



MatushriVirbaimaMahila 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	Dr. Malti B. Mehta
2	Residential Address with Pin No.	'Shri Villa' Bungalow no. B-420 Street Number 14, Raijinagar, Near Motibaug, Junagadh-362001
3	Mobile No.	9825586692
4	Landline No. of Resident	-
5	Other alternative No.	9428573260
6	E-Mail ID	mabapodra@gmail.com
7	Date of Birth	4 th September 1964

B. (a) General Information :

1	Designation	Associate Professor
2	Department	Home Science
3	Specialization if any	General Home Science
4	Date of Appointment	
	(i) In the present institution	23 rd March 2021
	(ii) In the present post	
5	Honours conferred	M.A. University First

B.(b) Academic Qualification :

Examination	Board/University	Subjects	Year	Division/Grade/Marks
B. Sc.	Saurashtra University	Foods & Nutrition	1985	First Class (63%)
M. A.	Gujarat Vidyapith	General Home Science	1991	Distinction (79%) University First

C. (a) Research Experience & Training :

Research Stage	Title of work/ Thesis	University where the work was carried out
M.Phil. or equivalent	-	-
Ph.D.	Biochemical Studies on the	Veer Narmad

	Grains	
Post-Doctoral	-	-
Publication (give a list separately)(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
-	-	-	-

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

Name of the Seminars, Conferences, Symposia, etc.	Name of the sponsoring Agency	Place & Date	Title of the paper presented (if any)
International Level Conference/Seminar			
34 th International Conference-New Directions of Academic Research	Department of English, Bhakta Kavi Narsinh Mehta University in collaboration with Indian association for Canadian studies	Junagadh 19 & 20 February 2022	Spiritual impact of the Bhagavad Gita on a selected poem of Narsinh Mehta
National Level Conference/Seminar			
BharatiyaNari- Vimarsh	Hindi Sahitya Academy- Gandhinagar	Upleta 23-24 th February 2008	NariSamanta Shiksha
Hindi RashtriyaSangosthi	Hindi Sahitya Academy- Gandhinagar	Bhayavadar 22 nd November 2008	RashtriyaevamAntarr ashtriyata
Current Problem of Obesity in India	UGC	Upleta 10-11 th January 2009	Prescription Medications for the Treatment of Obesity
Water Management Social Impacts	Water Management Forum	Dhoraji 15 th February 2009	Jal PradushanAtkavvanaU pay
Sahitya VivechananaNootanAbh igamo	UGC	Jetpur 28-29 th March 2009	ShringarRasniekVishis htkruti Rupsundarkatha-kruti Aswad
Quality Sustenance of Higher Education Institutions in Rural Areas	NAAC	Manavadar 5-6 th December 2009	Attended
Cultural Phenomena in Indian Literature	UGC	Bhayavadar 16-17 th January 2010	Cultural Phenomena in Jain Literature
Role of Home Science in Social Well Being	UGC	Rajkot 7 th February 2010	Effect of Germination and Heat Processing
Contemporary Issues in	Indian Accounting	Jetpur	Theory of Trusteeship

