



# Matushri Virbaima Mahila Science & Home Science College

Kalawad Road, Near Under Bridge, RAJKOT

PHONE NO. +91-281-2452997 email ID : [mvmscience@yahoo.co.in](mailto:mvmscience@yahoo.co.in) &

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

## Self Appraisal Form for Teachers

### A. Personal Information :

1	Name	<b>Indu S. Buddhdev</b>
2	Residential Address with Pin No.	<b>I.S. Buddhdev, 'OM' Bhomeshwar Society, Main Road, B/H Press Colony, Near Punit nager, Jamanager Rajkot.</b>
3	Mobile No.	<b>8141994549</b>
4	Landline No. of Resident	<b>0281- 2472353</b>
5	Other alternative No.	<b>9924405152</b>
6	E-Mail ID	<a href="mailto:indubudddev@gmail.com">indubudddev@gmail.com</a>
7	Date of Birth	<b>02/03/1960</b>

### B. (a) General Information :

1	Designation	<b>Associate Professor</b>
2	Department	<b>General Home Science</b>
3	Specialization if any	<b>General Home Science</b>
4	Date of Appointment	
	(i) In the present institution	<b>22/01/1991</b>
	(ii) In the present post	<b>22/01/1991</b>
5	Honours conferred	

### B.(b) Academic Qualification :

Examination	Board/University	Subjects	Year	Division/Grade/ Marks
<b>H.S.C.</b>	<b>GHSEB</b>	<b>Home Science</b>	<b>1980</b>	<b>II Class</b>
<b>B.A.(Home- Science)</b>	<b>Saurashtra University</b>	<b>General Home-Science</b>	<b>1983</b>	<b>II Class</b>
<b>M.A. .(Home- Science)</b>	<b>Gujarat University</b>	<b>General Home-Science</b>	<b>1985</b>	<b>II Class</b>
<b>B.Ed.</b>	<b>Saurashtra University</b>	<b>Gujarati and History</b>	<b>1986</b>	<b>II Class</b>

### C.(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)	<b>Annexure-I</b>	

Research Guidance (give names of Students guided successfully) (Annexure-II)		
Training (Please specify)		

**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)
<b>International Conferences</b>				
1	<b>Forth Weave Education</b>	<b>Department of Education Saurashtra University</b>	<b>Rajkot 10<sup>th</sup> to 12<sup>th</sup> January 2004</b>	<b>Attended</b>
<b>National Conferences</b>				
1	<b>Role of Home Science in social well being</b>	<b>Smt. S.B. Gardi Institute of Home Science, Saurashtra University</b>	<b>Rajkot 07/02/2010</b>	<b>Attended</b>
2	<b>Current Problem of Women Health of India</b>	<b>U.K.Vachhani Malila Arts &amp; Home Science College</b>	<b>Keshod 29<sup>th</sup> &amp; 30<sup>th</sup> January 2011</b>	<b>1..Study of Female Feticide affecting Social and Physical Health</b>
				<b>2. A Study Prevalence of Anemia in Pregnant and Lactating Women Rajkot Dist.</b>
3	<b>Home Science and Life Style Management</b>	<b>Smt. S.B. Gardi Institute of Home Science, Saurashtra University</b>	<b>Rajkot 24/03/2013</b>	<b>Types of Family Influencing there</b>
4	<b>Recent Research Trends in all Subject</b>	<b>Shree Patel Kelavani Mandal College of Technology &amp; B.Ed.</b>	<b>Junagadh 17/08/2015</b>	<b>1.Role of Media Advertisement in purchasing pattern of customers.</b>
				<b>2.Childhood &amp; Adolescent obesity</b>
<b>National Conferences = Papers -04</b>				
<b>National Seminar</b>				
1	<b>Current Trends and Issues in Home Science</b>	<b>Smt. S. B. Gardi Institution of Home Science Saurashtra University</b>	<b>Rajkot 24<sup>th</sup> &amp; 25<sup>th</sup> January 2004</b>	<b>Attended</b>

