

Matushri Virbaima Mahila Science & Home Science College, Rajkot.

Kalawad Road, Near Under Bridge, RAJKOT

PHONE NO. 091-281-2452997 email ID : [mvmsscience@yahoo.co.in](mailto:mvmsscience@yahoo.co.in)



GRADE "A" INSTITUTE (ACCREDITED BY NAAC)

## Self Appraisal Form for Teachers

### I) (a) General Information

1	Name	Major. & Dr. Daxa Jitesh Jotangiya
2	Address (Residential) & Phone No.	"Manglam" Kailash Dhara Park b/h Sadguru Vandana dham 1, 150 feet ring road Rajkot : mob : 9824292530
3	Designation	Associate professor
4	Department	Home Science
5	Date of Birth	15/12/1972
6	Area of Specialization	Foods & Nutrition
7	Date of appointment	
	(i) In the present institution	18/03/1995
	(II) In the present post	18/03/1995
8	Honours conferred	Ph.D., N.C.C. Officer (Major)

### I) b) Academic qualifications:

Examination passed	Board/University	Subjects	Year	Division/Grade/ Merit etc.
S.S.C	G.S.E.Bord	Science	1987	Second
H.S.C	G.H.S.E.Bord	Home Science	1989	First
B.Sc	Saurashtra uni	Food & Nut.	1992	Dist.
M.Sc	Saurashtra uni	Food & Nut.	1994	First
Ph.D.	Saurashtra uni	Food & Nut.	2010	-
Other/ NCC (1) Lt(OR) (2) CAPTAIN(RC) (3) MAJOR	W.O.T.S(OTA) (GWALIOR)	N.C.C N.C.C N.C.C	1996 2004 2011	First First First

## II) (a) Research Experience & Training

Research Stage	Title of Work/ Thesis	University where the work was carried out
M. Phil or equivalent	---	---
Ph. D	Nutritional & hygienic Assessment of Foods Sold By Small Vendors In Rajkot City.	Saurashtra university.
Post-Doctoral	---	---
Publication (give a list separately)	yes	---
Research Guidance (give names of Students guided successfully)	Guiding one students doing M. Sc (Dietetics and Food Service Management) from IGNOU for their dissertation work	----
Training (Please specify)	-Career counseling cadre for NCC officer - 1 month of training for MAJOR rank in N.C.C. - 1 month of training for CCC+	-NCC Unit Rajkot -OTA Gwalior -M.V.M. college, Rajkot

## II (b) Research Projects carried out: No

Title of the Project	Name of the Funding Agency	Duration	Remarks
Health and nutritional status of pregnant and nursing mother visiting as beneficiaries of anganwadi	UGC	2 years	Submitted in 3 <sup>rd</sup> May 2012

**(II) (c) Seminars, Conferences, Symposia, Workshops, etc. Attended**

Name of the Seminars , Conferences, Symposia, Workshops, etc.	Name of the Sponsoring Agency	Place and Date	Title of the paper presented (if any)
1)Seminar International level	-----	Dairy college Anand 17, 18/12/05	A poster -- Nutritional & hygienic Assessment of vendors foods
(2)Seminar National level on "Current Trends and Issues in Home Science."	UGC	Dep.of home sci. Saurashtra uni 24,25/1/04	Only Attend - ended
(3)Seminar State level on "Home Science"	-----	Mahila College Unjha. 11/3/07	(1)Microbial assessment of panipuri popular street food of India & its Comparison With Homemade. (2) Nutritional assess Ment of panipuri Sold by small Vendors In rajkot city & its compassion With Home made Sample. (3) 9 To 12 Varshna School A Jata Balak Na Nasta No Poshan Angeno Survay.(Joint paper with Dipti Oza)
(4) Seminar State level on "Social Accountability	-----	Kundaliya College Rajkot 12/10/2007	(1) NCC Nu samajik Kshetre Yogdhan.

<p>of Higher Education Institutions.”</p> <p>(5)Seminar National Level on ‘Non Government Organizations : Goals, Transparency and Accountability [An Auditing].’</p> <p>(6)Seminar National level Scenario.’</p>	<p>-----</p> <p>Shakti –A National movement for women</p>	<p>M.S W Dept. Saurashtra uni. 27,28/10/07</p> <p>Shakti Pune. 19, 20/01/08</p>	<p>(2) Mahavidyalay samajik chetana nu kendra(Joint paper with Heena shah)</p> <p>NGO’S -LIFE</p> <p>(1)A Study On Bone Density &amp;Hemoglobin Status of Women. (2)Effectiveness of health improvement programme for obesity in women. (Joint paper with Heena shah) (3) Health &amp; Nutrition issue concerning women and children- Roll of Home Science Education(Joint paper with Heena shah)</p>
<p>(7)Seminarstate Level on‘Current Problem of Obesity in India.’</p>	<p>UGC</p>	<p>Home Science college Limdi. 20/12/08</p>	<p>(1)“SHAKTI” National Movement for women (2)Anemia and Adverse pregnancy outcome (Joint paper with Heena shah)</p>
<p>(8)Seminar National Level on ‘Current Problem of</p>		<p>Home Science college Upleta 10,11/1/09</p>	<p>(1)Childhood obesity –A Major Problem In India. (2)obesity: The</p>

