

## CURRICULUM VITAE

**Dr. Upasana**

Assistant Professor, Mahila College Dalmianagar, Dehri-on – Sone, Rohtas, Bihar,  
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### Objective

To utilize my teaching and learning skills towards a challenging career in growth that will provide mutual benefits to the students, organization and ultimately to the society

### Brief Profile

- A dynamic professional currently working as Assistant Professor in Department of Home Science, Mahila College Dalmianagar, Dehri- on – Sone, Rohtas, Bihar
- Committed academician with track record of effective teaching and research in multi-disciplinary areas
- Expertise in planning and monitoring professional development strategies for the students
- Gold Medalist in Graduation and Post-Graduation from Banaras Hindu University
- Earned 27.75 Non-Physician AMA PRA Category 1 Credits™ from Stanford University School of Medicine, United States

### Educational Qualifications

Degree	University	Subject	Year
B. Sc. (Hons.)	Banaras Hindu University	Home Science	2009
M. Sc.	Banaras Hindu University	Home Science (Food and Nutrition)	2011
Ph.D Course Work	Banaras Hindu University	Home Science (Food and Nutrition)	2013
Ph.D			2019
Certificate Programme in Food Safety	IGNOU	Introduction to Food Safety, Hazards to Food Safety, Food safety and Quality Assurance	2012
Diploma in Nutrition and Health Education	IGNOU	DNHE1, DNHE2, DNHE3, DNHE4	2015

### Positions and Responsibilities

- Assistant Professor, Mahila College, Dalmianagar, Dehri – on – Sone, Rohtas, Bihar since 10<sup>th</sup> of July, 2018.
- Deputy Proctor, Mahila College, Dalmianagar, Dehri – on – Sone, Rohtas, Bihar since August, 2018.
- Nodal officer, Ek Bharat Shreshtha Bharat, Bihar – Tripura & Mizoram since December, 2019.
- Member - Sports Committee, Mahila College, Dalmianagar, Dehri – on – Sone, Rohtas, Bihar since August, 2019.
- Member – Internal Quality Assurance Committee (IQAC), Mahila College, Dalmianagar, Dehri – on – Sone, Rohtas, Bihar since September, 2020.

- Member - Admission Committee, Mahila College, Dalmianagar, Dehri – on – Sone, Rohtas, Bihar since September, 2020.
- Member - College Development Committee, Mahila College, Dalmianagar, Dehri – on – Sone, Rohtas, Bihar since September, 2020.
- Member – H.Ed Post Portal, Mahila College, Dalmianagar, Dehri – on – Sone, Rohtas, Bihar since September, 2020.
- Member – Website Management Committee, Mahila College, Dalmianagar, Dehri – on – Sone, Rohtas, Bihar since September, 2020.
- Acted as an **Internal Expert** in the subject of Home Science at Mahila College, Dalmianagar, Dehri – on – Sone, Rohtas in Bihar Intermediate School of Examination, 2019 and 2020.

### **Honours and Awards**

1. **Reviewer in Current Research in Nutrition and Food Science** with online ISSN: 2322 – 0007 from 9 December, 2019.
2. **Senior Research Fellowship** (2013 – 2016) awarded by University Grants Commission, New Delhi, Government of India.
3. **Reviewer in International Food Research Journal** with online ISSN: 2231 – 7546 from 21 August 2016.
4. **Reviewer in Nutrition Reviews Journal** having impact factor 5.541 with online ISSN: 1753 – 4887 from 10 February 2014.
5. Acted as a **Rapporteur** in National Seminar on Role of Home Science in Development of Community and Nation held at Department of Home Science, Mahila Mahavidyalaya, Banaras Hindu University, Varanasi (UP) – 221005 on November 02 – 03, 2012.
6. **Best poster presentation** in International Science Congress 2012.
7. Qualified **UGC National Eligibility Test for Junior Research Fellowship (JRF) and Lectureship June, 2011.**
8. Qualified **UGC National Eligibility Test for Lectureship (LS) December, 2010.**
9. **B.H.U GOLD MEDAL** for standing First in Home Science at M.A/ M.Sc Examination of 2011.
10. **Dr. (Mrs.) Annapurna Shukla Gold Medal** for securing the highest percentage of marks in M.A/M.Sc Home Science Examination, 2011.
11. **Smt. Sheela Sapre Memorial Cash Prize** for securing the highest percentage of marks in M.A/M.Sc Home Science Examination, 2011.
12. **B.H.U Prize** for standing First in B.A/ B.Sc (H), Pt III Home Science Examination, 2009.
13. **Dr. (Smt.) S. Janki Prize** for securing highest percentage of marks in B.A/ B.Sc (H), Pt III Home Science Exam 2009 amongst the students of women's college.
14. **Rani Vishnupal Kumari Prize** for standing First in B.A/ B.Sc (H), Pt III Home Science Examination, 2009.
15. Certificate of merit for stood first in Home Science at the B.Sc (Hons.) Pt III Examination of 2009.
16. Certificate of merit for stood first in Home Science at the B.Sc (Hons.) Pt II Examination of 2008.

