



UGC-Human Resource Development Centre
Pt. Ravishankar Shukla University, Raipur



Organized

Online Refresher Course in Home Science

September 22 to October 06, 2021

Report

Name of Course/Program:	Online Refresher Course in Home Science
Name of Contact person from HRDC:	Dr. Arvind Agrawal
Date of Course/Program:	22.09.2021 to 06.10.2021
Name of Course Coordinator:	Dr. Abhaya. R. Joglekar Dept. of Home Science Govt. D.B. Girls' P.G. College, Kali Badi, Raipur, C.G.492001
Theme of Course/Program:	“Home Science Towards Sustainable Development”
Number of Participants:	39
State wise number of participants:	04 Bihar, 03 Chhattisgarh, 03 West Bangle, 09 Maharashtra, 05 Karnataka, 11 Madhya Pradesh, 02 Uttar Pradesh, 01 Odisha , 01 Tamil Nadu
No. of Resource Persons:	37
Name and Signature of Course Coordinator	
Dr. Abhaya. R. Joglekar Dept. of Home Science Govt. D.B. Girls' P.G. College, Kali Badi, Raipur	

ONLINE REFRESHER COURSE IN HOME SCIENCE

(22.09.2021-06.10.2021)

Human resource development centre (HRDC), Pt. Ravishankar Shukla university Raipur has organized two weeks Refresher course in Home Science held during 22.09.2021 to 06.10.2021. On the very first day during the inaugural session the honourable Vice-chancellor Prof. K L Verma in welcome address gave best wishes for organizing this course. Director, HRDC Prof. Shailendra Saraf welcomed the honourable Vice chancellor and the participants from various states of the country and wished them for their best performance during the course. The coordinator of the course **Dr. Abhaya. R. Joglekar** Dept. of Home Science Govt. D.B. Girls' P.G. College, Kali Badi, Raipur, C.G., introduced the session with the objectives and theme i.e. "Home Science Towards Sustainable Development". She also gave a brief on the various topics to be covered and the resource persons who will join and train the participants. The assistant professors from various central and state universities from all the corners of the country were participated in this course. Most of the participants were from Bihar, Chhattisgarh, West Bangle, Maharashtra, Karnataka, Madhya Pradesh, Uttar Pradesh, Odisha, and Tamil Nadu. During this two-week refresher course 36 lectures were delivered by 34 subject experts of different fields. Experts from various Places like Mumbai, Delhi, Ludhiana(Punjab), Pune, Nagpur, Sagar, Bhopal, Akola, Jabalpur, East Champaran, Bilaspur, Coimbatore, Kolkatta, Berhampur etc. central and state universities as well as two Vice-chancellors were invited to train the college and university teachers. All the experts discussed **Home Science Towards Sustainable Development**. All the participants were evaluated on their performance in various parameters like micro-teaching, Seminar, project, ending test and holistic response. Dr. Nanda Gurwara, Prof. Aditi Poddar and Prof. M. Mitra has judged the micro-teaching, seminar and project respectively.

Detail of date wise organized program

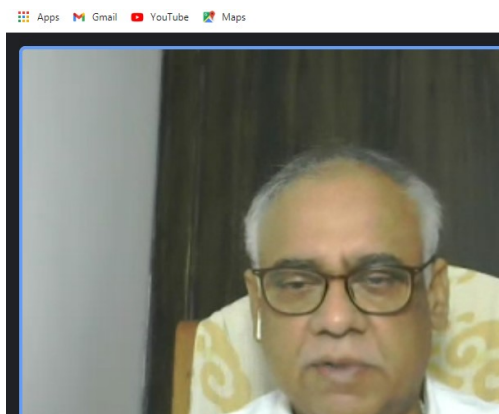
The online Refresher course in Home Science was organized from 22/09/2021 to 06/10/2021. Various programmes were conducted date wise.

Day 1 (22/09/2021)

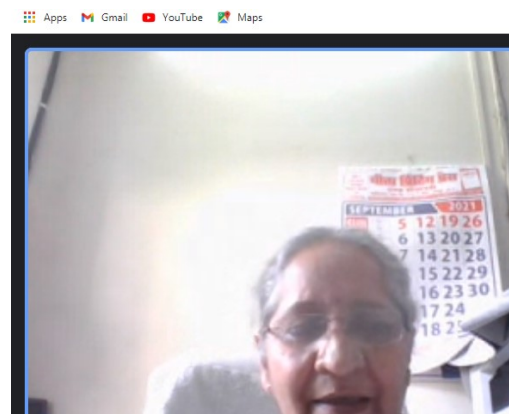


The Program started at 10.30a.m. with the welcome address by Dr. Arvind Agrawal, Assistant director, H.R.D.C., P.R.S.U. Raipur in the august presence of Respected Chief Guest Prof. K.

L. Verma, Vice Chancellor, P.R.S.U. Raipur and Prof. Shailendra Saraf, Director, H.R.D.C., P.R.S.U. Raipur. Respected V.C. Prof. K.L. Verma got acquainted with all the participants, then the course coordinator Dr. Abhaya R. Joglekar gave detailed information regarding the 12 days Online Refresher course in Home Science to the participants. In the end, the respected Vice Chancellor gave brief information about the program while congratulating the Participants.



Director, HRDC



Course Coordinator



In the second session (12.15pm to 13.45pm) **Dr. Aruna Palta**, Honourable Vice Chancellor Hemchand Yadav university Durg spoke on Foods that Harm foods that Heals. Session-II

Resource person- Dr. Aruna Palta

Topic: Foods that Harm, Foods that heal

(i) Foods that harm

Anything taken in excess is harmful for body. Some food products even consumed in very few amounts can be harmful for human beings. Need is to identify those food products and know the limit of consuming different food products.

Restrict your sugar: 5 teaspoon (25 g) of sugar per day is enough for a person. One cup of tea or a biscuit contains 1 tea spoon of sugar. By taking more amount of sugar in diet we are at the risk of getting depression, type II diabetes, early ageing, acnes, cancer, heart disease etc. It also leads to memory loss, gout, dental status and sugar can be restricted by avoiding packed/artificial juices which is loaded with sugar. Excess of fruits is also bad to health. Excess of fruit/Fruit juices increases fructose level in body which resists the level of leptin in body which increases hunger and leads to over eating. High fructose intake also leads to non-alcoholic fatty liver disease.

Restrict your salt- 5-10 g of salt per day is recommended. Stop putting extra salt in rice, roti etc. excess salt leads to stroke, heart failure, kidney disease, stomach cancer, osteoporosis, etc. All bakery products contain salt or baking soda in it which is harmful. So, reduce the intake of bakery products. DASH diet is a low salt diet which regulates blood pressure. Try to eat food in its natural flavour. Substitutes to salt may be lemon juices, herbs like coriander, black pepper, green chilies.

Limit fat intake: Thoda kam slogan for- “namak, shakkar and fat”. Intake of 25 g (4-5 teaspoons) per day in the form of visible fat is recommended. Chose the best type of fat for healthy living. For frying, rice bran oil is best because it allows very less absorption of fat in food products. Groundnut oil, mustard oil and sunflower oil is good for cooking food. Oil should be changed every month. Single oil use may benefit one organ but may harm the other organ. Therefore, it is recommended to use a combination of oil or to change the oil every month. Trans-fat should not be consumed even in small amount. 3 teaspoon of oil and 2 tea spoons of ghee or butter should be consumed in form of fat daily. Coconut oil has germicidal effect so it is fed to malnourished children. 1 lit coco oil may be mixed with other type of oils. PUFA, MUFA should be taken daily.

Pesticides- Consumption of foods contaminated with pesticide may cause reproductive problems, Parkinson’s, cancers etc. It may also led to eating disorders, sleeping disorders etc which causes

several other problems. Try to grow kitchen gardening to avoid pesticides in food. residues of pesticides are even seen in cow milk. Vegetable and fruits can be washed by dipping it in 2% salt solution or vinegar water or by blanching. Remove the peel of fruits to remove the effect of pesticides. To remove the pesticide from milk, boil it at high temp and then to sim temp. pressure cooking, frying and baking also removes pesticides from meat and poultry.

Foods that heal

Balanced diet: Calories composition of daily diet should be as 50-60% from carb, 10-15% from protein, 20-30% from fat with abundant amount of water, fibers, antioxidants and phytochemicals and less amount of harmful products. Combination of various food group provides balanced diet. Even milk is also not a complete food as it does not contain iron and vit-c.

Antioxidants: It clean your body from free radicals. Sea foods, nuts, grapes, peas, rajmah, gram, orange, green colour fruits and vegetables are rich source of antioxidants. Turmeric, red and yellow capsicum, Green tea and Lemon tea also contain good amount of antioxidants.

Probiotics: These are beneficial bacteria taken to increase the number of good bacteria in the gut. Sources of probiotic are dahi, lassi, yogurt and fermented products. These bacteria improve digestion and assimilation of various nutrients. Curd is superior to milk.

Fibres

- 25-30 g of fiber should be taken every day. It reduces cholesterol level and blood sugar level, prevents constipation and cancer. Wheat bran and Methi seeds are richest sources of fiber. Oats, flax seeds, drink lot of water also increases fiber content in body. Always drink water at room temperature. Dip silver coin in a copper jug as it improves the mineral content of water.

Drink smart: A healthy human being should drink 8-10 glasses of water every day. Other good drinks are butter milk, coconut water, nimboo water with salt and jeera. Lemon tea and green tea can also be consumed.

Spirulina (blue green algae): It is known as food for the future. It contains 65-71% complete protein. It also contains Vit. B-12, B-carotein. It helps in reducing blood pressure and body weight. It is available in the form of tablets and powder. Some dalia and biscuits are supplemented with it. It is good for elderly people, sports person and for those whose calorie requirement is high.

Organic foods: Grow at home to get organic food which is free from harmful chemicals.

Calcium and Vit-D- Most of the women suffer from vit-D and calcium deficiency. Hip fracture is very common among them. To get good quantity of vit -D, one should expose themselves to sunlight from 9:00 AM to 4 PM. Because this is the time when absorption of vit-D from sunlight is maximum.

Nutrition & immunity: Healthy diet and free of stress with positive thinking increases immunity of person. Immunity is necessary to keep oneself healthy and disease free.

Lecture was followed by a healthy discussion and a question answer session.

Chairperson of both the session was Dr. Ajay Kumar Patel. Before the start of lecture, he introduced the resource person and at the end, He delivered Vote of thanks to the resource person. vessels and we should use iron pot for cooking.

In the third session (14.15pm to 15.45pm) **Dr. Smita Pathak**, Professor, explained about life Style diseases, She says today's lifestyle is very modern and instant that's why we face so many problems in our life. Because of our life style and eating habits we face so many side effects of fast food and junk food instead of benefits to the human body. That's why we have to change our daily diet habits and lifestyle by self-motivation. On the basis of modernity today's lifestyle of human being is very instant and inactive.

less physical activities done by people lowers the circulation of blood in human body effect and which result in a lazy and fatty person. More use of electronic devices like Computer, Mobile, Television are the major cause of ill health of people. It is therefore recommended that we should follow a routine. Proper rest and sleep is required for good metabolism.

In the 4th session **Dr.Archana Patki spoke** on life skills and its utility. She said that life skills plays very important role in every part of life. She explains 10 life skills. She says that with the help of life skill our life becomes very smart, and easy. In everyday life we face so many problems, ups and downs in such conditions life skills becomes very helpful for us. And in everyday life we face so many challenges at our work places, class rooms and parenting. Life skills also help to control stress, emotions and anger.