Obesity in India.'	UGC		cause of our Downfall (Joint paper with Heena shah)
(9)Seminar state level on "Emerging Trends and Scope in Home Science."	UGC	MVM College Rajkot 1/2/09	(1)Clean Water Sanction Strict Foods & Strategies To Improve The Street Foods. (2)Spirulina- The Wonder Algae. (Joint paper with Heena shah)
(10) Seminar state level on `Images and representation of women in Indian literatures`	UGC	Jasani college Rajkot 19/2/2009	(1)Stree sanman kelvo aolkho nari na anter ne aolkho (2) Mahila utkars na margo(Joint paper with Heena shah)
(11) Seminar state level on "Consumer Education"	UGC	B.D. Arts Collage, Ahemdabad 11/1/2010	(1)Need to educate consumer about food spoilage and storage. (2) To make consumers Aware regarding the Quality of food products(Joint paper with Heena shah)
(12) Seminar National level `Cultural Phenomena in Indian Literature`	UGC	H.L. Patel College Bhayavdar, 16,17/1/2010	(1)Saurashtr kacch sanskruti samyata (2) Ardhashatabadi nu gujarati sahitya Ek sinhavalokan(Joint paper with Heena shah) (3) Gujarati

<p>(13) Seminar National level on 'Role of Home Science in Social Well Being'</p>	<p>UGC</p>	<p>S.B.Gardi Institution Home Scienc, Department, Sau.University, Rajkot 7/2/10</p>	<p>sahitya ma geeto no amar varso(Joint paper with Pallvi)</p> <p>(1)A study on bone density and Hb status of girls (2) Health concerns of tribal women (Joint paper with Heena shah)</p>
<p>(14) National level workshop on "Nanoscience and Nanotechnology"</p>	<p>UGC</p>	<p>M.V.M. Sci. &amp; Homesci. College Dept. of PhyicsRajkot 21/2/10</p>	<p>Attended Only</p>
<p>(15)National level Conference on "A Globle need- stress management and strategies."</p>	<p>-----</p>	<p>R.R Patel Mahila College Rajkot 18/1/11</p>	<p>(1) Stress-Its relation with Nutrition and Longevity (2) Hypertension Nutritional aspects and preventable strategies(Joint paper with Heena shah)</p>
<p>(16)National level on "Current problems of women health in India"</p>	<p>UGC</p>	<p>U.K.V. Mahila College Keshod 29,30/1/11</p>	<p>1)What Ails Women Health (2) Health and Nutrition issues concerning women(Joint paper with Heena shah)</p>
<p>(17) National level on "Environment and Climate"</p>		<p>M.V.M. Science&amp; Home Science College Dept.</p>	<p>(1)Microbial Lode in Bhel a Popular street food in India and its comparison</p>

		of biology Rajkot 13/2/11	with Home made food (2) Environmental contaminants (Joint paper with Heena shah) (3)Effect of tempture on keeping quality of food.
(18) National seminar "Environment Education concerns,sensitization and action	UGC	Faculty of Family and community science Dep.of Extension & Communication BARODA 24,25-1-2012	(1) Environmental effect on keeping quality of food (2) Environmental contaminants(Joint paper with Heena shah)
(19) National seminar on... Gandhi Thought, Anna Movement & Our Education	UGC	M.B. Arts and Commerce college, GONDAL 4-3-2012	(1)_New Dimensions of Qualitative Higher Education (2)"Pravartman Shikshanma Mahavidyalayanu Uttardayitva". [Joint Paper with Ms.Heena Shah]

### III) (a) Teaching Experience

Courses taught	Name of the University /College/ Institution	Duration
U.G.	M.V.M Sci. & Home Sci. college	17years
P.G.	Sau.Uni	10 years
M. Phil	-----	-----
Any other	NCC	16 Years

### III) (b) Total Teaching Experience:

(i) Under-graduate: 17Years

(ii) Post graduate: 10 years

**Give list/lists separately for the following if required.**

### IV) Innovations / Contributions in Teaching

#### a. Design of Curriculum :

(1) Designed for T.y. B.sc. Home Sci. (F&N)for the subject “**Food preservation**”

(2) Designed Curriculum for S.Y.B.Sc. Home Science for the subject ‘**Nutritional Management in Health & Diseases**’.

(3) Designed Curriculum for S.Y.Bsc., Home Science (Sem. III & IV)  
Subject– “**Meal Planning**”

(4) Designed Curriculum for S.Y.Bsc., Home Science (Sem. III & IV)  
Subject– “**Post harvesting” and Food packaging & Safty**”

#### b. Teaching Methods:

Chalk & Talk, Group Discussion, Seminars among the students, through asking Question, Use of visual aids like charts posters project work, Assignment, field trip, use to multimedia.