2	Women and Health – Indian Scenario.	Shakti A National Movement for Women.	Pune 19 <sup>th</sup> & 20 <sup>th</sup> January 2008	1.Study of Female Feticide affecting Social Health 2. A Study of Anemia in Pregnant and Lactating Women
3	Current Problem of Obesity in India	R.P.Bhalodia college	Upleta 10 <sup>th</sup> & 11 <sup>th</sup> January 2009	Adolescent Obesity
4	Modern Perspectives in Home Décor	J.P Shroff Arts College,	Valsad 24 <sup>Th</sup> & 25 <sup>Th</sup> January /2010	Carpet as a Home Decore
5	Gandhiji Thought, Anna Movement and Our Education	M.B. Arts & Commerce College	Gondal 04/03/2012	Higher Education and Nationality
6	The Women in A New Global Perspective Post 90's – Avenues & Approaches	The Late M.J. Kundalia Arts, Commerce,& Computer Science Mahila College	Rajkot 05/10/2012	નારી એક રૂપ અનેક Nari Aak Rup Anek
7	Women's empowerment in context to Democracy	Smt. H.B. Jasani Arts & Shri N.K. Jasani Commerce College	Rajkot 14/09/2013	Air Pollution in India
8	Education Commissions Recommendations and its Executions in India in Independent BHARAT	Internal Quality Assurance Cell Rajkot and Siksha Sanskriti Utthan Nyas, New Dehi., Saurashtra University	Rajkot 18/06/2015	Attended
9	Start-up - Stand up Make in India	Shree Sarswati Shikshan Maha Vidhyalaya	Dhoraji 20/08/2016	Current Trends of Canteen Food in Collegian Group
<b>National Seminar Papers -08</b>				
<b>State Level Seminar</b>				
1	Home Science Awareness	North Gujarat University	Unjha 11/03/2007	1.Stree Bhrun Hatyani Samaj per Asaro 2. Rajkot Jilla Gram Vikas Agencyni Kalyankari Yojana
2	Social Accountability of Higher Education	Minaben Kundalia College, Sau University	Rajkot 12/10/2007	1.Current Higher Education and Personal Development 2.Higher Education and Economical Development
3	Awareness of Home Science in urban and rural Community	Sakhida Home Science college	Limdi 20/12/2008	NGO Services – Life

4	Emerging trends and scope of Home science	M.V.M. Science And Home Science	Rajkot 01/02/2009	Gruh Vignanan Shikhan Mate Anya Vidiya Shakha mathi avel Vidhathrino Gruh Vignanan pratyeno Abhigam
5	Images of representation of women in Indian literatures	Shri H.B. Jasani Arts & Shri N.K. Jasani Commerce College	Rajkot 19 <sup>th</sup> & 20 <sup>th</sup> December 2009	Mahila Prashne Vividh madhymo
6	The consumer problems in textile market	B.D. Arts College	Ahmadabad 11/01/2010	1. Vividh Khadyoni kharidi vakhate juda juda madhymo dwara Guhinima jfgrutta Kelvavai 2. Yuva vargni bhenoma redimade cloth selectionma good customer tarikheni Thiniking Developed
7	N.S.S. Pro . Officer Seminar	N.S.S. Seminar	Satadhar 17 & 18 July 2010	Saurashtra University
8	N.S.S. Pro . Officer Seminar	N.S.S. Seminar	Mount Abu 11 & 12 November 2011	Saurashtra University
9	N.S.S. Pro . Officer	N.S.S. Seminar	Palitana 1 & 2 September 2012	Saurashtra University
10	N.S.S. Pro . Officer Seminar	N.S.S. Seminar	Aradhanadham 5 & 6 March 2014	Saurashtra University
11	N.S.S. Pro . Officer Seminar	N.S.S. Seminar	Prakrutidham – Junaghdh 29 & 30 September 2014	Saurashtra University
12	N.S.S. Pro . Officer Seminar	N.S.S. Seminar	Rajkot 14 & 15 March 2015	Saurashtra University
<b>State Level Papers -09</b>				
<b>Symposium -</b>				
1	The Cereal Story	Indian Dietetic Association -1962 Gujarat Chapter	Hotel Gr and Regency , Rajkot 08/ 03/2016	Attended
2	Functional Foods & Metabolic Syndrome	Indian Dietetic Association -1962 Gujarat Chapter	Hotel The Grand Regency , Rajkot	Attended