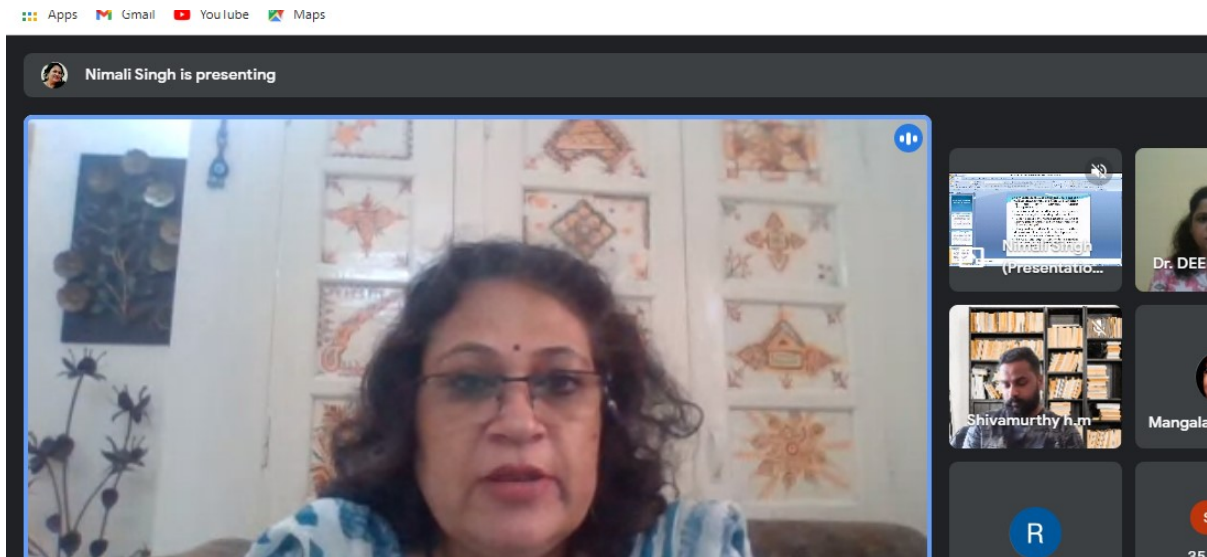
Day 2 23/09/2021)



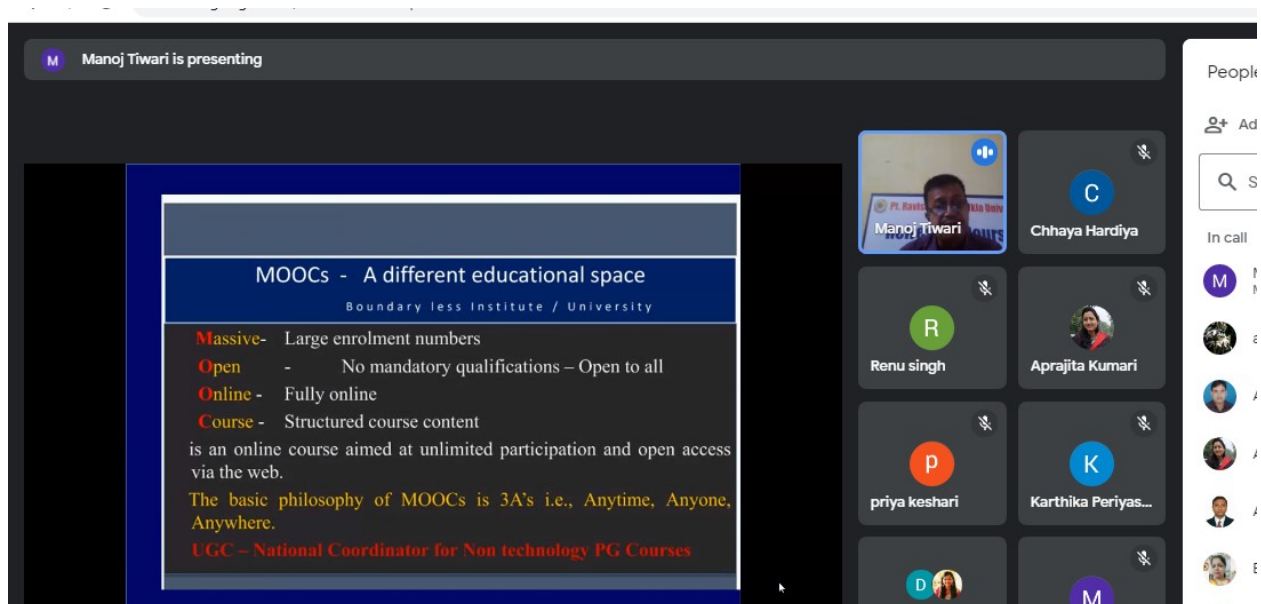
In the Third session (14.15pm – 15.45pm) सेशन 3 में मुख्य वक्ता के रूप में श्री वी. वाय. जोगलेकर सर ने “तनाव प्रबंध” विषय पर बहुत ही ज्ञानवर्धक व रुचिपूर्ण ढंग से जानकारी प्रदान की, जिसमें उनके द्वारा बताया गया कि तनाव एक लगातार चलने वाली प्रक्रिया है व एक वास्तविक स्थिति है जिससे कोई भी व्यक्ति अछुता नहीं है, यदि व्यक्ति तनावपूर्ण स्थिति में लगातार रहता है तो वह कई गंभीर बीमारियों से ग्रसित हो जाता है। साथ ही उनके द्वारा तनावपूर्ण स्थितियों के प्रबंध के विभिन्न तरीकों को विस्तृतता से समझाया गया और अंत में प्रतिभागियों की जिज्ञासा का समाधान किया गया। सेशन 4 में मुख्य वक्ता के रूप में डॉ. सी. डी. अगासे द्वारा “स्वास्थ्य और फिटनेस” विषय पर व्याख्यान दिया गया। जिसमें उनके द्वारा बताया गया कि स्वास्थ्य और फिटनेस दो संबंधित अवधारणाएं हैं जो कि शारीरिक व्यायाम और सही आहार द्वारा प्राप्त की जाती हैं। साथ ही उन्होंने बताया कि फिटनेस का अर्थ केवल शारीरिक रूप से फिट होना नहीं है, इसका अर्थ व्यक्ति की स्वस्थ मानसिक स्थिति से भी है। स्वस्थ और फिट रहने का सरल तरीका है, नियमित व्यायाम और संतुलित आहार के साथ तनाव मुक्त मस्तिष्क। अंत में सर द्वारा प्रतिभागियों के प्रश्नों का समाधान किया गया। सत्र के अंत में आभार डॉ. दिपाली राव द्वारा दिया गया

Day 3: (24/09/2021)

In first session (10.30am - 12.00 noon) Dr. Nimali Singh, professor of home science from Rajasthan University delivered her speech on " Regional Diets & Its Importance ". In the beginning of her talk she gave a brief about the requirement of traditional as well as regional diets. During the speech, she discussed about the forgotten foods and their importance. She explained how we can preserve our old heritage.

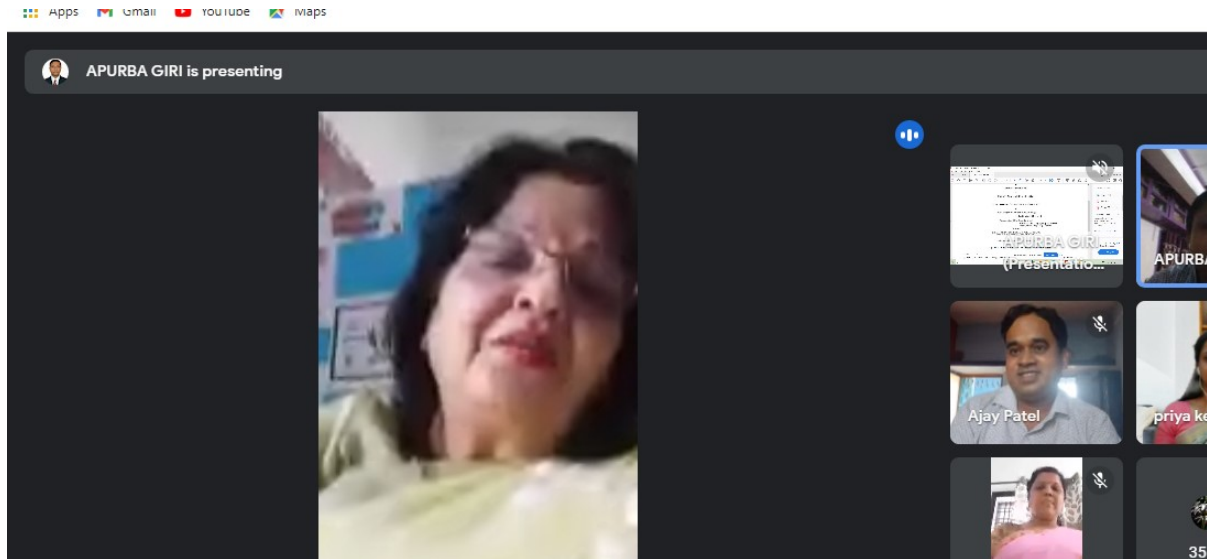


In the second session (12.15pm - 13.45pm) Dr. Arwind Agarwal, Professor, P.R.S.U, delivered his talk on "Moocs". He explained the origin of Moocs, benefits of moocs, credit mobility of moocs, swayam and the recent trends in this field. He presented the talk in a very interesting manner to the participants and also cleared their various doubts as well.



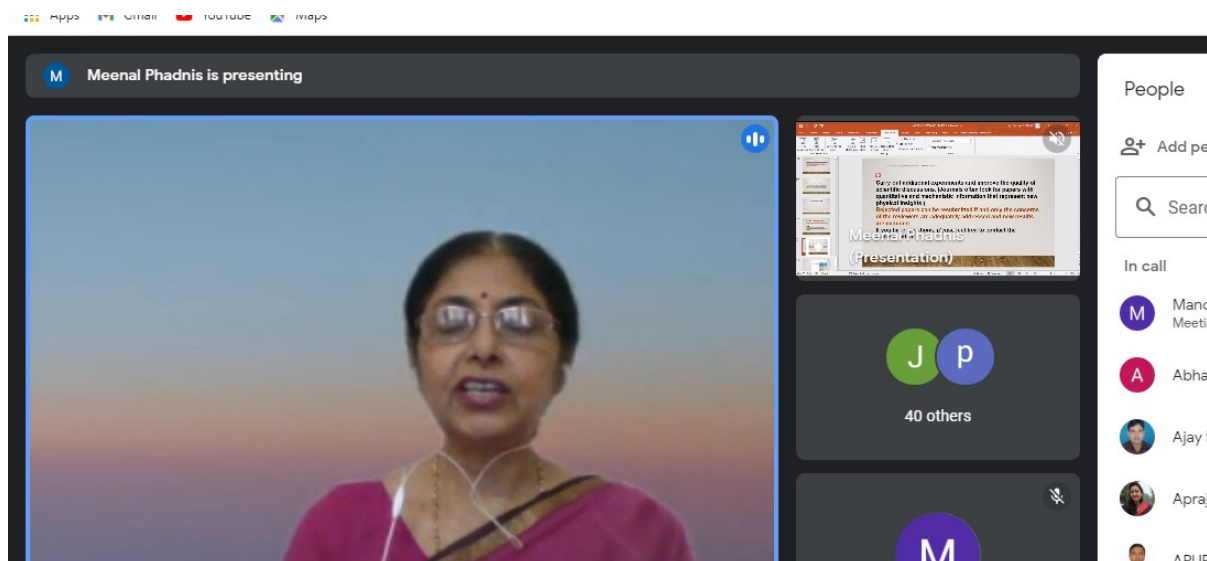
In the Third session (14.15pm – 15.45pm) Dr. Sunita Chandorkar, associate Professor, Department of Foods and Nutrition from MS University Baroda, delivered a lecture on food system. She explained SDG(17) in detail and interesting manner. She also suggested that what can be the ways for support of effective food system.

In the fourth session (16:00pm – 17:30pm) under the guidance of **Dr. Nanda Gurwara**, prof of Home science evaluated participants through microteaching. Approximately 20 participants gave their microteaching on various topics related to module one after another. After this Dr. **Gurwara** made a brief analysis of the teaching methods and skills of the participants.



Day 4: (25/09/2021)

In the first session (10.30am – 12.00 noon) **Prof. Meenal Fadnis** of Department of professor of home science from Bhopal , delivered her speech on "how to write research paper". She explained the about the basic point that should be kept in mind while preparing a paper. She also aware the participants with journal and their formats. She answered all the questions raised by the participants patiently.



In the second session (12.15 pm– 13.45 pm) **Dr. Jaya Tiwari, Professor of English**, Govt.D.B.Girls College, Raipur deliberated the talk on “GENDER EQUALITY - Towards a world of equals”. Respected Dr. Tiwari Started her talk with fundamental concepts of gender. Then she discussed the the issues in detail. After that she explained the suggested few ways to bridge the gap. She also answered the questions of the participants in a lucid manner.

In the third session (12.15 pm– 13.45 pm) Dr. Yash Patel, Asstt. Professor of food technology, Central University Bilaspur deliberated the talk on “Processing and Value addition in Fruits and Vegetables”. Respected Dr. Patel started his talk with fundamental concepts of WHAT IS VALUE ADDED. Then he discussed the issues in detail. After that he explained the suggested how this can be important for us in daily life. He also answered the questions of the participants in a lucid manner.

