PERSONAL PROFILE



GENREAL INFORMATION

NAME DR. ARADHANA SHRIVAS

FATHER'S NAME SHRI GOVIND PRASAD SHRIVAS

MOTHER'S NAME DR. VEENA SHRIVAS

DATE OF BIRTH 30/12/1985

NATIONALTY INDIAN

RELIGION HINDU

SEX FEMALE

CATEGORY OBC

MARITAL STATUS UNMERRID

ACADEMIC QUALIFICATION Ph..D. (HOME SCIENCE)

NAME AND ADDRESS INSTITUTION GOVT. KAMALA NEHRU MAHILA

MAHILA MAHAVIDHYALAYA

CIVIL WARD DAMOH M.P.

CURRENT DESIGNATION ASSISTANT PROFESSOR AND HOD

HOME SCIENCE

ADDRESS FOR CORRESPONDING

PERMANENT ADDRESS

DAYANAND WARD OLD GALLA

MANDI ROAD SAGAR M.P.

PRESENT ADDRESS

OLD HOUSING BOARD COLONY

NEAR OF DURGA TEMPLE DAMOH

DEPARTMENT HOME SCIENCE

TEACHING EXPERIENCE 9 YEAR (5 YEAR GUEST FACULTY

AND 4 YEAR ASSISTANT

PROFESSOR AND HOD HOME

SCIENCE

MOBILE NUMBER 8103763111 OR 7987953521

EMAIL ADDRESS <u>aradhanasagar85@gmail.com</u>

LANGUAGE HINDI AND ENGLISH

EDUCATIONAL QUALIFICATION

EXAM	YEAR OF	UNIVERSITY/	NAME OF INSTITUTION	MAIN SUBJECT/	PERCENTAG
PASSED	PASSING	BOARD		SPECIALIZATION	E/
					MARKS
10 TH	2000	High School	Govt. M.L.B. Girls H.S. School	HINDI,ENGLISH,SCIEN	51.2
		Board Of	No. 2 Sagar M.P.	CE,SOCIAL SCIENCE,	
		Scondary		MATHS, Sanskrit	
		Education			
		M.P. Bhopal			
12 TH	2002	Higher	Govt. M.L.B. Girls H S School	HOME SCIENCE	73.3
12	2002	Secondary	Sagar	1101112 30121102	, 5.5
		Education			
		M.P. Board	M.P.		
		of			
		Secondary			
		Education			
		M.P.			
B.H.SC.	2005	DR. HARI	Government Girls College		68.25
FINAL		SINGH	Sagar M.P.	HOME SCIENCE	
YEAR		GOUR		HOIVIE SCIENCE	

		UNIVERSITY SAGAR			
M.H.SC. FINAL YEAR	2007	DR. HARI SINGH GOUR UNIVERSITY SAGAR	Government Autonomous Girls P.G. College of Excellence Sagar	HOME SCIENCE	81.75
PH.D.	27/06/ 2013	JIWAJI UNIVERSITY GWALIOR M.P.	Government K.R.G College Gwalior M.P.	HOME SCIENCE	
Diploma	2012	Indra Ghandhi National Open Universi ty New Dehli	Indra Ghandhi National Open University New Dehli	Diploma in Nutrition Helth Education	
Diploma	2007	DR. HARI SINGH GOUR UNIVERS ITY SAGAR	DR. HARI SINGH GOUR UNIVERSITY SAGAR	PGDCA (Post Graduate Diploma in Computer Application)	

Book Published

"फास्ट फूड का बालकों के शारीरिक एवं मानसिक विकास पर प्रभाव का अध्ययन" (सागर शहर के संदर्भ में) ISBN – 978-81-934037-4-7 संस्करण प्रथम 2017

प्रकाशक .— एन. डी. पब्लिकेशन , एल. आई. सी. बिल्डिंग 10 सिविल लाइन सागर (म. प्र.) 470002

Research Paper Published in Home Science -

- 1. "बालक बालिकाओं द्वारा फास्ट-फूड का उपभोग" सागर शहर के सन्दर्भ में (Indian Journal Of Research Volume 3, Issue : **04 May 2013**).
- 2. "फास्ट-फूड का बालकों के मानसिक विकास पर प्रभाव का अध्ययन" (सागर शहर के संदर्भ में) Naveen Shodh Sansaar An International Refereed Research Journal .

Issn 2320-8767 Jan. to March 2014.

3."फास्ट फूड उपभोग करने वाले बालक-बालिकाओं का एन्थ्रोपोमेट्रिक अध्ययन" सागर शहर के संदर्भ में Naveen Shodh Sansaar An International Refereed Research Journal.

Issn 2320-8767 **July to September 2014**.

4.''बालक-बालिकाओं की सामाजिक एवं आर्थिक स्थिति का फास्ट-फूड के उपभोग के मध्य संबंध''

Naveen Shodh Sansaar An International Refereed Research Journal.

ISSN 2320-8767 Oct. To Dec. 2014.

- **5.**"बालकों में फास्ट—फूड का उपभोग से उत्पन्न समस्याएँ", जीवन शैली जिनत स्वारिध्य समस्यायें एवं समाधान , ISBN-978-81-87940-32-0,**2014.**
- 6. National Research Seminar On "Climate Change And Economic Development" Govt. Kamala Nehru Mahila Mahavidhyalaya Damoh Topic-"Apada Aur Jalvayu"
- 7.''बालक-बालिकाओं द्वारा भोजन संबंधी आदतों में बदलाव पर अध्ययन'' सागर शहर के संदर्भ में

Naveen Shodh Sansaar An International Refereed Research Journal.

Issn 2320-8767-E-Issn 2394 Jan. To March 2016.

- **8** "Effect Of Organic Food" उत्कर्ष शोध पत्रिका चातुर्मासिक, **जनवरी अप्रैल 2018** A Multi Faculty Research Journal ज्ञानचंद श्रीवास्तव शासकीय स्नांत्तकोत्तर अग्रणी महाविद्यालय दमोह म.प्र. 470661.
- 9."फारंट फूड का उपभोग कर रहे बालक–बालिकाओं का नैदानिक परीक्षण एक अध्ययन" (सागर शहर के संदर्भ में)

Divya Shodh Samiksha An Intrnational Refereed / Peer Review Research Journal

ISSN 2394-3807, E-ISSN 2394-3513.

Impact Factor-5.190 (2017) Jan. To March 2020.

E-Journal, Vol. I. Issue XIX.

- **10.** "बालक—बालिकाओं द्वारा फास्ट—फूड उपभोग पर विज्ञापनों का प्रभाव" सागर शहर के संदर्भ में Naveen Shodh Sansaar An International Refereed / Peer Review Research Journal ISSN 2320-8767, E-ISSN 2394-3793, Impact Factor 5.610(2018) **Jan. to March 2020**, E-Journal, Vol. I, ISSUE XXIX.
- 11. "संतुलित भोजन से संम्बन्धित जानकारी का अध्ययन" सागर शहर के संदर्भ में Naveen Shodh Sansaar (An International Refereed/Peer Review Research Journal) ISSN 2320-8767,E-ISSN 2394-3793, Impact Factor-5.610 (2018) Oct. to December 2020, E-Journal, Vol I. ISSUE XXXII.

