



Matushri Virbaima Mahila Science & Home Science College

Kalawad Road, Near Under Bridge, RAJKOT

PHONE NO. +91-281-2452997 email ID : mvmsscience@yahoo.co.in &

(Re-Accredited 'A' Grade by NAAC, CGPA- 3.04)

Self Appraisal Form for Teachers

A. Personal Information :

1	Name	Sandhya Navnitray Parikh
2	Residential Address with Pin No.	“Navnit” 5,Indraprashtha Nagar Akshar Marg Rajkot. 360001
3	Mobile No.	9879493601
4	Landline No. of Resident	-
5	Other alternative No.	8780930080
6	E-Mail ID	snparikh29@yahoo.co.in
7	Date of Birth	29/08/1958

B. (a) General Information :

1	Designation	Associate Professor
2	Department	General Science
3	Specialization if any	-
4	Date of Appointment	-
	(i) In the present institution	05/07/1982
	(ii) In the present post	05/07/1982
5	Honours conferred	

B.(b) Academic Qualification :

Examination	Board/University	Subjects	Year	Division/Grade/ Marks
S.S.C	GHSEB	Science	1974	Ist division
B.Sc	Saurashtra University	Zoology	1978	Ist division
M.Sc	Saurashtra University	Experimental Biology	1980	Ist division

C.(a) Research Experience & Training :

Research Stage	Title of work/ Thesis	University where the work was carried out
M.Phil. or equivalent	-	-

Post-Doctoral	-	-
Publication (give a list separately) (Annexure-I)	<u>Annexure-I</u>	-
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)
National Seminar				
1	Current Problem Of Obesity In India	UGC & R .P. Bhalodia Arts, Com,& S. N.P. Bhalodia Mahila Home Sci. College	Upleta 10th & 11th January 2009	Survey of obese couple of different income group in urban environment
2	Current Problem Of Obesity In India	UGC & R.P.Bhalodia Arts, Com,& S. N.P. Bhalodia Mahila Home Sci. College	Upleta 10th & 11th January 2009	Negative Calorie Diet – A Boon for Obese People
3	“Literature And Creative Arts”	M.P Arts & M.H.Com. College For women and Guj.Sahitya Acedamy, Gandhinagar	Ahemdabad, 29/11/2009	Attended
4	“New Frontiers In Life Sciences”.	Deptt. Of Biological Sciences. NVPAS	Vallabh Vidyanagar, 19/12/2009	Dangerous role Of Methane IN Heating Our Planet
5	“Modern Perspective In Home Decor”	UGC & J.P.Shroff Arts College	Valsad 24th & 25th January,2010	“Chromo Therapy And Home Decor”
6	“Biochemistry: A Global Approach From Molecules to Cell”	UGC & Department of Biochemistry, Saurashtra University	Rajkot 30/01/2010	Attended
7	Environment Education: Concern, Sensitization & Action	UGC & Department Of Extension & Education ,Faculty of Family & Community Science. M.S. University	Baroda	Environmental Education: Awareness And Action

8	Gandhi Thought, Anna Movement and Our Education	UGC & M.B.Arts & Commerce College	Gondal 04/03/2012	Gandhiji's concept on Education
9	The Woman In A new Global Perspective post 90's- Avenues & Approches	UGC & M. J. Kundaliya Arts,Commerce & computer Science College	Rajkot 05/10/2012	Survey Of Problem Of Working Women in Rajkot City
10	Democracy IN Our Times: Past, Present & Future	UGC & H.B.Jasani Arts and commerce College & All India Women's Conference	Rajkot 14/09/2013	"Role of Mass Communication & Media in democracy
11	Environment Issues And Challenges	UGC & Gujarat geographical Association, Ahmedabad & H.B. Jasani Arts college	Rajkot Dt.19/3/2014	" Unspoken cries of increasing Non Ionising Radiation"
State Seminar				
1	HomeScience	UGC & North Gujarat University	Unjha, 11/03/2007	Menopause and Management of Menopausal syndrome
				Menstruation and Contraceptive methods
2	Awareness of Home Science in urban and rural Community	UGC & Sakhida Home Science college	Limdi 20/12/2008	Osteoporosis- "The Thin Bone Disease"
				Social Environment for Early Detection of Cancer
	Emerging trends and scope of Home science	M.V.M. Science And Home Science college	Rajkot 01/02/2009	Crazy chemistry of ozone
				Rotavirus Diarrhoea - A killer food borne infection of children
				Water analysis of different sources
				Pivana Panini Gunvatta and Chakasani

