

DR. HUMMARA AZIM
DIRECTOR, INSTITUTE OF
HOME SCIENCE
INSTITUTE OF HOME
SCIENCE
UNIVERSITY OF KASHMIR,
SRINAGAR

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OBJECTIVE

To teach and care for inquisitive learners, in a motivational manner which comprehends to their needs. To give leadership in a classroom. To keep up with new technology and new teaching techniques to always be a best teacher that I can be. To conduct extensive research and span out, apply current researches and recommendations in my field.

EXPERIENCE

TEACHING EXPERIENCE

- ° 1991-2004
Assistant Professor, Institute of Home Science,
University of Kashmir
- ° 2018- till date
Associate Professor, Institute of Home Science,
University of Kashmir

SPECIALIZATION

- ° Extension and Communication.
- ° Early Childhood Care and Education

ACADEMICS AND ACHIEVEMENTS

ACADEMIC ACHIEVEMENTS

- ° Ph.D. in Home Science (Extension & Communication) - Thesis on "A Comparative Study of Physical Growth and Motor Development amongst Kashmiri Urban and Rural Preschool Children
- ° Qualified UGC JRF/NET-July 1991
- ° M.Sc. Home Science Extension, University of Kashmir
- ° M.A Sociology, University of Kashmir
- ° Post Graduate Diploma in Preschool Management, Lady Irwin College, Delhi University.
- ° B. Sc Home Science, Lady Irwin College, Delhi University

SHORT TERM COURSES

1. Course in Interior Decoration from University of Kashmir
2. Course in Home Technology (Part time) from University of Kashmir in year 1982
3. Course in Food Preservation, University of Kashmir

CONTRIBUTION TO CORPORATE LIFE AND MANAGEMENT OF THE INSTITUTION

- ° Project Co-ordinator, PROJECT PPERA funded by South Asia foundation from 2003-2007.
- ° Nodal Officer DIQA, University of Kashmir
- ° Programme Officer NSS, University of Kashmir.
- ° Coordinator Day Care Centre, Institute of Home Science, University of Kashmir
- ° Member of UG & PG Board of Studies

OTHER JOB RESPONSIBILITIES

- ° Member of PG Board of Studies, Home Sciences, University of Kashmir
- ° Member of UG Board of Studies, Home Sciences, University of Kashmir
- ° Member of Departmental Purchase Committee
- ° Member of Guest House Committee, Sheikh Hamza Guest House, Naseem Bagh, University of Kashmir
- ° Member of Canteen Committee, University of Kashmir
- ° Member Departmental Viva Committee, Institute of Home Science, University of Kashmir
- ° Member Admission Committee, Institute of Home Science, University of Kashmir

° Member Library Committee, Institute of Home Science, University of Kashmir

° Member Inspection Committee, Dean College Development Council, University of Kashmir

° Member Reception Committee, JKSC-2018, University of Kashmir

° Member Research Committee, Institute of Home Science, University of Kashmir
Member of Advisory Committee of Women's Studies Centre, University of Kashmir

° Member of UG Board of Studies, Home Sciences, Cluster University, Srinagar

WORK EXPERIENCE IN OPEN AND DISTANCE LEARNING

Academic Counsellor for Diploma in Early Childhood Care and Education (DECE), IGNOU
Academic Counsellor for M.Sc. (DFSM) Indira Gandhi National Open University
Academic Counsellor for P.G. Diploma in Home Science, Directorate of Distance Education, University, of Kashmir

RESEARCH EXPERIENCE

Supervised 6 PhD scholars

SEMINAR, WORKSHOPS, AND CONFERENCES PARTICIPATED

1. Panelist for Gender Equality and Disability C20 hybrid event at University of Kashmir.
2. Two Days National Seminar on Rights of Differently abled Women organized by Institute of Home Science New Delhi, National Commission for Women, New Delhi dated 11th and 12th Oct, 2022.
3. Resource person for Two Days National Seminar on Rights of Differently abled Women organized by Institute of Home Science New Delhi, National Commission for Women, New Delhi dated 11th and 12th Oct, 2022.
4. Chairperson for National Seminar on "Domestic Violence" held on 21st February, 2023 organized by Centre for Women's Studies and Research, University of Kashmir in collaboration with Mission Shakti, Social Welfare Department, J & K (Sponsored by National Commission for Women, New Delhi)
5. Attended 3-Day National Seminar on, "Computers" in Home Science Lady Irwin College New Delhi from 15-10-1993 to 17-10-1993.
6. Workshop on, "Women and Disaster Management" organized by Indian Environment Society, New Delhi, 10-10-2002 to 11-10-2002.
7. Attended "Computer Awareness Programme" from NIPCCD, in Collaboration with Ministry of Communication and Information Technology, Department of Information Technology, Government of India & NIC New Delhi held on 03-02-2003 to 04-02-2003, & 10-02-2003.
8. Workshop on, "Training Cum Development of Self Learning Print Material" organized by Directorate of Distance Education University of Kashmir 26-07-2005 to 27-07-2005.
9. "2nd J&K Science Congress" organized by University of Kashmir from 25-07-2006 to 26-07-2006.
10. Workshop on, "Self Learning Support in Distance and Online Education Service" organized by Directorate of Distance Education University of Kashmir from 18-09-2006 to 20-09-2006.
11. Workshop on, "Capacity Building Programme for Women Managers in Higher Education" organized by Women's Studies Centre University of Kashmir from 31-10-2006 to 05-11-2006.
12. Workshop on, "Stress Management and Role of Life Skills for Succeeding in Life" organized by Women Studies Centre, Kashmir University on 26-03-2007.
13. Series of workshops from 22-06-2007 to 19-11-2007 (one day each for four months) on, "Spring Board Women's Development Programme" organized by British Counsel New Delhi in collaboration with Women's Studies Centre, University of Kashmir.
14. Participated in one day orientation programme for, "Academic Counsellors" of M.Sc. (DFSM) organised by IGNOU Regional Centre Srinagar on 03-09-2007.
15. International conference on, "Empowerment for Excellence in Home Science" organized by Lady Irwin College New Delhi, 04-10-2007 to 06-10-2007.
16. Attended a seminar on, "Health and Nutrition Education" organized by Institute Of Home Science, University of Kashmir.
17. Workshop on, "Training of Trainers" organized by Women's Studies Centre, University of Jammu 03-03-2008 to 08-03-2008.
18. "4th JK SCIENCE CONGRESS" organized by University of Kashmir 12-11-2008 to 14-11-2008.

19. Participated in two days workshop on, "Dietary Trends in Kashmir" organised by Institute of Home Science University of Kashmir, from 23-03-2009 to 24-03-2009.

20. Attended one day seminar on, "Metabolic Syndrome and Endocrinology of Bone" organized by Department of Endocrinology on 14-07-2009.

21. Participated in, "National Workshop on Research Methodology in Basic Sciences" held at Osmania University Hyderabad (A.P), 23-11-2009 to 27-11-2009.

22. Participated in, "6th J&K SCINCE CONGRESS" organised by University of Kashmir, 2010.

23. Attended 3-day National Workshop on, "Research Methods and Statistical Techniques" organized by Department of Library and Information Science, University of Kashmir, 14-03-2011 to 16-03-2011.

24. Participated and made a Poster Presentation in the "8th J & K SCIENCE CONGRESS" organized by Department of Science Technology and Regional Development held at University of Kashmir from 17-09-2012 to 19-09-2012.

25. Participated in 3-day workshop on, "Urban Earthquake Disaster Risk Reduction" organized by National Disaster Management Risk Reduction and Ministry of Earth Science Govt. of India in collaboration with Department of Students Welfare & Department of Earth Sciences University of Kashmir from 13-10-2012 to 15-10-2012.

26. Attended workshop on, "Areas of Priority and Branches of Knowledge Necessary for School and College Education" in the state held at University of Kashmir organized by Faculty of Education from 17-10-2012 to 18-10-2012. Was a member of working group IV on the theme of "Early Childhood Care and Education in School Education".

27. Participated in one day seminar on, "Convention on Peace and Justice for Kashmir Women" organized by centre for Policy Analysis New Delhi, held at University of Kashmir on 30-10-2012, and presented a paper titled, "Mental Health of Women in Conflict".

28. Attended a 5-Dayworkshop on, "Capacity Building for Women Managers in Higher Education" sponsored by UGC DAV College Chandigarh from 05-11- 2012 to 09-11-2012.

29. Attended "11th JK SCIENCE CONGRESS" organised by University of Kashmir, 2015.

30. Attended a workshop on, "Patient Safety and Drug Regulatory Scenario in India" held at University of Kashmir, from 19-05-2015 to 21-05-2015.

31. Participated in, "3rdJk Women Science Congress" held from 17-11-2015 to 19-11-2015 at Govt. College for Women, Nawakadal Srinagar.

32. Attended "1st Annual Conference of Metabolic Syndrome –Prediabetes-Polycystic Ovary Syndrome (MP PCOS) Society" at Sheri-i-Kashmir Institute of Medical Science Srinagar, held from 11-05-2017 to 13-05-2017.

33. Attended "2nd J & K Medical Science Congress" at Sher-i-kashmir Institute of Medical Science Srinagar held from 10-05-2017 to 13-05-2017.

34. Attended a workshop on, "Scholarly Writing Reference Management and Deterring Plagiarism" from 22-03-2017 to 05-08-2018 held at Allama Iqbal Library University of Kashmir.

35. Participated in, "P2P Global Digital Challenge" organised by Edventure Partners, USA in collaboration with Facebook at University of Kashmir from 01-01-2017 to 01-06-2017.

36. Attended a 3 days "19th Annual National Conference Society of Statistics Computer and Applications" held by Statistics and Information in Agricultural and Allied science SKAUST-Jammu from 06-03-2017 to 08-03-2017.