 12. "महिलाओं में बढ़ता हृदय रोग का खतरा एक विश्लेषण" Naveen Shodh Sansaar (An International Refereed/Peer Review Reasearch Journal) ISSN 2320-8767, E-ISSN 2394-3793, Impact Factor 6.780 January to March 2021, E-Journal, Vol. I, Issue XXXIII.
- **13**. "कोरोना वायरस एवं मानसिक तनाव" मानव व्यवहार पर तनाव का प्रभाव एवं प्रबंधन ISBN : 978-81-949767-1-4 **मार्च 2021** , एन. डी. पब्लिकेशन नई दिल्ली, संस्करण प्रथम, पेज नं. 46।
- **14.** "Effect of fast food" उत्कर्ष शोध पत्रिका (चातुर्मासिक) **मई** अगस्त : **2021**, ज्ञानचंद श्रीवास्तव शासकीय अग्रणी स्नातकोत्तर महाविद्यालय दमोह म. प्र. , Issn 2395-356 X.
- 15. "पारिवारिक भोजन पर शैक्षणिक स्तर का प्रभाव" Naveen Shodh Sansaar An International Refereed / Peer Review Research Journal

ISSN 2320-8767, E-ISSN 2394-3793, Impact Factor – 6.780(2020) **July to September 2021**, E-Journal, Vol. I, ISSUE XXXV.

16. "Poshan se bharpoor bharteey thali: sagar shahr ke sandhrbh me Naveen Shodh Sansaar An International Refereed / Peer Review Research Journal

ISSN 2320-8767, E-ISSN 2394-3793, Impact Factor – 6.780(2020) **October to December 2021**, E-Journal, Vol. I, ISSUE XXXVI.

17. "Boys and Girls Recreational Interests and Fast Food: An Analysis in the Context of Sagar City" Naveen Shodh Sansaar (An International Refereed / Peer Review Research Journal) RNI No. MPHIN/2013/60638, ISSN 2320-8767, E- ISSN 2394-3793, Cosmos Impact Factor – 6.780 April to June 2022, E- Journal, Vol. I, Issue XXXVIII.

18. "Super Food Your Life Style" Naveen Shodh Sansaar (An International Refereed / Peer Review Research Journal) RNI No. MPHIN/2013/60638, ISSN 2320-8767, E- ISSN 2394-3793, Cosmos Impact Factor – 6.780 **October to December 2022**, E- Journal, Vol. I, Issue XL.

19. International Seminar on "Environmental Challenges & Sustainable development" organized by Govrnment college pathariya, Damoh M.P. Paper on the Topic: "Environment Management." ISBN No-

19.शासकीय कमला नेहरू महिला महाविद्यालय दमोह म.प्र. राष्ट्रीय शोध संगोष्ठी 21 मार्च 2023 "महिला उद्यमिता विकासः अवसर एवं चुनौतियाँ " शोधपत्र "गृह विज्ञान के क्षेत्र में महिला उद्यमी का विकास" । ISBN No- 978-81-946042-3-5.

20. "आधुनिक जीवन शैली की समस्या मधुमेह" Naveen Shodh Sansaar (An International Refereed / Peer Review Research Journal) RNI No. MPHIN/2013/60638, ISSN 2320-8767, E- ISSN 2394-3793, Scientific Journal Impact Factor (SJIF)-7.671, April to June 2023, E-journal, Vol. I, Issue XLII. 21. "Role of Yoga in Mental Health" one day International seminar on "yoga For Healthy Life and Wellness" Sponsord of Higher Education M.P. Under the Aegis of IQAC, Proceeding date-26 August 2023, organized by Department of physical Education and Yoga, Govt. Autonomous Girls PG College of Excellence Sagar M.P. ISBN – 978-81-19584-28-4.

Orientation Programme –

1. Teaching Learning center, Ramanujan College University of Delhi , 4 Week Orientation Programme for "Faculty in University/College/ Institutes Of Heigher Education" Form June 26-July 24 , 2020 and Obtained Grade "A".

Refresher Course –

 UGC-Human Resourse Development Centre Devi Ahilya Vishwavidyalaya, Indore, "Refresher Course in Combating 19 with Yoga (MDC) (14/03/2023 to 27/03/2023) UGC – Sponsored 2022-2023. Obtained Grade "A".

Resource Person- National Webinar Delevered Lacture –

Topic — "वर्तमान परिप्रेक्ष्य में अन्न का (मीलेट्स) का महत्व", दिनॉक— 22 मार्च 2023 बुधवार , समय— प्रातः 11:30 बजे कार्यालय प्राचार्य शासकीय महाविद्यालय पीथमपुर जिला —धार म.प्र.

Organized by International Webinar, National Webinar, Lacture, Tour and Online Quiz Compitition have been organized by the Home Science department.

International Webinar – 28/01/2023

National Webinar- 14/02/2023

Lacture- Govt. Kamla Nehru Mahila mahavidhyalaya , Home science Department Lacture Date on 17/12/2022

Tour- Departmental Tour on 11/10/2022

Online Quiz Compitition - 23/06/2020

Sports-

- 1. मध्यप्रदेश शासन उच्च शिक्षा विभाग महाविद्यालय / जिला स्तर प्रतियोगिता शतरंज एवं बैडिमेंटन प्रमाण पत्र क्रमांक— DISTE18/21-22.
- 2. मध्यप्रदेश शासन उच्च शिक्षा विभाग महाविद्यालय / संभाग स्तर प्रतियोगिताशतरंज एवं बैडिमेंटन प्रमाण पत्र क्रमांक— EM194/21-22.
- 3. मध्यप्रदेश शासन उच्च शिक्षा विभाग महाविद्यालय / राज्य स्तर खेलकूद प्रतियोगिता सहभागिता प्रमाण पत्र शतरंज संभाग-सागर ।
- 4. मध्यप्रदेश शासन उच्च शिक्षा विभाग महाविद्यालय/राज्य स्तर खेलकूद प्रतियोगिता सहभागिता प्रमाण पत्र बैडिमेंटन संभाग–सागर ।
- 5. मध्यप्रदेश शासन उच्च शिक्षा विभाग, भोपाल राज्य स्तरीय शिक्षक एवं कर्मचारी खेलकूद प्रतियोगिताएँ वर्ष ; 2022–2023 दिनॉक 03.03.2023 से 04.03.2023 बैडिमेन्टन प्रतियोगिता।
- 6. मध्यप्रदेश शासन उच्च शिक्षा विभाग, भोपाल राज्य स्तरीय शिक्षक एवं कर्मचारी खेलकूद प्रतियोगिताएँ वर्ष ; 2022–2023 दिनॉक 03.03.2023 से 04.03.2023 शतरंज प्रतियोगिता।

National Seminar

1.National Seminar On Life Style Diseases Issues On Concerns And Management, 15-16 March 2012 Govt. Autonomus PG Of Excellence College Sagar M. P.

Topic – "Effect Of Fast Food On Health Of School Going Children" (Paper Present in Hindi) **2.**National Seminar On Stress And Health Management February 01-02-2013 Govt. Autonomus PG Of Excellence College Sagar M.P.

Topic-"Nutritional Metters" (Paper Present In Hindi)

3. े सामाजिक विज्ञान एवं प्रबंध परिषदं, युवा आर्थिक परिषदं एवं रेडियंट ग्रुप ऑफ इंस्टीट्यूट, जबलपुर म.प्र. भारत राष्ट्रीय संगोष्ठी ''आधुनिक जीवन और योग'' दिनॉक 13 जून 2021.

Other Subject Seminar

1.National Research Seminar On Current Economics Issues And Challenges 06 January 2018 Govt. Kamala Nehru Mahila Mahavidhyalaya Damoh.

Topic-"Effect Of Fast Food" (Paper Present In Hindi)

2.राष्ट्रीय संगोष्ठी "भारतीय समाज में वर्तमान सामाजिक एवं मनोवैज्ञानिक चुनौतियाँ " मनोविज्ञान विभाग विषय— ''शारीरिक रूप से विकलांग बालक"

शासकीय स्वशासी कन्या स्नात्तकोत्तर उत्कृष्टता महाविद्यालय, सागर म.प्र.

3.Swami Vivekanand University Sagar M.P. India 4Th International Conference

"Challenges In Environment Science And Technology" (IC-CEST-2016)

Topic-" Challenges Of Environment Science"

4. National Seminar On Green Thechnology

A safeguard Against Environment Problems Sponsored By – Madhya Pradesh Council Of Science & Thechnology Bhopal.