In last two consecutive sessions (14.15pm - 15.45pm and 16.00pm - 17.30pm) under the guidance of Prof. N K Chakradhari, SOS in Physics and Astrophysics, P.R.S.U., Raipur, remaining 25 participants gave their microteaching on various topics related to module one after another.

Day 5: (27/09/2021)

In first session (10.30 am - 12.00 noon) **Dr.Prashant Shriwastav**, Dean ,Student welfare Hemchand Yadav university Dur, explained about "how to apply for research projects and fellowship". In his talk, Dr. Shriwastav very concisely explained the details about project preparation. He motivated the participants to work towards the all-round development of their students as well as enhancing their own skills and critical thinking. डॉ श्रीवास्तव ने भू जव हमज तमेमंतबी चतवरमबज दक मिससवूिपच शीर्षक पर अपना व्याख्यान दिया। व्याख्यान को दो भागों में प्रस्तुत किया गया। प्रथम भाग में भू जव हमज तमेमंतबी चतवचर्वेस के अंतर्गत तूपजपदह तमेमंतबी चतवचर्वेस मुख्य अवयवों का विस्तार से वर्णन किया। जिसमें बताया कि शीर्षक की भाषा सरल व स्पष्ट होनी चाहियें। शोध के चर शीर्षक में स्पष्ट होने चाहिये। शोध प्रस्ताव के लक्ष्य व उद्देश्य स्पष्ट होने चाहिये। और उसका समाज में योगदान हो जिससे समाज को लाभ प्राप्त हो सके। परिचय के अंतर्गत शीर्षक क्षेत्र, शोध प्रश्न और ज्ञान के महत्व के बारे में बताया। साहित्य की समीक्षा में उन्हीं अध्ययनों का चयन किया जाये जो महत्वपूर्ण और विषय से संबंधित हो। साथ ही ळच्च स्मंबनद की विस्तार से चर्चा की। साख्यिकीय विधि के अंतर्गत शोध प्रश्न, शोध डिजाईन, शोध विषय, तथ्य संकलन विधि, तथ्य आवश्यकता एवं साख्यिकी विधि के बारे में बताया। शोध प्रस्ताव के आधारिय अवयवों में आगे तथ्यों का विश्लेषण, परिणाम, ठपइसपवहतंचीपब एवं तमतिमदबमे में अंतर, समय सारणी की उपयोगिता, बजट का महत्व, निष्कर्ष आदि बिन्दुओं की विस्तृत जानकारी दी।

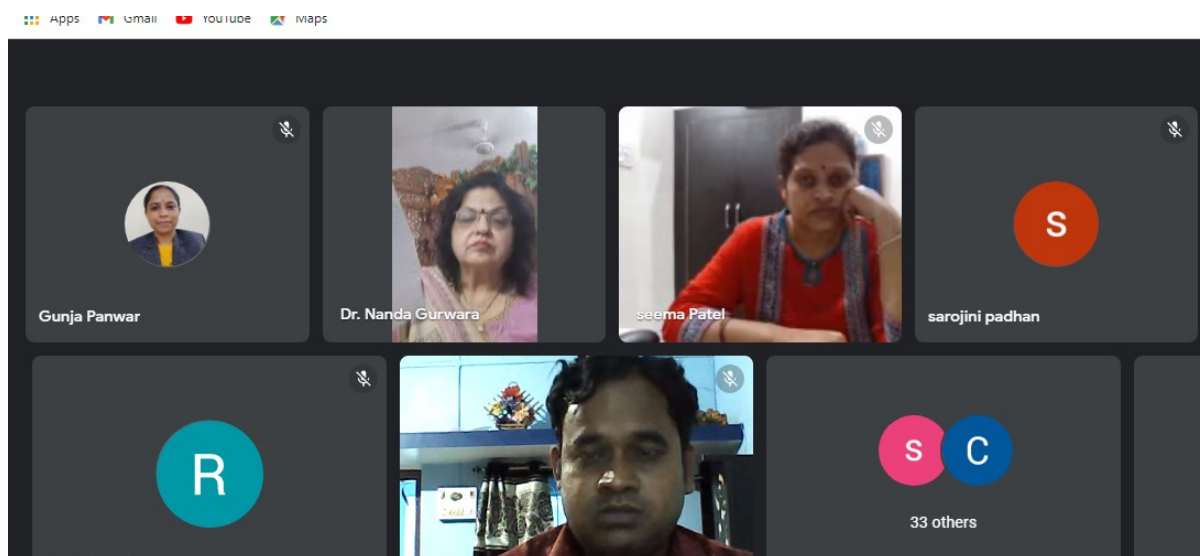
शीर्षक के दूसरे भाग में विभिन्न छात्रवृत्तियों के लिए कैसे आवेदन किया जाता है। एवं निम्नलिखित छात्रवृत्तियों की विस्तृत व्याख्या की—

1. UGC name of scheme (S) major and minor research project
2. USA india fullbright fellowship
3. Commonwealth academic staff fellowship
4. The UGC-BSC faculty fellowship
5. UGC faculty research promotion schemes
6. Emeritus fellowship
7. UGC fellowship
8. UGC scheme for fellowship
9. CSIR fellowship
10. Research fellowship/ associate ships and other important fellowship

11. Department of biotechnology (DBT)
12. DST schemes
13. Department of energy
14. I SRO, department of space
15. MOEF, MOWR, CGCOST
16. Chattisgarh state planning commission
17. Funding agencies for social science
18. Ford foundation
19. UKIERI
20. Higher education and research awards
21. Toyota foundation
22. General foreign of international funding agencies

डॉ श्रीवास्तव द्वारा प्रतिभागियों के सभी प्रश्नों का जबाब बड़े ही सहज स्वभाव से सरल शब्दों में दिया गया। जिससे प्रतिभागियों की जिज्ञासा की संतुष्टी हुई और उन्होंने भविष्य में विषय से संबंधित मदद के लिए प्रतिभागियों को आश्वासन दिया।

In the second session (12.15 pm– 13.45 pm) Dr. Seema Mishra, Professor of Home science, Govt. Bilasa Girls College, Bilaspur deliberated the talk on “Neutrigenics”. Respected Dr. Mishra started her talk with fundamental concepts of netrigenics. Then she discussed the issues in detail. After that she explained the suggested how this can be important for us. She also answered the questions of the participants in a lucid manner आज दिनांक 27.09.2021 के दूसरे सत्र 12:15 से 1:45 में मुख्य वक्ता डॉ सीमा मिश्रा ने NUtrital Genomics-A new aspiration in nutrition science विषय पर व्याख्यान प्रस्तुत किया। डॉ मिश्रा द्वारा Nutrigenomics, Nutrigenetics, Nutritional genomics पर विस्तार से चर्चा की। मेडम मिश्रा us SNP, multiple SNPs ,oa Epigenetic modification को समझाया। डायट में आवश्यक तत्वों के बारे में चर्चा की। familiar Aggregation of disease, complex diseases (CVD), The complexity of interaction, factor V leiden mutations, How diet affects phenotype, sickle cell anemia, personalized nutrition, takeaway, niacin, vitamin D आदि बिन्दुओं से विस्तार से वर्णन किया।

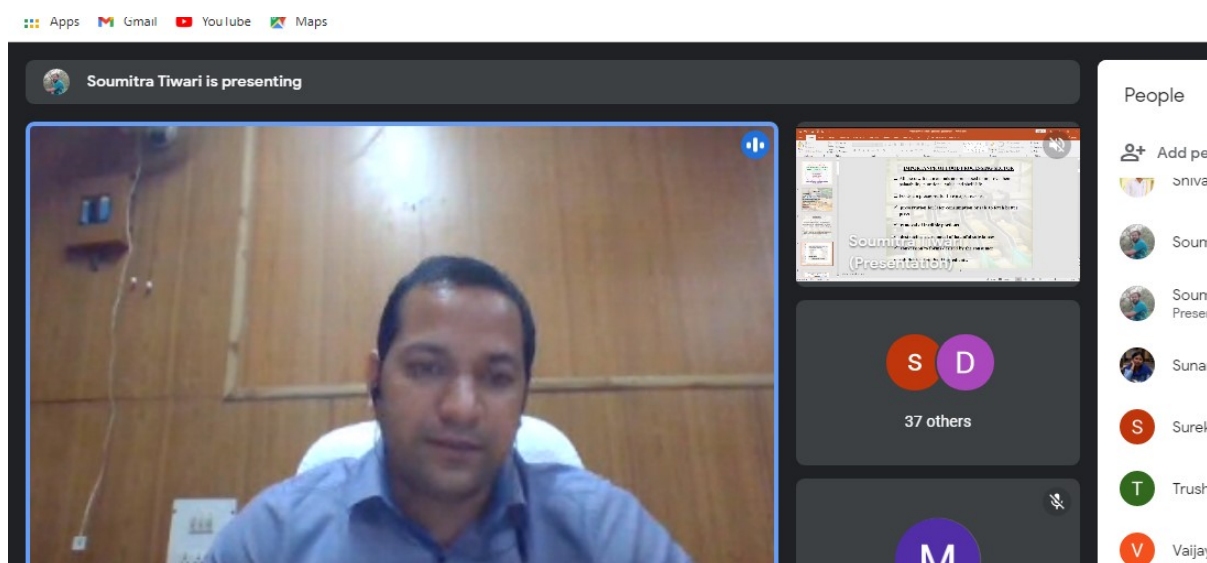


In the Third session (14.15pm –15.45pm) **Dr. Aditi Poddar**, Professor, Department of Life Sciences evaluated the seminar presentations of participants. All the participants actively participated in it. All the seminar were presented in the form of ppt.

Day 6: (28/09/2021)

In the first session (10.30 am– 12.00 noon) **Dr. Meenal fadnis**, Professor, of Home Science ,Bhopal, in her speech elaborately discussed on the topic “Measurement And Scaling Techniques”. In her lecture she explained properties, sources of error measurements, respondent, situation, levels of measurements tools and their techniques in details. All the participants were happy with interactive session.

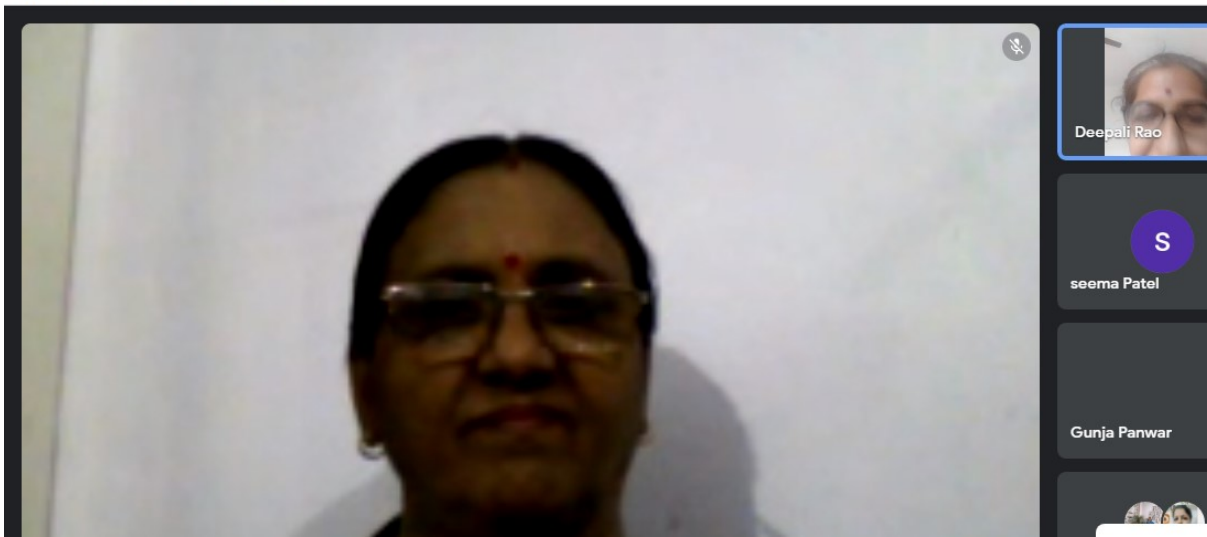
In the second session (12.15pm - 13.45pm) **Dr. Saumitra Tiwari from Dept. of Food Processing & Technology, Atal Bihari Vajpayee Vishwavidyalaya, (Bilaspur) Chhattisgarh** delivered a talk on " Food Processing an Opportunity ". in his lecture first he explained about the Importance ,scope,challenges,and safety measure while investing in Food Processing Sector.



In the Third session and fourth session (14.15pm –15.45pm) **Professor, Department of Life Sciences** evaluated the seminar presentations of participants. All the participants actively participated in it. All the seminar were presented in the form of ppt.