Total = 08				
National Conference				
1	Role of Home Science in social well being	UGC & Smt. S.B. Gardi Institute of Home Science, Saurashtra University	Rajkot 07/02/2010	“Osteopenia In young Girls With Reference To Modern Life Style”
2	Global Need: Stress Management Strategies	UGC & Smt. R.R. Patel Arts & Comm. College.	Rajkot 18/1/2011	“Impact of stress & management”
3	Current Problem of Women Health In India	UGC & U.K. Vachhani Mahila arts & Home Science College	Keshod 29th & 30th January 2011	“In vitro Fertilization is Boon for Infertility”
4	Environment & climate- Impact of Assessment Of Environment & Climate	M.V.M Science & Home Science College, Rajkot And International Society of Science & technology, Mumbai.	Rajkot 13/2/ 2011	“An Over view- vehicular pollution Scenario of Rajkot city”
5	Home Science And Life Style Management	Smt. S.B. Gardi Institute of Home Science, Home science Association Of India, Rajkot & IDA, Rajkot club	Rajkot 24/03/2013	“Indoor Pollution Management”
6	Bio scientific Technologies – An Elixir for research in 21st Century	UGC & Shree M. N. Virani Science College	Rajkot 2/2/2013	Attended
7	Home Scientific living and Outreach	UGC & Smt. S. B. Gardi Institution of Home Science Saurashtra University	05/03/2017	Nutraceutical and Health
Symposium				
1	Challenges Of Deglobalisation for India	Smt. H.B. Jasani Arts & N.K. Jasani Commerce College	09/03/2017	attended

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

Sr. No.	Name of Programme	Duration	Organized by
Training			
1	Residential Training Programme Training and Capacity Building Programme in Home Science	10th to 17th March 2012 (07 days)	Knowledge Consortium of Gujarat, Department of Education Government of Gujrat, S.M. Patel College, Vallabh Vidhya Nager
2	Printing Technology	20th to 30th July	Gujarat Academy of Creative

	Workshop	2011 (11 days)	Studies - 306,307 Sorath Plaza, 2/10 Bakti Nager Station Plot, Rajkot
Work Shop			
1	Syllabus Abhyas Ghadtar Shibir	04/02/2007 (01 day)	Bosamiya Arts & Commerce College Jetpur And Saurashrta University , Rajkot
2	Nano science and Nano technology : A curriculum Development Approach	21/02/2010 (01 day)	Physics Department M. V. M. Science & Home Science College, Rajkot
3	Building Awareness Among Women consultant in India	20/01/2012 (01 day)	Home Management Department. M. V. M. Science & Home Science College, Rajkot & (NITCON) & Consultancy Development Centre, New Delhi
4	Work shop ICT in Universities	25/07/2012 (1 day)	IQAC & UGC Academic Staff College Saurashrta Uni. Rajkot
5	UGC 7TH Pay Regulation – 2018 for University / College Teachers	11/03/2018 (01 day)	IQAC Saurashtra University & Saurashtra Vishwa vidyalaya Vistar Shaikshik Sangh (SVVSS) NFDD Hall Saurashrtra university, Rajkot
Faculty Development Programme			
1	Resent Trends in Education and use of ICT	09th to 12th August 2011	IQAC, M. V. M. Arts College, Rajkot
2	Concepts of Networking	12th to 23rd August 2013	IQAC, M.V.M Science & Home Science College, Rajkot
3	Computer Basic	07th to 17th July 2014	IQAC, M.V.M Science & Home Science College, Rajkot
4	Faculty Development Programme	11th to 20th August 2016	IQAC, M.V.M Science & Home Science College, Rajkot
Refresher course			
1	Comparative functional Anatomy, Environmental Biology and Applied zoology	1/8/1990 to 21/8/1990	Dept. of Zoology Gujarat University Ahmadabad
2	Cell Physiology, Biological Chemistry and Developmental Biology	9/9/1991 to 28/9/1991	Dept. of Zoology Gujarat University Ahmadabad
3	Home Science	10/7/2000 to 30/7/2000	Academic staff college, Saurashtra University

			Rajkot
4	Home Science	6/11/2000 to 26/11/2000	Academic staff college Saurashtra University Rajkot
5	Home Science	25/4/2001 to 12/4/2001	Academic staff college Gujarat University Ahemadabad

C.(e) Details as Resource person :

Sr.No.	Event	Title of Presentation	Date & Place	Organized by
1	Radio talk for School students, Educational Programme	<ul style="list-style-type: none"> • “Molluscan and theirHabitat • “Patangiya and Fuda” • -“Biosphere 	1999/2001 Rajkot	Prasar Bharti-Aakashvani
2	Expert lectures for IGNOU	Introduction of Human Physiology	29/7/2006	Gyanvani AIR Rajkot
		Pachan Tantra	25/8/2006	
		Swasan Tantra	13/9/2006	
		Blood & Blood Group	5/10/2006	
		Urinary System	17/11/2006	
		Antastravi Granthi -I	16/12/2006	
		Antashtravi Granti-II	5/2/2007	
		Nervous System-I	17/4/2007	
		peripheral nervous System-II	9/5/2007	
		Samvedan Avayavo I	27/5/2007	
		Samvedan Avayavo -II	21/6 2007	
3	Sandhan Lecture, (live television series.	Science In Home Science	17/7/2011 BISEG Studio, Gandhinagar	KCG Gandhinagar
		Human Anatomy & Physiology	2/8/2012	
		Introduction to Genetics	26/3/2012	
		Communicable diseases	1/10/2012	
		Ecology & Environmental Science	18/3/2013	
		Endocrine Glands & their Functions	18/2/2013	
		Human	3/9/2012	