Organised by – Department Chemistry

Govt. Autonomos Girls P.G. College Of Excellence, Sagar M.P.

5. National Research Seminar On "Climate Change And Economic Development"

Govt. Kamala Nehru Mahila Mahavidhyalaya Damoh

Topic-"Apada Aur Jalvayu"

6 International Seminar on "Environmental Challenges & Sustainable development" organized by Govrnment college pathariya, Damoh M.P. Paper on the Topic: "Environment Management."

Orgnized By-

National Intellectual Property Awareness Mission Awareness/Training Program

- Government of India Ministry of commerce and Industry Department for Promotion of Industry and Internal Trade office of the controller General of patents, Designs and Trade Marks. On March 02, 2023 Organized by Intellectual Property Office, India.
- Government of India Ministry of commerce and Industry Department for Promotion of Industry and Internal Trade office of the controller General of patents, Designs and Trade Marks. On August, 2022 Organized by Intellectual Property Office, India.

Ignou — Indra Gandhi National Open University Staff Training and Research Institute of Distance Education New Delhi 110068. UGC — Approved short — Term Professional Development Programme on "Implementation of NEP-2020 for University and College Teachers" held from October 27 November 05, 2022 and Obtained 'B' Grade.

RCVP Noronha Academy of Administration and Management, Madhya Pradesh, Bhopal(ISO 9001: 2015)

Has successfully compeleted 32 Hours Teachers Program through LMS. This course contains following modules- 1.Behaviourial Skills 2. Computer Skills 3.Entrepreneur 4. Language Proficience Skills in perspective of Atmanirbhar Madhya Pradesh and NEP 2020, this training course has been sponsored by SVCGS, Higher Education Department, M.P.

Workshop

Traning Program

महिला बाल विकास के द्वारा सिलाई कढाई का एक वर्षीय प्रशिक्षण।

संगोष्ठी -संगोष्ठी एवं युवा संसद।

FDP (Faculty Development Programe) -

- 1. Govt. Girls P.G. College Ujjain M.P. A Centre For Excellence 'A' Graded by NAAC (2 Cycles) IQAC. Faculty Development Programme On "Research Article Writing and Online Academic Presentation" (17th August to 22August 2020)
- **2.** Anjuman-I-Islam's Kalsekar Technical Campus Faculty Development Programme "Flipped Clessroom" (15th August 2020).
- **3.** Shanti Devi Arya Mahila College, Distt. Gurdaspur, Punjab, Dinanagar Faculty Development Programme "Imparting Soft Skills And Life Skills For Success" (17 August to 22nd August).
- **4.** Faculty Development Programme "Enhancing the Quality of Teaching through ICT tools" Organised by Online Learning Platform Being Scholar" from 22 Aug. -27 Aug. 2020.
- **5.** 7 Day Faculty Development Programme on "Institutional Benchmarking of Best Practices" 8th June to 14th June 2020.
- **6.** Teaching Learning Center Ramanujan College University of Delhi. Two Week Online Faculty Development Programme on "The Role of ICt in The Development of Massive Open Online Course (Moocs) in Higher Education" August 14-August 28, 2020. Obtained grade- A+.
- 7. Ministry of Human Resourse Development Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching. Teaching Learning Centre Ramanujan College University of Delhi and IQAC, Kalindi College University of Delhi, 14 Days Interdisplinary National Faculty Development Programme on "Samkalin Sandarbh Mai Sahitya Rajniti Media Aur Bazr". July 27- August 10, 2020.
- **8.** M.V. Muthian Government Arts College For Women One Week Faculty Development Programme on "Research Methodology Tools And Techniques". (18.06.2020 to 24.06.2020).
- **9.** Shrimati Indira Mahadev Beharay College of Arts Shrimati Shobhanatai Chandilal Sheth College of Science Khed-Ratnagiri, Maharastra, India. Intrnational Faculty Development Programme On "Gateway to Innovation" 22 nd June to 26th June 2020.
- **10.** Govt. P.G. College Damoh (M.P.) Five Days National Faculty Development Program on "Research & Teaching Techniques" Held From 18 Jan to 22 Jan 2021.
- **11.** Govt. Chhatersal College Pichhore, Distt. Shivpuri M.P. Seven Days "Faculty Development Programme (FDP) for Good Governance in College" From 11/01/2021 to 17/01/2021.
- **12.** Govt. Kamala Nehru Mahila Mahavidhyalaya Damoh M.P. Faculty Development Program From 2 Feb. 2021 to 6 Feb 2021.

- **13.** Govt. Mankunwar Bai Arts & Commerce (Auto). College for Women, Jabalpur(M.P.) One Week Faculty Development Program on "Interactive Teaching Skills for Higher Education" Held on 2nd February 2021 to 7th February 2021.
- **14.** Kamala Nehru Mahavidhyalaya National Level One Week Faculty Development Programme on "Research Methodology" 26 April to 1st May 2021.
- **15.** G.T.N. Arts College (Autonomou) Dhingnagar Tamilnadu India For her Participation in the four day National Level Online Faculty Development Program on "Revised NAAC Accreditation Framework Perceptions" From May 12 to May 15, 2021.
- **16.** Murugappa Polytechnic College Sathyamurty Nagar, Avadi, Chennai, Tamilnadu One Week Faculty Development Programme on "Online Teaching Tools for Educators" Date 14.6.2021 to 20.06.2021.
- **17.** Government of Karnataka Department of Collegiate Education Government First Grade College For Women Balmata Managaluru has participated in One week national level faculty development programme on "Transformation in India education through New Education Policy Challenges and Opportunities" from 05-07-2021 to 11-07-2021.
- **18.** Certificate of Participation in the faculty development program on "Integration of Multiple Intelligences in Education" From 5th to 9th July 2021 Conducted by the Indian Teacher's Association.
- **19.** Department of Sports Faculty Development Programme on E-Content Development Power Point Based Video Lectures Govt. Autonomous Girls P.G. College of Excellence Sagar M.P. Date 5 & 6 August 2022.
- **20.** Govt. Degree college Timarni Dist. Harda M.P. Faculty Development Programme on (Hybrid Mode) on "Teaching Pedagogy & Outcome Based Education System in NEP 2020" of Six Days (36 Contact hours) from 20 Feb to 25 Feb 2023.
- **21.** Office the Commissioner Higher Education, Madhya Pradesh Faculty Development Program on E-Content Development (Power Point based Video Lectures) has participated and successfully completed 36 contact hours in Six Days Online Faculty Development Program on E-Content Development from 26th Dec. to 31st Dec. 2022.

WorkShop -

- 1. Maulana Azad National Urdu University A central University, Accredited "A" Grade by NACC. Five Day Online Workshop On Research Methodology An Initative By Manuu UGC STRDE Task Group 2020. 17th August to 21th August 2020.
- 2. Mata Jija Bai Govt. Girls PG College, Indore & Vigyan Parishad, M.P. Chapter, Indore (World Breastfeeding Week 1st to 7th August 2020) One Week Online Workshop On Promotion of Brestfeeding.
- 3. Certificate of Participation One Day Online Workshop On "ICT Based Teching Learning Tools" IH INQUIRE HUB Ragistered Under The Ministryof HSME Govt. of India. Heald On 31st May 2020.
- 4. स्वामी विवेकानन्द कॅरियर मार्गदर्शन योजना उच्च शिक्षा विभाग म.प्र. शासन जबलपुर राष्ट्रीय कार्यशाला नोवल Covid-19 "मानसिक स्वास्थ्य जागरूकता दिनांक 26.05.2020 से 30.05.2020 तक।
- 5.Govt. College Sehrai & Govt. College Ishagarh Distt. Ashoknagar M.P.Work Shop on ,Personality Development and Career Opportunities Held on 24th and 25th May 2020.
- 6. Annammal College of Education For Women Thoathukudi-628003. Two days

National Workshop On "Home your Tech Skil" 01.09.2020 and 02.09.2020.