37. Participated in workshop on, "Centre for Women's Studies and Research" organised by Dean College development council and Institute of Home science on 08-03-2018.

38. Participated in one week workshop on, "Enhancing Research Effectiveness through Quantitative and Qualitative Methods" held by Periyar Management and Computer College on 12-03-2018 to 18-03-2018.

39. Attended 3 days conference "5th J&K Women Science Congress (jkwsc)" held by Govt. College for women from 27-03-2018 to 29-03-2018.

40. Attended "13th J&K Science Congress" held by University of Kashmir from 02-04-2018 to 04-04-2018.

41. Attended 1st international conference on, "Recent Development in Science Humanities and Management" organised by Amar Singh College from 17-04-2018 to 18-04-2018.

42. Two days National Conference on, "Recent Advances in Understanding the Role of Phytochemicals in Human Health (RAURPHH)" organised Department of Food Science and

Technology, University of Kashmir from 25-07-2018 to 26-07-2018.

43. Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

44. Acted as 'Coordinator (02 sessions)' in Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

45. Acted as 'Resource Person (02 sessions)' in Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

46. Received 'Certificate of Appreciation' on, "The Girls Day Celebration" organised by Jamia Millia Islamia, New Delhi, on 23-12-2018.

47. Participated in National Conference on, "Next Generation Smart Business Practices" and Presented a Research Article on, "A Study of Work Life Balance Amongst Kashmiri Women" organised by Periyar Management and Computer College (Affiliated to Guru Gobind Singh Indraprastha University) on 16-04-2019.

48. Participated in One Day National Level Workshop on, "Anti-Doping Awareness" organised by M. P. Ed Wing Directorate of Physical Education and Sports, University of Kashmir in Collaboration with National Anti Doping Agency (NADA), Ministry of Youth Affairs & Sports, Govt., of India, held on 20-06-2019.

49. Participated in International Conference on, "Contemporary Issues in Engineering, Agriculture, Applied Science and Humanities (EAH-2019)" and presented a paper titled, "Psycho-social problems in Institutional & Non-institutional Orphans" organised by The Department of Metallurgical and Materials Engineering, NIT Srinagar, Jammu and Kashmir and Krishi Sanskriti New Delhi, held from 22-06-2019 to 23-06-2019.

50. Participated in "Spit Free India Movement" from 1-09-2020 to 1-11-2020, organised by National Service Scheme.

51. Attended a Workshop on "Impact of Covid-19 on Higher Education in Emerging Centre", organized by Amity University, from 14-10-2020 to 14-11-2020.

52. Workshop on, "Effective Working in Virtual Teams" organised by Amity Institute of Training and Development, held on 15-10-2020.

53. Webinar on, "New Education Policy: Social Dimensions" Department of Sociology, Gujarat University, Navarangpura, Ahmedabad, Gujarat, held on 24-10-2020.

54. Attended Golden Jubilee Two Days National Webinar on, "Challenges of Neonatal Care and Infant Protection " organised by Human Development Wing, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysuru at IOE Auditorium Vinjana Bhawan, University of Mysore, held from 19-11-2020 to 20-11-2020.

55. One Day National Webinar on, "Social Transitions in the Post- Independence Period" organised by Department of Sociology and IQAC (Laxmibai Bhaurao Patil Mahila Mahavidyalaya, Solapur), held on 30-12-2020.

56. International Youth Conference on, "New Normal New Beginnings" organised by United Nations Global Communications Civil Society Unit, held on 01-01-2021.

57. Attended the National Webinar Series on, "National Education Policy 2020: Prospects and Challenges in Higher Education- Vocational Education and National Education Policy 2020" organised by Department of Economics in association with Internal Quality Assurance Cell, B. M. Ruia Girls College on 02-01-2021.

58. Participated in Webinar on, "Manage Lifestyle in the Pandemic" organised by Mentor Mitra, held on 03-01-2021.

59. Participated in one day National E-Seminar on, "Rethinking Business Practices in Post Covid-19 Scenario" organised by Department of Commerce, Sir Syed College of Arts, Commerce & Science, Aurangabad-431 001. Maharashtra, India held on 04-01- 2021.

60. Participated in One Day International Webinar on, "IPR-A Tool to Protect Inventions and Creations" organised by Research cell in association with the Internal Quality Assurance Cell (IQAC) Of the Nirmala Memorial Foundation College of Commerce & Science, Kandivali (E), Mumbai-400101, held on 08-01-2021.

61. Participated in National Webinar on, "Health and Environment at Pandemic Times" organised by Centre for Environmental Education and Ecological Development (CEED) India in collaboration with Department of Environmental Sciences, Acharya Nagarjuna University, Guntur, held on 09-01- 2021.

62. Participated and completed UGC-CPE sponsored One day International Workshop on, "E-

Waste: Awareness and Its Management” organised by Eco- Friendly Committee, Science College, Nanded, Maharashtra, held on 09-01-2021.

63. Participated in the National Webinar on, “Micro-entrepreneurship and Employability” organised by Dhenkananal Autonomous College, Dhenkanal, held on 10-01-2021.

64. Participated in Webinar on, “Grooming & Soft Skills Management in the Pandemic” held on 10-01-2021.

65. Webinar on, "Internet and Children" organised by LIISPRING Odisha and IJMRT Haryana, India held on 12-01-2021.

66. Attended the National Webinar on, “Effective Skills for Research Paper and Research Proposal” organised by Department of Geography and Commerce, I.C.S. College of Arts Commerce & Science, Khed, Dist. Ratnagiri (M.S), held on 12-01-2021.

67. Participated in One Day National Level Webinar on, “National Education Policy-2020” organised by IQAC and Department of Political Science, SVM Arts, Science and Commerce COLLEGE, Ilkal, Karnataka, held on 12-01-2021.

68. Participated in National Research Workshop on, “Research Methodology” organised by Government Girls College, Khargone, Madhya Pradesh, held from 15-01-2021 to 16-01-2021.

69. Participated in Webinar titled, “Parenting: From Perspectives of Parents & Children” organised by Mentor Mitra, held on 17-01-2021.

70. Participated actively in National E-Conference on, “National Education Policy 2020: Issues, Challenges & Way Forward” organised by Laxmibai Bhaurao Patil Mahila Mahavidyalaya, Solapur, Maharashtra on 21-01-2021.

71. Participated in National webinar on, “Art of writing and publishing Research papers” organised by the Department of commerce, Rajagiri college of Management and Applied Science, Kochi, Kerala, India held on 21-01-2021 to 22-01-2021.

72. Participated in online E-Quiz Programme on, “COVID-19” with excellent passing score of 70% organised by VIDYANAGAR COLLEGE, West Bengal held on 22-01-2021.

73. Participated in the one-day National webinar on, "Redefining Higher Education in the New Normal" organised by Department of Management, Kristu Jayanti College, Autonomous, Bengaluru held on 23-01-2021.

74. Participated in National webinar titled, "Female Foeticide: Challenge for Gender Equality" organised by Mahamaya Government Degree College, Mahona, Lucknow (U.P) held on 24-01-2021 at 1 pm.

75. Participated in Webinar on, "Gender Issues in Society: Myths and Realities" organised by Department of Sociology, Government Girls P. G. College, Rattan (M.P) on 25-01-2021.

76. Attended a webinar on, "Orientation Session on National Education Policy" under the Inno-preneurship series organised by Institution Innovation Council (IIC), University of Jammu Special Purpose Vehicle Foundation (UOJSPVF) and University Business Incubation and Innovation Centre (UBIIC), University of Jammu, held on 27-01-2021.

77. Attended Day 3 of National Webinar series on, "National Education Policy 2020: Prospects and Challenges in Higher Education- Inclusivity and Innovation in Education" organised by Research Cell and Innovation and Incubation Centre in association with Internal Quality Assurance Cell B.M.RUIA Girls College (Mumbai), held on 28-01-2021.

78. Participated in one day international webinar on, "Aspects of Evaluation of Teachers" Organised by BSR Government Arts College, Alwar (Raj.) held on 28-01-2021.

79. Attended Webinar entitled, "Covid-19 Reboot to promote Intergenerational Bonding" organised by All India women's Education Fund Association (AIWEFA) held on 29-01-2021.

80. Participated in the International Webinar on, "Importance of Education in our Everyday Life" organised by Tamil Nadu Teachers Education University on International Education Day held on 29-01-2021.

81. Attended National Webinar series entitled, "International Bonding: Covid-19 Youngest to the Oldest" organised by All Indian women Education Fund Association (AIWEFA) held on 30-01-2021.

82. Participated in the webinar entitled, “Anxiety Management and Importance of Counselling” held on 31-01-2021.

83. Participated in one-week National Workshop on, "Research Methodology" organised by Government Auto. Girls P. G. College of Excellence, Sagar (M.P) held on 01-02-2021 to 07-02-2021.

84. One Week International Faculty Development Program on, "Emerging Aspects of Research Methodology" organised by S.S.JAIN Subodh P.G. (Autonomous) College, Jaipur, Rajasthan held from 01-02-2021 07-02-2021.

85. Participated in National webinar on "Contextualizing Social Justice for Women" organised by Laxmibai Bhurao Patil Mahila Maha Vidyalyaya, Solapur, Maharashtra, held 04-02-2021.

86. Participated in Webinar on, "Intellectual Property Rights" organised by Laxmibai Bhurao Patil Mahila Mahavidyalaya, Solapur, Maharashtra, on 05-02-2021.

87. Attended the Webinar entitled, "Intergenerational Bonding: Baby Boomers and Generations X, Y and Z" organised by All Indian Women Education Fund Association (AIWEFA) held on 05-02-2021.

88. National Webinar Series on, "Covid-19 Community Connects" organised by National Institute of Social Defence (NISD), held on 05-02-2021.