			30/ 07/2016	
3	Challenges for the Global green for India	Smt. H.B. Jasani Arts & N.K. Jasani Commerce College, Rajkot	Smt. H.B. Jasani Arts & N.K. Jasani Commerce College, Rajkot 09-03-2017	Attended

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

Sr. No.	Name of Programme	Duration	Organized by
<b>Workshop</b>			
1	Syllabus Abhyas Ghadtar Shibir	04/02/2007 (One day)	Jetpur Saurashtra University , Rajkot.
2	Swaichchhik Raktdan	12/03/2010 (One Day)	N.S.S. Deptt Sau. Univrsity Rajkot
3	Entrepreneurship awareness Camp	02 <sup>th</sup> to 04 <sup>th</sup> April 2010 (3 days)	under the NSTED Board DST, Govt. of India V.V.P. College, Rajkot
4	Yuva Asmita Samarabh	20/09/2010	N.S.S Depat Saurashtra University Rajkot
5	Yuva Asmita Samarabh	16/09/2011	N.S.S. Camp Saurashtra University Rajkot
6	M.S.M.E. Enterpreneurship	20/01/2012 (1 day)	M. V. M. Science & Home Science College, Rajko Home Management Deptt. & M.S.M.E. -Government of gujrat
7	ICT in Universities	25/07/2012 (1 day)	IQAC & UGC: ASC Saurashtra University Rajkot
8	Cultural - State Level Work shop	31/08/2014 to 03/09/2014	Kelanpuri –Baroda
9	Dist. Level Shibir –N.S.S Deptt .	24/07/2014 to 26/07/2014	ArshVidhya Mandir Munjaka
10	Zonal Level Shibir N.S.S.	22/08/2014 to 24/08/2014	Doliya- S. Nager Dist.
11	State level Leadership	14/03/2015 to 17/03/2015	Municipal Hall Rajkot. Sau.Uni N.S.S. Deptt . Rajkot
12	Beauty parlor	13,14,15,16/07/2015	M.V.M. Science & Home Science College, Rajkot Mahila ‘Shaakti Manch Gujarat’
13	N.S.S. Day Celebration	22/09/2016 to 24/09/2016	S.P. Uni. V.V. Nager
14	Digital India Power to Empower	08/10/2016	Chemistry Hall Saurashtra University Rajkot
15	UGC 7 <sup>TH</sup> Pay Regulation – 2018 for University / College Teachers	11/03/2018	Jointly organized by IQAC Saurashtra University & Saurashtra Vishwavidyalaya Vistar ShaikshikSangh ( SVVSS) F D D Hall

			<b>Saurashrtra university, Rajkot</b>
<b>Training</b>			
<b>1</b>	<b>Computer</b>	<b>01/03/2007 Five Weeks</b>	<b>L.C.C.</b>
<b>2</b>	<b>First aid &amp; Nursing</b>	<b>28/02/2009 (One day )</b>	<b>Red Cross NGO Rajkot Mahila Vikas Seva Mandal</b>
<b>3</b>	<b>Red Ribbed- Professors Advocacy meeting</b>	<b>15/12/2010 (1 day )</b>	<b>Mahila Vikas Seva Mandal, Ngo Rajkot Red Cross, NGO, Rajkot</b>
<b>4</b>	<b>N.S.S Training Pro. Officer – Training</b>	<b>29/01/2014 to 02/02/2014</b>	<b>Sadra Regional Center Ahemdabad</b>
<b>Faculty Development Programme</b>			
<b>1</b>	<b>Resent Trends in Education and use of ICT</b>	<b>09<sup>th</sup> to 12<sup>th</sup> August 2011</b>	<b>IQAC - M. V. M. Arts College, Rajkot.</b>
<b>2</b>	<b>Concepts of Networking</b>	<b>12<sup>th</sup> to 23<sup>rd</sup> August 2013</b>	<b>IQAC,M.V.M Science &amp; Home Science College, Rajkot</b>
<b>3</b>	<b>Computer Basic</b>	<b>07<sup>th</sup> to17<sup>th</sup> July 2014</b>	<b>IQAC,M.V.M Science &amp; Home Science College, Rajkot</b>
<b>4</b>	<b>Faculty Development Programme</b>	<b>11<sup>th</sup> to 20<sup>th</sup> August 2016</b>	<b>IQAC,M.V.M Science &amp; Home Science College, Rajkot</b>
<b>Orientation and Refresher</b>			
<b>1</b>	<b>Orientation</b>	<b>1/5/89 to27/5/89</b>	<b>Saurashtra University. Rajkot</b>
<b>2</b>	<b>Refresher</b>	<b>24/01/90 to 13/02/90</b>	<b>M. S. University. Baroda</b>
<b>3</b>	<b>Refresher</b>	<b>10/07/2000to 30/07/2000</b>	<b>Saurashtra University. Rajkot</b>
<b>4</b>	<b>Refresher</b>	<b>6/11/2000to 26/11/2000</b>	<b>Saurashtra University. Rajkot</b>
<b>5</b>	<b>Refresher</b>	<b>25/4/2001to12.05/2001</b>	<b>V.V. Nager Gujarat University Ahemdabad</b>