- 7.Govt. Girls College, Barwani Online Workshop on "Different Types of Printing Methods" (27-07-2020).
- 8. Cirtificate of Participation Kasturbagram Rural Institute Kasturbagram, Indore M.P. Autonomus Girls college affiliated to DAVV, Indore, Department of sports and yoga, 7 das national workshop on "Phisical Fitness and Health Development" 25 January 2021 to 31 January 2021.
- 9. Govt. kamala Nehru Girls College Balaghat M.P. A one day national workshop on "Current scenario mental Physical and Social Health Heald on 17/02/2021.
- 10. Maharani Puspmala Raje Puar Govt. Degree College Dewas M.P. One Day National Workshop on "Job Orientation and Skill Development in Bandhani (Tie and dye) and Block Printing" Held on 23 Feburaray 2021.
- 11. Govt. Girls College Barwani One day online workshop on "Different Type of Printing Methods" on Date 27/07/2020.
- 12. Government College Tamia Distric Chhindwara has actively participated in the National Research Online Workshop on Research Methodology, being organized on 17 April 2021.
- 13. TRUBA GROUP OF INSTITUTES the Gass National Online Workshop On "How To Write and Publish" May 6-7, 2021.
- 14. Shri Shankarlal Sunderbai Shasun Jain College For Women Workshop on "Textual Analysis Cell CommunicationResearch" On 2nd June 2021.
- 15. Organized by the department of biotechnology, Periyer Maiammai Institute of Science & Technology, Deemed to be University Vallam, Thanjavur online Workshop on "Single Nucleotide Polymorphisms: Tiny Change but Huge Consequences" on 23rd June 2021.
 16. Government College Bhainsdehi Dist Betul (M.P.) Six Day Workshop on "Use of ICT in teaching and learning" heald in Virtual Mode from 01st November 2022 to 06th November 2022.

Online National Awareness Programme –

1. महाविद्यालयीन प्रयोगशाला तकनीशियन संद्य समिति मध्यप्रदेश MP Higher Education Lab Tecnician Association, Cirtificate of Participation "Online National Awareness Programme On Covid-19".

एक दिवसीय राज्यस्तरीय ई-परिषद-

1.बी.एल. अमलानी कॉलेज ऑफ कामर्स एंड इकोनोमिक्स , विले पारले मुम्बई "विविध वयोगटासाठी पोषण व प्रतिकारक्षमता बाबत मार्गदर्शन" शनिवार, दिनॉक 20 जून 2020.

International Conference –

- 1.Shantarambhau Gholap Arts, Science And Gotirambhau Pwar Commerce College, Shivle Tal Murbad, Dist-Thane."Covid-19 Impact On Indias Foreien Policy"(2&3 June 2020).
- 2.Shantarambhau Gholap Arts, Science and Gotirambhau Pawar Commerce College, Shivle, Tal-Murbad, Dist-Thane. Two Days International Conference "India-Chaina Relation: Galwan Fuzzle and Beyond." (13&14 July 2020).

E-Conference –

- 1. Smt. Radhabai Satda Arts, Commerce & Science College One Day National E-Conference on "Recent in Mathematics" 22 June 2020.
- 2. Social Science & Management Welfare Association Radiant Group of Institution, Jabalpur & Vikramaditya College, RDVV University, Jabalpur M.P. India "National Conference on Enterpreneurship Development: Challenges & Possibilities." (01-08-2020, Saturday, Jabalpur M.P.) India.
- 3. सामाजिक विज्ञान एवं प्रबंध परिषद , युवा आर्थिक परिषद एवं रेडियंट ग्रुप ऑफ इंस्टीटृयूट जबलपुर राष्ट्रीय संगोष्ठी विषय ''आधुनिक जीवन और योग'' दिनॉक 13 जून 2021 रविवार।

National E-Seminar-

- 1. Government Arts And Commerce College Sagar M.P. E-Seminar "Covid 19-Impact on Higher Education Students Challenges and Solutions" 16 August 2020.
- 2. Govt. Vivekanand PG College Maihar District Satna M.P. National E-Seminar "Nutrition Security By Agriculture and the Importance of Mental Health In Covid -19 Period.
- 3. Swami Vivekanand Govt. P.G. College, Harda (M.P.) has participated in the Virtual Seminar on "Strategic Approach in Career Building" on 25th of March 2021.
- 4. Government Motilal Vigyan Mahavidhyalaya Bhopal M.P. International Virtual Seminar on "Noval Aspect of Online Education" on 13th March 2021.

National Conference-

1. Social Science & Management welfare Association Radiant Group of Institution, Jabalpur & Vivekanand College, RDVV University, Jabalpur M.P. India. "National Conference on Enterpreneurship Development: Challenges & Possibilities."

(01-08-2020, Saturday, Jabalpur M.P. India)

- 2. ई—संगोष्ठी दिगंबरराव बिंदु कला, वाणिज्य एवं विज्ञान महाविद्यालय, भोकर हिंदी विभाग तथा सहचर ई पत्रिका, नई दिल्ली के संयुक्त तत्वाधान में आयोजित अंर्तराष्ट्रीय ई संगोष्ठी ''गजलकर दुष्यंत कुमारः वर्तमान परिप्रेक्ष्य में'' ई—संगोष्ठी 1 सितम्बर 2020।
- 3. Gondia Education Societys S.S. Girls College, Gondia One Day Virtual National Conference On "Innovative Strategies For Women & Girls Empowerment" 22 Decembar 2020.
- 4. Youth Economics Association Social & Management Welfare Association & Radiant Group of Institution, Jabalpur M.P. India National Confrence On "Youth India, Development & Challenges" Attend the National Conference on "Youth India Development & Challenges" Date 29-30 May 2021.

Short Tearm Online Course-

M.J.B. Govt. P.G. Girls College Moti Tabela, Indore M.P. Covid 19 Awareness: Short Term Online Course Organised by: Department of Botany. Short Term Online Course (18th May to 24th May 2020).

International Webinar-

- 1. Government Girls College Betul M.P."Stress Management in the present scenario" Organized of Home Science 23 january 2021.
- 2. SMT. P.N. DOSHI WOMEN'S COLLEGE "The Journey of Early Childhood Education 2020 : & Caregivers as Navigators of Change" on August 21, 2020.
- 3. Mahatma Gandhi Central University Bihar India in association with University of Guadalajara. "Work Culture in Changing Time" 4 Augst 2020.
- 4. Govt. M.H. College of Home Science & Science for Women, Autonomous, Jabalpur, M.P. India. Food and Nutrition Department Two days International webinar on "Dimensions of Changing Life Style in Present Scenario" on 2nd & 3rd July 2020.
- 5.Govt. Autonomous Girls P.G. College of Excellence Sagar M.P. International Webinar on "Role of Sports Activities on Health and Changing Lifestyle:Pandemic 2020" 14th July 2020 Tuesday.
- 6. Arya Mahila P.G. College, Varansi Two Day National Webinar on "Probiotics, Functional Food and Nutraceuticald:Today's Need to Maintain Healthy Life" Heald on 15th & 16th June 2020.
- 7. Department of yoga Education International Webinar on "Yoga, Psychotherapy and Immunity" 20-21 June, 2020.
- 8. Govt. Madhav Science P.G. College Ujjain "Protecting Your Intellectual Property Rights" June 16th 2020.
- 9. Shri Vaishnav College of Commerce Indore M.P." How to Motivate Yourself During the Time of Hardship" 30 May 2020.
- 10. P.P.N. College, CSJM University, Kanpur & Sangyartham Research Foundation (SRF India) New Delhi Three Day International Webinar on "Social Impact of Covid-19: Challenges and Prospects" July 4, 5 & 6, 2020.
- 11. Govt. P.G. College Bina M.P. India International Vertual Seminar "Atmanirbhar Bhart and Possibilities of Employment." Vertual Seminar held on 12.07.2020.