Commerce and Management	Association	20 th February 2010	
Research Methodology in Social Science and Training in SPSS	UGC	Junagadh 24-25 th January 2011	Attended
Current Problem of Women Health in India	UGC	Keshod 29-30 th January 2011	StriyomaVadhuFelayel Ashadhya Rog Osteoporosis no Abhyas
Women Psychology: Past, Present and Future	UGC	Jetpur 24 th February 2013	Domestic Violence and the Child Welfare System
Home Science and Life Style Management	UGC	Rajkot 24 th March 2013	Nutritional Issues among Adolescent Girls in Rural Areas
Environment Issues & Challenges	UGC	Rajkot 19 th March 2014	Environmental Protection & Development of India
Multidimensional Aspects of Yoga	UGC	Rajkot 8 th February 2015	Yoga PranayamdwarUpchar
Nadi, Vav, KoovaKanthSinchananeVimsan	Balvant Parekh Center Vadodara	BordiSamadhiyala 27-28 th August 2015	Jal: ManaviniMulbhutJaruriyat
Nurturing Family Values for the Social Well-Being	Smt. S. B. Gardi Institute of Home Science, Rajkot	Rajkot 29 th January 2017	Individual Values, Goals, Standards and their Impact on Family Growth
Nurturing Family Values for the Social Well-Being	Smt. S. B. Gardi Institute of Home Science, Rajkot	Rajkot 29 th January 2017	Role of Management in Family-life amongst Contemporary Scenario
Startup-Standup Make in India	Shri SaraswatiShikshanMahavidyalaya	Bhutwad 29 th August 2016	Quality Sustenance of Higher Education Institutions in Rural Areas
State Level Conference/Seminar			
Awareness of Home Science in Rural and Urban Community	UGC	Limbdi 20 th December 2008	GraminSamudaynaVikasGruh Vigyan ni Bhumika
Mental Health First Aid Training Program	Civil Hospital, Ahmedabad	Jetpur 30-31 st January 2009	Attended
Emerging Trends & Scope in Home Science	UGC	Rajkot 1 st February 2009	Health Foods: Emerging Trends in food science and technology
Research Methodology & Minor/Major Research Project	UGC	Junagadh 2-3 rd October 2009	Attended
BhasakePracharPrasarme Media ka Yogdan	Hindi Sahitya Academy	Jetpur 4-5 th February 2012	Media krantiaurBhasaAnuvadkeSath Media Ka Sambandh

Research Methodology	Drishti Foundation	Dhoraji 17 th February 2013	Attended
Life Style Nutrition	IDA Gujarat Chapter	Rajkot 7 th January 2017	Attended
National Workshop on Sports Nutrition	IDA Gujarat Chapter	Rajkot 8 th January 2017	Attended
Power of Grains	IDA Gujarat Chapter	Rajkot 16 th September 2018	Attended

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

Sr. No.	Name of Programme	Duration	Organized by
1	Orientation	23 rd May to 18 th June 1994	Academic Staff College, Rajkot
2	Refresher I	10 th July to 30 th July 2000	Academic Staff College, Rajkot
3	Refresher II	4 th October to 22 nd October 2001	Gujarat Vidyapith, Ahmedabad
4	Refresher III	27 th January to 16 th February 2003	Academic Staff College, Rajkot
5	Faculty Improvement Programme	12 th September to 18 th September 2016	HRDC, Saurashtra University, Rajkot
6	Faculty Improvement Programme	20 th March to 26 th March 2017	HRDC, Saurashtra University, Rajkot
7	One Day Faculty Development Workshop	4 th September 2011	Gurukul Mahila Arts & Commerce College, Porbandar
8	Three Day Workshop on Promotion of Culture of Quality through Research	12 th April to 14 th April 2012	Knowledge Consortium of Gujarat, Ahmedabad
9	One Day Workshop on Home Science Faculty Development	7 th October 2012	Shree Mahila Arts & Commerce College, Joshipura, Junagadh
10	Faculty Development Workshop in Family & Community Science	9 th August 2013	Shri G. K. & C. K. Bosamia Arts & Commerce College, Jetpur
11	Curriculum Development Workshop in Family & Community Science	3 rd August 2014	Shri G. K. & C. K. Bosamia Arts & Commerce College, Jetpur
12	Faculty Development Workshop in Family & Community Science	19 th February 2016	Shree Mahila Arts & Commerce College, Joshipura, Junagadh
13	Fal- ShakbhajiParirakshan Training	20-26 th September 2010	Shri G. K. & C. K. Bosamia Arts & Commerce College, Jetpur

14	Fal-ShakbhajiParirakshan Training	1-7 th August 2011	Shri G. K. & C. K. Bosamia Arts & Commerce College, Jetpur
15	Housekeeping Utility Services Training	14-23 rd December 2016	Shri G. K. & C. K. Bosamia Arts & Commerce College, Jetpur
16	Training Session on GST	15 th July 2017	Rajkot