Day 7: (29/09/2021)

In the first session (10:30am- 12:00 noon) **professor Renu Sharma**, delivered lecture on "New opportunities in the field of home science.". Dr. Renu Sharma ने कहा की होम मेकर दह शोसल फु ल मेकर है। बन जाते है। ए होम सायंस दशक्षा से दह होता है। इसके दशक्षा से सोसायटी आसपास के लोग जुडे हुये रहते है। उन्होने कहा की होम सायंस के छे शाखाये होते है। इस दिषय के आधार से Time Manegment कर



सकते हैं। होम सायंस सायंटिस्ट नॉलेज है इसमें सायंस और आर्ट्स का combination है। इसके दशका से आहार की समस्या और जीनशैली बिल गयी है। इसका नॉलेज सोसायटी और राष्ट्र की उन्नति में बढ़ावा देता है। Home Science में अलग-अलग नौकरीयों की संधी तथा स्वयं रोजगार की संधी प्राप्त होती है। होम सायंस की व्याप्ति, गोलू स बताये। होम सायंस के रोजगार प्रकार बताये इस विषय से डिग्री लेने से अध्यापन कर सकते हैं। Catering, Food preservation, Hobby classes, Bakery, Social Welfare and Community Programme, Interior Decoration, Textile, Designing Garment, and House keeping. इसमें नौकरीया और स्वयं रोजगार दनमाटण कर सकते हैं। व्यासादयक सेफ, स्वास्थ्य दशदक्षका, दजम्स, दफटनेस टरेदनंग सेंटर, आहारतज्ञ, जैसे हेल्थ क्लिनिकनक, इत्यादि जगह रोजगार और स्वयं रोजगार प्राप्त कर सकते हैं। ऐसा उन्होंने कहा।

2nd session : 12.15 to 13.45

Title – Nutrition and health. Resource Person Dr. Mitashree Mitra Retd Prof.

& Head of SOC. Life Science. Pt RUSU, Raipur

Nutrition and health के बारे में Dr. Mitashree Mitra इन्होंने कहा की अच्छे Health के दलये उदचत आहार होना बहुत आशयक होता है। हर को Nutritive Value Health के आशयक नुसार लेना चादहये। हमारे स्वास्थ्य के दलये अच्छा रहना चादहए। उसको दबमार नहीं करना है। ऐसा भोजन प्राप्त करना चादहए। इसदलए Balanced Diet लेना आशयक है। उन्होंने कहा की आत और काम पर आधारीत रहना है। खानपान में दिदिधता का भी ज्याि आशयकता है। और खानपान community द्वारा बनाया जाता है। जो हमारे खानपान में दमलता िही हम भोजन में खाते हैं। इसदलए good Food को सामील नहीं करते हैं। Artical – 47 में शासन प्राथदमक िादयत्व जनस्वास्थ्य बनाने में प्रयास कर रही है। भोज्यं पिथट में क्या पोषक तत्व खाते हैं। कै से लेना चादहए। यह बताया है। उन्होंने बताया की B complex से बहुत सारे आजार होते हैं DNA के दलए सोडीयम,

पोटॅदशयम, मॅग्नेदशयम आशयक है! पाणी पोषक तत्व में आशयक घटक है। और पाणी सही मात्रा मेंदलया जाना चादहए ग्लोबलायझेसन की िजह अलग-अलग भागो की रेसीपी अब करने लगे हैं। उन्होंने बताया की ३३% आदििासी छत्तीसगड में हैं। उन्होंने छत्तीसगड के आदििासी के रहनसहन खानपान, और उनके traditional food के बारे में उनके अनूभि बताएँ उन्होंने बताया की आहार आयु, दलंग, काम का स्वरूप के आधार पर पोषण चादहये खानपान में फेरबिल करके खाना ले सकते हैं। उन्होंने कहा की Nutrition Policy Develop करणे की जरूरत है। तो पोषण स्तर सुधार पायेंगे स्वास्थ्य अच्छा नहीं रहा तो कुछ अच्छा नाही होगा। इसदलए स्वास्थ्य पर ध्यान िेणे की जरूरत होती है। ज्यो समुिाय Risk में है। उनका अभ्यास करणा चादहए और उनके आहार में सुधार लाना चाहीए यह बताया।

In the third sessions (14.15 pm - 15.45 pm) Today Anjali Rajwade gave detailed information about osteoporosis, Madam told in which age group this problem can be formed. What is PBM Osteoporosis mainly leads to weakening of bones, due to hormonal changes, this problem is found mostly in women and at a young age. She Also told about 7 body building nutrients in it :- 1. Calcium 2. Vitamin D. 3. Protein 4. Magnesium 5. Potassium 6. Vitamin 7. Vitamin C. She also explained about its source, along with it, Madam also told the importance of exercise and also the importance of Omega-3, along with Madam also told many easy recipe. In this way madam has completed session in very nice and simple language.

In the fourth session (16.15pm - 17.30pm) Dr. M. "Sylvia Subapriya gave information about sport nutrition in very good and simple language, in that she explained:-wellness and fitness , Sport nutrition a. Nutrition b. Hydration , Stress management , Risks of immobility. Along with this, Madam also gave information about nutrients, also explained the importance of sports and how sports and nutrition diet are dependent on each other, explained it very well and also told key facts along with it and also very good about working system. Told with him also tell the consequences on wellness such as :-

1. Emotional
2. Spiritual
3. Intellectual
4. Physical
5. Environmental
6. Financial
7. Occupational
8. Social

Day 08: (30/09/2021)

Apps Email YouTube Maps



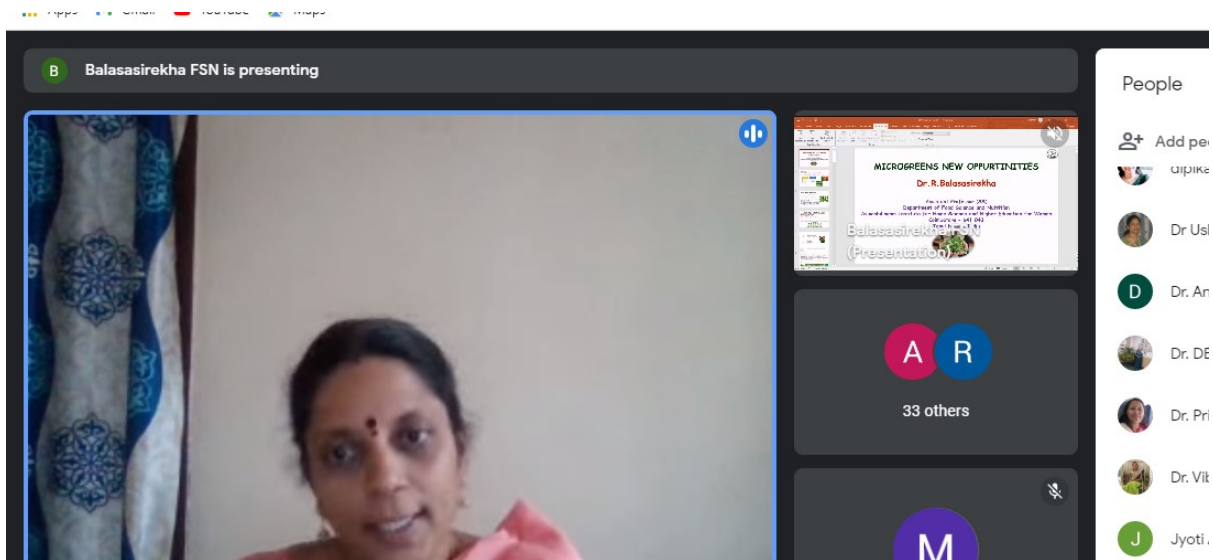
Day 9: (01/10/2021)

The first session on Microgreens New Opportunities conducted by Dr. R. Balasasirekha, Asstt Prof. (FN) (Avinashilingam University Coimbatore, Tamil Nadu) (between 10:30 am to 12:00 noon.

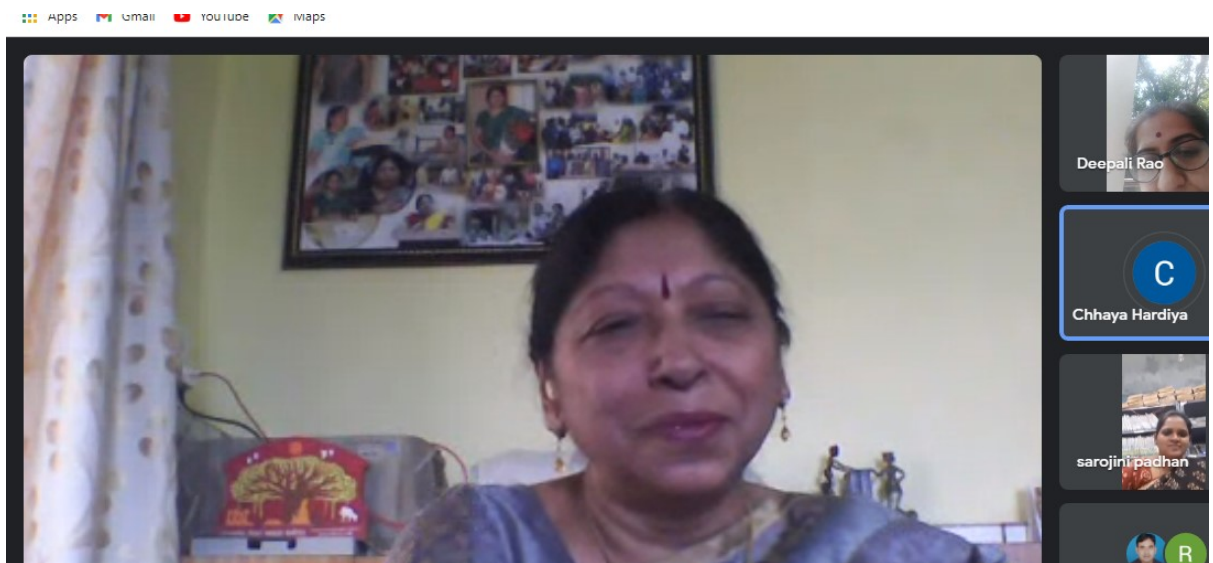
- She has explained the topic very informatively about Greenleaf vegetables, Watercress, Romainelettuce, Argula, Kale, Drumstic leaves, Amargranth leaves in their nutrient value and high dietary fiber, ascorbic acid, vitamin-k, Mg, K etc.
- She has explained that how beet is fulfill of nutrient including antioxidant that support the health of eyes.
- She introduced new young vegetables called Microgreen and explained it with their examples.
- She has discussed about the history of Microgreens Vs sprouts.
- The methodology about how to grow the plants by applying different strategies like watering by use of spray or pots for grow etc.
- Discussed about the germinated process of the plants
- The requirement of proper temperature to grow.
- Disused about the various techniques for cutting, plucking without disturbing roots, etc.
- Nutritional importance of super food, storage and their shelf live.

The Second session on Role of Home Scientist in Sustainable development conducted by Dr. Pushpanjali Samantray (Prof. of H. Sc. Berhampur University, Odisha) between 12:15 pm to 1:45pm.