- 12. Govt. Maharani Laxmi Bai Girls P.G. College Kila Maidan Indore- 452006 M.P. India "Energy and Environment" held on Monday and Tuesday 13th and 14th July 2020.
- 13. Vasanta College For Women Varansi U.P. India. Two Days International Webinar on "Challenges of Post Covid 19 Scenario: Communication and Other Sector" 18-19 June 2020.
- 14. Government Girls College, Betul M.P. International Webinar on "Opportunities in Higher Education through Online Platform during Pandemic Time" on 20 June 2020.
- 15. Central University of Haryana International Webinar on "Context Based Pedagogy and Assessment in Higher Education" June 03, 2020.
- 16. K.R.M. Mahila (Arts, Commerce & Science) Mahavidyalaya, Nanded Department of Home Science in collaboration with Faculty of Interdisciplinary Studies S.R.T.M. University Nanded One day International Webinar "Covid-19 Quarantine and the Aftermath: A Physiological and Psychological Approach" on 21 June 2020.
- 17. Gujrat Thechnological University, Ahmedabad & sardar Patel Education Campus Bakrol "Challenges and Opportunities after this pandemic situation of COVID 19 through the Industrial Perspective" on 30 May 2020.
- 18. Govt. Raza P.G. College, Rampur U.P. India "Covid 19: Paradigm shift in Teaching Learning & Learner's Physical and Mental Well Being" 31 May 2020.
- 19. Government Mahaveer College Petlawad, Jhabua M.P. "Industry Academia Innovation" 18.01.2021 to 20.01.2021.
- 20. Swami Ramanand Teerth Marathwada University Five Day International Seminar on "Women's Writing and Criticism" from 15-4-2021 to 19-4-2021.
- 21. Shanti Devi Arya Mahila College Dinanagar Disst. Gurdaspur Punjab Attend International Webinar on "कोरोना काल में बदलता सामाजिक जीवन" Orgnized by post graduate Development of Hini Under The aegis of IQAC on 2nd June 2021.
- 22. JIMS Mandsaur University has Participated in International Webinar on "Climate Change, Disater Management & Pandemic" Orgnized by BA (JMC) Dept, JIMS Greater Noida in Collaboration with Department of Journalism & Mass Communication Mandsour University, Mandsour on 5th June 2021to mark the world Environment Day.
- 23. The National Education Society of Karnataka Basavanagudi, Bengaluru, Karnataka, India The National College Autonomous Basavanagudi, Bengaluru International webinar on "Current Trends in Impact of Toxicants on Biodiversity and Human Health" held on 18th June 2021.
- 24. Govt. Girls P.G. College Ujjain (MP) International Webinar on "Ecosystem Restoration Through Sustainable Biodiversity" on 5th June 2021.

- 25. Rani Parwati Devi College of Arts & Commerce Tilakwadi, Belagavi Karnataka, India International Webinar on "Challenges and opportunities in Higher Education During and after Covid 19 Pandemic" held on 22nd May 2021.
- 26. Pt. Harishankar Shukla Memorial College Raipur, Chhattisagarh International Webinar on "Impact of Covid 19 on Global Economy" 3 July 2021.

National Webinar –

- 1. The Global Association of Social Sciences attended and presented paper "परिकल्पना अनुसन्धान की आवश्यकता है" Saturday May 30, 2020.
- 2. Govt. College Niwali Barwani M.P. "Covid 19 Awareness Programme" 5/21/2020.
- 3. Shri Neelkhantheshwar Govt. P.G. College, khandwa M.P. "भारतीय लोकतंत्र का समकालीन सन्दर्भ" 18th February 2021.
- 4. Shree Neelkhtheshwar Govt. P.G. College Khndwa M.P. "Opportunity And Challenges of Self Reliant M.P." Conduct By Ek Bharat Shreshtha Bharat 11 Feb. 2021.
- 5. शासकीय कन्या स्नातकोत्तर महाविद्यालय रीवा म. प्र. "An Approoach for Better Liwing from today to tomorrow" 19.02.2021.
- 6. Pt. Jawaharlal Nehru Govt. College Nepanagar M.P. "Dignity, Protection And Empowerment of Women" (महिला सम्मान, सुरक्षा एवं सशक्तिकरण)NAAC and I.Q.A.C. Cell 20 January 2021.
- 7. Govt. Auto. Girls P.G. College of Excellence, Sagar M.P. "Intellectual Property Rights" 20 January 2021.
- 8. शासकीय कन्या महाविद्यालय, चाचौड़ा म. प्र. एक दिवसीय राष्ट्रीय वेबीनार ''कोरोना काल एवं योग'' 30 दिसम्बर 2020.
- 9. Govt. P.G. College Alirajpur M.P. Devi Ahilya University Indore M.P. under the Ek Bharat Shreshtha Bharat Program"Contribution of Swami Vivekanand in Making of Mdren India" 12.01.2021.
- 10.National Webinar on "Youth Mental Health in the Present Scenario" Organized by Deparatment of Home Science Of Swami Vivekanand Govt. PG College Harda 17th January 2021.
- 11. Govt. Maharani Laxmi Bai Girls P.G. College Indore "Gender: Diversity, Equity and Inclusion" Held on Monday 28th December 2020.
- 12. Participated in the Webinar Focused on "Skill Development & Career Opportunities in Textile Sector" held on 28.05.2020 Conducted by NIFT-TEA Knitwear Fashion Institute-DDU GKY Skills Academy in Association with TNSRLM (Kanyakumari Dist.).

- 13. Shri Vaishnav College of Commerce Indore M.P. "Future of Higher Education" held on 14th May 2020.
- 14. National Webinar on Research Methodology Jointly Organised by SVD. Government Degree College, Nidadavole "Research Methodology" 21st May 2020.
- 15. Govt. Girls College, Sidhi M.P. Topic "Greeny Stuff Plants Immunity Booster" held on 29 May 2020.
- 16. Dr. Vedprakash Patil Education Campus Auragabad road, Osmanabad M.S."Lockdown: A Golden, Opportunity to Boost E Learning & Intensifying online Education in India". 30.5.2020.
- 17. S.S.Girls College Gondia Nagpur "Power of Subconscious Mind & Psychological Well being" Organised Department of Human Development, S.S. Girls College Gondia, In Association With JCI, Jaipur on dated Saturday 30th May 2020.
- 18.Career College Bhopal webinar on "Effective Research Paper Writing" Sunday 17th May 2020.
- 19. R.S. Government P.G. Girls College chhindwara M.P. One Day National Webinar on "Biodiversity Conservation and Sustainable Development" held on 22nd May 2020.
- 20. Jawaharlal Institute of Technology Borawan M.P. one day national webinar on "E-Learning/ICT Based Education on 24th May 2020.
- 21. Department of Education Tezpur University Napaam Tezpur Assam one Day Webinar on "Reorienting Academic Leadership, Pedagogy and Rearch in the Time of Crisis" May 30,2020.
- 22. Dr. M.K. Umathe College, Nagpur Shri Niketan Arts-Commerce College Nagpur Cluster of Two Colleges Jointly Organized Webinar on "New API format of UGC 2019 for Professor, Associate and Assistant Professor" held on 29th May 2020.
- 23. Maa Narmada Mahavidyalaya, Dhamnod National Level Webinar on "The Role of Positive Thinking in Current Perspective" 26th May 2020.
- 24. Bora Institute of Management Science NACC Grade 'B' Accredited Institute associated with Lucknow University National Webinar on "Qualities of A Good Teacher" held on June 19th 2020.
- 25. Post Graduate Teaching Department of Home Science, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur Two Days National Webinar on "Enhanced Employabilitity For Home Scientists in Current Scenario" on 22nd & 23rd June 2020.