C.(e) Details as Resource Person:

Sr.No.	Event	Title of Presentation	Date & Place	Organized by
1	Resource Person	Personality Development	9 th to 15 th October 2003	Centre of Continuing Education, Saurashtra University, Rajkot
2	Resource Person	Fancy Cookery	26 th to 31 st December 2005	Centre of Continuing Education, Saurashtra University, Rajkot
3	Resource Person	Marriage & Family Life	26 th to 31 st December 2005	Centre of Continuing Education, Saurashtra University, Rajkot
4	Resource Person	Fancy Cookery	2 nd to 7 th January 2006	Centre of Continuing Education, Saurashtra University, Rajkot
5	Resource Person	Frame work	18 th September to 10 th October 2006	Centre of Continuing Education, Saurashtra University, Rajkot
6	Resource Person	Beauty Care	15 th to 30 th December 2006	Centre of Continuing Education, Saurashtra University, Rajkot
7	Member-Organising Committee	National Conference Contemporary Issues in Commerce and Management	20 th February 2010	Indian Accounting Association

D.(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	26 th July 1991 to 22 nd March 2021=29 years
	2. MatrushriVirbaimaMahila Science & Home Science College, Rajkot	23 rd March 2021 continued
P.G.	(1) Shri G. K. & C. K. Bosamia Arts & Commerce College, Jetpur	(1) June 2001 to May 2020 = 19 years
	(2) M, J, S, GodhaniMahila P, G, Home Science College, Joshipara, Junagadh	(2) June 2021 onwards
M. Phil.	-	-
Any other	-	-

D.(b) Total Teaching Experience :

- (i) Under-graduate:**32 years** (ii) Post graduate: **22 years**

E. Innovations / Contributions in Teaching :

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

- a) Design of Curriculum: **Participation in curriculum designing for UG**
- 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, Surprise 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 : -

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.:
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
- 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 :
Paper setter at UG level
Serving as external examiner and paper setter at UG and PG courses for BKNM University
- ii. Co-curricular Activities
- iii. Enrichment of Campus Life (Hostels, Sports, Games, Cultural Activities) :
- iv. Students Welfare & Discipline:
Counselling students for scope in career
- v. Membership/Participation in Bodies/Committees on Education and National Development:
- vi. Professional Organization of Teacher:
Member of Adhyapak Mandal

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

1.Life Member of IDA [Indian Dietetic Association]

2. Co-opted member for Home Science Board of Studies from 2017 to 2023 at BKNM University, Junagadh.

3. Co-opted member for Faculty of Arts from March 2021 to 2023 at BKNM University, Junagadh.

(b) Editorship of Journals: NIL

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

(b) Difficulties faced: **Students coming from different rural areas limits the expected teaching outcome.**

(c) Suggestions for improvement: **Remedial coaching**

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

As member of BoS, syllabus updating at regular interval was done keeping in view model curriculum of UGC, SOP of education department and of other Universities of India.

K. Any other Information:

(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	2 nd Volume Page 34-38	2007	International Refereed	ISSN:0937-4732
2	Scope of Home Science	SPKM- A Multidisciplinary Journal	1 st Volume Page 117-118	2013-14	National	ISSN:2347-5994
3	Quality Sustenance of Higher Education Institutions in Rural Areas	View of Space	4 th August 2016 Volume 7	2016	National	ISSN:2320-7620
4	Prescription Medications for the Treatment of "Obesity"	ANTIDOTE Indian remedies to global issues	Page 33	2017	National	ISBN:978-93-86103-79-6
5	Individual Values, Goals, Standards and their Impact on Family Growth	Research Matrix	February 2017 Volume 7 Page 57-	2017	National	ISSN:2321-7073

			63			
--	--	--	----	--	--	--