89. Attended the webinar entitled, "Strengthening the Present and Post Pandemic Responses Health and Nutrition of Elders" organised by All Indian Women Education Fund Association (AIWEFA) on 06-02-2021.

90. Participated in the webinar on, "Volunteerism: An Expression of Human Relationships" organised by Youth Red Cross Unit of S. D College, Ambala Cantt in Collaboration with Indian Red Cross Society, Haryana State Branch, Chandigarh on 06-02-2021.

91. Attended the International Youth Conference on, "New Normal, New Beginnings" organised by International Youth Conference held on 08-02-2021.

92. Participated in the National webinar on, "New Education Policy 2020: A Pathway to Self Reliant India" organised by IQAC of Lonavala Education Trust's Dr. B. N. Purandhara Arts, S. G Gupta commerce and Sat. S. A Mithaiwala Science College, Lonavala-410403, held on 11-02-2021.

93. Participated in National webinar on, "Crafting Research Proposals for Securing Grants from Funding Agencies" organised by Department of Commerce and IQAC Badruka College of Commerce and Arts, Hyderabad on 12-02-2021.

94. Participated in the one-day International Webinar entitled "Business Environment during and Post Covid-19: Disruptions, Opportunities and Challenges" by RYAN publishers held on 13-02-2021.

95. Attended the Webinar entitled, "Strengthening the Present and Post Pandemic Response: Economy and Livelihoods for Elders" organised by All India Women's Education Fund Association (AIWEFA) on 13-02-2021.

96. Attended Day 4 of the National Series on, "National Education Policy 2020: Prospects and Challenges in Higher Education- Equitable and Holistic Education" organised by Department of Sociology in association with Internal Quality Assurance Cell on 13-02-2021.

97. Participated in the Webinar entitled, "How to Make Relationships Work" held on 14-02-2021.

98. Actively participated in one day National webinar on, "Covid-19: Effect on Environment" organised by Department of Geography, Vasantdada Patil Arts, commerce and Science College, Patoda T.q Patoda dist. Beed (M.S) held on 15-02-2021.

99. Participated in the State level Webinar on, "Gender Equality in Current Scenario" as a part of Sree Narayana Guru Endowment Lecture Series organised by Department of Social Work, Sree Narayana Guru College, Coimbatore, held on 17-02-2021.

100. Participated in One day National webinar on, "Cyber Crime against Women: Precautions and Strategies" organised by Soban Singh Jeena University, Almora Uttarakhand sponsored by National Commission for Women, New Delhi, held on 18-02-2021.

101. Attended the webinar on, "Research Methodology and Scientific Writing" organised by Department of CSE, Indira Gandhi Delhi Technical University for Women (IGDTUW), on 20-02-2021.

102. Participated in National webinar on, "Gender Sensitization: Prospects and Challenges" organised by Anti-sexual Harassment Cell jointly with IQAC and Center for women Studies (Maharaja Ganga Singh University) held on 22-02-2021.

103. Participated in one day National webinar on, "National Education Policy-2020: Setting Milestones" organised by Aligarh Muslim University Centre at Jangipur, Murshidaabad, W. B, held on 23-02-2021.

104. "Recent Innovations in Statistical Methods and Applications RIMSA (2021)" organised by Deptt. of Statistics, Christ College (Autonomous) Irinjalakuda Kerala, held on 23-02-2021 to 25-02-2021.

105. Participated in one day National webinar on, "Women Empowerment: Emerging Trends" Organised by Sw. Smt. Indira Gandhi Government Girls College Shivpuri, M. P held on 24-02-2021.
106. Participated in one day National webinar entitled, "Entrepreneurship, Job Opportunities and Emerging Trends in Home Science" organised by Department of Home science, Government Girls P. G College, Ratlam M. P held on 25-02-2021.
107. Participated in International webinar on, "Redefining Instructional Techniques and Learning Strategies: Challenges and Opportunities" organised by Department of English, Dr. M.G.R Educational and Research Institute, held on 26-02-2021.
108. Participated in State Level Workshop on, "MOOCs: A Conceptual Design" organised by IQAC of Shivaji College Hingoli on 26th February, 2021.
109. Participated in the webinar on, "Career Focus on Emerging Technologies" in the "Live 2-day webinar series" organised by Jagannath Institute of Technology held on 26-02-2021 to 27-02-2021.
110. Participated in the webinar entitled, "How to Write Research and Review Article" organised by Jagannath Institute of Technology held on 26-02-2021 to 27-02-2021.
111. Participated in one day international webinar on the topic, "Emotional Intelligence" organised by RYAN Publishers, held on 27-02-2021.
112. Attended "Online Global ISO Knowledge Sharing Summit-2021" organised by ALVIN Integrated services on 27-02-2021.
113. "Recent Innovations in Statistical Methods and Applications RIMSA (2021)" organised by Deptt. of Statistics, Christ College (Autonomous) Irinjalakuda Kerala, held on 01-03-2021.
114. Participated in one day National level Workshop on, "Research Methodology" organised by Department of English, Shri Muktanand College Gangapur, dist. Aurangabad, Maharashtra state, India on 01-03-2021.
115. Participated in One day National webinar entitled, "Significant Role of Life Science in Pandemic like Covid-19" organised by Department of Zoology and IQAC as a joint venture (Adv. B. D Hambarde Mahavidyalaya, Ashti) on 02-03-2021.
116. Attended day 5 of National webinar series on, "Education in Rural India and National Education policy 2020" organised by Department of Economics in association with IQAC, B. M RUIA Girls College held on 02-03-2021.
117. "Recent Innovations in Statistical Methods and Applications RIMSA (2021)" organised by Deptt. of Statistics, Christ College (Autonomous) Irinjalakuda Kerala, held on 03-03-2021.
118. Participated in one day National level webinar on, "Research Planning: Proposal, Project and Implementation for Career Advancement" organised by S. N. Sinha college, Warisaliganj and IARI on 03-03-2021.
119. Participated in one day National Webinar on, "Impact of Fruits and Green vegetable on General Immunity" as a joint venture of Department of Botany and IQAC organised by Adv. B. D Hambarde Mahavidyalaya, Ashti on 05-03-2021.
120. "Recent Innovations in Statistical Methods and Applications RIMSA (2021)" organised by Deptt. of Statistics, Christ College (Autonomous) Irinjalakuda Kerala, held on 05-03-2021.
121. Participated in one day international webinar on the topic, "Diet and Nutrition" organised by RYAN Publishers held on 06-03-2021.
122. Participated in the international webinar on, "Enhancing Effective Communication Skills" organised by Balaji Institute of Management Sciences, NARSAMPET, Warangal, Telangana on 08-03-2021.
123. Participated in one day International Webinar on the topic, "Need and Significance of Outcome-based Education" organised by RYAN Publishers on 13-03-2021.
124. Participated in one day National level Webinar on, "AI as an enabler for teachers in implementing NEP, 2020 in Higher Education" organised by department of MCA of Institute of Industrial and Computer Management and Research (IICMR) in collaboration with Bhartiya Shikshan Mandal and NITI Aayog, Government of India on 13-03-2021.
125. Participated in the National webinar on, "National Education policy-2020 and Emerging India" Jointly Organised by National Institute of Disaster Management, Ministry of Home Affairs (Government of India) and A. N. D Teacher's Training (P.G) College, Sitapur (U.P) held on 14-03-2021.
126. Participated in One day International Webinar on the topic, "Right to Education Act (RTE)

and Right to Information Act (RTI)" organised by Ryan Publishers on 20-03-2021.

127. Participated in Rashtriya Uchchatar Shiksha Abhiyaan (RUSA) -- sponsored online Workshop on "Online Assessment Tools: A step Forward" organised by Mehr Chand Mahajan, DAV college for Women held on 22nd March, 2021.

128. "Communication Skills for Effective Learning" Swami Swatantranand Memorial College, Dinanagar, Gurdaspur, Punjab, India Affiliated to Guru Nank Dev University, Amritsar held on 24-03-2021.

129. Attended one day online Webinar on, "National Education Policy" organised by Internal Quality Assurance Cell, Sanatan Sharma College, Ambala Cantt. Under UGC PARA MARSH scheme on 25-03-2021.

130. Participated in the International Seminar on, "Work-Life Harmony" organised by IQAC of the Laxmichand Golwala College of Commerce and Economics on 27-03-2021.

131. Participated in the One-day International Webinar on the topic, "Role of Internet of Things in mobile Communication" held 27-03-2021 organised by RYAN publishers.

132. Attended the Day 6 of the National webinar series on, "National Education policy 2020: Prospects and Challenges in Higher Education - Leadership, Governance and Teachers---- NEP 2020, New Approach" organised by Internal Quality Assurance Cell on 30-03-2021.

133. Attended the Panel Discussion on "CEDAW: Convention on the Elimination of All forms of Discrimination Against Women" organised by Swami vivekanand Night College of Arts and Commerce, St. Arnald's Night college of Arts and commerce and B. Y Ruia Girls college held on 14-04-2021.

134. Attended day 7 of the National webinar series on, "National Education Policy 2020: Prospects and Challenges in Higher Education-- Integrated and online courses" organised by Academic Committee and Department of Hindi in association with Internal Quality Assurance Cell, on 16-04-2021.

135. Participated in the National webinar on, "The Impact of Learning Space on Educational Ecosystem" organised by Department of Physics and Electronics in association with Internal quality assurance cell Ch. S. D. ST. Theresa's College for Women (A) Eluru, held on 18-04-2021.

136. Attended the Webinar titled, "Personal Reinvention Program" organised by Eduroutes held on 25-04-2021.

137. Participated in the one-day International Webinar on the topic, "Communicative Skills" organised by RYAN publishers, held on 26-04-2021.

138. Attended the day 8 of the National Webinar Series on, "National Education Policy 2020: Prospects and Challenges in Higher Education- Evaluation Reforms and Research Oriented Approach" organised by Academic Committee and Research Cell in Association with IQAC, held on 30-04-2021.