- 26. Sheth P.T. Mahila College of Arts and Home Science (Affiliated to Veer Narmad South Gujarat University, Surat) Department of Food Science and Nutrition in Collaboration With Internal Quality Assurance Cell (IQAC) National Webinar Series on "Holistic Approach Towards Covid 19" 1st to 6th June, 2020.
- 27. Dr. Vijai Lall Smriti Mahavidyalaya Damoh M.P. National webinar on "Yoga & Stress Management" held on 25 June 2020.
- 28. Pandit Dwarikadas Vigyan Mahavidyalaya Ather Dist. Betul M.P. One day National Webinar on "Covid-19: Scenario of Moral Value, Education and Employment" held on 17 June 2020.
- 29. Shri Vaishnav Institute of Law, Indore Webinar on "Role of Alternative Dispute Resolution Systems (ADRs) in Dispensation of Justice" held on 19 June 2020.
- 30. शासकीय महाविद्यालय बुदनी जिला सिहोर म. प्र. अंर्तराष्ट्रीय वेबीनार 'भारतीय संस्कृति और वैश्विक परिदृश्य'' 19 जून 2020।
- 31. Multanimal Modi College Modinagar, Ghaziabad U.P. National Webinar on "Protected Areas: Current Status, Role & Challenges" held on 05 June 2020.
- 32. SICA College, Indore M.P. webinar on "Education, Culture & Patriotism In Perspective" on June 26th, 2020.
- 33. BVM College of Management Education, Gwalior M.P. & Shiksha Sanskriti Utthhan NYAS, New Delhi Two Days National webinar on "Traditional Indian Knowledge & Teacher Education Current Status & Measure of Improvement" held on 26th & 27th June 2020.
- 34. Seth Phool Chand Bagla (P.G) College, Hathras, Uttar Pradesh National Webinar on "Challengs and Prospects of Higher Education With reference to Quality teaching in Present Scenario" held on 2 June 2020.
- 35. A.V. Patel Commerce College, Bilimora National Level Webinar on "Physical Activity, Immunity and Covid-19" Held On 5th June 2020.
- 36. Government Mahvir College, Petlawad, Jhabua National Webinar on "State of the Indian Economy in the Time of Covid-19 Crisis Challenges and Remedies On 15 June 2020.
- 37. Government Holkar (Model, Autonomous) Science College, Indore M.P., India Webinar on "Covid-19 A Future Diagnostic Challenge" held on 13th & 14th June 2020.
- 38. शासकीय होल्कर आदर्श, स्वशासी विज्ञान महाविद्यालय, इंदौर म.प्र राष्ट्रीय वेबीनार 'बदलते परिदृश्य में नैतिक मूल्यों की भूमिका' 19 और 20 जुन 2020।

- 39. Samajshastriya Parishad Ramji Sahai P.G. College Rudrapur Deoria U.P. One Day National Webinar on "Impact of Covid-19 on Indian Society and Culture" held on 02 June 2020.
- 40. B.S. College Danpur, Patna and Soghra College Biharharif, Nalanda One Day National Webinar on "Enterpreneurship and Regional Development" Conducted on 07.06.2020.
- 41. Government Kamala Nehru Mahila Mahavidhyalaya Damoh National Webinar on "The Pandemic Pandemonium: Reverse Migration and Its Impact on Indian Economy" held on 11 June 2020.
- 42. Post Graduate Teaching Development of Home Science, Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur National Webinar on "Breast Cancer awarencess & Nutritional Considerationas Need of an Hour" Held on 14th July 2020.
- 43. Govt. Autonomous Girls P.G. College of Excellence Sagar M.P. National Webinar on "Impact of Stress on Human Behaviour and Management" Held on 28 July 2020.
- 44. Govt. Autonomous Girls P.G. College of Excellence Sagar M.P. National Webinar on "The Role Of Libraries in Present Scenario" held on 25 August 2020.
- 45. Akhil Bharatiya Vidyarthi Parishad, Nagpur and IQAC, Rajkumar Kewalramani Kanya Mahavidyalaya, Nagpur National Webinar on "New Education Policy: A Road Ahead" held on 11 August 2020.
- 46. माउन्ट कार्मल कॉलेज, स्वायत्त, बेंगलुरू राष्ट्रीय ई—संगोष्ठी "मीडिया और सिनेमा का बदलता परिदृश्य" दिनॉक 14.8. 2020।
- 47. Institute For Excellence in Higher Education (IEHE), Bhopal One day National Webinar on "Mental Health Issues In Present Scenario" Held on 20 Agust 2020.
- 48. Arts Commerce College, Yeoda One Day National Webinar on "Yoga For Immonity with Respect To The Corrent Scenario" Held on 29th August 2020.
- 49. Govt. M. H. College of Home Science & Science for Women, Autonomous, Jabalpur, m.P. India One day National Webinar On "Challenges and Opportunities of Child Development and Family Life Present Scenario" Held On 24th August 2020.
- 50. Karnataka State Akkamahadevi Women's University, Vijayapura, Karnataka, India Department of food Processing and Nutrition, One Week National Webinar Series on the occasion of National Nutrition Week 2020 on the webinar theme "Nutrition for all ages during covid-19 Pandemic" from 1st September to 7th September 2020.
- 51.Mahila College Khagaul, Patna, National Webinar on "Dietary Patter During the COVID-19 Pandemic" Held on 28.09.2020.

- 52. Chalapathi Institute of Pharmaceutical Science, Guntur, Andhra Pradesh One day National Webinar on "Effect of Covid 19 associated respiratory illness on tumor metastasis" held on 06.09.2020 Sunday.
- 53. Chalapathi Institute of Pharmaceutical Science, Guntur, Andhra Pradesh held on 15/09/2020 Tuesday.
- 54. Rambai Govt. Women PG College, Akbarpur, Ambedkar Nagar National Webinar on "Vegetarianism and Health Management During COVID 19" held on 06th September 2020.
- 55. Arts Commerce College, Yeoda One day national Webinar on "National Education Policy 2020, a Roadmap for Next Two Decades" held on 12th Septembar 2020.
- 56. Sheed Bheema Nayak Govt. P.G. College Barwani M.P. Narional Webinar on "New Education Policy 2020 Challenges and Opportunities in the field of Higher Education" Held on 12th March 2021.
- 57. Government Kamala Nehru Girls College Balaghat M.P. One Day Webinar On "Helthy Lifestyle In Present Scenario."
- 58. Maharanheld Pratap Govt. P. G. College Gadarwara Dist. Narsinghpur M.P. National Webinar on "Role of Financial Inclusion in Women's Empowerment" Held on 8 March 2021.
- 59. Govt. Girls P.G. College of Excellence Sagar M.P. One Day National Webinar on "Women: Respect and Right" Held on 9 March on 2021.
- 60. NITI AAYOG & BHARATIYA SHIKSHAN MANDAL in Collaboration with National Webinar on "Role of Teachers in National Education Policy (NEP) Awareness Orientation Challenges & Response" Held on 7th March 2021.
- 61. Government O.F.K. College Jabalpur M.P. National Webinar on "Effective and Translational Science is an Urgent Need for the Future of Humanity Held on 1 March 2021.
- 62. Maharaja Ganga Singh University, Bikaner (Raj.) has successfully attended the webinar on "Positive Outlook amid Covid -19" held on 1st May 2021.
- 63. Swami Swatantranand Memorial College Dinanagar, Gurdaspur, Punjab, India, One Day National Webinar On "Communication Skills for Effective Learning" heald on March 24, 2021. Organized by Development of Home Science, S.S.M. College, Dinanagar.
- 64. Government College Sarni District Betul Madhya Pradesh National Webinar for "Women Empowerment and Emloyabillity Opportunities" on 13th February 2021.
- 65. Govt. College Tamia, Dist. Chhindawada M.P. One day national webinar on "Communication Skills & Personality Development" On 17th May 2021.

