

# CURRICULUM VITAE

## **Dr. SHRADDHA**

Dept. Home Science,  
Govt M. S. College  
Bikaner, Rajasthan  
Phone No. 0151-2528163

## **OBJECTIVE**

To enhance my knowledge and use it for the progress of institute and society

## **EDUCATION**

- **Ph. D.**  
Title: “ Ergonomic evaluation of Drudgery among rural women” From I. C. College of Home Science, CCS HAU HISAR WITH 82.00% year: 2001 to 2005
- **M.Sc.** (Family Resource Management)  
From I C College of Home Science, CCS HAU HISAR WITH 81.00% year: 1999 to 2001
- **B.Sc.** (Home Science)  
From I C College of Home Science, CCS HAU HISAR WITH 84.70% year: 1994 to 1999
- Vocational specialization Bakery and confectionary

## **PROFESSIONAL QUALIFIATION**

ICAR (ASRB) “NET” AND UGC “NET”

## **COMPUTER LITERACY**

One year Diploma in computer science from Hartron with 81.00%

## **TEACHING EXPERIENCE**

- Working as Asst. Professor in Govt College **from Feb, 2009**
- Four year Teaching Experience in College of Home Science RAU, Bikaner from July 2004 to Feb 2009

## SPECIAL TRAININGS

- Participated in 10 days winter school by ICAR in Latest trends in space and interior designing from I C college of Home Science HAU Hisar(2006).
- Participated in UGC sponsored orientation programme (Jan 2012) from ASC, University of Rajasthan Jaipur
- Workshop on skill development for entrepreneurship and enhanced job opportunities in industries. By CEG Jaipur. Jan 21 , 2012
- Participated in FDP (10 days) at Govt M S College Bikaner Feb 2012
- Training on Fruits and vegetable preservation by domestic art training institute Delhi Jan 7-12 , 2013
- Participated in FDP (10 days) at Govt M S College Bikaner Feb 2013
- Participated in UGC sponsored refresher course in Human Rights and women studies(June 2015) from ASC, University of Rajasthan Jaipur.
- Participated in UGC sponsored refresher course in Renewable Energy Studies (Aug 2017) from HRDC, MDS University Ajmer.
- Participated in national workshop on holistic development of personality and character building at M S College Bikaner Nov 9, 2017
- Participated in UGC sponsored short term course in science and technology of Yoga and meditation and spirituality (Aug 2020) from HRDC, HP University Shimla
- Participated in online training course on digital training tools by HCM Rajasthan State institute of Public Administration, Jaipur (Sept 2020)
- Online training on Information security management organised HCM RIPA, Jaipur from 23-25 Nov 2020.
- Mid Career Training program by HCM RIPA Regional Center Bikaner form 7 Dec 2020 to 11 Dec 2020.
- State level FDP Gyan Ganga in H.Sc by Commissionerate by College Education Jaipur and Dept of Home Science Govt Girls college Chomu, Jaipur form 11 to 16 Jan 2021.
- Online Refresher course in Indian Heritage and Human values by HRDC, G N Dev University, Amritsar from 27 Jan 2021 to 9 Feb 2021.
- State level FDP Gyan Ganga in H.Sc by Commissionerate College Education Jaipur and Govt Meera Girls college Udaipur form 15-20 Feb 2021.
- Online workshop on “Role of teachers in enhancing the emotional well being of students ” by InSPA Maharashtra State Body Mumbai, Maharashtra on 26 Feb 2021.
- Training on “Sevottarm” by HCM RIPA Bikaner on 17 March 2021.
- Training on Milk and Milk Products 5 days
- Workshop on Kitchen Interiors
- Workshop on Household equipment care and maintenance
- Workshop on quantitative research Methodologies
- Workshop on Statistical Analysis using MS- Excel

## **PUBLICATIONS :**

### **ARTICLES :**

- Straighten up while clicking in “The Tribune”
- “Phoolon ki Sajavat ke Samay Dhyan Rakhne Yogya Batein” in “*Dainik Nabhchor*”( Daily Evening News paper ) on 29 Jan 2003
- “Computer ka prayog va aapka swasthya” in “*Dainik Nabhchor*”( Daily Evening News paper ) on 13 April 2003
- “Vastro ka chunav kaise karein” in “*Dainik Nabhchor*”( Daily Evening News paper ) on 20 April 2003
- “Dinning Table par Baithiye par shishtachar se” in “*Dainik Nabhchor*”( Daily Evening News paper ) on 23 April 2003
- “Aaj ki zaroorat : Urja ki bachat” in “*Samudayik Kheti*” A magazine
- “ Ghar par hi payae chhutkara daag dhabo se”in “*Dainik Nabhchor*”( Daily Evening News paper ) on 16 July 2003
- “Bal vikas mein khilono ka mahatav”in *Junoon* on 20 Dec 2003
- “Computer ka prayog se parta hai swasthya par asar” in *Junoon* on 24 Jan 2004

