methods : **Internal Tests, Weekly Class Tests, Assignments, Project works, Seminars, Surprise Test, MCQ Test etc.**

c. Preparation of resource material Including book, reading materials
Laboratory manual etc. : **Two Books and other reading materials**

d. Remedial Teaching / Student:

Personal guidance to the needy students. Extra classes for the weak students.

e. Counselling (academic) :

(1) **Individually outside the classroom.**

(2) **Parent Counselling at the time of Admission for the usefulness of the subject
– Home Science in Career development.**

f. Any other :

(1) **As and when required in any form of teaching.**

(2) **Give guidance and motivate the student for preparation of poster presentation
for seminar.**

(3) **Motivating the students at school level for selection of Home Science as
their career.**

F. Extension Work/ Community Services :

a) 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.:

(1) **Donation for flood and draught relief.**

(2) **Tree plantation in College campus.**

(3) Values of National Integration:

(4) Socialism :

(1) ii) National Mission :

b) Position held/Leadership role played in organizations linked with Extension Work & National Service Scheme (NSS) or NCC or any other similar activity.

❖ Extension Work : -

G. Participation in Corporate Life:

Please give a short account of your contribution to:-

I College/ University/Institution :

(1) Dhara Adhyaksh in Geet, Sangeet & Nritya Since-2009.

ii Co-curricular Activities:-

(1) iii Enrichment of Campus Life: [Hostels, Sports, Games, Cultural Activities]

(1) Guide students for Bhajan , Lokgeet ,Sugam Songs etc.

iv Students Welfare & Discipline: -----

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

Vi Professional Organization of Teacher: -

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

Life Member of Adhyapak Mandal

(1) Life Member of Alumani Association of M. V. M. Science & Home Science College

(2) Member of IDA [Indian Dietetic Association]

(3) Co-opted member for FN board from 2018, Saurashtra University, Rajkot

(4) Other then Chairman in FN board from 2018, Saurashtra University, Rajkot.

(b) Editorship of Journals : -

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

(b) Difficulties faced : -

(c) Suggestions for improvement:-

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

K. Any other Information :

1) Completed Course on “Net Bridge” with “A” Grade by Net Vision Technologies. Dt. 20/02/2002.

2) Member of Organizing Committee of State Level Seminar at M. V. M. Science & Home Science College, Rajkot. Topic: Emerging Trends & Scope in Home Science.

3) Chairperson in Internal complaint Committee (ICC) since 07/01/2022.

Annexure-I

Sr. No.	Title of the Paper	Journal/ Book	Date/ Volume/ Pg. No.	Year of Publication	National/ International	ISBN/ ISSN No.
Books						
1	Nutritional Management In Health & Diseases	Book	-----	June 2003	-----	-----
2	Meal Planning	Book	-----	June 2009	-----	ISBN No 978-81-7790-180-1
Article In Books						
1	Pravartman Shikhsanma Maha	Shaikshanik Chintan [The Academic	Aug-2012 Pg 84,85	August 2012	National	ISBN-978-81-924295-9-5

	Vidhyalaynu Uttardayitva.	Artical Series], Published by M. B. Arts & Commerce College, Gondal				
2	New Dimensions of Qualitative Higher Education	Book On..... Shaikshanik Chintan [The Academic Artical Series], Published by M. B. Arts & Commerce College, Gondal	Aug-2012 Pg 63,64	August 2012	National	ISBN-978-81- 924295-9-5
3	Spiritual Education For Students: Why & How?	Suvarna Jayanti Mahotsav of MVM Sc, Home Sc,Commerce, Mgt & IT college.	College souvenir. Dt. 25th & 26th December -2013 Pg. No.118- 119	Dt. 25th & 26th December- 2013	-	-
4	Negative Effect of Eating Fast Food.	Book On..... Facts of Fast Food In India.First Edition- Dec- 2013. Publisher- A.K. Publication, Dariya Ganj, Delhi. First Edition	Dec-2013 Pg. 135- 140	December 2013	National	ISBN-978-93- 83334-61-2
National Journal						
1	A Study On Bone Density And Hemoglobin Status Of Women.	A National Registered & Monthly Refereed Journal. “Research Link”	Issue – 103 Vol-XI- (8) , Oct-2012 Pg. 36,37,38	October 2012	National	ISSN –0973 – 1628
International Journal						
1	Environmental Effect On Keeping Quality Of Food.	An International Registered & Monthly Refereed Journal.	Issue – 104 Vol-XI- (9) ,Nov- 2012 Pg. 22,23	November 2012	International	ISSN –0973 – 1628