C.(e) Details as Resource person :

Sr.No.	Event	Title of Presentation	Date & Place	Organized by
<b>1</b>	<b>Delivered a lecture</b>	<b>Stimulating Activities for Motor Development During Child hood</b>	<b>05/10/2011 Gandhinager</b>	<b>BISAG</b>
<b>2</b>	<b>Delivered a lecture</b>	<b>Awareness Programme on Nutrition</b>	<b>10/06/2011 Rajkot</b>	<b>Government of Gujrat –I.C.D.S. Rajkot</b>

D.(a) Teaching Experience :

Course taught	Name of the University/College/Institution	Duration (As on June-2019)
<b>U.G.</b>	<b>J.A.Patel College. Morbi</b>	<b>01/10/1986 (P.T) 24/07/1987 (F.T.) -05 Years</b>
	<b>M.V.M. Science and Home Science College, Rajkot.</b>	<b>22/01/1991 – 29</b>

<b>P.G.</b>	<b>Bosamia College, Jatpur</b>	<b>2002 to 2007= 05</b>
	<b>Home Science Department Saurashtra University, Rajkot .</b>	<b>2007 to 2012=04 Total = 09</b>
<b>M. Phil.</b>	-	-
<b>Any other</b>	-	-

D.(b) Total Teaching Experience :

(i) Under-graduate : **35 Years** (ii) Post graduate : **09 Years**

E. Innovations / Contributions in Teaching :

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

- Design of Curriculum : **Designed curriculum for General Home Science subjects for under graduate programme**
- Teaching Methods : **Lecture, Group Discussion, Demonstration, Exhibition, Visit/Field Work, Workshop,**
- Laboratory experiments : **Yes**
- Evaluation Methods : **Internal Test, Assignment, Surprise Test, Oral Test, OMR Test,**
- Preparation of resource material Including book, reading materials, Laboratory manual etc.: **Yes**
- Remedial Teaching / Student : **Yes**
- Counselling (academic): **Yes**
- Any other : -

F. Extension Work/ Community Services :

1 Please give a short account of your contribution to :

- Community work such as values of National Integration, secularism, democracy, socialism, humanism, Peace, Scientific temper, flood or drought relief, small family norms etc.:
  - Organizing study tours at various NGOs & Spreading awareness in rural areas with activities like demonstration, workshop, puppet show, exhibition.
  - Educational tour to Women run co-operative small & Medium Scale enterprise (Lijjat Papad)
  - Income Generating Program in rural Community (workshop & Demonstration)
  - Regular visits with students at various school every Year.
  - Shield for N.S.S Rural Activities in Sanganya – Taluko Lodhika Dis Rajkot
  - Exhibition & Sale of Rakhis & Candles & Eco friendly products by mentally challenged Children at MVM College, Home science dept.
  - Income Generating Program in rural Community (workshop & Demonstration)
  - Organized workshop in association with agriculture, canning- bottling
  - Attended all extra college activities
- National Mission :
  - Position held/Leadership role played in organizations linked with Extension Work & National Service Scheme (NSS) or NCC or any other similar activity :