139. Participated in Lecture 6- "Empowerment of Women with Disability" of the international webinar series on women and development organised by the center for women's studies in collaboration with the E Sreedharan centre for Life Skills Education on International Women's Day, held on 03-05-2021.

140. Participated in National webinar on, "Demand Driven Local Innovations as an Enabler for Self-Reliance" organised by IQAC and Institute Innovation Cell, K. L. E Society's S. K Arts College and H. S Katambri Science Institute, held on 04-05-2021.

141. Participated in the one-day National webinar on, "Cyber Forensics and Security" jointly organised by G. T. N Arts College and Computational Research Foundation, Chennai, held on 07-05-2021.

142. Participated in valedictory session/Lecture 7- "Gender and Rhetoric of Family Law Reforms in India" of the international webinar series on women and Development organised by centre for the women's studies in collaboration with the E-mail Sreedharan centre for the Life skills education on International Women's Day, held on 14-05-2021.

143. Attended day 9 of the National webinar series on, "National Education Policy 2020: Prospects and Challenges in Higher Education- Role of Extension Activities and Sports" organised by Student Welfare committee in association with IQAC on May 17, 2021.

144. Participated in the National webinar on, "Women's Safety: Ethical Legal Dimensions" organised by the center for women's studies, Central University of Kerala, held on 25-05-2021.

145. Attended day 9 of the national webinar series on, "National Education Policy: Prospects and Challenges in Higher Education- Mainstreaming and Inclusion of Students with Special Needs" organised by psychology unit, counselling cell in association with IQAC, held on 28-05-2021.

146. Attended a Workshop on "" MOOCS: A Conceptual Design"", organized by Department of IQAC of Shivaji College, Hingoli, dated 26-02-2021

147. Attended a Seminar on "Women Empowerment: Emerging Trends (Social, Economic, Scientific and Political Challenges)", organized by SMT. Indira Gandhi Gov, Girls College Shivpuri, M.P, dated 24-02-2021

148. Attended a Seminar on "n "Women's Safety: Ethico - Legal Dimensions"", organized by Centre for Women's Studies, Central University of Kerala, dated 25-05-2021

149. Attended a Seminar on ""National Education Policy 2020: Prospects and Challenges in Higher Education - Mainstreaming & Inclusion of Students with Special Needs"", organized by Psychology Unit, Counselling Cell in association with Internal Quality Assurance Cell, dated 28-05-2021

REFRESHER AND ORIENTATION COURSES ATTENDED

1. UGC sponsored "General Orientation Course" organized by Academic Staff College University of Kashmir, held from 20-10-1997 to 20-11-1997.

2. Refresher course on, "Statistical Technique and Computer Applications in Social Science Research" sponsored by UGC held in NIPCCD New Delhi, from 20-01-2003 to 11-02-2003.

3. U.G.C. sponsored "Refresher Course in Home Science" organised by S.V.T College of Home Science SNDT Women's University Mumbai, from 06-11-2006 to 25-11-2006.

4. "Refresher Course for NSS Programme Officers" held at Gandhi Bhawan, University of Kashmir organised by Ministry of Youth Affairs and Sports Government of India in collaboration with Institute for Development and Communication, from June 05-06-2008 to 14-06-2008.

5. Refresher course on, "Computer Application" held at Academic staff college, University of Kashmir from 26-12-2013 to 20-01-2014.

6. Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

7. Coordinator (01 session) in Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

8. Resource Person (01 session) in Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

9. Coordinator (01 session) in Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

10. One week workshop on, "Enhancing Research Effectiveness through Quantitative and Qualitative Methods" held by Periyar Management and Computer College, from 12-03-2018 to 18-03-2018.

11. "Human Development and Family Studies" (Course) conducted by SWAYAM on 22-02-2020.

12. "Extension and Communication Management-Level 2" (Course) conducted by SWAYAM on 24-02-2020.

13. "Communication Technologies in Education" conducted by SWAYAM on 26-02-2020.

14. "Diet Management in Health and Disease" (Course) conducted by SWAYAM on 26-02-2020.

15. One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P. held on 01-02-2021.

16. One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 01-02-2021.

17. One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 02-02-2021.

18. One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 02-02-2021.

19. One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 03-02-2021.

20. One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 03-02-2021.

21. One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 04-02-2021.

22. One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 04-02-2021.

23. One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 05-02-2021.

24. One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 05-02-2021.

25. One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 06-02-2021.

26. One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 06-02-2021.

27. One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 07-02-2021.

28. One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 07-02-2021.

29. "Recent Innovations in Statistical Methods and Applications" RIMSA (2021) organised by Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA, on 23-02-2021.

30. "Recent Innovations in Statistical Methods and Applications" RIMSA (2021) Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA 24-02-2021.

31. "Recent Innovations in Statistical Methods and Applications" RIMSA (2021) Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA 25-02-2021.

32. "Recent Innovations in Statistical Methods and Applications" RIMSA (2021) Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA 01-03-2021.

33. "Recent Innovations in Statistical Methods and Applications" RIMSA (2021) Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA 03-03-2021.

34. "Recent Innovations in Statistical Methods and Applications" RIMSA (2021) Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA 05-03-2021.

PROGRAMME ORGANISED

- Organized and participated in Educational Tour for P.G. Home Science Students to various institutions of Home Science located at Jammu and New Delhi, March 2005.
- Organized extension programmes in rural areas of Kashmir for enhancing Vocational Skills of Women.
- Prepared, Applied and Adopted Educational Kits to Articulate Developmentally Appropriate Goals for Early Childhood Educational Programmes.
- Prepared Educational kits for Special Children.
- Organized field trips to different organization like Khadi and Village Industries Department, Horticulture Department, Agriculture Department, Social Welfare Department, Women's Development Corporation, Women's Cooperatives, etc.
- Online E-quiz Programme on Covid-19.
- Online Programme on; "A World We Women Want: Gender-Just & Violence Free".

COURSE MATERIAL WRITTEN

- Directorate of Distance Education, University of Kashmir
- Scripts for Early Childhood Care and Education
- Scripts for M. Ed programme in early childhood care and education
- Preparation for Course Curriculum for project PPERA

BOOK CHAPTER

- Food for Heal. ABS Books pp 0
- Prevalence of food allergy and food intolerance among infants and children."

PUBLICATIONS

- 1) "A Study on the Relationship of Sex, Monthly Income & Maternal Literacy on the Birth Weight of Normally Delivered Kashmiri Neonates". International Journal of Social Science Tomorrow, Vol 1, (7) {ISSN 2277-6168}.
- 2) "Comparative Study on the Creativity Levels Between Private and Government School Children in Srinagar City". Psycho lingua, vol 42(2) Jan 2012 {ISSN, 0377-3132}. A half yearly referred and peer REVIEWED Journal Pg. 37-40.
- 3) "Prevalence of Malnutrition among Children upto 6 Years of Age Residing in District Ganderbal (J&K State)". International Journal of Social Science Tomorrow Vol.1 No. (9) {ISSN 2277-6168}.
- 4) Prevalent Causes of Infertility in Women of Reproductive Age in Srinagar City" Azim Hummara, Buchh Fatima. Asian general of Home Science, Vol.8 issue (1), 277 -279 {ISSN. 0973-4732}, {Online ISSN 0976-8357} Vol.8 issue (1) Abstracts.
- 5) Impact of Indra Awass Yojna in District Anantnag, Hummara Azim & Mehnaz Yousuf Page 125 Souvenir and Abstracts Ninth JK Science Congress 2013 & Regional Science Congress.
- 6) A Study on Prevalence of Anaemia in Teenage Pregnant Girls Attending L.D Hospital, Srinagar, Hummara Azim & Afshan, Page 131, Souvenir and Abstracts Ninth JK Science Congress 2013 & Regional Science Congress.
- 7) Role of Women in Dairy Farming in District Kulgam, Hummara Azim & Aasifa Ali, Page 131 & 132 Souvenir and Abstracts Ninth JK Science Congress 2013 & Regional Science Congress.
- 8) Prevalence of Obesity in School Going Children, Hummara Azim & Suriya Farooq Baba, page 132, Souvenir and Abstracts Ninth JK Science Congress 2013 & Regional Science Congress.
- 9) "Study of Gouty Patients based on Gender, Age and Eating Habits in Kashmir". European Academic Research, 02(10): 0 -0 {ISSN: 2286-4822}
- 10) "Health Status of Bodh and Balti Tribal Women of Leh Block". European Academic Research, 02(10): 0 -0 {ISSN: 2286-4822}
- 11) "A Comparative Study on Adolescent- Parent Relationship among Boys and Girls in a Rural Setting with Reference to Mothers". ACME -International Journal of Multidisciplinary Research, 02(0): 52 -56 {ISSN: 2320-236x}
- 12) "Hygiene Practices and Food Safety Knowledge among Street Vendors in Kashmir". International Journal of Scientific Research, 04(08): 70 -73 {ISSN: 2277-8179}
- 13) "Food Habits among Adolescents". International Researchers, 0(04): 25 -28 {ISSN: 2227-7471}
- 14) "Effect of Women's Employment on Family Life". International Researchers, 0(04): 63 -68 {ISSN: 2227-7471}
- 15) "Role of Government Organization Working For the Upliftment of Women in Srinagar". International Researchers, 0(4): 41 -51 {ISSN: 2227-7471}
- 16) "Impact of Cell Phones on the Media Behavior of Youth in Kashmir: A Case Study". An International Journal of Multidisciplinary Research, 01(01): 01 -14 {ISSN: 2395-6593}.
- 17) "Behaviour Pattern of Youth with their Parents". An International Journal of multidisciplinary research, 01(02): 1 -22 {ISSN: 2395-6593}.
- 18) "Socio-Culture and Life Style of Changpa Nomads of Ladakh Region". 3rd JK Women Science Congress 2015- Advances in Science and Technology: Role of Women, 0(0): 54 -54 {ISSN: 0}.
- 19) "Importance of Folic during Pregnancy". 3rd JK Women Science Congress 2015- Advances in Science and Technology: Role of Women, 0(0): 87 -87 {ISSN: 0}.
- 20) "A Study of Kashmiri Working Women and their Contribution towards Family Life". 3rd JK Women Science Congress 2015- Advances in Science and Technology: Role of Women, 0(0): 130 -130 {ISSN: 130}.
- 21) "Job Stress and its Impact on Day-to-Day Life of Working Women". The Journal of Management and Cooperation, 12(2): 0 -0 {ISSN: 2249- 2275}.
- 22) "Basic Living Condition of Changpa Nomads". IASET, 0(0): 0 -0 {ISSN: 0} Impact Factor = 3.03
- 23) "Health Aliments and their Cure using indigenous Flora and Fauna in District Budgam of Jammu & Kashmir". International Journal of Sciences & Applied Research, 0(0): 29 -40 {ISSN: 2394-2401}
- 24) "Study on Basic Living Condition of Changpa Nomads". International Journal of Educational Science and Research, 7(1): 15 -20 {ISSN: 2249-8052}.
- 25) "Socio-Cultural Environment of Changpa Nomads of Changthang Region (Ladakh)". International Journal of Agricultural Science and Research, 7(4): 491 -496 {ISSN: 2321-0087}
- 26) "Health Status and Changpa Nomads of Changthang Region Ladakh". International Journal

