

+Matushri Virbaima Mahila Science & Home Science College, Rajkot.

Kalwad Road, Near Under Bridge, RAJKOT

PHONE NO. 091-281-2452997 email ID : mvm-science@yahoo.co.in



GRADE "A" INSTITUTE (ACCREDITED BY NAAC)

SELF APPRAISAL FORM FOR TEACHERS

I) (A) GENERAL INFORMATION :

| | | |
|---|-----------------------------------|--|
| 1 | NAME | MS. HINA K. BHADANIYA |
| 2 | ADDRESS (RESIDENTIAL) & PHONE NO. | D-4 , MERRY GOLD RESIDENCY, MAHILA COLLEGE CHOWK, RAJKOT-360001. 9429574269 (M) 9427732199(M) |
| 3 | DESIGNATION | ASSOCIATE PROFESSOR |
| 4 | DEPARTMENT | HOME SCIENCE (FOODS & NUTRITION) |
| 5 | DATE OF BIRTH | 10/04/1965 |
| 6 | AREA OF SPECIALIZATION | FOODS & NUTRITION |
| 7 | DATE OF APPOINTMENT | |
| | (I) IN THE PRESENT INSTITUTION | 19/01/1989 |
| | (II) IN THE PRESENT POST | 19/01/1989 |
| 8 | HONOURS CONFERRED | ----- |

1) B) ACADEMIC QUALIFICATIONS :

| EXAMINATION PASSED | BOARD/UNIVERSITY | SUBJECTS | YEAR | DIVISION/GRADE/MERIT ETC. |
|---------------------------|--|------------------------|---------------------|---------------------------|
| S.S.C. | G.S.E. BOARD | ---- | MARCH-1980 | HIGHER SECOND 59% |
| H.S.C. | G.H.S.E. BOARD | SCIENCE | APRIL - 1982 | SECOND 48% |
| B.SC. [HOME SCIENCE] [FN] | SAURASHTRA UNIVERSITY | FOODS & NUTRITION | AUGUST - 1985 | DISTINCTION 73% |
| M.SC. [HOME SCIENCE] [FN] | SARDAR PATEL UNIVERSITY | FOODS & NUTRITION | OCTOBER-1987 | HIGHER SECOND 59% |
| B.A. [MUSIC] | BRAHAD GUJARAT SANGEET SAMITTI AHMEDABAD | INDIAN CLASSICAL VOCAL | 1993 | 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 | ----- | ----- |
| POST-DOCTORAL | ----- | ----- |
| PUBLICATION [GIVE A LIST SEPARATELY] | ----- | ----- |
| RESEARCH GUIDANCE [GIVE NAMES OF STUDENTS GUIDED SUCCESSFULLY] | ----- | ----- |
| TRAINING [PLEASE SPECIFY] | ----- | ----- |

II (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. | U.G.C. | 2 Yrs. | Submitted to UGC Dt. 03/05/2012. |

(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 | National Conference on "Aging, Nutrition and Health." | ----- | <ul style="list-style-type: none"> M.S.University <u>BARODA</u> 8-9/10/1999 | ----- |
| 2 | Workshop on "Importance of Trained Manpower & Recruitment Procedure for Hospitality Industry in RAJKOT." | ----- | <ul style="list-style-type: none"> Kutch- Saurashtra. Productivity Council, <u>RAJKOT.</u> 3/6/2000 | ----- |
| 3 | International Conference on "Fourth Wave Education." | ----- | <ul style="list-style-type: none"> Department of Education, Saurashtra University., <u>RAJKOT.</u> 10-12/1/2004 | ----- |