- She explained the significance of the skill development for students carrier
- Export technique skills, soft skills, life skills, theory and practical.
- How to improve creative thinking, problem solving ability, decision making, confidence building and self-awareness.
- 10 professional skills- communications, technical skills, soft skills- time management, leadership, hard skill-marketing, management, life skill- how to face the challenges and solve it.
- Decision making power, self-awareness-entrepreneur skill, innovative skill-cooperative thinking
- Conflict resolutions.
- 3 steps responsibility taken- academician, government and non-government scheme.
- Government policies

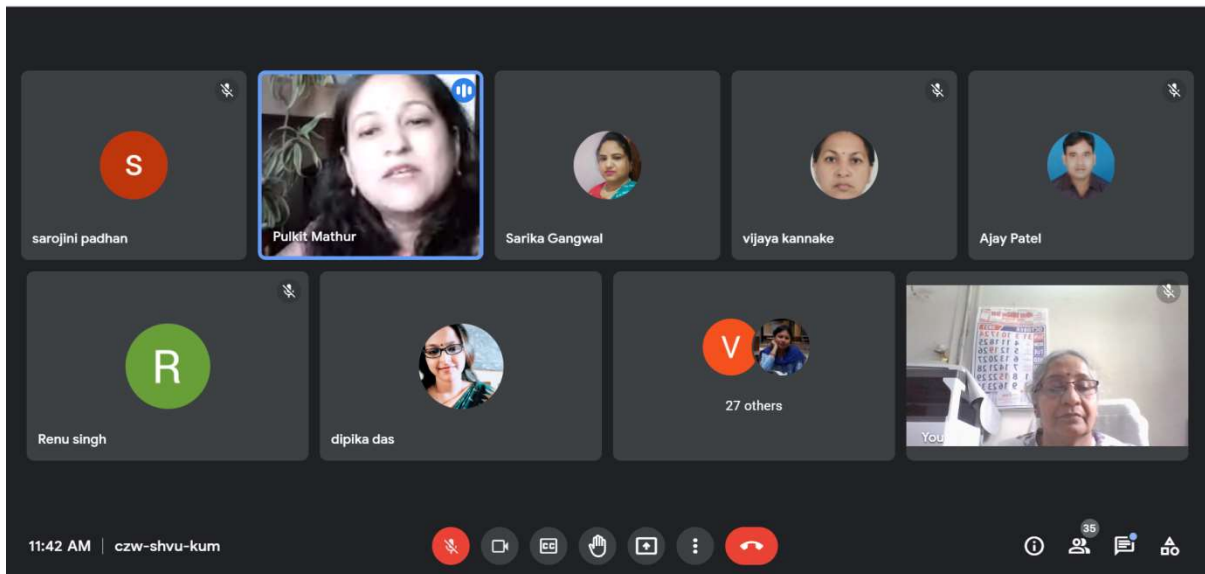


The third session (14.15pm - 13.45pm) the project presentation of the respected participants. Presentation was taken by the Dr. Mitashree Mitra. Eight groups were presented their project presentation. The session was very informative and we all were enlightened by the Dr. Mitashree Mitra, regarding the how to write the project proposal, importance of Scopus and UGC Care listed journal. We all are very thankful for the entire organizing team of UGC-HRDC,PRU,Raipur for giving us a nice platform.

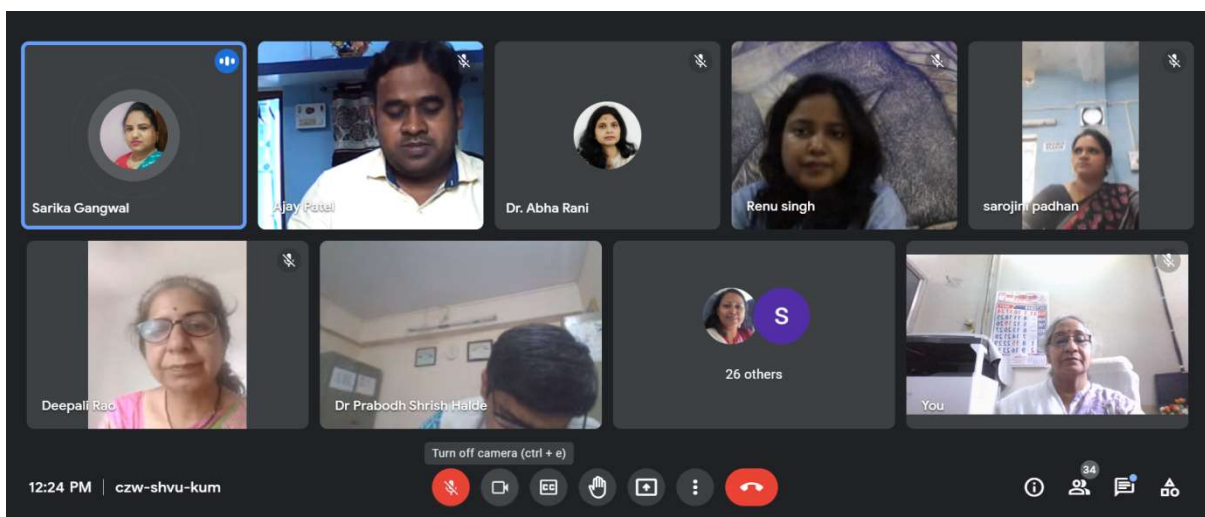


Day 10: (04/10/2021)

In the first session (10.30am - 12.00pm), **Prof. Pulkit Mathur**, Department of food and nutrition, Lady Irwin College, Delhi, In the first session, Resource person Dr. Pulkit Mathur discussed on tackling the scourge of malnutrition- building sustainable and resilient food system in India. She stressed importance of healthy and sustainable diet, sustainable farming, promoting healthy diets through local food system- challenges and opportunities. She had a wonderful presentation by explaining the food system resilient in the pandemic, food system metric indicators, UN food system summit -2021, India vision -2030, food future foundation, formulation of healthy food products.



In the second session, Resource person **Dr. Probodh Halde**, President, AFST, Mumbai Chapter and head technical regulatory Marico Ltd. spoke about the innovation during world war, strengths of india, Atma nirbhara and its importance, discussed importance of food and nutrition in light of covid, Existing nutrition challenges, deteriorations in diet quality, food processing trends. He also talked about direct and indirect threats of COVID-19 on maternal and child health, food system innovations, and social safety net programs to improve dietary quality and food and nutrition surveillance systems. Participants posed different questions/doubts and it's clarified by resource person.



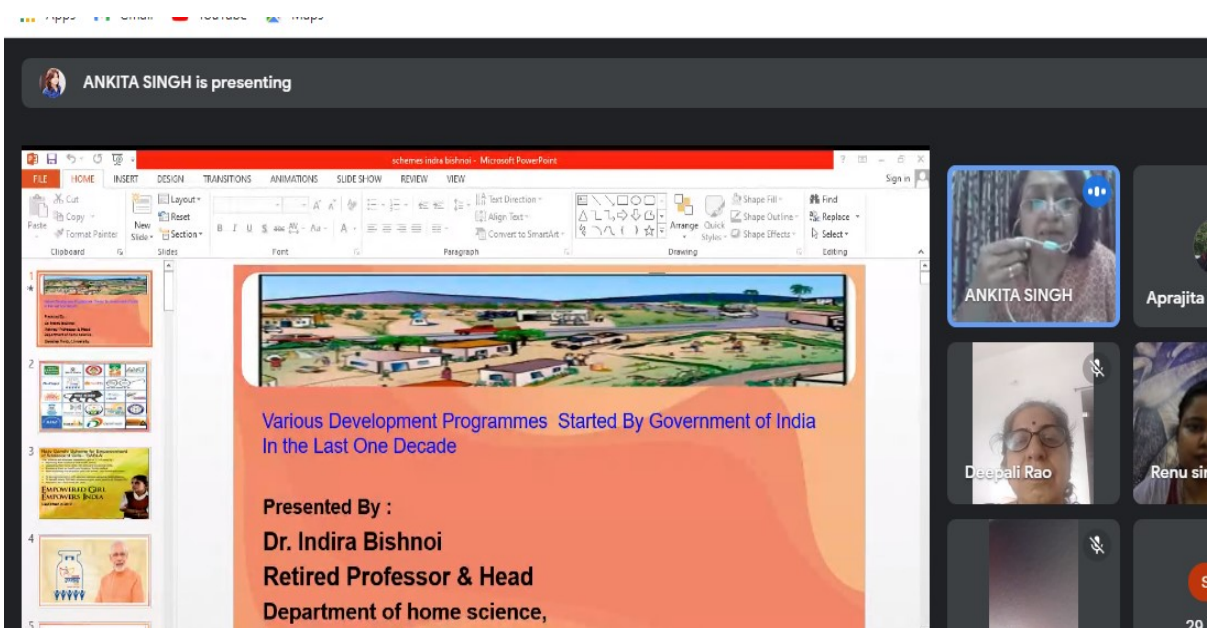
In the third sessions (14:15pm – 15:45pm) **Dr. Vinod Patle**, Professor, Department of Computer Science, Pt. R S University, Raipur presented his lecture on "How to prepare effective ppt". He explained what points should be kept in mind while preparing ppt. the graph, table, chart should be used properly. He also cleared the doubts of the participants. The session was very interesting and interactive.



The fourth session (16.15 pm- 17.30pm) was the session for the projects, to be presented by the participants. The projects were evaluated by Prof. Mitashree Mitra, Retd. Professor and Head, SOS in Anthropology, PRSU, Raipur CG the projects were presented by the groups. All the groups presented the project one by one. After each presentation she suggested some necessary corrections to improve the quality of a research proposal. At the end of the session, chairperson was given thanks for evaluating the projects presented by the participants.

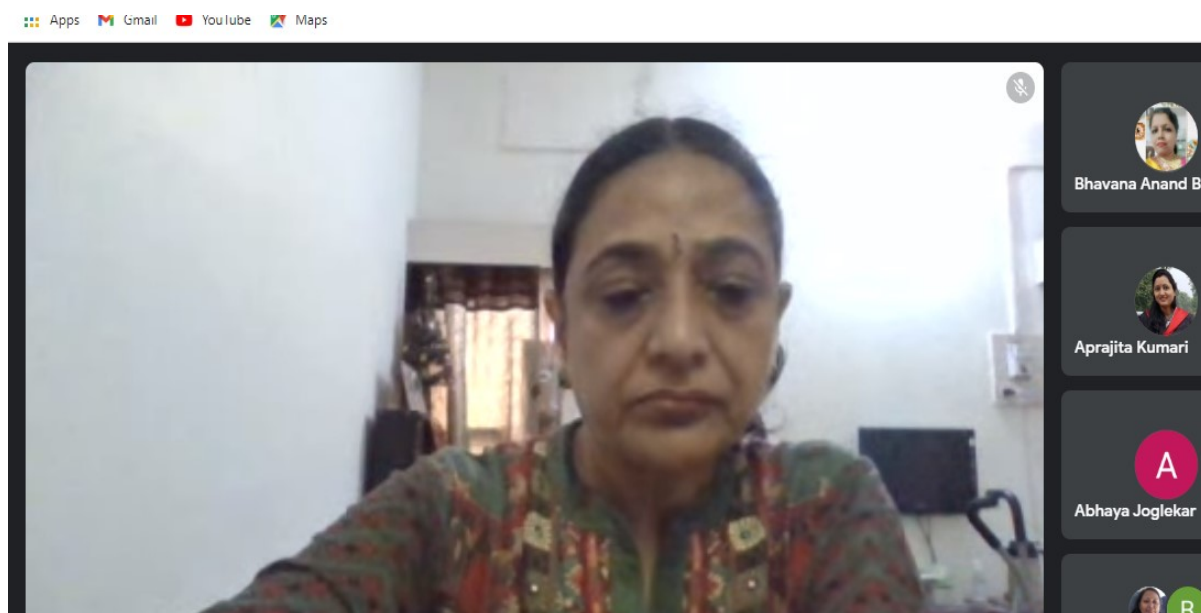
Day 11: (05/10/2021)

The first session (10.30 am- 12.00 noon) was taken by **Dr. Indira Bishnoi**, Department of Home Science, Banaras Hindu University. She delivered the talk on " Various development programmes started by government of India in the last one decade". She answered the queries of the participants, some the participants also discussed their current research and related issues and Prof. Bishnoi satisfied the queries in very interactive manner.



In the session (12.15pm - 13.45pm), **Prof. Bhawana Sharma**, Department of Textile and Laundry, MH College of Home Science, Jabalpur, MP delivered lecture on the topic “Unconventional Fiber and its use in daily life”. Prof. Sharma started her talk with the basic fibres used in textile industry then she elaborated on unconventional fibres in detail. The session was very interactive, the expert and the participants discussed the related topics in a very fruitful manner.

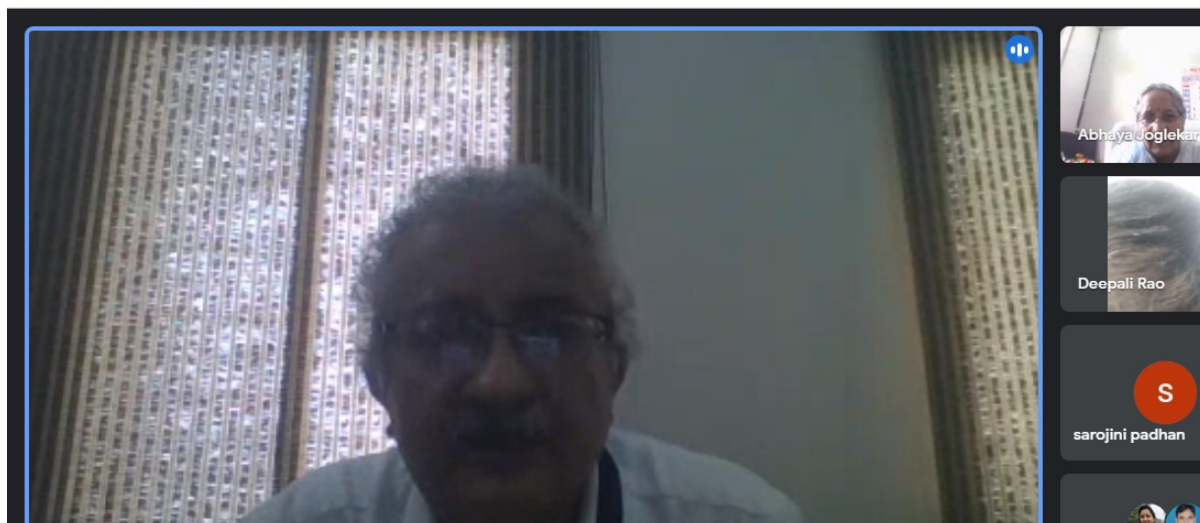
The third sessions (14.15 - 15.45 and 16.00 - 17.30) was taken by **Dr. Tejpreet Kaur Kang**, she delivered a lecture on “Restructuring Home Science”. She answered the queries of the participants, some the participants also discussed their current research and related issues and Prof. Kang satisfied the queries in very interactive manner.