### **RESEARCH PAPERS :**

- “Effect of Ergonomic parameters on physiological stress of computer users” in “*Journal of Family Ecology*” Vol 4, No 1& 2 Jan and July 2004 ISSN :0972-2181
- “Effect of Ergonomic parameters on biomechanical characteristics of computer users” in “*Journal of Family Ecology*” Vol 4, No 1& 2 Jan and July 2004 ISSN :0972-2181
- “Gender differentials on ill –effects perception by computer users” in “*Indian Research Journal of Extension Education, Agra*” Vol 4No 1&2
- “Computer brings Gender differentials to an end “in Proceeding “National Conference on Women in Developmental Process” held at CIET, Longowalon March 15-16,2004
- “Gharelu karyo mein kathinaiya va unka samadhan” in “*Haryana kheti*”ISSN No 0970-6518
- A chapter in book “Sam kaleen sahitya mein stree lekhan “ entitled “Mahilao ki samasyae va unka nivaran” 2017 , ISBN No 978-93-810005-23-1

### **SEMINARS AND PRESENTATIONS :**

- Oral paper “Effect of Ergonomic parameters on physiological stress of computer users” presented in National Seminar on Technological Advances in Home Science for rural development at PAU, Ludhiana ,May 8-9,2002
- Poster presentation “Effect of Ergonomic parameters on biomechanical characteristics of computer users” in National Seminar on Technological Advances in Home Science for rural development at PAU, Ludhiana ,May 8-9,2002

- Oral presentation “Gender differentials on ill –effects perception by computer users” in National Seminar by Society of Extension Education,Agra”12-14 Sept 2003
- Poster presentation on comparative decision making pattern of urban families of different income groups in 25<sup>th</sup> Biennial Conference by The Home Science Association of India in Nagpur Oct 10 – 12 , 2003
- Paper presented on easy availability of Goods and services degrading families economy in state level seminar at M S College Bikaner. Jan 27-28 , 2015
- Paper presented on gender justice : key for civilized society in national seminar at SESOMU Girls College Sri Dungargarh Bikaner Jan 13-14, 2016
- Paper presented on Role of women in improving status of women in society in national seminar at swami keshwanand RAU, Bikaner Sept 9, 2017
- Paper presented on Awareness of Human rights among female in national seminar at Govt PG College Jhunjhunu (Rajasthan) Sept 15-16, 2017
- Paper presented on nari ki dohari Bhumika: vartaman paripakshya in national seminar at MGSU, Bikaner Jan 24-25, 2018
- Paper presented on Technology narrows gender differentials in education. In international conference at Binani college Bikaner Oct 25-26, 2018
- Paper presented on Current scenario of e learning In international conference at Binani college Bikaner Oct 25-26, 2018
- Paper presented on assessment the knowledge of adolescent boys and girls regarding child rights of Sri Ganganagar City In international conference at Binani college Bikaner Oct 25-26, 2018
- Paper presented on Drudgery reduction in washing clothes among rural women In international conference at Binani college Bikaner Oct 25-26, 2018
- Paper presented on Introduction of modern machinery in fabric science in international seminar at Manda institute of technology Bikaner Jan 4 2019
- Paper presented on Ramcharitra ki aaj ke paripakshya mein prasangikta in national seminar at MGSU Bikaner Jan 17-18 , 2019
- Paper presented on awareness about indoor pollution among house wives in international conference at Bhim Rao Ambedkar Govt College Sri Ganganagar Rajasthan Nov 29-30, 2019.
- Paper presented on Role of Women in Environment conservation in international conference at Shri Khushal Das University Pilibanga, Hanumangarh, Rajasthan Feb 15-16, 2020
- Participated in International E conference on impact of covid 19 on global economy and higher education: Challenges and Opportunities by Sri Kalian girls college Sikar Rajasthan July 4-5, 2020
- Participated in National webinar on Enhancing soft skills and emotional intelligence: Need of the hour by IRA Jaipur July 9, 2020
- Participated in 2 days international webinar on Ethics in governance, Academics and Business July 25-26, 2020.
- Participated in national webinar on strategic approach towards combining taste and nutrition to improve immune system. By Rawat PG Girls College Jaipur on Sept 3 , 2020
- Participated in national webinar on new assessment and accreditation of NAAC for affiliated Govt UG and PG Colleges by IQAC PG College Sambhar Lake Jaipur Sept 9 , 2020