		Anatomy & Reproductive System		
5	Judge National conference	Environment & Climate (Poster presentation)	13/2/2011	M.V.M.Science & Home Science College Rajkot

D.(a) Teaching Experience :

Course taught	Name of the University/College/Institution	Duration (As on June-2019)
U.G.	1)Matushri Virbaima Mahila College, Rajkot 2)Matushri Virbaima Mahila Science & Home Science College, Rajkot	2 years (As a part timer) 36 years,11 months
P.G.	S. B. Gardi Institute Of Home Science, Saurashtra University, Rajkot	12 years (As Visiting Faculty)
M. Phil.	-	-
Any other	-	-

D.(b) Total Teaching Experience :

(i) Under-graduate : **38 years, 11 Months** (ii) Post graduate : **12 years**

E. Innovations / Contributions in Teaching :

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

a) Design of Curriculum :

Served six times as an expert in General science subjects like Biology, Human Anatomy and Physiology, First Aid and Nursing, Health and Sanitation, Applied Physiology, Nutritional Biochemistry, Microbiology, Kitchen Gardening, Ecology, Applied Life Science, Disaster Management.

b) Teaching Methods:

Chalk and Duster, Charts, Visual Aids like Slide Projector, Epidiascope, Expert's Lecture and Film Show. Power Point Presentation.

c) Laboratory experiments:

As per curriculum, Demonstrate the experiment and then student performs.

d) Evaluation Methods:

Group Discussion, Assignments, Experimental Skills and Accuracy, Project Work and Class Tests (Theory and Practical), surprise Test.

e) Preparation of resource material including book, reading materials, Laboratory manual etc

1) Reading Materials and Laboratory Manual for Biology and Anatomy – Physiology, Ecology, Nutritional Biochemistry and Kitchen Gardening

2) Published five books for under Graduate level course (Home science)

3) Participated in making an Educational TV Program at Educational Media Research Centre, Gujarat University on “POULTRY FARMING”.

4) Prepared question bank of - Applied Microbiology & Physiology, Nutritional Biochemistry, as a team member for T.Y.B.Sc.(Home Sci.)

f) Remedial Teaching / Student:

Personal guidance and encouragement to weak student

g) Counselling (academic):

1) At Kadvibai Vidhyalaya for “The Scope of Home Science

After 12th in 2006.

2) **Parent Counselling at the time of Admission for the Usefulness of the subject – Home Science in Career Development**

h) Any other :

- 1) **As Nature Club Coordinator conducting activity for Environmental Awareness and Preservation of Nature.**
- 2) **Give guidance and motivate the student for preparation of paper presentation for seminar.**
- 3) **Motivate the students at school level for selection of Home Science as their career**

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. :
 - 1) **Scientific Temper:**
 - a) **Bird Watching and Tree Plantation, Cleaning of Campus and Preparation of Compost under Nature club**
 - ii National Mission :
- 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 :

College/ University/Institution:

- **Performed allotted duty and actively participated during State Level Seminar on “Emerging Trends in Home Science”, February 2009**
- **Paper setter of General Science subjects (F.Y., S.Y., and T.Y. Home Science) for South Gujarat University, 2007-2014**
- **Paper setter of General science subject (T.Y. Home Sci.) For Shyamji Krishna Verma kachchh University, Bhuj, March 2010**
- i. Co-curricular Activities :-
- ii. Enrichment of Campus Life (Hostels, Sports, Games, Cultural Activities) :
- iii. Students Welfare & Discipline:-
- iv. Membership/Participation in Bodies/Committees on Education and National Development:
 - **Co-ordinator of Nature Club**
 - **Life time membership in Indian Women Scientists Association**
 - **Co-opted member of Board of Studies (Three Terms), Saurashtra University**
- v. Professional Organization of Teacher :

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

(b) Editorship of Journals :- -

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

(b) Difficulties faced: **Difficulty in explaining the science subject as the students don't have the sound knowledge as most of them belong to the general stream.**

(c) Suggestions for improvement:

To start breach courses of science subject for first year students to improve their knowledge

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

Feedback from students and improvements done accordingly.

K. Any other Information :

Annexure-I

Sr. No.	Title of the Paper	Journal/ Book	Date/ Volume/ Pg. No.	Year of Publication	National/ International	ISBN/ ISSN No.
Book						
1	Biological Science	Book	-	1997 2001	-	-
2	Public Health & Sanitation	Book	-	2009	-	-
3	Disaster Management	Book	-	2009	-	-
4	Micro biology	Book	-	2010	-	-
5	Human Anatomy & Physiology	Book	-	2017	-	-