of Research in Applied, Natural and Social Sciences, 5(11): 133 -136 {ISSN: 2347-4580}

27) "Culture and Cultural Relevance of Changpa Nomads". International Journal of Research in Humanities, 5(11): 85 -90 {ISSN: 2347-4564}

28) "To Study the Migration Route of Changpa Nomads of Ladakh". International Journal of Research in Humanities, 5(11): 79 -84 {ISSN: 2347-4564}

29) "Nutrient Intake of Lactating Women in Kashmir". Journal of Emerging Technologies and Innovative Research (JETIR), 4(11): 31 -34 {ISSN: 2349-5162}

30) "Taboos and Beliefs among Pregnant & Lactating Women". The Saudi Journal of Life Sciences, 0(0): 70 -71 {ISSN: 2415-6221}

31) "Study on Basic Living Condition of Changpa Nomads". International Journal of Educational Science and Research, 7(1): 15 -20 {ISSN: 2249-8052}.

32) "Traditional Food and Health Practices during Post-Partum Period. A Study among Tribal Women of Fakir Gyan Jammu & Kashmir". International Journal of Current Microbiology and Applied Science, 7(8): 0 -0 {ISSN: 2319-7706}.

33) "Evaluation of Integrated Child Development Services Program in Kashmir, India". International Journal of TROPICAL DISEASE & Health, 35(2): 1 -7 {ISSN: 2278-1005}.

34) "Common Weaning Practices Prevalent Among Mothers of Redwan Village Bala of District, Kulgam". International Journal of Family & Home Science, 15(2): 0 -0 {ISSN: 0973-2608}.

35) "Awareness of Healthy Diet in Preventing or delaying Bone Loss in Adults of District Srinagar". Zenith Journals, 9(6): 589 -613 {ISSN: 2231-578} Impact Factor = 6.48.

36) "Case Studies of Drug Abused youth of Kashmir Valley". International Journal of Home Science, 5(1): 78 -81 {ISSN: 2395-7476} Impact Factor = 5.30

37) "Health problems associated with pregnant women in Kashmir" Research Review International Journal of Multidisciplinary, 3(11):96:96 {2455-3085}. Impact Factor = 5.16.

38) "A study of Motor Development amongst Pre-School children of Kashmir" WHJJ Journal, XVIII (III) {ISSN: 1001-17 49}. Impact Factor= 5.50.

39) "Life Satisfaction among Higher Education Students". International Journal of Creative Research Thoughts, 8(7): 0 -0 {ISSN: 2320-2882} Impact Factor = 7.97

40) "Emotional Development for School Going Children" International Journal of Creative Research Thoughts, 8(7): 0 -0 {ISSN: 2320-2882} Impact Factor = 7.97

41) Dietary Allowances Provided to Beneficiaries in Supplementary Nutrition Scheme of ICDS in Kashmir Valley: Effect on Health Status and Comparison with RDA". Parishodh Journal, 0(0): 9610 -9622 {ISSN: 2347-6648} Impact Factor = 6.30

42) Anganwadi Centres in Kashmir: Infrastructure Assessment and Management of Affairs. PIMT-Journal of Research, Punjab Institute of Management & Technology, Referred Journal {ISSN: 2278-79 25}.

43) "Statistical Analysis of Mental Health of Differently Habituated Orphans in Kashmir" Journal of Loss and Trauma, 0(0): 0 -0 {ISSN: 1532—5024/} Impact Factor = 0

44) "Mental Health Status of Institutionalized and Non- Institutionalized Orphans in Kashmir" Wutan Huatan Jisuan Jishu, XVII(IV): 275 -287 {ISSN: 1001-1749} Impact Factor = 0

45) "Dermatological Ailments Among Tribals and their Traditional Cure: A Study in District Budgam, Jammu and Kashmir" The Pharma Innovation Journal 2022, 11(5): 1753 -1756 {ISSN: 2277-7695} Impact Factor = 0

46) "Anganwadi Centres in Kashmir: Infrastructure Assessment and Management of Affairs" PIMT Journal of Research UGC, 13(0): 0 -0

BOOK CHAPTERS

"Ladakh: To Study the Socio-Cultural Status of Changpa Nomads Women of Changthang Region, Social Issues and Challenges for Women: A World Perspective (Womens Condition in 21st Century)". Eureka Publications {ISSN: 978-81-9 35639-8-4}

"Problems & Challenges Faced by Urban Working Woman at their Work places in Kashmir" Delton Publishing House {ISBN: 0} pp 09

PAPERS PRESENTED IN CONFERENCE/ SEMINARS / WORKSHOP/SYMPOSIUM

1. Attended a workshop on "National Workshop (virtual) on social responsibility on community engagement in higher education institutions, policies and practices," Organized By Department Of Educational Policy at NEPA, New Delhi dated 04.05.2022
2. Attended a workshop on National Institute of Educational planning and administration," organized by national institute of educational planning and administration from 27.09.2022 to 29.09.2022
3. Attended a workshop on prevention of sexual harassment at work place, (POSH), organized by Internal complaints committee ICC from 3.10.2022 to 01.11.2022
4. Conducted a session in, "Managing Personal and Professional Roles "in UGC sponsored five-day Workshop on Capacity Building Programme for Women Managers in Higher Education on 4th may 2012- held at University of Kashmir.
5. Presented a Paper on, "Adolescent and Nutrition Contemporary Concern" on 7th march 2007 in Institute of Home Science, University of Kashmir.
6. Made a poster presentation on, "Role of Agriculture Department in Saffron Cultivation" 8th JK SCIENCE CONGRESS held at University of Kashmir from 17th – 19th September, 2012.
7. Presented a paper in one day "Convention on Peace and Justice for Kashmir Women" organized by centre for Policy Analysis New Delhi and held at University of Kashmir on 30th October, 2012. Paper presented on Impact of Mental Health of Women in Conflict.
8. Presented a paper (oral) in, "13TH J&K Science Congress" on, "A Study on Nutrient Intake of Pregnant Women in Kashmir", organized by University of Kashmir, Sgr, from 02-04-2018 to 04-04-2018.
9. Presented a paper (oral) in "13TH J&K Science Congress" on, "Flora and Faunal Utilization

for Health and Food Practices: A study on Indigenous Traditional Health and Food Practices in District Budgam, Jammu & Kashmir", organized by University of Kashmir, Sgr, from 02-04-2018 to 04-04-2018

10. Presented a paper (oral) in "13TH J&K Science Congress" on, "A Study on Adolescent - Parent Relationship with Reference to Fathers in a Rural Setting", organized by University of Kashmir, Sgr, from 02-04-2018 to 29-04-2018

11. Presented a paper (oral) in "One Week Faculty Development Programme" on, "Enhancing Research Effectiveness through Quantitative and Qualitative Methods Version 2.0", organized by Periyar Management and Computer College, from 12-03-2018 to 18-03-2018

12. Presented a paper (oral) titled, "Ladakh: Women and Children Health Status of Changpa Nomads of Chanthang Region" in "5th J&K Women Science Congress" on, "Emerging Trends in Science Role of Women" organized by Govt College for Women, M.A Road , Sgr, from 27-03-2018 to 29-03-2018.

13. Presented a paper on, "Obesity among Adolescents in Ganderbal District" in 4th JK Science Congress, 2018 organized by University of Kashmir in collaboration with JK State Council for Science & Technology and DST, Government of India.

14. Presented a paper (oral) titled, "A Study of Work Life Balance Amongst Kashmiri Women" in seminar on, "Next Generation Smart Business Practices" organised by Periyar Management and Computer College, from 12-03-2018 to 18-03-2018

15. Presented a paper (oral) titled, "Psycho-Social Problems in Institutionalized & Non-Institutionalized Orphans" in international conference on "Contemporary Issues in Engineering, Agriculture, Applied Sciences and Humanities", organized by The Department of "Metallurgical and Materials Engineering", NIT Srinagar, Jammu and Kashmir and "Krishi Sanskriti" New Delhi, held on 22-06-2019 to 23-06-2019

TRAININGCOURSES/WORKSHOP/CONFERENCES/SEMINARS/SYMPOSIUMS ATTENDED WITHOUT PRESENTATION

Attended 3-Day National Seminar on, "Computers" in Home Science Lady Irwin College New Delhi from 15-10-1993 to 17-10-1993.