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|----|---|--------------------------------------|---|---|
| 4 | National Seminar on "Current Trends and Issues in Home Science." | UGC | <ul style="list-style-type: none"> Department of Home Science, Saurashtra University, <u>RAJKOT.</u> 24-25/01/2004 | <ul style="list-style-type: none"> ❖ Poster Presentation on "Declining Ratio of Female to Male Population-A Problem of much Concern." |
| 5 | Workshop on Syllabus "Abhyaskram Ghadatar Shibir." | ----- | <ul style="list-style-type: none"> Bosamiya College, <u>JETPUR</u> 4/2/2007 | <ul style="list-style-type: none"> ❖ ----- |
| 6 | State Level Seminar on Home Science | ----- | <ul style="list-style-type: none"> Arts & Com. Mahila College, <u>UNJHA</u> 11/03/2007 | <ul style="list-style-type: none"> ❖ "Health and Nutritional Problems of Adolescent Girls." |
| 7 | State Level Seminar on "Social Accountability of Higher Education Institutions." | ----- | <ul style="list-style-type: none"> Department of Sociology, M. J. Kundaliya Arts and Commerce. Mahila College, <u>RAJKOT.</u> 12/10/2007 | <ul style="list-style-type: none"> ❖ "Mahavidyalay: Samajik Chetana nu Kendra." ❖ "N.C.C. nu Samajik Kshetre Yogadan." |
| 8 | National Seminar on 'Non Government Organizations : Goals, Transparency and Accountability [An Auditing].' | ----- | <ul style="list-style-type: none"> Department of Social Work and Economics, Saurashtra University, <u>RAJKOT.</u> 27-28/10/2007 | <ul style="list-style-type: none"> ❖ "Chetana- A Leading NGO." |
| 9 | National Seminar on 'Women Health-Indian Scenario.' | SHAKTI-A National Movement for Women | <ul style="list-style-type: none"> <u>PUNE,</u> Maharashtra 19-20/1/2008 | <ul style="list-style-type: none"> ❖ "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 [joint paper: Ms. Daxa Solanki, Ms. Renu Vij]." |
| 10 | State Level Seminar on 'Awareness of Home Science in Rural and Urban Community.' | UGC | <ul style="list-style-type: none"> A. R. S. Sakhida & C.C.Gediwala Arts, Commerce. & Home Science College, <u>LIMBDI</u> 20/12/2008 | <ul style="list-style-type: none"> ❖ "Anaemia and Adverse Pregnancy Outcome." ❖ Shakti-A National Movement For Women. [Joint paper with Ms. Daxa Solanki] |

| | | | | |
|----|--|---------------------|--|---|
| 11 | National Seminar on 'Current Problem of Obesity in India.' | UGC | <ul style="list-style-type: none"> • Bhalodiya Mahila Home Science College, <u>UPLETA</u> • 10-11/01/2009 | <ul style="list-style-type: none"> ❖ "Obesity: The Cause of Our Downfall." ❖ "Childhood Obesity : A Major Problem in India [Joint Paper with Ms. Daxa Solanki]." |
| 12 | State Level Seminar on 'Emerging Trends and Scope in Home Science.' | UGC | <ul style="list-style-type: none"> • MVM Science & Home Science College, <u>RAJKOT</u> • 1/2/2009 | <ul style="list-style-type: none"> ❖ "Spirulina- The Wonder Algae." ❖ "Clean Water, Sanitation, Street foods and Stratagies to improve Street foods [joint paper with Ms.Daxa Solanki]." |
| 13 | State Level Seminar on 'Images and representation of women in Indian literatures' | UGC | <ul style="list-style-type: none"> • Smt. H. B. Jasani & Shri N. K. Jasani Commerce College, <u>RAJKOT.</u> • 19,20/12/2009 | <ul style="list-style-type: none"> ❖ "Mahila Utkarshna Margo" ❖ "Stri Sanman Kelvo-Odakho Narina Antarne" [joint paper with Ms.Daxa Solanki]. |
| 14 | State Level Seminar on 'Consumer Education' | UGC | <ul style="list-style-type: none"> • B. D. Arts College Department of Home-Science, Gujarat University, <u>AHMEDABAD</u> • 11/1/2010 | <ul style="list-style-type: none"> ❖ "To Make Consumers Aware Regarding The Quality of Food Products". ❖ "Need To Educate Consumers About Food Spoilage." [joint paper with Ms.Daxa Solanki]. |
| 15 | National Seminar on 'Cultural Phenomena in Indian Literature' | UGC - PUNE | <ul style="list-style-type: none"> • Shree H. L. Patel Arts & Commerce College, <u>BHAYAVADAR</u> • 16-17/1/2010 | <ul style="list-style-type: none"> ❖ "Ardhshatabdinu Gujarati Sahitya – Ek Sinhavalokan." ❖ Saurashtra-Kutchchh sanskruti samyata [Joint Paper with Ms. Daxa Solanki & Pallavi Bagthriya] ❖ Gujarati sahityama Geetono Amar Varso. [Joint Paper with Ms. Daxa Solanki & Pallavi Bagthriya] |
| 16 | National Conference on 'Role of Home Science in Social Well Being' | UGC Assisted | <ul style="list-style-type: none"> • Smt. S. B. Gardi Institute of Home Science, Saurashtra University, <u>RAJKOT</u> • 7/2/2010 | <ul style="list-style-type: none"> ❖ "Health Concerns of Tribal Women" [Joint Paper with Ms. Daxa Solanki] ❖ A Study on Bone Density & Hb Status of Girls. [Joint Paper with Ms. Daxa Solanki] |