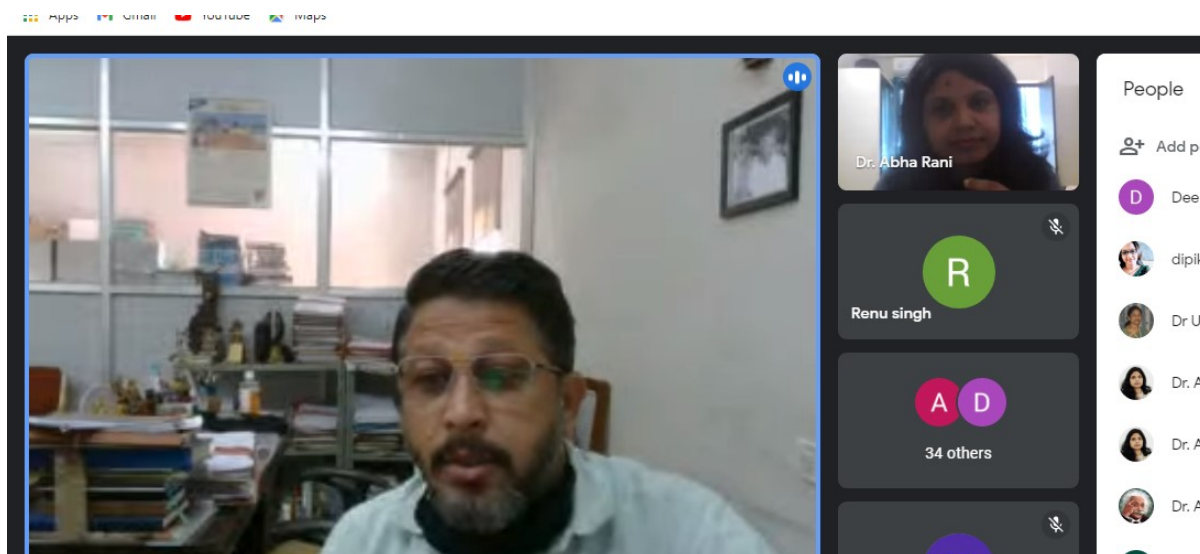
The fourth sessions (14.15 - 15.45 and 16.00 - 17.30) **Dr. Pubali Dhar**, Prof and Head Home Science Kolkatta University. She delivered a lecture on “Functional foods”. She answered the queries of the participants, some the participants also discussed their current research and related issues and Prof. Dhar satisfied the queries in very interactive manner.

Day 12: (06/10/2021)

In first session (10.30am - 12.00 noon) Dr. Prashant Kaweeshwar, Scientist at CGCOST, Raipur delivered talk on “Applications of Remote sensing and GIS”. In this talk he started fundamentally with discussion on GIS and its use in the field of Home Science. He also discussed the related matters and advancement in the field providing suitable examples. In the last segment of his presentation, he discussed the work done by his research group.



In second sessions (12:15pm- 13:45pm) the talk was delivered by Dr. Amit Dubey, Scientist F at CGCOST, Raipur (CG). He delivered talks on “How to apply for patent/introduction of IPR in Global Economic Scenario”. He started with the basic concepts of IPR, its importance, how to file for patenting. he also explained basic theories involved in the field. In the end thanking all the participants and wishing everyone a bright future.



VALEDICTORY FUNCTION

The Valedictory function was started at 5 pm in the esteemed presence of honourable vice chancellor Prof. K L Verma, Director Prof. Shailendra Saraf and Course co-ordinator Prof. Abhaya R. Joglekar. In the valedictory session the honourable vice-chancellor Prof. K L Verma, blessed the session and wished the organisers for successful completion of the course. Director Prof. Saraf wished all the participants for their excellent academic career. Three participants Dr. Deepali Rao, Dr. Chhaya Hardiya and Dr. Vajjyanthi Kanabur gave feedback on the entire course. The final report was presented by the co-ordinator Dr. Abhaya R.Joglekar. Dr. Arvind Agarwal, Assistant Professor, HRDC gave the vote of Thanks. Then all had a group photo.

The main view shows a large video of a woman with grey hair. In the background, a calendar for October 2021 is visible, showing dates from 31 to 9. The sidebar on the right contains a 'People' list with several participant thumbnails and names: Shailendra Saraf, Chhaya Hardiya, and 31 others.

A grid view of 28 participant thumbnails. The participants are arranged in four rows and seven columns. The names visible are: Shailendra Saraf, Abhaya Jogale, Vajjyanthi Ka..., Deepali Rao, sarojini padhan, priya keshari, Dr. Anupam G..., Rekha Suryav..., Rekha Solanki, Aprajita Kumari, pallavi tagde, Bhavana Anah..., Dr. Usha Rakt..., vijaya kannake, Mangala Bansod, Dr. Vibha Gho..., Sunanda Bisw..., Dr. DEEPIKA S..., Karthika Periya..., Renu singh, Dr. Priyank..., and B.

ORGANISING TEAM



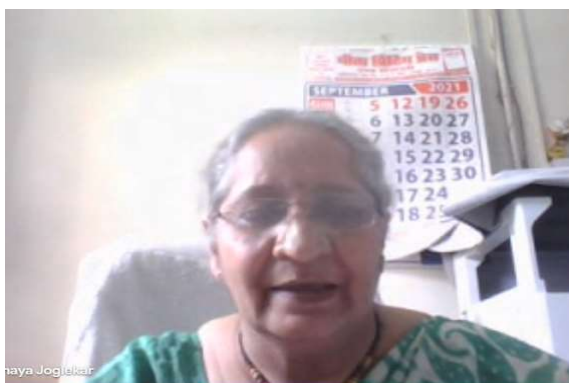
Prof. K. L. Verma
Vice Chancellor
Pt. RSU, Raipur (C.G.),
India



Dr. Shailendra Saraf
Director
HRDC, Pt. RSU, Raipur
(C.G.), India



Dr. Arvind Agrawal
Assistant Professor
HRDC, Pt. RSU, Raipur
(C.G.), India



Dr. Abhaya. R. Joglekar
(Course coordinator)
Dept. of Home Science
Govt. D.B. Girls' P.G.
College, Kali Badi, Raipur,
C.G.492001

UGC - HRDC, PRSU, Raipur, Chhattisgarh
Tentative Time Table: Online Refresher Course in Home Science
Course Coordinator: Prof. Abhaya. R. Joglekar

	Session - I (10:30 to 12:00)		Session - II (12:15 to 13:45)		Session - III (14:15 to 15:45)		Session - IV (16:00 to 17:30)
First Week							
Day 01 22.09.21	Registration, Inauguration & Induction	T E A B R E A K	Lecture 1 Dr. Aruna Palta Hon'ble Vice Chancellor Hemchand Yadav Durg University Title: Foods That Harm, Foods that Heal	L U N C H B R E A K	Lecture 2 Dr. Smita Pathak Prof. of Home Science Govt. M.H. College of H.Sc. Jabalpur, M.P Mo.-94258-64900 Email.- smitapathak65@gmail.com Title: Life Style Diseases	T E A B R E A K	Lecture 3 Dr. Archana Patki Prof. Head Psychology, V. Principal, Smt. Maniben M.P. Shah Womens' College, Mumbai Mo.-99209-29532 Email- archanapatki@yahoo.co.in Title: Life Skills
Day 02 23.09.21			Lecture 4 Dr. Archana Ainapure (Foods and Nutrition) Director, school of skill and professional University, Pune Mo.-7276053965 Email.- archana.ainapure@sspu.ac.in Title: Professional and Ethical Counselling		Lecture 5 Dr. S. Vali Retd. Prof. & Head Home Science RTM University Nagpur Mo.-98503-90552 Email- sabihavali@gmail.com Title: Functional foods and Nutraceutical		Lecture 6 Shri V.Y. Joglekar 'Yash' 27 Kholi Bilaspur Mo.-88897-24442 Email- shubhadavj@gmail.com Title: Stress Management
Day 03 24.09.21	Lecture 8 Dr. Nimali Sing Prof. of Home Science Jaipur University, Rajasthan Mo.-81077-27577 Email.- nimalisingh@yahoo.co.in Title: Regional Diets & Its Importance	Lecture 9 Dr. Arvind Agrawal Prof. Pt. R S U, Raipur Mo.-94252-11940 Email- dr.arvind02@gmail.com Title: Origin of MOOCs and its importance	Lecture 10 Dr. Sunita Chandorkar Associate Prof. M.S. University Baroda, Gujarat Mo.-94263-66666 Email-suneeta.chandorkar- fn@msubaroda.ac.in Title: Food System	Lecture 11 Micro- teaching Dr. Nanda Gurwara Prof. of Home Science Govt. D.B. Girls' P. G. College, Raipur Mo.- 9301342762 Email.- nandagurwara@gmail.com			
Day 04 25.09.21	Lecture 12 Dr. Meenal Fadnis Prof of H.Sc Govt MLB Girls P.G. Auto College, Bhopal M.P. Mo.-94250-14879 Email- phadnis.meenal@yahoo.com.in Title: Research Paper Writing	Lecture 13 Prof. Jaya Tiwari Prof. of English Govt D.B.PG. College Raipur Mo.-94252-31575 Email- jaya@dbgirls.com Title: GENDER EQUALITY - Towards a world of equals	Lecture 14 Dr. Yash Patel Asstt. Prof. Atal Bihari University, Bilaspur Mo.-77488-00660 Email- Profykpattel@gmail.com Title: Food Processing	Lecture 15 Micro- teaching Dr. Nanda Gurwara Prof. of Home Science Govt. D.B. Girls' P. G. College, Raipur Mo.- 9301342762 Email.- nandagurwara@gmail.com			
Day 05 27.09.21	Lecture 16 Dr. Prashant Shrivastava Dean student Hemchand Yadav University, Durg Mo.-9827178920 Email.- prashantfulbright@gmail.com Title: how to get Research Project and fellowship	Lecture 17 Dr. Seema Mishra Prof., HOD, H.Sc. Govt. Bilaspur Girls' P.G.College Bilaspur Mo.-9826467890 Email.- drseema.mishra@gmail.com Title: Neutrigenics	Lecture 18 Seminar Dr. A. Poddar Prof of Life sciences SOS, Life Sciences, Pt RSU, Raipur Mo.-98266-43763 Email.-adinpod@gmail.com	Lecture 19 Seminar Dr. A. Poddar Prof of Life sciences SOS, Life Sciences, Pt RSU, Raipur Mo.-98266-43763 Email.-adinpod@gmail.com			
Day 06 28.09.21	Lecture 20 Dr. Meenal Fadnis Prof of H.Sc Govt MLB Girls P.G. Auto College, Bhopal M.P. Mo.-94250-14879 Email- phadnis.meenal@yahoo.com.in	Lecture 21 Dr. Saumitra Tiwari Prof of Food Tech Atal Bihari University Bilaspur Mo.-76920-02200 Email- profstiwari@gmail.com Title: Food Processing an Opportunity	Lecture 22 Seminar Dr. A. Poddar Prof of Life sciences SOS, Life Sciences, Pt RSU, Raipur Mo.-98266-43763 Email.-adinpod@gmail.com	Lecture 23 Seminar Dr. A. Poddar Prof of Life sciences SOS, Life Sciences, Pt RSU, Raipur Mo.-98266-43763 Email.-adinpod@gmail.com			