Workshop on, "Women and Disaster Management" organized by Indian Environment Society, New Delhi, 10-10-2002 to 11-10-2002.

Attended "Computer Awareness Programme" from NIPCCD, in Collaboration with Ministry of Communication and Information Technology, Department of Information Technology, Government of India & NIC New Delhi held on 03-02-2003 to 04-02-2003, & 10-02-2003.

Workshop on, "Training Cum Development of Self Learning Print Material" organized by Directorate of Distance Education University of Kashmir 26-07-2005 to 27-07-2005.

"2nd J&K Science Congress" organized by University of Kashmir from 25-07-2006 to 26-07-2006.

Workshop on, "Self Learning Support in Distance and Online Education Service" organized by Directorate of Distance Education University of Kashmir from 18-09-2006 to 20-09-2006.

Workshop on, "Capacity Building Programme for Women Managers in Higher Education" organized by Women's Studies Centre University of Kashmir from 31-10-2006 to 05-11-2006.

Workshop on, "Stress Management and Role of Life Skills for Succeeding in Life" organized by Women Studies Centre, Kashmir University on 26-03-2007.

Series of workshops from 22-06-2007 to 19-11-2007 (one day each for four months) on, "Spring Board Women's Development Programme" organized by British Counsel New Delhi in collaboration with Women's Studies Centre, University of Kashmir.

Participated in one day orientation programme for, "Academic Counsellors" of M. Sc (DFSM) organised by IGNOU Regional Centre Srinagar on 03-09-2007.

International conference on, "Empowerment for Excellence in Home Science" organized by Lady Irwin College New Delhi, 04-10-2007 to 06-10-2007.

Attended a seminar on, "Health and Nutrition Education" organized by Institute Of Home Science, University of Kashmir.

Workshop on, "Training of Trainers" organized by Women's Studies Centre, University of Jammu 03-03-2008 to 08-03-2008.

Participated in two-days workshop on, "Dietary Trends in Kashmir" organised by Institute of Home Science University of Kashmir, from 23-03-2009 to 24-03-2009.

Attended one day seminar on, "Metabolic Syndrome and Endocrinology of Bone" organized by Department Of Endocrinology on 14-07-2009.

Participated in, "National Workshop on Research Methodology in Basic Sciences" held at Osmania University Hyderabad (A.P), 23-11-2009 to 27-11-2009.

Participated in, "6th J&K SCINCE CONGRESS" organised by University of Kashmir, 2010.

Attended 3-day National Workshop on, "Research Methods and Statistical Techniques" organized by Department of Library and Information Science, University of Kashmir, 14-03-2011 to 16-03-2011.

Participated in 3-day workshop on, "Urban Earthquake Disaster Risk Reduction" organized by National Disaster Management Risk Reduction and Ministry of Earth Science Govt. of India in collaboration with Department of Students Welfare & Department of Earth Sciences University of Kashmir from 13-10-2012 to 15-10-2012.

Attended workshop on, "Areas of Priority and Branches of Knowledge Necessary for School and College Education" in the state held at University of Kashmir organized by Faculty of Education from 17-10-2012 to 18-10-2012. Was a member of working group IV on the theme of "Early Childhood Care and Education in School Education".

Attended a 5-Dayworkshop on, "Capacity Building for Women Managers in Higher Education" sponsored by UGC DAV College Chandigarh from 05-11- 2012 to 09-11-2012.

Attended "11th JK SCIENCE CONGRESS" organised by University of Kashmir, 2015.

Attended a workshop on, "Patient Safety and Drug Regulatory Scenario in India" held at University of Kashmir, from 19-05-2015 to 21-05-2015.

Participated in, "3rdJk Women Science Congress" held from 17-11-2015 to 19-11-2015 at Govt. College for Women, Nawakadal Srinagar.

Attended "1st Annual Conference of Metabolic Syndrome –Prediabetes-Polycystic Ovary Syndrome (MP PCOS) Society" at Sheri-i-Kashmir Institute of Medical Science Srinagar, held from 11-05-2017 to 13-05-2017.

Attended "2nd J & K Medical Science Congress" at Sher-i-kashmir Institute of Medical Science Srinagar held from 10-05-2017 to 13-05-2017.

Attended a workshop on, "Scholarly Writing Reference Management and Deterring Plagiarism" from 22-03-2017 to 05-08-2018 held at Allama Iqbal Library University of Kashmir.

Participated in, "P2P Global Digital Challenge" organised by Edventure Partners, USA in collaboration with Facebook at University of Kashmir from 01-01-2017 to 01-06-2017.

Attended a 3-days "19th Annual National Conference Society of Statistics Computer and Applications" held by Statistics and Information in Agricultural and Allied science SKAUST-Jammu from 06-03-2017 to 08-03-2017.

Participated in workshop on, "Centre for Women's Studies and Research" organised by Dean College development council and Institute of Home science on 08-03-2018.

Participated in one week workshop on, "Enhancing Research Effectiveness through Quantitative and Qualitative Methods" held by Periyar Management and Computer College on 12-03-2018 to 18-03-2018.

Attended 1st international conference on, "Recent Development in Science Humanities and Management" organised by Amar Singh College from 17-04-2018 to 18-04-2018.

Two days National Conference on, "Recent Advances in Understanding the Role of Phytochemicals in Human Health (RAURPHH)" organised Department of Food Science and Technology, University of Kashmir from 25-07-2018 to 26-07-2018.

Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

Acted as 'Coordinator (02 sessions)' in Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

Acted as 'Resource Person (02 sessions)' in Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

Received 'Certificate of Appreciation' on, "The Girls Day Celebration" organised by Jamia Millia Islamia, New Delhi, on 23-12-2018.

Participated in One Day National Level Workshop on, "Anti-Doping Awareness" organised by M. P. Ed Wing Directorate of Physical Education and Sports, University of Kashmir in Collaboration with National Anti-Doping Agency (NADA), Ministry of Youth Affairs & Sports,

Govt., of India, held on 20-06-2019.

Participated in "Spit Free India Movement" from 1-09-2020 to 1-11-2020, organised by National Service Scheme.

Attended a Workshop on "Impact of Covid-19 on Higher Education in Emerging Centre", organized by Amity University, from 14-10-2020 to 14-11-2020.

Workshop on, "Effective Working in Virtual Teams" organised by Amity Institute of Training and Development, held on 15-10-2020.

Webinar on, "New Education Policy: Social Dimensions" Department of Sociology, Gujarat University, Navarangpura, Ahmedabad, Gujarat, held on 24-10-2020.

Attended Golden Jubilee Two Days National Webinar on, "Challenges of Neonatal Care and Infant Protection " organised by Human Development Wing, Department of Studies in Food Science and Nutrition, Manasagangotri, Mysuru at IOE Auditorium Vinjana Bhawan, University of Mysore, held from 19-11-2020 to 20-11-2020.

One Day National Webinar on, "Social Transitions in the Post- Independence Period" organised by Department of Sociology and IQAC (Laxmibai Bhaurao Patil Mahila Mahavidyalya, Solapur), held on 30-12-2020.

International Youth Conference on, "New Normal New Beginnings" organised by United Nations Global Communications Civil Society Unit, held on 01-01-2021.

Attended the National Webinar Series on, "National Education Policy 2020: Prospects and Challenges in Higher Education- Vocational Education and National Education Policy 2020" organised by Department of Economics in association with Internal Quality Assurance Cell, B.M.Ruia Girls College on 02-01-2021.

Participated in Webinar on, "Manage Lifestyle in the Pandemic" organised by Mentor Mitr, held on 03-01-2021.

Participated in one day National E-Seminar on, "Rethinking Business Practices in Post Covid-19 Scenario" organised by Department of Commerce, Sir Syed College of Arts, Commerce & Science, Aurangabad-431 001. Maharashtra, India held on 04-01- 2021.

Participated in One Day International Webinar on, "IPR-A Tool to Protect Inventions and Creations" organised by Research cell in association with the Internal Quality Assurance Cell (IQAC) Of the Nirmala Memorial Foundation College of Commerce & Science, Kandivali (E), Mumbai-400101, held on 08-01-2021.

Participated in National Webinar on, "Health and Environment at Pandemic Times" organised by Centre for Environmental Education and Ecological Development (CEED) India in collaboration with Department of Environmental Sciences, Acharya N. Agarjuna University, Guntur, held on 09-01- 2021.

Participated and completed UGC-CPE sponsored One day International Workshop on, "E-Waste: Awareness and Its Management" organised by Eco- Friendly Committee, Science College, Nanded, Maharashtra, held on 09-01-2021.

Participated in the National Webinar on, "Micro-entrepreneurship and Employability" organised by Dhenkanal Autonomous College, Dhenkanal, held on 10-01-2021.

Participated in Webinar on, "Grooming & Soft Skills Management in the Pandemic" held on 10-01-2021.

Webinar on, "Internet and Children" organised by LIISPRING Odisha and IJMRT Haryana, India held on 12-01-2021.

Attended the National Webinar on, "Effective Skills for Research Paper and Research Proposal" organised by Department of Geography and Commerce, I.C.S. College of Arts Commerce & Science, Khed, Dist. Ratnagiri (M.S), held on 12-01-2021.

Participated in One Day National Level Webinar on, "National Education Policy-2020" organised by IQAC and Department of Political Science, SVM Arts, Science and Commerce COLLEGE, Ilkal, Karnataka, held on 12-01-2021.

Participated in National Research Workshop on, "Research Methodology" organised by Government Girls College, Khargone, Madhya Pradesh, held from 15-01-2021 to 16-01-2021.

Participated in Webinar titled, "Parenting: From Perspectives of Parents & Children" organised by Mentor Mitr, held on 17-01-2021.

Participated actively in National E-Conference on, "National Education Policy 2020: Issues, Challenges & Way Forward" organised by Laxmibai Bhaurao Patil Mahila Mahavidyalya, Solapur, Maharashtra on 21-01-2021.