- 66. KRM DAV COLLEGE, NAKODAR One Day National Webinar On "COVID-19: Vaccination Awareness" Held on 19th May 2021.
- 67. Govt. College Tamia Distt. Chhindwara M.P. India Webinar On "Impact of Corona Epidemic on Human Life" Organized by Dept. Of History and IQAC on 28th May 2021.
- 68. Govt. College Tamia Distt. Chhindwara (M.P.) India has successfully participated in webinar on "Role Of Youth in National Building" Organized by Dept. of NSS and IQAC on 21st May 2021.
- 69. Govt. College Tamia, Dist. Chhindwara (M.P.) & Bhoj Study Center, Tamia One Day Webinar . has Successfully participated in Webinar on "Higher Education along with Employment : Perspective of Bhoj University" Organized Dept. of bhoj study center, Tamia and IQAC on 24yh May 2021.
- 70. इतिहास विभाग उच्च अध्ययन शिक्षा संस्थान मानित विश्वविद्यालय गाँधी विद्या मंदिर सरदारशहर एवं शिक्षा संस्कृति उत्थान न्यास, नई दिल्ली प्रान्त जयपुर राष्ट्रीय वेबिनार "कोरोना समाधान भारतीय चिकित्सा पद्धति" दिनॉक 08 मई 2021।
- 71. Swami Swatantranand Memorial College Dinanagar, Gurdspur, Punjab, India One Day National Webinar On "Ways & Means of Research in Social Science" Held On May 28, 2021.
- 72. राष्ट्रीय सेवा योजना इलाहबाद विश्वविद्यालय ऑनलाइन वेबीनार दिनॉक 09 जून 2021 विषय "21वीं शताब्दी की चुनौतियाँ और युवा"।
- 73. K.L.E. Society' Lingaraj College, Belagavi One Day National Webinar On "Covid-19 and India's Vaccine Diplomacy: Retrospect and Prospect" held on 11th June 2021.
- 74. Teacher's Training College Bhaglpur National Webinar on "Redefinting Higher Education Implementation Strategies and Future Roadmay" held on 9th & 10th June 2021.
- 75. Rani Parwati Devi College of Arts & Commerce Tilkwadi, Belagavi National Webinar on "Human Right Amid Covid 19: Choice and Outcomes" Held on 11th June 2021.
- 76. Swami Swatantrand Memorial College Dhingnagar, Gurdaspur, Punjab, India One Day National Webinar on "Ways & Means of Research in Social Science" held on may 28, 2021.
- 77. इलाहबाद विश्वविद्यालय आनलाइन वेबीनार विषय "21 वीं शताब्दी की चुनौतियाँ और युवा" दिनाँक 09 जून 2021 ।
- 78. K.L.E. Society's Lingraj College, Belagavi One Day Natioanl Webinar On "Covid -19 and India's Vaccine Diplomacy: Retrospect and Prospect" Held on 11th June 2021.
- 79. Teacher's Traning College, Bhagalpur Two Day National on "Redefining Higher Education: Implementation Strategies and Future Roadmap" held on 9th & 10th June 2021.

- 80. rani Parwati Devi College of Arts & Commerce Tilkwadi, Belagavi Karnataka, India National Webinar on "Sustainable Development and Health Infrastructure: Post Covid Challenges in Indian Context" held on 12th June 2021.
- 81. Rani Parwati Devi College of Arts & Commerce Tilakwadi, Belagavi Karnataka, India National Webinar on "Challenges and opportunites in commerce and Management" on 19th June 2021.
- 82. soundarya Institute of Management and Science Soundarya Nagara, Sidedahalli, Nagasandra Post, Bangalore One Day National Webinar on "Uninfluenced Mind: A Glorious Life" date: 17.06.2021.
- 83. Lucky Institute of Professional Studies ESI Hospital Road, Kamla Nehru, Jodhpur, Rajasthan, India has participated on national webinar on "Financial Planing Strategies in Post Covid Environment" 6 June 2021.
- 84. SGVC Vidhya Prasarak Trust's MGVC Arts, Commerce and Science College, Muddebihal one day national webinar on "Teacher and Teaching Skill Development in New National Education Policy 2020" on 16.06.2021.
- 85. Swami Swatantranand Memorial College Dinanagar, Gurdaspur, Punjab, India Activly Participated as a Delegate in the National Webinar on "योग द्वारा मानसिक विकास" held on 21st June, 2021.
- 86. Govt. Girls' P.G. College, Rewa (M.P) Participation Certificate "Shri Anna Mahotsav, "Millets: Swasthya evam Swad se Bharpoor" organised by the Internal Quality Assurance Cell, Dept. of Home Science 24–25 March 2023.
- 87. Govt. Home Science P.G. Lead College Narmadapuram M.P. National Webinar on "Changes in Society after Covid-19 Pandemic" held on 21 Feb 2023.
- 88. Govt. Model Science College, Rewa (M.P.) National Webinar on" INDIA'S DEFENACE POLCY AND ITS CHALLENGES" held on 6 Feb 2023.
- 89. Government Nehru P.G. College Deori District Sagar (M.P.) has actively participated in the one day virtual e-webinar on "Outcome Based Education on Teaching Learning" heald on 28 Nov. 2022.

Participated in the Quiz –

- 1. Govt. Dr. Shyama Prasad Mukherjee Science & Commerce College, (Old Benazeer), Bhopal M.P. successfully participated in the quiz "Corona Immunity & Mental Health Awareness Against Covid 19 " by Department of Home Science.
- 2. Maharaja Bhoj Govt. P.G. college Dhar M.P. Has Successfully completed the "Covid 19 Awareness Quiz", 23/05/2020.

- 3. Govt. College, Pathariya has participated and successfully completed online quiz "covid -19: Pandemic Awareness Programme".
- 4. Maharaja Pushpmala raje puar Government Girls College, Dewas M.P. Has successfully attempted the quiz on "Yoga & Health".
- 5. Govt. Kamala Nehru Girls College, Damoh Successfully participated in online "Yoga Awareness Quiz".
- 6. Govt. Kamala Nehru Girls Damoh M.P. Has enthusiastically participated in "Online quiz on Covid 19".
- 7. Sardar Patel college of Engineering, Bakrol has taken the "No Smoking Pledge" on the occasion of World No Tobacco Day 2020" and successfully participated in quiz competition.
- 8. Govt. Girls P.G. College Ujjain M.P. has successfully attempted the "International Covid -19 Awareness quiz".
- 9. Govt. College Junnardeo Chhindwara M.P. has participated and qualified online quiz programme on "World Obesity Awareness".
- 10. Govt. Kamala Nehru Girls College Damoh Successfully participated in online "Yoga Awareness Quiz".
- 11. Gokhale Education Society's Arts, College And Science College has successfully completed "International Solar Energy Quiz" 2020.
- 12. Govt. College Bankhedi Dist. Hoshangabad M.P. has participated in the online quiz.
- 13. Govt. Girls College Badwani M.P. has successfully completed the "Covid-19 awareness with Quiz 2020".
- 14. Shri Vasantrao Pharate Patil College, Mandavgan Pharata, Tal Shirur, Dist Pune, This is to ceritify participated in "Online Quiz based on Covid-19 Awareness Programme April-May 2020"
- 15. Government College, Pathariya has participated and successfully completed online quiz on "International Yoga Day 2020".
- 16. Govt. M.H. college of Home Science and Science for women Jabalpur M.P. has actively participated in online quiz on"मानसिक स्वास्थ्य पर कोविड 19 का प्रभाव".
- 17. Shri Rewa Gurjar Bal Niketan College Sanwad Dist. Khargaone has participated actively in the quiz on "Covid 19 Nutrition and Health Awareness", 6/11/2020.