Second Week

Day 07 29.09. 21	Lecture 24 Dr. Renu Sharma Prof of Home Sc, Govt.P.G. College Sagaur, MP Mo.-9926551810 Email.- renubala_04@yahoo.in Title: New opportunities in the field of home science	Lecture 25 Dr. Mitashree Mitra Retd.Prof &head SOS,Life sciences,PtRSU,Raipur Mo.-9425207354 Email id.- mitashree.mitra@gmail.com Title: Nutrition and health	Lecture 26 Dr. Anjali Rajwade Prof. of H.Sc. Smt. RadhabaiGoenka for Women College, Akola, M.S. Mo.-98230-74777 Email- arajwade28@yahoo.com Title: Osteoporosis	Lecture 27 Dr. Sylvia Subapriya Prof and Head Dept.of Food Science and Nutrition Avinashi Lingam University, Coimbatore, TN. Mo.-9944384137 Email.- sylvia_fsn@avinuty.ac.in Topic-Sports Nutrition
Day 08 30.09. 21	Lecture 28 Dr. U.K. Agrawal Prof. & Head Govt. DB Girls College Raipur C.G. Mo.-94252-11940 Email- ushakiran2308@gmail.com Title: Quality Research in Higher Education	Lecture 29 Dr. Abha Khetrpal Principal DAV College for Girls Yamuna Nagar 135001 Haryana Mo.-92551-30100 Email- Abhaketarpal@rediffmail.com Title: New Opportunities in H.Sc.	Lecture 30 Dr. Abha Tiwari Prof. of H.Sc. M.H. College H.S. Jabalpur Mo.-78285-15960 Email-abha31t@gmail.com Title: Old age Problems	Lecture 31 Dr. A. Shrivastav Dean, School of Education Mahatama Gandhi Central University, Motihari, East Champaran, Bihar Mo.-99336-04836 Email- prof.asheesh@mgcub.ac.in Title: New Education Policy
Day 09 01.10. 21	Lecture 32 Dr. R. Balasasirekha Asstt. Prof. (FN) Avinashilingam University Coimbatore, Tamil Nadu Email – balasasirekha_fsn@avinuty.ac.in Mo.-99944-55914 Title: Microgreens New Opportunities	Lecture 33 Dr. Pushpanjali Samantray Prof. of H.Sc., Berhampur University,Odisha Mo.-94380-42487,824917019 Email- puspanjali.bu@gmail.com Title: Role of Home Scientist in Sustainable development	Lecture 34 Project Dr. Mitashree Mitra Retd. Prof &head SOS, Anthropology, Pt RSU, Raipur Mo.-9425207354 Email id.- mitashree.mitra@gmail.com	Lecture 35 Project Dr. Mitashree Mitra Retd. Prof &head SOS, Anthropology, Pt RSU, Raipur Mo.-9425207354 Email id.- mitashree.mitra@gmail.com
Day 10 04.10. 21	Lecture 36 Dr. Pulkit Mathur Prof & Head F&N Lady Irwin College, Delhi Mo.-98100-30355 Email- Pulkit.mathur@lic.du.ac.in Title: Tackling the Source of Malnutrition-Building Sustainable and Resilient Food Systems in India"	Lecture 37 Dr. Prabodh Halde President AFST Mumbai & Head Technical Regulatory Marico Ltd Mo.-98202-78746 Email.id- prabodh.halde@marico.com Topic- Scope for Food and Nutrition in light of Covid.	Lecture 38 Dr. Vinod Patle SOS Computer PT PRSU Title: How to Create Effective ppt	Lecture 39 Project Dr. Mitashree Mitra Retd. Prof &head SOS, Anthropology, Pt RSU, Raipur Mo.-9425207354 Email id.- mitashree.mitra@gmail.com
Day 11 05.10. 21	Lecture 40 Dr. Indira Bishnoi Prof. of Home Science Banaras Hindu University Mo.-63873-97627, Email.- dr.indiravns@gmail.com Title: Various development programmes started by government of India in the last one decade	Lecture 41 Dr. Bhawana Sharma Prof. of H.Sc M.H. College of H. Sc Jabalpur M.P. Mo.-94253-03739 Email- bhavanasharmajbp@gmail.com Title: Unconventional Fiber and its use in daily life	Lecture 42 Dr. Tejpreet Kaur Kang Prof. of H.Sc., Punjab Agriculture University, Punjab Mo.- 98552-03033 Email- tejpreet@pau.edu Title: Restructuring Home Science	Lecture 43 Dr. Pubali Dhar Prof of Home Science, Calcutta University, Kolkatta Mo.-9433122560 Email ID: pdhomesc@cal.univ.ac.in Topic – Functional foods
Day 12 06.10. 21	Lecture 44 Dr. Prashant Kaweshwar Scientist CGCOST, Raipur Mo.-9300202101 Email.- pkawishwar@gmail.com Topic- Applications of Remote sensing and GIS	Lecture 45 Dr. Amit Dubey Scientist 'D' CGCOST, Raipur Mo-9406118999 Email. - amidubey@gmail.com Topic-How to apply for patent/introduction of IPR in Global Economic Scenario	Lecture 46 Valedictory function	

List of Resource Persons

S. No.	Name	S. No.	Name
1	Dr. Aruna Palta Hon'ble Vice Chancellor Hemchand Yadav Durg University Mo.-94242023822 Email.-arunapalta@rediffmail.com	2	Dr. Renu Sharma Prof of Home Sc, Govt.P.G.College Sagaur, MP. Mo.-9926551810 Email.-renubala_04@yahoo.in
3	Dr. Smita Pathak Prof. of Home Science Govt. M.H. College of H.Sc. Jabalpur , M.P, Mo.-94258-64900 Email.-smitapathak65@gmail.com	4	Dr. Meenal Fadnis Prof of H.Sc Govt MLB Girls P.G. Auto College, Bhopal M.P. Mo.-94250-14879 Email- phadnis.meenal@yahoo.co.in
5	Dr. Archana Patki Prof. Head Psychology, V. Principal, Smt. Maniben M.P. Shah Womens' College, Mumbai. Mo.-99209-29532 Email-archanaapatki@yahoo.com.in	6	Prof. Jaya Tiwari Prof. of English Govt D.B.PG. College Raipur Mo.-94252-31575 Email- jaya@dbgirls.com
7	Dr. Archana Ainapure (Foods and Nutrition) Director, school of skill and professional University,Pune. Mo.-7276053965 Email.-archana.ainapure@sspu.ac.in	8	Dr. Seema Mishra Prof., HOD, H.Sc. Govt. Bilaspur Girls'P.G.College Bilaspur Mo.-9826467890 Email.-drseema.mishra@gmail.com
9	Dr. S. Vali Retd. Prof. & Head Home Science RTM University Nagpur Mo.-98503-90552 Email- sabihavali@gmail.com	10	Dr. Prashant Shrivastava Dean student Durg University,Durg Mo.-9827178920 Email.-prashantfulbright@gmail.com
11	Shri V.Y. Joglekar 'Yash' 27 Kholi Bilaspur. Mo.-88897-24442 Email- shubhadavj@gmail.com	12	Dr. Yash Patel Asstt. Prof. Atal Bihari University, Bilaspur. Mo.-77488-00660 Email- Profykpattel@gmail.com
13	Dr. C.D. Agashe Director education SOS Physical Education, Pt.R.S.U Mo.-94255-03354 Email-cagash62@gmail.com	14	Dr. Saumitra Tiwari Prof of Food Tech Atal Bihari University Bilaspur Mo.-76920-02200 Email-profstiwari@gmail.com
15	Dr. Nimali Sing Prof. of Home Science Jaipur University, Rajasthan Mo.-81077-27577 Email.- nimalisingh@yahoo.co.in	16	Dr. Pubali Dhar Prof of Home Science Calcutta University, Kolkatta Mo.-9433122560, Email.-pdhomesc@cal.univ.ac.in

S. No.	Name	S. No.	Name
17	Dr. U.K. Agrawal Prof. & Head Govt. DB Girls College Raipur C.G. Mo.-94252-11940 Email- ushakiran2308@gmail.com	18	Dr. Mitashree Mitra Retd.Prof & head SOS,Life sciences,PtRSU,Raipur Mo.-9425207354 Email id.-mitashree.mitra@gmail.com
19	Dr. Sunita Chandorkar Associate Prof. M.S. University Baroda, Gujarat Mo.-94263-66666 Email-suneeta.chandorkar- fn@msubaroda.ac.in	20	Dr. Prabodh Halde President AFST Mumbai & Head Technical Regulatory Marico Ltd Mo.-98202-78746 Email.id- prabodh.halde@marico.com Topic- Scope for Food and Nutrition in light of Covid
21	Dr. Anjali Rajwade Prof. of H.Sc. Smt. Radhabai Goenka for Women College, Akola, M.S. Mo.-98230-74777 Email- arajwade28@yahoo.com	22	Dr. Arvind Agrawal Assistant Professor, HRDC, Pt. Ravishankar Shukla University, Raipur, (C.G.)
23	Dr. Sylvia Subapriya Prof and Head Dept. of Food Science and Nutrition Avinashi Lingam University, Coimbatore, TN. Mo.-9944384137 Email.-sylvia_fsn@avinuty.ac.in	24	Dr. Prashant Kaweeshwar Scientist CGCOST, Raipur Mo.-9300202101 Email.-pkawishwar@gmail.com Topic- Applications of Remote sensing and GIS
25	Dr. R. Balasasirekha Asstt. Prof. (FN) Avinashi lingam University Coimbatore, Tamil Nādu Mo.-99944-55914 Email – balasasirekha_fsn@avinuty.ac.in	26	Dr. Amit Dubey Scientist ‘D’ CGCOST, Raipur Mo-9406118999 Email. - amidubey@gmail.com Topic-How to apply for patent/introduction of IPR in Global Economic Scenario
27	Dr. Abha Khetrapal Principal DAV College for Girls Yamuna Nagar 135001 Haryana Mo.-92551-30100 Email- Abhakhetarpal@rediffmail.com davcollegeynr@rediffmail.com	28	Dr. Pulkit Mathur Prof & Head F&N Lady Irwin College, Delhi Mo.-98100-30355 Email- Pulkit.mathur@lic.du.ac.in

S. No.	Name	S. No.	Name
29	Dr. Abha Tiwari Prof. of H.Sc. M.H. College H.S. Jabalpur Mo.-78285-15960 Email- abha31t@gmail.com	30	Dr. Vinod Patle SOS Computer PT PRSU
31	Dr. A. Shrivastav Dean, School of education Mahatama Gandhi Central University , Motihari, East Champaran, Bihar 845401 99336-04836 Email- profasheesh@mgcub.ac.in	32	Dr. Indira Bishnoi Prof. of Home Science Banaras HinduUniversity Mo.-63873-97627,9453047043 Email.-dr.indiravns@gmail.com
33	Dr. Pushpanjali Samantray Prof.of H.Sc., Berhampur University, Odisha Mo.-94380-42487,824917019 Email-puspanjali.bu@gmail.com	34	Dr. Bhawana Sharma Prof. of H.Sc M.H. College of H. Sc Jabalpur M.P. Mo.-94253-03739 Email-bhavanasharmajbp@gmail.com
35	Dr. Tejpreet Kaur Kang Prof. of H.Sc., Punjab Agriculture University, Punjab Mo.- 98552-03033 Email- tejpreet@pau.edu Title: Restructuring Home Science	36	Dr. A. Poddar Prof of Life sciences SOS, Life Sciences, Pt RSU, Raipur, (C.G.)
37	Dr. Nanda Gurwara Prof. of Home Science Govt. D.B. Girls' P. G. College, Raipur, (C.G.)		