| | | | | |
|----|---|-------|---|--|
| 17 | National Level Workshop on 'Nanoscience and Nanotechnology' | UGC | <ul style="list-style-type: none"> • M. V. M. Science & Home Science College, Organised by- Department of Physics, <u>RAJKOT.</u> • 21/2/2010 | <i>Attended Only.</i> |
| 18 | National Conference on "A Globe need-stress management and strategies." | ----- | <ul style="list-style-type: none"> • R.R. Patel Mahila arts & Commerce College. <u>RAJKOT</u> • 18/1/2011 | "Hypertension: Nutritional aspects and preventable strategies" "Stress- Its relation with nutrition and longevity[<i>Joint Paper with Ms. Daxa Solanki</i>] |
| 19 | National level conference on Current problems of women health in India | UGC | <ul style="list-style-type: none"> • U.K.V. mahila Arts & Home Science college <u>KESHOD</u> • 29-30/1/2011 | "Health and Nutrition issues concerning women" "What Ails women health? [<i>Joint Paper with Ms. Daxa Solanki</i>] |
| 20 | National Conference on Environment and Climate | ----- | <ul style="list-style-type: none"> • M.V.M. Science & Home Science College . Dept. of Biology <u>RAJKOT</u> • 13/2/2011 | "Environmental Contaminants" "Microbial load in Bhel a popular street food in India and its comparision with Home made food "[<i>Joint Paper with Ms. Daxa Solanki</i>] |
| 21 | National seminar on Environment Education; Concerns, Sensitization & Action. | UGC | Faculty of Family and community science Dep.of Extension & Communication <u>.BARODA</u> 24,25-1-2012 | <i>Environmental Contaminants"</i> <i>Environmental effect of keeping quilty of food.</i> <i>[Joint Paper with Ms. Daxa Solanki]</i> |
| 22 | National seminar on... Gandhi Thought, Anna Movement & Our Education | UGC | M. B. Arts & commerce College <u>GONDAL.</u> 4/3/2012 | "Pravartman Shikshanma Mahavidyalayanu Uttardayitva". New Dimensions of Qualitative Higher Education [<i>Joint Paper with Ms. Daxa Solanki</i>] |
| 23 | National Workshop on... Research Methodology--- A March Towards Creating Quality Through Research [NWCQTR] | KCG | <u>V.V.NAGAR</u> 12/3/2012 to 14/3/2012 | Presented a Research Proposal on - "Risk factor identification as prediction for chronic non communicable diseases among college teachers of Rajkot city." |

III) (A) TEACHING EXPERIENCE

| COURSES TAUGHT | NAME OF THE UNIVERSITY /COLLEGE/ INSTITUTION | DURATION |
|----------------|--|----------|
| U.G. | MVM Science and Home Science College, RAJKOT | 23yrs. |
| P.G. | Saurashtra University | 17 yrs. |
| M. Phil | ----- | ----- |
| Any other | ----- | ----- |

III) (B) TOTAL TEACHING EXPERIENCE :

(i) Under-graduate : 23 yrs. (ii) Post graduate : 17 yrs.

GIVE LIST/LISTS SEPARATELY FOR THE FOLLOWING IF REQUIRED.

IV) INNOVATIONS / CONTRIBUTIONS IN TEACHING

a. Design of Curriculum :

- (1) Designed for Curriculum for T.Y.B.Sc., Home Science (F&N) for the subject **“Community Nutrition & Nutrition Health Communication”**.
- (2) Designed Curriculum for S.Y.B.Sc. Home Science for the subject **‘Nutritional Management in Health & Diseases’**.
- (3) Designed Curriculum for S.Y.B.Sc., Home Science (Sem. III & IV) Subject– **“Meal Planning”**
- (4) Designed Curriculum for S.Y.B.Sc., Home Science (Sem. IV) Subject— **“DIET THERAPY.”**

b. Teaching Methods :

Chalk & Talk, 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.

c. Laboratory experiments : As Per Curriculum

d. Evaluation Methods :

Internal Tests, Weekly Class Tests, Assignments, Project works, Seminars etc.

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 Science** titled “**Nutritional Management in Health and Diseases**” is published by **Pravin Prakashan, RAJKOT**. (First Edition – 2003)
- (3) A **Text book** for **S.Y.B.Sc. Home Science** titled “**Meal Planning**” is published by **Pravin Prakashan, RAJKOT**. (First Edition – 2009)

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 HomeScience 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) Donation for flood and draught relief.
- (2) Tree plantation in College campus
- (3) **Values of National Integration:**

Participates actively in Independence day and Republic day celebration organized by university and college.