- 18. Government Kamala Nehru Mahila Mahavidhayalaya Damoh has participated in "Pandemic Covid-19 Awareness Program: Online Quiz", 6/10/2020.
- 19. S.S.Girls College, Gondia successfully completing the quiz on "National Nutrition Week" 1st to 7th September 2020, organized by Food and Nutrition and Home Economics Department.
- 20. Government Kamala Nehru Girls College Balaghat M.P. Has Participate and qualified online quiz programme on "Covid-19 & Indian Herbs", 4.9.2021.
- 21. Govt. M.H. College of Home Science & Science for Women, Jabalpur M.P. the online quiz on "Protective Textiles: A Means to Healthy Living" on 28.8.2020.
- 22. Govt. Girls College, Barawani M.P. online quiz on "Support Brestfeeding for a Healthier Planet" date 7.8.2020.
- 23. Govt. Gorls College Barwani M.P. "Covid 19 Depression and Anxiety" date 6.8.2020.
- 24. Government P.G. College Garhakota, District Sagar M.P. "National level online quiz on covid 19" date 3.7.2020.
- 25. Ordance Factory Khamaria Government College Khamaria Jabalpur M.P. India, The Online quiz on "Brest Feeding and Ayurveda" Date 8.7.2020.
- 26. National Service Scheme Shri Sitaram Jaju Govt Girls P.G. College Neemuch M.P. Participated in Online E-Quiz "World No Tobacco Day Awerness" Date- 6.3.2020.
- 27. Govt. Auto. Girls P.G. College of Excellence sagar M.P. has Participated in online quiz on "Health & Sports" held on 28 to 30 June 2020.
- 28. Institute od Science & Technology for Advanced Studies & Research Has participated in online quiz on "Climate Change: Its Vulnerability, Mitigation & Adaptation" during 2020.
- 29. G.S. Science, Arts And Commerce College Khamgaon Dist. Buldana (Maharashtra) India , has solemnly pledged and participated in online "Covid-19 Pandemic Awareness Quiz 2020"

Date- 23 June 2020.

- 30. Soni College Solapur participated in International E- Quiz on "International Yoga Day" date-21 June 2020.
- 31. Govt. P.G. College Guna M.P. has Participated in online "Environment Awareness Quiz-2020" World Environment Day 5th June 2020.
- 32. Madhyanchal Professional University Bhopal online quiz on "Awareness Programme on Covis-19" date- 24 may 2020 to 31 may 2020.

- 33. Govt. Tulsi College, Anuppur has participated in "National Lavel quiz cum Awareness Programme on Covid 19" Date- 31.5.2020.
- 34. Govt. Girls P.G. College Morar, Gwalior M.P. successfully completing quiz on covid-19 Date-29.5.2020.
- 35. Radha Govind University has been awarded "Covid-19 Awareness Contest 2020, Date 29.5.2020.
- 36. Mar Thoma College has successfully completed a national lavel online awareness test on "Covid-19: Safety and Precaution" Date- 28.5.2020.
- 37. Shri Sitaram Jaju Govt Girls P.G. College Neemuch M.P. participated in online E-Quiz "Food & Nutrition Awareness" date- 28.5.2020.
- 38. Sardar Vallabhbhai Patel Arts and Science College Ainpur Tal-Raver, Dist-Jalgaon (MS) has solemnly pledged and participated in online "State Level Genral Awareness Quiz on Computer Science" Date-28.5.2020.
- 39. Govt. Tilak P.G. College Katni Madhya Pradesh has successfully participated in covid-19 Awareness Quiz .
- 40. Govt. Girls College Barwani has actively participated in online quiz on "Covid -19 Nutritio and Health Awareness" Date -27.5.2020.
- 41. Institution's Innovation Council J.K.K. Nattraja College of Pharmacy for excellent performance in the covis-19 pandemic awareness online quiz date- 26-5-2020.
- 42. School of Studies In Mathematics Vikram University Ujjain M.P. has Successfully qualified quiz cum Awareness Programme on Covid-19 Date 23.5.2020.
- 43. श्री सीताराम जाजू शासकीय कन्या स्नातकोत्तर महाविद्यालय नीमच म.प्र. "कोविड —19 जागरूकता अभियान " दिनॉक— 22 मई 2020.
- 44. Govt. Science College Jabalpur M.P. has enthusiastically participated in the online Covid-19 Awareness Quiz 2020 . Date 14-21 May 2020.
- 45. Maharishi Markandeshwar (Deemed to be University), Mullana has participated and successfully completed online "Covid-19 Awareness Quiz on 21.5.2020.
- 46. Maharshi Markhandeshwar Deemed University "Covid-19 Awareness Quiz" Date 21.5.2020.
- 47. Vivekanand College of Arts and Science for Woman has successfully completed on E-Quiz on "Research Methodology for Social Science Researchers on 21.5.2020.

- 48. S.B.N. Govt. P.G. College Barwani M.P. has participated online quiz "Covid 19 Awareness online quiz" date 21.5.2020.
- 49. Shri Shiv Chhatrapati College Junnar has Participated in the "Corona (Covid 19) Awareness Online Quiz 2020" Date-21.5.2020.
- 50. Bhagwat University Ajmer has completed "Covid-19 Awareness Quiz Event" Date 20.5.2020.
- 51. Department of law, Jawaharlal Nehru Smriti Govt. P.G. College Shujalpur is hereby awared to "Online Quiz on Covid 19 awareness" Date 18.5.2020.
- 52.Government Degree College, Amarwara District Chhindwada M.P. has participates in "National Level Covid-19 Awareness Quiz" on 17.5.2020.
- 53. Govt. M.H. College of Home Science & Science for Women Jabalpur the online quiz on "Covid-19 Diet to boost immunity" Date 16.5.2020.
- 54. Hindu College Moradabad has Successfully passed "Online quiz on Research Methodology" Date- 15 May 2020.
- 55. Govt. Vijaya Rajy Girls P.G. College Morar Gwalior M.P. has successfully completed the online quiz "Covid-19 Awareness Quiz" Date- 6.4.2020.
- 56. JIMS Greater Noida has participated in the Covid-19 and Sustainable Environment Quiz Conducted by BA (JMC) Dept. JIMS, Greater Noida- UP In collaboration with Dept of Journalism & Mass Communication, Mandsaur University on 01-05- June 2021.
 - कैवल्यधाम योग प्रशिक्षण केन्द्र।
 - आर.सी.वी.पी. नरोन्हा—प्रशासन एवं प्रबंधकीय अकादमी, मध्यप्रदेश भोपाल प्रमाण पत्र ।
 - राष्ट्रीय सेवा योजना महाविद्यालय स्तरीय नेतृत्व प्रशिक्षण शिविर शासकीय कमला नेहरू महिला महाविद्यालय दमोह म.प्र. प्रमाण पत्र ।
 - FIT India Program Govt. Kamala Nehru Mahila Mahavidhyalaya Damoh M.P.
 - RCVP Noronha Academy of Administration and Management, Madhya Pradesh, Bhopal Online Short Term Self Employment Traning Course Conducted From 08.02.2021 to 09.03.2021 as Menter. This training course has been sponsored by Swami Vivekanand Career Guidance

Scheme, Higher Education Department, Government of Madhya Pradesh.

- International School of Thechnology & Sciences For Women approved by AICTE New Delhi, Affiliated to JNTU Kakinada East Ganugudem Rajanagaram A Two day online Global Summit on "Enhancing Women Empowerment through Entrepreneurship" 21st and 22nd June 2021.
- KRM Dav College, Nakodar Department of Home Science Online Summer Camp 5 day Online Summer Camp held form 14-18 June 2021.
- Research Guide in Home science subject & 01 Research Scholor.

डॉ. आराधना श्रीवास सहायक प्राध्यापक एवं विभागाध्यक्ष गृह विज्ञान शासकीय कमला नेहरू महिला महाविद्यालय दमोह म.प्र.