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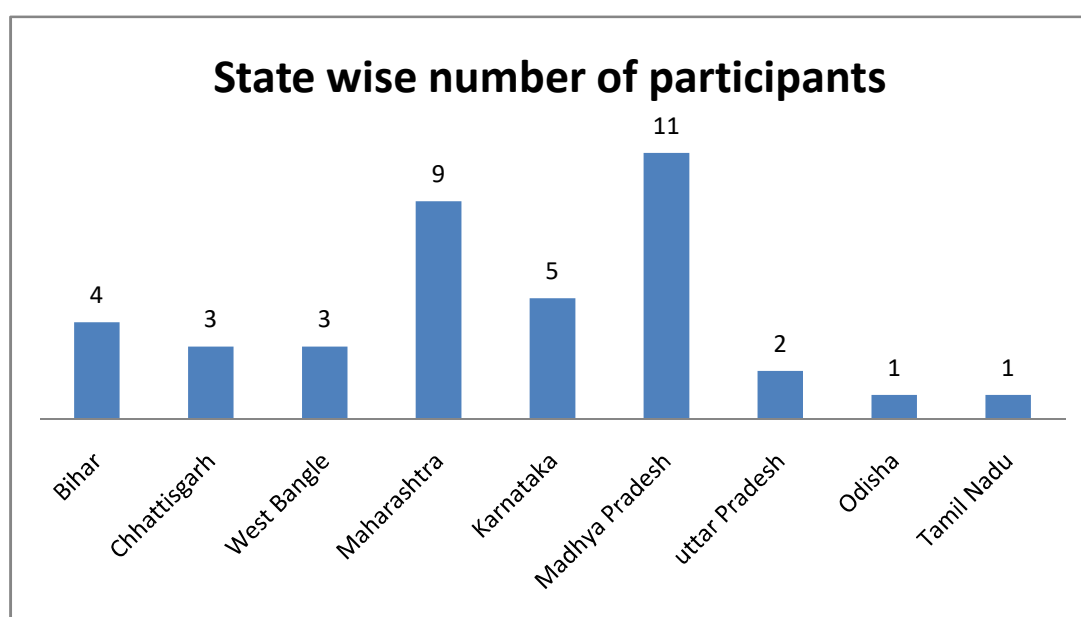
List of Participants

S. No.	Name of Participants	Gender	Email Address	Mobile Number	Name of College	Affiliated University
1	Ajay Kumar Patel	Male	drajay2med@gmail.com	9826895920	Govt. Indru Kenwat Girls College, Kanker, Distt- Uttar Bastar Kanker, (C.G.)	Shahid Mahendra Karma Vishwavidyalaya Bastar, Jagadalapur. (C.G.)
2	Aprajita Kumari	Female	aprajiceta@gmail.com	8556047426	University Department of Home Science, Lalit Narayan Mithila University, Darbhanga, Bihar	Lalit Narayan Mithila University, Darbhanga, Bihar
3	Dr. Apurba Giri	Male	apurbandri@gmail.com	9564289290	Mugberia Gangadhar Mahavidyalaya	Vidyasagar University
4	Bhavana K Khapaede	Female	Bhavanaanand9823@gmail.com	9823451646	S. Chandra Mahila Mahavidyalaya, Sadak Arjuni, Gondia, (M.S.)	Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur, (M.S.)
5	Dipika Das	Female	dipikadas1985@gmail.com	9547953993	Prabhat Kumar College, Contai, (W.B.)	Vidyasagar University, Midnapore, (W.B.)
6	Dr. Abha Rani	Female	abharanirau@gmail.com	9504874851	L.N.T. College, Muzaffarpur, Bihar	Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar
7	Dr. Deepali Rao	Female	deepalirao711@gmail.com	7806047151	GOVT. GHANSHYAM SINGH GUPT P.G. COLLEGE BALOD C.G.	HEMCHAND COLLEGE DURG C.G.
8	Dr. Chhaya Hardiya	Female	chhaya.hardiya@gmail.com	7400650320	Govt. Girls P.G. College, Ujjain, (M.P.)	Vikram University, Ujjain, (M.P.)
9	Dr. Deepika Sethe	Female	deepikasethe1984@gmail.com	9753981082	Swami Vivekanand Govt. P.G. College, Harda, (M.P.)	Barkatullah University, Bhopal, (M.P.)
10	Dr. Gunja Panwar	Female	gunjapanwar9977@gmail.com	9669190667	Govt. Vivekanand P.G. College, Maihar, Dist-Satna, (M.P.)	Awadhesh Pratap Singh University, Reewa, (M.P.)
11	Dr. Kumari Anupam Gupta	Female	anupamguptamzp@rediffmail.com	9471877245	Mahila Shilp Kala Bhawan College, Muzaffarpur, Bihar	Babasaheb Bhimrao Ambedkar Bihar University, Muzaffarpur, Bihar
12	Dr. P. Karthika	Female	karthikafsn@gmail.com	9489857928	Periyar University, Salem, Tamil Nadu	Periyar University, Salem, Tamil Nadu
13	Dr. Pallavi Laldas Tagde	Female	pallavitagde1708@gmail.com	7767050619	D.K. Mahila Mahavidyalaya, Kurkheda, Dist-Gadchiroli, (M.S.)	Gondwana University, Gadchiroli, (M.S.)
14	Dr. Priya Keshari	Female	priya.bhu2010@gmail.com	9565205049	Department of Family and Community Science, Faculty of Science, University of Allahabad, Prayagraj, (U.P.)	Not applicable
15	Dr. Priyanka Kumari	Female	kumari.priyanka.2004@gmail.com	9334849410	Gautam Buddha Mahila College, Gaya, Bihar	Magadh University, Bodh Gaya, Bihar
16	Dr. Rekha Solanki	Female	rekhasolanki622@gmail.com	8349846943	Govt. P.G.College, Sheopur, (M.P.)	Jiwaji University, Gwalior, (M.P.)

S. No.	Name of Participants	Gender	Email Address	Mobile Number	Name of College	Affiliated University
17	Dr. Rekha Suryavanshi	Female	rekhasuryavanshi6@gmail.com	9131748493	Govt. Girl's P.G. (Excellance) College, Ujjain, (M.P.)	Vikram University, Ujjain, (M.P.)
18	Dr. Renu Singh	Female	Renusing1914@gmail.com	8765892963	Virangana Maharani Laxmi Bai Government Girls Degree College, Jhansi, (U.P.)	Bundelkhand University, Jhansi, (U.P.)
19	Dr. Sadhana Mandlaoi	Female	sadhnamandloi2017@gmail.com	9752121024	Govt. P.G. College, Amarpatan, Dist-Satna, (M.P.)	Awadhesh Pratap Singh University, Reewa, (M.P.)
20	Dr. Sarojini Padhan	Female	sarojinibbau@gmail.com	7681823031	AES College, Tarbha, Subarnapur, Odisha	Sambalpur University, Odisha
21	Dr. Seema Patel	Female	seemapatel.512@gmail.com	9977853512	Govt. Girls P.G. College, Rewa, (M.P.)	Awadhesh Pratap Singh University, Reewa, (M.P.)
22	Dr. Sunanda Biswas	Female	sunandafnt@gmail.com	9051644218	Acharya Prafulla Chandra College	West Bengal State University
23	Dr. Surekha N	Female	surekhan1980@gmail.com	7019898484	Govt. Home Science College, Hassan, Karnataka	University of Mysore, Mysore, Karnataka
24	Dr. Trushna s kalambe	Female	trushna.kalambe@gmail.com	09422736759	S Chandra Mahila Mahavidyalaya Amgaon Dist Gondia	Rtmnu Nagpu
25	Dr. Usha Nanaji Rakhunde	Female	usha.gahukar@gmail.com	9420213529	Shivramaji Moghe Art's, Commerce and Science College, Kelapur (pandharkawada) Dist-Yavatmal, (M.S.)	Sant Gadgebaba Amaravati University, Amravati, (M.S.)
26	Dr. Vaijyanthi Kanabur	Female	vaijyanthikanabur@gmail.com	9886566627	Smt VHD Central Institute of Home Science, Bangalore, Karnataka	Bangalore Central University, Bangalore, Karnataka
27	Dr. Vibha Chhatrapati Ghodkhande	Female	vibha.potdukhe123@gmail.com	9923218076	Arts Commerce & Science College, Maregaon, Dist-Yavatmal, (M.S.)	Sant Gadgebaba Amaravati University, Amravati, (M.S.)
28	Dr. Vijaya Nilkanth Kannake	Female	vijayawuik@gmail.com	9765330153	J. M. Patel College, Bhandara. (M.S.)	Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur, (M.S.)
29	Girijamma Mulimani	Female	mgirijapatil@gmail.com	7406101034	Govt. First Grade College for Women, Dharwad, Karnataka	Karnataka State Akkamahadevi Women University, Vijayapura, Karnataka
30	Jyoti Alune	Female	Jyotialune266@gmail.com	8962265063	Govt. Girls College, Sidhi, (M.P.)	Awadhesh Pratap Singh University, Reewa, (M.P.)
31	Madhuri Palle	Female	madhuripaalle@gmail.com	9926447084	Govt. Girls College, Betul, (M.P.)	Barkatullah University, Bhopal, (M.P.)
32	Mangala Durgadas Bansod	Female	mangalabansod02@gmail.com	9423668587	S.B.Arts - Commerce College, Aheri, Dist- Gadchiroli, (M.S.)	Gondwana University, Gadchiroli, (M.S.)
33	Minakshi Krushnarao Kanfade	Female	minakshisam99@gmail.com	9404083273	S. Chandra Mahila Mahavidyalaya, Sadak Arjuni, Gondia, (M.S.)	Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur, (M.S.)

S. No.	Name of Participants	Gender	Email Address	Mobile Number	Name of College	Affiliated University
34	Puttarathnamma D	Female	drathna91@gmail.com	7204626494	Assistant Professor of Home Science, Government Home Science College, Hassan (D),Karnataka	University of Mysore, Mysore, Karnataka
35	Renu Tripathi	Female	renu.tripathi20010@gmail.com	7388654819	Govt. Kamla Devi Rathi Girls P.G. College, Rajnandgaon, (C.G.)	Hemchand Yadav University, Durg, (C.G.)
36	Sarika Gangwal	Female	Sarika.gangwal83@gmail.com	9630357707	Govt. Vivekanand P.G. College, Maihar, Dist-Satna, (M.P.)	Awadhesh Pratap Singh University, Reewa, (M.P.)
37	Shivamurthy HM	Male	shivamurthy.hm09@gmail.com	8277322770	Govt. Home Science College, Hassan, Karnataka	University of Mysore, Mysore, Karnataka
38	Shweta Naik	Female	sssrnaik@gmail.com	7204700881	Mrs.Shweta Naik HOD & Assistant Professor of Home Science Government Home Science college for Women Holenarsipura-573211 Hassan	University of Mysore, Mysore, Karnataka
39	Sunita Arjunrao Rathod	Female	sunitaarathod30@gmail.com	9404086752	Seth Narsingdas Mor College, Tumsar-Dist, Bhandara, (M.S.)	Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur, (M.S.)

State wise number of participants



Refresher Course – Home Science
(22.09.2021 – 06.10.2021)
List of Chairperson and Reporter

S. No.	Date	Session I and II		Session III and IV	
		Chairperson Session I	Reporter Session II	Chairperson Session III	Reporter Session IV
1	22.09.2021	Ajay Kumar Patel	Aprajita Kumari	Dr. Apurba Giri	Bhavana K Khapaede
2	23.09.2021	Dipika Das	Dr. Abha Rani	Dr. Deepali Rao	Dr. Chhaya Hardiya
3	24.09.2021	Dr. Deepika Sethe	Dr. Gunja Panwar	Dr. Kumari Anupam Gupta	Dr. P. Karthika
4	25.09.2021	Dr. Pallavi Laldas Tagde	Dr. Priya Keshari	Dr. Priyanka Kumari	
5	27.09.2021	Dr. Rekha Solanki	Dr. Rekha Suryavanshi	Dr. Renu Singh	Dr. Sadhana Mandlaoi
6	28.09.2021	Dr. Sarojini Padhan	Dr. Seema Patel	Dr. Sunanda Biswas	Dr. Surekha N
7	29.09.2021	Dr. Trushna s kalambe	Dr. Usha Nanaji Rakhunde	Dr. Vijayanthi Kanabur	Dr. Vibha Chhatrapati Ghodkhande
8	30.09.2021	Dr. Vijaya Nilkanth Kannake	Girijamma Mulimani	Jyoti Alune	Madhuri Palle
9	01.10.2021	Mangala Durgadas Bansod	Minakshi Krushnarao Kanfade	Puttarathnamma D	Renu Tripathi
10	04.10.2021	Sarika Udaysingh Gangwal	Shivamurthy H M	Shweta Naik	Sunita Arjunrao Rathod
11	05.10.2021	Aprajita Kumari	Ajay Kumar Patel	Bhavana K Khapaede	Dr. Apurba Giri
12	06.10.2021	Dr. Abha Rani	Dipika Das	Dr. Chhaya Hardiya	Dr. Deepali Rao

Assessment Criterion and Marking:

Multiple-choice objective tests:	30
Seminars / participant presentation:	15
Project / survey / others:	20
Micro-teaching / participation:	10
Holistic response:	25
Total:	100

Grading pattern (based on Marks)

A+ :	85 percent and above
A :	70 percent to less than or equal to 84 percent
B :	60 percent to less than or equal to 69 percent
C :	50 percent to less than or equal to 59 percent
F :	Below 49 percent

Those teacher participants who score F grade are required to repeat the program after a gap of one year without financial commitment to UGC-HRDC.

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