(4) Socialism :

- (1) Attended lectures on value education delivered by Shri Morari Bapu with group of students in Jan. 2009.
- (2) Attended “Yuva Asmita Samaroh” organized by Saurashtra University along with group of students in 2007.

ii) National Mission :

- Adult Education under Continuing Education.

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 :

- (1) Conducted diet survey to know the nutritional & health status of the community.
- (2) Visited various schools of rural & urban area and collected / observed anthropometric & clinical signs of students to see their nutritional & health status.
- (3) Visited various Anganwadies to see their roles in community.
- (4) Use of various audio – visual aids and make puppet show and drama on health & nutrition for various school students.
- (5) Demonstration of low cost nutritious recipes in various schools.
- (6) Delivered a talk on Foods & Nutrition at “ Cental Board For Workers Education.” Dt: 11/08/2006.**
- (7) Delivered a talk on “ Anthropometric measurement of pre – school & school children & nutritional status of community.” Place – RAJKOT, Organized by Mahila & Balvikas Mantralaya – Ahmedabad. **Dt: 19/12/2007.**
- (8) Representative as Nutrition Expert from MVM Sc.& Home Sc. College in Mid Day Meal School Programme at GANDHINAGAR **Dt. 16/04/2009.**
- (9) Attended one day seminar [Poshan Jagruti Abhiyan] Organized by Mahila & Balvikas Mantralay , Gujarat Sarkar at GANDHINAGAR., **Dt:21/12/2010..**
- (10) Delivered a talk on Foods & Nutrition [Under Poshan Jagruti Abhiyan , ICDS - ghatak 1,2] Organized by RMC . Dt: 10/ 06/ 2011.
- (11) Delivered a lecturer in MAHILA JAGRUTI SHIBIR By – Gujarat Rajya Mahila Arthik Vikas Nigam Ltd., **Dt:13/02/12** Subject --- MALNUTRITION & HEALTH. at Hemu Gadhavi Natya Gruh.

VI) Participation in Corporate Life :

Please give a short account of your contribution to:-

a. College/ University/Institution :

- (1) Member of the **Cultural Committee**: MVM Science & Home Science College, RAJKOT.
- (2) Serve as a **team leader** of the college students during **Youth Festivals**, esp. in song competitions.
- (3) **Dhara Adhyaksh** in Geet, Sangeet & Nritya.
- (4) **Sub Editor** in MVM Spectrum.
- (5) Presented talk about Foods & Nutrition on **Doordarshan** RAJKOT.

b. Co-curricular Activities:-

- (1) Paper setter, Examinership
- (2) Fifteen lectures related to Foods & Nutrition on **AIR [Gyanvani Programme]** round the year-2006-07-08.

c. Enrichment of Campus Life: [Hostels, Sports, Games, Cultural Activities]

- (1) Guide students for Garabas, Raas, Songs etc.

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

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

- (1) Member of **Anti – Ragging committee** since July 2011.

f. Professional Organization of Teacher:

- (1) Life Member of **Adhyapak Mandal** (Date of Joining – 21/7/1989)
- (2) Life Member of **Alumani Association** of M. V. M. Science & Home Science College. (Date of Joining, Feb-2006)

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

(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 :

- **Stood first in 88th Refresher Course, Dt: 10/07/2000 to 30/07/2000** in assignment work among 92 participants., Saurashtra University Rajkot.
- Member of Organizing Committee of State Level Seminar at M. V. M. Science & Home Science College, Rajkot. **Topic : Emerging Trends & Scope in Home Science. Dt: 01/02/2009.**
- Successfully completed **CCC+ computer training programme** by Kamaniya Computer Academy **Dt. 15/10/2011.**
- Presented one lecturer in subject community nutrition, **Topic- “ Assessment of nutritional status in community” in sandhan programme** at Gandhinager on 24-1-2012 with Dr.Daxa solanki.
- Actively participated **as organizer in NSS Camp, GADHAKA, Dt: 04/ 01/ 2012 to 07/ 01/ 2012.**

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

| No. | Title of the Paper | Journal |
|------------|---|--|
| 1 | A Study On Bone Density & Hemoglobin Status of Women. [Joint paper with Ms Daxa Solanki] | Proceeding of national Seminar –women health India scenario organized by shakti- A national movement for women |
| 2 | Effectiveness of health improvement programme for obesity in women. | Proceeding of national Seminar –women health India scenario organized by shakti- A national movement for women |
| 3 | Health & Nutrition issue concerning women and children- Role of Home Science Education. | Proceeding of national Seminar –women health India scenario organized by shakti- A national movement for women |

(Signature of Teachers)
Ms. Hina k. Bhadaniya