		“Research Link”				
2	Health & Nutritional Problems Of Adolescent Girl.	A International Registered & Monthly Refereed Journal. “Research Link”	Issue – 104 Vol-XI-(9) ,Nov-2012 Pg. 24,25,26	November 2012	International	ISSN –0973 – 1628
3	Study on Nutritional status of school girls in Rajkot city as determined by anthropometry.	Food Science Research Journal [An International Refereed Research Journal]	Vol-4, Issue-1, April-2013. Pg. 77 – 79	April-2013	International	ISSN-0976-1276
4	Nutritional and hygienic assessment of paubhaji sold by small vendors in Rajkot city and its comparison with homemade sample	Food Science Research Journal [An International Refereed Research Journal]	Vol-4, Issue-1, April-2013. Pg 80 – 83	April-2013	International	ISSN-0976-1276
5	Comparative Study of Working & Non Working Women and its Relation with Obesity	Asian journal of Home science [An International Refereed Research Journal]	Vol-8, Issue-1, June-2013. Pg 334 – 337	June-2013	International	ISSN-0973-4732
6	Determinants Of Obesity In Women Of Rajkot City And Effect Of Health Improvement Programme	An International Registered & Monthly Refereed Journal. “Research Link”	Issue 121, Vol xiii (2), April 2014, Pg. 24-26.	April -2014	International	ISSN-0973-1628,
7	Health And Nutritional Status Of Pregnant Mother Visiting As Beneficiaries Of Anganwadi	An International Registered & Monthly Refereed Journal. “Research Link”	Issue 121, Vol- Xiii (2),April 2014, Pg. 27-28	April -2014	International	ISSN-0973-1628

8	Health And Nutritional Status Of Nursing Mother Visiting As Beneficiaries Of Anganwadi	Refereed Research Journal “ International Journal Of Medical Sciences” [IJMS]	Vol-7 Issue1&2, April & October-2014, Pg No.33-37	April & October-2014	International	ISSN – 0974-2654,
9	Effectiveness of health improvement programme for obesity – A cross sectional Study	Refereed Research Journal “ International Journal Of Medical Sciences” [IJMS]	Vol-7 Issue1&2, April & October-2014, Pg No. 55-57	April & October-2014	“ International	ISSN – 0974-2654,
10	The Quality Of Food Products, Food Laws & Consumers Awareness	An International Registered & Monthly Refereed Journal. “Research Link”	Issue 137, Vol-XIV (6), August 2015, Pg. 38-40	August 2015	International	ISSN-0973-1628
11	Government Approaches Towards Public Health & Nutrition	An International Registered & Monthly Refereed Journal. “Research Link”	Issue 137, Vol-Xiv (6), August 2015, Pg. 41-43.	August 2015	International	ISSN-0973-1628
12	Healthy Family – A Perfect Cushioning System	An International Refereed Multidisciplinary Journal of Applied Research. “View Of Space”	Year 3, Vol -1, Issue 4, August 2015, Pg. 77-80	August 2015	International	ISSN-2320-7620
13	Spirulina- Wonder Food On Earth	An International Refereed Multidisciplinary Journal of Applied Research. “View Of Space”	Year 4, Vol -5, Issue 4, August 2016, Pg. 19-22	August 2016	International	ISSN-2320-7620
14	Childhood & Adolescent Obesity – Serious Public Health Problem	An International Bi annual Refereed Journal	Year Oct 2016, Vol 2, Issue 2(I), Pg.6-9.	October 2016	International	ISSN: 2395 – 7417

		“Spunk Multidisciplina ry Research Journal”				
15	Status Of Girl Child In India	An International Bi annual Refereed Journal “Spunk Multidisciplina ry Research Journal”	Year Dec 2017, Vol 3, Special Issue 1, Pg.140- 143	December 2017	International	ISSN: 2395 – 7417