**Regular Activities**

**Cleanliness: College Campus, Class Rooms, Road, Plastic Free Campus, Care of Tree, Tree Plantation**

**Rely : Aids Awareness, Women Empowerment, World Hepatitis Day, Bhart Jago Dod, Shibir and Workshop : District, Zonal and State level Shibir, N.S.S. Day Celebration Beauty care Workshop.**

**Voter awareness Cash less Transaction, Child care project, Traffic Awareness, Old Age Home Visit and Orientation Programme as per University Circular.**

### Special Camp

Village Cleanliness Prabhat fari , Bhajan, Group Prayer, Funny Games Competition for school children, Garba Antakshri, Winter food, ( Vangi) Competition, Health Check Up Camp, Best from west, Demonstration – Vangi ,Educational Drama, Educational Activities for anganwadi children, Wall painting, Slogan Writing on wall, Mud Mirror work, AIDS and Environment poster exhibition, colour of tree, film show, Garba and culture , an programme Home visit and survey work.

### Participation in Corporate Life:

Please give a short account of your contribution to :

- i. College/ University/Institution :
- ii. Co-curricular Activities :
- **Organized workshop in association with agriculture, canning- bottling Department (Food Preservation)**
- iii. Enrichment of Campus Life (Hostels, Sports, Games, Cultural Activities) :
- iv. Students Welfare & Discipline:
- v Membership/Participation in Bodies/Committees on Education and National Development :
  1. **Red Ribbon Club (Mahila Seva Samaj (N.G.O.)- 2009**
  2. **I.W.S.A -2009 Life Member**
  3. **Copt Member of Board of study in General Home Science -2012**
  4. **N.S.S. Programme Officer – 09-02-2010 Till Now**
  5. **Alumni Association 2009 Till now**
  6. **Copt Member of Board of study in General Home Science -2018**
  7. **Saurashtra Vishwavidyalaya Vistar Shaikshik Sangh ( SVVSS)**

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 :

(c) Suggestions for improvement :

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

### 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.
<b>Book</b>						
1	<b>Introduction to Human Development</b>	<b>Book</b>	-	<b>2010-2011</b>	-	-
2	<b>Family Dynamic and Personality Development</b>	<b>Book</b>		<b>2010-2011</b>		
<b>International Journal</b>						
1	<b>Role of Media Advertisement in purchasing pattern of customers.</b>	<b>Publication VIEW OF SPACE : refereed Malty disciplinary Journal of Applied Research</b> <a href="http://www.viewofspace.org">www.viewofspace.org</a>	<b>17/08/2015</b> <b>Volume : 1</b> <b>Year :3</b> <b>Issue :4</b> <b>Page No. 74 to 76</b>	<b>August : 2015</b>	<b>International</b>	<b>ISSN No: 2320-7620</b>



2	<b>Childhood &amp; Adolescent Obesity</b>	<b>Publication</b> <b>VIEW OF SPACE :</b> refereed Malty disciplinary Journal of Applied Research <a href="http://www.viewofspace.org">www.viewofspace.org</a>	<b>17/08/2015</b> <b>Volume : 1</b> <b>Year :3</b> <b>Issue :4</b> <b>Page No. 83,84</b>	<b>August : 2015</b>	<b>International</b>	<b>ISSN No: 2320-7620</b>
3	<b>Current Trend of Canteen Food In Collegian Group</b>	<b>VIEW OF SPACE :</b> refereed Malty disciplinary Journal of Applied Research <a href="http://www.viewofspace.org">www.viewofspace.org</a>	<b>Volume1</b> <b>Year :3</b> <b>Issue :4</b> <b>154 to158</b> <b>Page No</b>	<b>August 2016</b>	<b>International</b>	<b>ISSN No: 2320-7620</b>
4	<b>Child hood &amp; Adolescent Obesity</b>	<b>Facts of Fast Food in India, Book –</b>	<b>Page No. 147</b>	<b>2013</b>	<b>national</b>	<b>ISBN : 978-93-83334-61-2</b>