- Paper presented on computer ka prayog va aap ka swasthaya in international web seminar by BRG Govt Girls College Sri Ganganagar Rajasthan Sept 11-12 , 2020
- Paper presentation in online conference on NEP – 2020 and the future of English Studies by Dept of MGSU Bikaner on 18-19 Feb 2021 entitled – “Role of English in NEP – 2020 implementation.”
- Paper presentation in International Conference 2021 on Gender Security and global politics organised by Indian Institute of Human security and Governance Delhi India on 25 & 26 Feb 2021 entitled “Gender inequality in Modern India”.

## **PARTICIPATION IN WEBINARS**

- Participation in national webinar on “Avenues and challenges for Agri-Entrepreneurship for self-Reliant community” by College of Home science swami keshwanand Rajasthan Agricultural University Bikaner on 07-07-2020.
- Participation in international E – Seminar on “impact of Covid-19 on Global Economy and higher education :Challenges and opportunities” by Sri Kalyan Govt. Girls College Sikar on 15-07-2020.
- Participation in national level E-Quiz on “understanding epidemics through literature” by Govt M. S. College Bikaner on 12-16<sup>th</sup> July 2020.
- Participation in National webinar on “Enhancing soft skills & emotional intelligence need for the Hour” by Inspira Research Association (IRA) on 19 Jul 2020.
- Participation in International webinar on “Ethics on Governance, Academics and Business” by SMILE on 25-26<sup>th</sup> July 2020.
- Participation in National webinar on “Intellectual Property rights” by Dr G. Shankar Government women’s First Grade College and P. G. study centre on 26 Aug 2020.
- Participation in National webinar on “Strategic Approach towards combining taste & nutrition to improve immune system” by Rawat P. G. Girls College Jaipur on 3<sup>rd</sup> Sept 2020.
- Participation in National webinar on “New assessment and accreditation process of NAAC for Affiliated Government UG and PG Colleges” by Govt. Shakambhar P.G. College, Sambhar Lake Jaipur on 09 Sept, 2020.
- Participation in International webinar on “Radiation Treatment for COVID-19” by Department of Zoology Govt. Dungar College, Bikaner, Rajasthan on 12<sup>th</sup> Oct 2020.
- Participation in National webinar on “ Mahila suraksha : Ek vimarsh” by Govt. Dungar College Bikaner Rajasthan on 31 Oct 2020.
- Participation in National webinar on “ contribution of BABA SAHEB DR. BHIM RAO AMBEDKAR in National Building” by S. D. Government College , Beawar , Rajasthan. On 6 Dec 2020.
- Participation in National webinar on “Power of Positive thinking and stress management in present time” by Govt. M. H. College of Home Science and Science for Women, Jabalpur, M.P. on 22<sup>nd</sup> January 2021.
- Participation in National webinar on “Family relationships during Covid – 19 Pandemic: challenges & Interventions” by University Department of Human Development, S.N.D.T. Women’s University, Mumbai on 28<sup>th</sup> Jan 2021.

- Participation in International webinar on “Aspects of Evaluation of Teachers” on 28<sup>th</sup> Jan 2021 by BSR Govt Arts College , Alwar , Rajasthan on 28<sup>th</sup> Jan 2021.

### **ACHIEVEMENTS :**

- Merit Scholarship from CCS HAU from 1994 to 1999 in B.Sc.
- P.G. Merit Scholarship from CCS HAU from 1999 to 2001 in M.Sc.
- P.G. Merit Scholarship form CCS HAU from 2001 to 2004 in Ph.D.
- Merit Certificate in B.Sc. 3<sup>rd</sup> year.
- Best N.S.S worker in N.S.S. Annual Camp.
- N.S.S. Merit Certificate.
- Various prizes at college level competitions in Slogan Writing , Poster presentation, Display Best out of waste, Salad Decoration, Nutritious Recipe contest
- various prizes at community level in Flower Arrangement (Dry and Mixed)

### **EXTRA-CURRICULAR ACTIVITIES:**

- Appointed as counselor in VMOU , Kota
- Participated in “Patrika in Education” Soft Toys Training Campaign as Trainer
- Participation in Basant Bahar Utsav (Flower Arrangement Competition)

### **MEMBERSHIP :**

- Indian Science Congress(Life member)
- The Home Science Association of India(Life member)
- Art of Living(Life member)