Participated in National webinar on, "Art of writing and publishing Research papers" organised by the Department of commerce, Rajagiri college of Management and Applied Science, Kochi, Kerala, India held on 21-01-2021 to 22-01-2021.

Participated in online E-Quiz Programme on, "COVID-19" with excellent passing score of 70% organised by VIDYANAGAR COLLEGE, West Bengal held on 22-01-2021.

Participated in the one-day National webinar on, "Redefining Higher Education in the New Normal" organised by Department of Management, Kristu Jayanti College, Autonomous, Bengaluru held on 23-01-2021.

Participated in National webinar titled, "Female Foeticide: Challenge for Gender Equality" organised by Mahamaya Government Degree College, Mahona, Lucknow (U.P) held on 24-01-2021 at 1 pm.

Participated in Webinar on, "Gender Issues in Society: Myths and Realities" organised by Department of Sociology, Government Girls P. G. College, Rattan (M.P) on 25-01-2021.

Attended a webinar on, "Orientation Session on National Education Policy" under the Inno-preneurship series organised by Institution Innovation Council (IIC), University of Jammu Special Purpose Vehicle Foundation (UOJSPVF) and University Business Incubation and Innovation Centre (UBIC), University of Jammu, held on 27-01-2021.

Attended Day 3 of National Webinar series on, "National Education Policy 2020: Prospects and Challenges in Higher Education- Inclusivity and Innovation in Education" organised by Research Cell and Innovation and Incubation Centre in association with Internal Quality Assurance Cell B.M.RUIA Girls College (Mumbai), held on 28-01-2021.

Participated in one day International webinar on, "Aspects of Evaluation of Teachers" Organised by BSR Government Arts College, Alwar (Raj.) held on 28-01-2021.

Attended Webinar entitled, "Covid-19 Reboot to promote Intergenerational Bonding" organised by All India women's Education Fund Association (AIWEFA) held on 29-01-2021.

Participated in the International Webinar on, "Importance of Education in our Everyday Life" organised by Tamil Nadu Teachers Education University on International Education Day held on 29-01-2021.

Attended National Webinar series entitled, "International Bonding: Covid-19 Youngest to the Oldest" organised by All Indian women Education Fund Association (AIWEFA) held on 30-01-2021.

Participated in the webinar entitled, "Anxiety Management and Importance of Counselling" held on 31-01-2021.

Participated in one-week National Workshop on, "Research Methodology" organised by Government Auto. Girls P. G. College of Excellence, Sagar (M.P) held on 01-02-2021 to 07-02-2021.

One Week International Faculty Development Program on, "Emerging Aspects of Research Methodology" organised by S.S.JAIN Subodh P.G. (Autonomous) College, Jaipur, Rajasthan held from 01-02-2021 07-02-2021.

Participated in National webinar on "Contextualizing Social Justice for Women" organised by Laxmibai Bhurao Patil Mahila Maha Vidyalaya, Solapur, Maharashtra, held 04-02-2021.

Participated in Webinar on, "Intellectual Property Rights" organised by Laxmibai Bhurao Patil Mahila Mahavidyalaya, Solapur, Maharashtra, on 05-02-2021.

Attended the Webinar entitled, "Intergenerational Bonding: Baby Boomers and Generations X, Y and Z" organised by All Indian Women Education Fund Association (AIWEFA) held on 05-02-2021.

National Webinar Series on, "Covid-19 Community Connects" organised by National Institute of Social Defence (NISD), held on 05-02-2021.

Attended the webinar entitled, "Strengthening the Present and Post Pandemic Responses Health and Nutrition of Elders" organised by All Indian Women Education Fund Association (AIWEFA) on 06-02-2021.

Participated in the webinar on, "Volunteerism: An Expression of Human Relationships" organised by Youth Red Cross Unit of S. D College, Ambala Cantt in Collaboration with Indian Red Cross Society, Haryana State Branch, Chandigarh on 06-02-2021.

Attended the International Youth Conference on, "New Normal, New Beginnings" organised by International Youth Conference held on 08-02-2021.

Participated in the National webinar on, "New Education Policy 2020: A Pathway to Self Reliant India" organised by IQAC of Lonavala Education Trust's Dr. B. N. Purandhara Arts, S. G Gupta commerce and Sat. S. A Mithaiwala Science College, Lonavala-410403, held on 11-02-

2021.

Participated in National webinar on, "Crafting Research Proposals for Securing Grants from Funding Agencies" organised by Department of Commerce and IQAC Badruka College of Commerce and Arts, Hyderabad on 12-02-2021.

Participated in the one-day International Webinar entitled "Business Environment during and Post Covid-19: Disruptions, Opportunities and Challenges" by RYAN publishers held on 13-02-2021.

Attended the Webinar entitled, "Strengthening the Present and Post Pandemic Response: Economy and Livelihoods for Elders" organised by All India Women's Education Fund Association (AIWEFA) on 13-02-2021.

Attended Day 4 of the National Series on, "National Education Policy 2020: Prospects and Challenges in Higher Education- Equitable and Holistic Education" organised by Department of Sociology in association with Internal Quality Assurance Cell on 13-02-2021.

Participated in the Webinar entitled, "How to Make Relationships Work" held on 14-02-2021.

Actively participated in one day National webinar on, "Covid-19: Effect on Environment" organised by Department of Geography, Vasantdada Patil Arts, commerce and Science College, Patoda T.q Patoda dist. Beed (M.S) held on 15-02-2021.

Participated in the State level Webinar on, "Gender Equality in Current Scenario" as a part of Sree Narayana Guru Endowment Lecture Series organised by Department of Social Work, Sree Narayana Guru College, Coimbatore, held on 17-02-2021.

Participated in One day National webinar on, "Cyber Crime against Women: Precautions and Strategies" organised by Soban Singh Jeena University, Almora Uttarakhand sponsored by National Commission for Women, New Delhi, held on 18-02-2021.

Attended the webinar on, "Research Methodology and Scientific Writing" organised by Department of CSE, Indira Gandhi Delhi Technical University for Women (IGDTUW), on 20-02-2021.

Participated in National webinar on, "Gender Sensitization: Prospects and Challenges" organised by Anti-sexual Harassment Cell jointly with IQAC and Center for women Studies (Maharaja Ganga Singh University) held on 22-02-2021.

Participated in one day National webinar on, "National Education Policy-2020: Setting Milestones" organised by Aligarh Muslim University Centre at Jangipur, Murshidaabad, W. B, held on 23-02-2021.

"Recent Innovations in Statistical Methods and Applications RIMSA (2021)" organised by Deptt. of Statistics, Christ College (Autonomous) Irinjalakuda Kerala, held on 23-02-2021 to 25-02-2021.

Participated in one day National webinar on, "Women Empowerment: Emerging Trends" Organised by Sw. Smt. Indira Gandhi Government Girls College Shivpuri, M. P held on 24-02-2021.

Participated in one day National webinar entitled, "Entrepreneurship, Job Opportunities and Emerging Trends in Home Science" organised by Department of Home science, Government Girls P. G College, Ratlam M. P held on 25-02-2021.

Participated in International webinar on, "Redefining Instructional Techniques and Learning Strategies: Challenges and Opportunities" organised by Department of English, Dr. M.G.R Educational and Research Institute, held on 26-02-2021.

Participated in State Level Workshop on, "MOOCs: A Conceptual Design" organised by IQAC of Shivaji College Hingoli on 26th February, 2021.

Participated in the webinar on, "Career Focus on Emerging Technologies" in the "Live 2 day webinar series" organised by Jagannath Institute of Technology held on 26-02-2021 to 27-02-2021.

Participated in the webinar entitled, "How to Write Research and Review Article" organised by Jagannath Institute of Technology held on 26-02-2021 to 27-02-2021.

Participated in one day international webinar on the topic, "Emotional Intelligence" organised by RYAN Publishers, held on 27-02-2021.

Attended "Online Global ISO Knowledge Sharing Summit-2021" organised by ALVIN Integrated services on 27-02-2021.

"Recent Innovations in Statistical Methods and Applications RIMSA (2021)" organised by Deptt. of Statistics, Christ College (Autonomous) Irinjalakuda Kerala, held on 01-03-2021.

Participated in one day National level Workshop on, "Research Methodology" organised by Department of English, Shri Muktanand College Gangapur, dist. Aurangabad, Maharashtra state, India on 01-03-2021.

Participated in One day National webinar entitled, "Significant Role of Life Science in Pandemic like Covid-19" organised by Department of Zoology and IQAC as a joint venture (Adv. B. D Hambarde Mahavidyalaya, Ashti) on 02-03-2021.

Attended day 5 of National webinar series on, "Education in Rural India and National Education policy 2020" organised by Department of Economics in association with IQAC, B. M RUIA Girls College held on 02-03-2021.

"Recent Innovations in Statistical Methods and Applications RIMSA (2021)" organised by Deptt. of Statistics, Christ College (Autonomous) Irinjalakuda Kerala, held on 03-03-2021.

Participated in one day National level webinar on, "Research Planning: Proposal, Project and Implementation for Career Advancement" organised by S. N. Sinha college, Warisaliganj and IIARI on 03-03-2021.

Participated in one day National Webinar on, "Impact of Fruits and Green vegetable on General Immunity" as a joint venture of Department of Botany and IQAC organised by Adv. B. D Hambarde Mahavidyalaya, Ashti on 05-03-2021.

"Recent Innovations in Statistical Methods and Applications RIMSA (2021)" organised by Deptt. of Statistics, Christ College (Autonomous) Irinjalakuda Kerala, held on 05-03-2021.

Participated in one day international webinar on the topic, "Diet and Nutrition" organised by RYAN Publishers held on 06-03-2021.