#### c. Laboratory experiments : As per Curriculum

#### d. Evaluation Methods:

Internal Test, Weekly class test, assignments project work, seminars.

#### e. Preparation of resource material including book, reading materials,Laboratory manual etc.:

(1) Preparing notes for students, laboratory manual for students.

(2) A Text book for S.Y. B.Sc. Home Sci. Titled “**Nutritional Management in health and diseases**” is published by prvin prakashan, Rajkot.

(3) A Text book for S.Y. B.Sc. Home Sci. Titled “**Meal Planning**”is published by prvin prakashan, Rajkot

#### f. Remedial Teaching / Student:

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

#### g. Counseling (academic):

(1) Individually outside the classroom.

(2)Parent counseling at the time of Admission for the usefulness of the subject home Science in Career development.



**h. 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.

**V) Extension Work/Community Service:**

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) AIDS awareness in slum area or Rajkot city By NCC cadets
  - (2) Nutritional Education program in school Children By ncc cadets
  - (3) Students participation in world health rights day on 10 Dec 2010
  - (4) Vyasana mukti' -rally on 25/6/2010 in Rajkot
  - (5) 'Vyasana mukti' -street play on 26/6/2010 in Munjaka
  - (6) Cultural activity in camps-2010
  - (7) yoga in camps-2010
  - (8) Tree plantation in camps-2010
  - (9) Save a Girl child rally 2009
  - (10) Values of National Integration: Participates actively in Independence day and Republic day celebration organized by university and college.
  - (11) Socialism :
    - a) Attended lectures on value education delivered by Shri Morari Bapu with group of students in Jan. 2009.
    - b) Attended "Yuva Asmita Samaroh" organized by Saurashtra University along with group of students in 2007.

ii) **National Mission: Disciplining students through NCC activities.**

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

**VI) Participation in Corporate Life:**

Please give a short account of your contribution to:-

- a. College/ University/Institution:
  - (1) 26<sup>th</sup> January parad in Rajkot
  - (2) 15<sup>th</sup> August parad in Rajkot

- (2) Dhara member in Sport committee
- (3) 1<sup>st</sup> May 2009 Gujarat sthapna day parad in college

**b. Co-curricular Activities: -**

- (1) Fifteen lectures related to Foods & Nutrition on **AIR** [Gyanvani Programme] year-2006-07-08.

- (2) Paper setter, Examinership in UG level & NCC

**c. Enrichment of Campus Life:----**

- (Hostels, Sports, Games, Cultural Activities)

**d. Students Welfare & Discipline:----**

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

**f. Professional Organization of Teacher:** Member of Adhyapak Mandal.

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

- (1) Life Member of Adhyapak Mandal (Date of Joining –18-3-1995)
- (1) Life Member of Alumani Association of M. V. M. Science & Home Science College. (Date of Joining, Feb-2006)
- (2) Life member of Indian Women Scientists Association 2009
- (3) Alumani Association in Dept. of Home Science 2004

- (b) Editorship of Journals: -----

**VIII) State brief assessment of your performance indicating:**

- (a) Achievements: -----
- (b) Difficulties faced: ----
- (c) Suggestions for improvement: -----

**IX Step taken by you for the evaluation of the course/ programme taught:**

**X) Any other Information: -----**

1- Awarded 3<sup>rd</sup> position in All India NCC Refresher cours for the rank of Captain at Gwalior.

2- Awarded for best work done in NCC by M.V.M. Science & Home Science College

3- Received the degree of Doctor in Philosophy in November 2010.

4- Member of Organising Committee of State Level Seminar at M. V. M.

Science & Home Science College, Rajkot. Topic : Emerging Trends & Scope in Home Science.

5- Presented one lecturer in subject community nutrition, Topic- “ Assessment of nutritional status in community” in sandhan programme at Gandhinager on 24-1-2012 with Heena shah

***Three research papers were published, the details of which are as follows***

<b>No.</b>	<b>Title of the paper</b>	<b>Journal</b>
1	A Study On Bone Density & Hemoglobin Status of Women.	Proceeding of national Seminar –women health India scenario organized by shakti- A national movement for women Pg no-154
2	Effectiveness of health improvement programme for obesity in women. (Joint paper with Heena shah)	Proceeding of national Seminar –women health India scenario organized by shakti- A national movement for women Pg no-151
3	Health & Nutrition issue concerning women and children- Roal of Home Science Education (Joint paper with Heena shah)	Proceeding of national Seminar –women health India scenario organized by shakti- A national movement for women Pg no-133
4	Food Science Research Journal, Vol. 2, Issue I, April 2011	Microbial assessment of panipuri – A popular street food of India and its comparison with homemade food Vol 2 issue 1 April 2011 pg 20
5	Food Science Research Journal, Vol. 2, Issue I, April 2011	Nutritional assessment of Panipuri sold by small vendors in Rajkot city and its comparison with homemade sample Vol 2 issue 1 April 2011 pg 44

**(Signature of Teacher)**

Dr. Daxa J. Jotangiya