Participated in the international webinar on, "Enhancing Effective Communication Skills" organised by Balaji Institute of Management Sciences, NARSAMPET, Warangal, Telangana on 08-03-2021.

Participated in one day International Webinar on the topic, "Need and Significance of Outcome-based Education" organised by RYAN Publishers on 13-03-2021.

Participated in one day National level Webinar on, "AI as an enabler for teachers in implementing NEP, 2020 in Higher Education" organised by department of MCA of Institute of Industrial and Computer Management and Research (IICMR) in collaboration with Bhartiya Shikshan Mandal and NITI Aayog, Government of India on 13-03-2021.

Participated in the National webinar on, "National Education policy-2020 and Emerging India" Jointly Organised by National Institute of Disaster Management, Ministry of Home Affairs (Government of India) and A. N. D Teacher's Training (P.G) College, Sitapur (U.P) held on 14-03-2021.

Participated in One day International Webinar on the topic, "Right to Education Act (RTE) and Right to Information Act (RTI)" organised by Ryan Publishers on 20-03-2021.

Participated in Rashtriya Uchchar Shiksha Abhiyaan (RUSA) -- sponsored online Workshop on "Online Assessment Tools: A step Forward" organised by Mehr Chand Mahajan, DAV college for Women held on 22nd March, 2021.

"Communication Skills for Effective Learning" Swami Swatantranand Memorial College, Dinanagar, Gurdaspur, Punjab, India Affiliated to Guru Nank Dev University, Amritsar held on 24-03-2021.

Attended one day online Webinar on, "National Education Policy" organised by Internal Quality Assurance Cell, Sanatan Sharma College, Ambala Cantt. Under UGC PARA MARSH scheme on 25-03-2021.

Participated in the International Seminar on, "Work-Life Harmony" organised by IQAC of the Laxmichand Golwala College of Commerce and Economics on 27-03-2021.

Participated in the One-day International Webinar on the topic, "Role of Internet of Things in mobile Communication" held 27-03-2021 organised by RYAN publishers.

Attended the Day 6 of the National webinar series on, "National Education policy 2020: Prospects and Challenges in Higher Education - Leadership, Governance and Teachers---- NEP 2020, New Approach" organised by Internal Quality Assurance Cell on 30-03-2021.

Attended the Panel Discussion on "CEDAW: Convention on the Elimination of All forms of Discrimination Against Women" organised by Swami vivekanand Night College of Arts and Commerce, St. Arnald's Night college of Arts and commerce and B. Y Ruia Girls college held on 14-04-2021.

Attended day 7 of the National webinar series on, "National Education Policy 2020: Prospects and Challenges in Higher Education-- Integrated and online courses" organised by Academic Committee and Department of Hindi in association with Internal Quality Assurance

Cell, on 16-04-2021.

Participated in the National webinar on, "The Impact of Learning Space on Educational Ecosystem" organised by Department of Physics and Electronics in association with Internal quality assurance cell Ch. S. D. ST. Theresa's College for Women (A) Eluru, held on 18-04-2021.

Attended the Webinar titled, "Personal Reinvention Program" organised by Eduroutes held on 25-04-2021.

Participated in the one-day International Webinar on the topic, "Communicative Skills" organised by RYAN publishers, held on 26-04-2021.

Attended the day 8 of the National Webinar Series on, "National Education Policy 2020: Prospects and Challenges in Higher Education- Evaluation Reforms and Research Oriented Approach" organised by Academic Committee and Research Cell in Association with IQAC, held on 30-04-2021.

Participated in Lecture 6- "Empowerment of Women with Disability" of the international webinar series on women and development organised by the center for women's studies in collaboration with the E Sreedharan centre for Life Skills Education on International Women's Day, held on 03-05-2021.

Participated in National webinar on, "Demand Driven Local Innovations as an Enabler for Self-Reliance" organised by IQAC and Institute Innovation Cell, K. L. E Society's S. K Arts College and H. S Katambri Science Institute, held on 04-05-2021.

Participated in the one-day National webinar on, "Cyber Forensics and Security" jointly organised by G. T. N Arts College and Computational Research Foundation, Chennai, held on 07-05-2021.

Participated in valedictory session/Lecture 7- "Gender and Rhetoric of Family Law Reforms in India" of the international webinar series on women and Development organised by centre for the women's studies in collaboration with the E-mail Sreedharan centre for the Life skills education on International Women's Day, held on 14-05-2021.

Attended day 9 of the National webinar series on, "National Education Policy 2020: Prospects and Challenges in Higher Education- Role of Extension Activities and Sports" organised by Student Welfare committee in association with IQAC on May 17, 2021.

Participated in the National webinar on, "Women's Safety: Ethical Legal Dimensions" organised by the center for women's studies, Central University of Kerala, held on 25-05-2021.

Attended day 9 of the national webinar series on, "National Education Policy: Prospects and Challenges in Higher Education- Mainstreaming and Inclusion of Students with Special Needs" organised by psychology unit, counselling cell in association with IQAC, held on 28-05-2021.

UGC sponsored "General Orientation Course" organized by Academic Staff College University of Kashmir, held from 20-10-1997 to 20-11-1997.

Refresher course on, "Statistical Technique and Computer Applications in Social Science Research" sponsored by UGC held in NIPCCD New Delhi, from 20-01-2003 to 11-02-2003.

U.G.C. sponsored "Refresher Course in Home Science" organised by S.V.T College of Home Science SNDT Women's University Mumbai, from 06-11-2006 to 25-11-2006.

"Refresher Course for NSS Programme Officers" held at Gandhi Bhawan, University of Kashmir organised by Ministry of Youth Affairs and Sports Government of India in collaboration with Institute for Development and Communication, from June 05-06-2008 to 14-06-2008.

Refresher course on, "Computer Application" held at Academic staff college, University of Kashmir from 26-12-2013 to 20-01-2014.

Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

Coordinator (01 session) in Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

Resource Person (01 session) in Two Days National Workshop on, "Enhancing Social, Problem Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

Coordinator (01 session) in Two Days National Workshop on, "Enhancing Social, Problem

Solving and Self Confidence Skills through Mental Health Exercises" organised by Institute of Home Science, University of Kashmir from 01-11-2018 to 02-11-2018.

One week workshop on, "Enhancing Research Effectiveness through Quantitative and Qualitative Methods" held by Periyar Management and Computer College, from 12-03-2018 to 18-03-2018.

"Human Development and Family Studies" (Course) conducted by SWAYAM on 22-02-2020.

"Extension and Communication Management-Level 2" (Course) conducted by SWAYAM on 24-02-2020.

"Communication Technologies in Education" conducted by SWAYAM on 26-02-2020.

"Diet Management in Health and Disease" (Course) conducted by SWAYAM on 26-02-2020.

One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P. held on 01-02-2021.

One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 01-02-2021.

One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 02-02-2021.

One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 02-02-2021.

One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 03-02-2021.

One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 03-02-2021.

One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 04-02-2021.

One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 04-02-2021.

One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 05-02-2021.

One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 05-02-2021.

One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 06-02-2021.

One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 06-02-2021.

One Week National Workshop on, "Research Methodology" organised by Government Girls P.G. College of Excellence, Sagar M.P., on 07-02-2021.

One Week International Faculty Development Programme entitled, "Emerging Aspects of Research Methodology" organised by Internal Quality Assurance Cell (IQAC) of Subodh College under the Aegis of UGC Programme Scheme, on 07-02-2021.

"Recent Innovations in Statistical Methods and Applications" RIMSA (2021) organised by Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA, on 23-02-2021.

"Recent Innovations in Statistical Methods and Applications" RIMSA (2021) Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA 24-02-2021.

"Recent Innovations in Statistical Methods and Applications" RIMSA (2021) Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA 25-02-2021.

"Recent Innovations in Statistical Methods and Applications" RIMSA (2021) Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA 01-03-2021.

"Recent Innovations in Statistical Methods and Applications" RIMSA (2021) Deptt. of

"Recent Innovations in Statistical Methods and Applications" RIMSA (2021) Deptt. of Statistics Christ College (Autonomous) IRINJALAKUDA KERALA 03-03-2021.

REVIEW ASSIGNMENT

- Reviewed a Book entitled, International Quarterly of Community Health Education. The relationship between perceived social support and psycho-social well being of orphan students at selected schools in Woldia Town Ethiopia". Published by Sage Publication.
- Reviewer on the editorial Board of Book, "Next Generation Smart Business Practices. A Research Perspective Periyur Book". Published by Periyar College {ISBN: QCI+-20-0137}.
- Reviewer of the Manuscript titled; "Educational Interventions to Improve Menstrual Health: Approaches and Challenges" (Manuscript ID IJAMH.2019.0024) International Journal of Adolescent Medicine and Health: IJAMH

ACHIEVEMENT

- Earned grade "Excellent" on Students Evaluation conducted by IQAC University of Kashmir for session 2006.
- A letter of appreciation for Excellent Professional Support from SAF for organizing a 3-day event held at University of Kashmir in May, 2008.
- Received 'Certificate of Appreciation' on, "The Girls Day Celebration" organised by Jamia Millia Islamia, New Delhi, on 23-12-2018.

OTHER DUTIES AND RESPONSIBILITIES

1. Responsible as an Adjudicator for Academic Contest held within and outside the University.
2. Delivered Lectures, Demonstration and Preparation of ECCE Kits made with Indigenous Low-Cost Material to Agandwari Supervisors.
3. Judges in Inter College / Inter University Debating Elocution Clay Modeling, Rangoli and Poster Making Competitions.
4. Member in different Organizing Committees in University of Kashmir.
5. Judge on World No Tobacco Day 31th May, 2012.
6. Rapporteur on National Disaster Management Risk Reduction, 2012.
7. Member Monitoring –Cum –Executive Committee for overall development/functioning for Hospitality and Protocol, University of Kashmir

CORRESPONDENCE ADDRESS

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