## Research Experience

**Doctoral Research** - 01<sup>st</sup> September 2011 to 06 April 2017

**Thesis Title-** Assessment of Proinflammatory Markers And Effect Of Hypocaloric Diet Suggested With Dairy Food Products Among Overweight And Obese Working Women In B.H.U.

## Teaching Experience

- **2 years and 2 months of teaching experience** (Intermediate and Undergraduate students) as Assistant Professor in Department of Home Science, Mahila College, Dalmianagar, Dehri – on – Sone, Rohtas, Bihar.
- **2 years and 6 months of teaching experience** (undergraduate students) as research scholar in department of Home Science, Banaras Hindu University, Varanasi.

## Publications

1. **Upasana, Pandey, V., Chakravarty, A., Tripathi, Y.B., Gupta, K.K., (2020).** Impact of Hypocaloric Diet Suggested with Dairy Food Products on selected biomarkers of weight gain in overweight and obese working women. *Indian Journal of Nutrition*, 7(1):211.
2. **Upasana, Chakravarty, A., Gupta, K.K., & Tripathi, Y.B. (2016).** Assessment of socio-demographic profile, nutritional status, nutrient intake and food consumption pattern of overweight and obese vegetarian, eggitarian and non – vegetarian women. *International Journal of Health Sciences and Research*, 6(4), 429-438.
3. **Upasana, Chakravarty, A., Gupta, K.K., & Tripathi, Y.B. (2016).** Trend of obesity, socio-economic status and nutrient intake of overweight and obese working women. *International Journal of Allied Medical Sciences and Clinical Research*, 4(1), 1-9.
4. **Upasana, Chakravarty, A., Gupta, K.K., & Tripathi, Y.B. (2016).** Association of age with obesity related health risk, physical activity level and dietary intake among overweight and obese working women. *American Journal of Pharm Tech Research*, 6(1), 153-164.
5. **Upasana, Chakravarty, A., Gupta, K.K., & Tripathi, Y.B. (2015).** Anthropometric measurements, food consumption pattern and nutrient intake of overweight and obese working women in BHU, Varanasi. *International Journal of Trends in Medical Science*, 4(12), 123-143.
6. **Parveen, S., Upasana, & Chakravarty, A. (2015).** Interplay between calorie restriction, antioxidant and mitochondrial metabolism. *International Journal of Development Research*, 5(12), 6162-6166.
7. **Upasana, Parveen, S., & Chakravarty, A. (2015).** Impact of calorie restriction on Epigenetic factors and metabolic pathways during senescence. *Food Science Research Journal*, 6(1), 148-157.
8. **Upasana & Chakravarty, A. (2015).** Prevalence of obesity, food consumption pattern and dietary intake of working women in B.H.U., Varanasi, Uttar Pradesh. *Food Science Research Journal*, 6(1), 29-34.
9. **Upasana, Parveen, S., & Chakravarty, A. (2014).** Effect of microwaving on different food and biological systems. *Asian Journal of Home Science*, 9(2), 650 – 654.
10. **Upasana, Chakravarty, A., Chaturvedi, A., & Tripathi, Y. B. (2013).** Assessment of milk clotting activities of plant latex. *Asian Journal of Home Science*, 8(2), 456 – 460.
11. **Upasana & Singh, M. (2012).** Study about the awareness of genetically modified foods among adolescent girls in B.H.U, Varanasi, India. *Anusilana*, 41, 161 – 164.

## **Book Chapter Publication**

1. Chapter titled “Weight Management – Inflammation” published in Book titled “Weight Management” edited by Hubertus Himmerich in IntechOpen publication, IntechOpen Limited, London, United Kingdom. ISBN No. 978-1-83962-543-5. DOI: [10.5772/intechopen.92380](https://doi.org/10.5772/intechopen.92380).

## **Dissertations**

1. Nutritional Status and Eating Practices among Research Scholars residing in BHU Campus, Varanasi city in the year 2014 from Indira Gandhi National Open University.
2. Assessment of milk clotting activity from selected plant sources in the year 2011 from Banaras Hindu University, Varanasi, Uttar Pradesh.
3. Study about the awareness of Genetically Modified Foods among Adolescent Girl’s in B.H.U in the year 2009 from Banaras Hindu University, Varanasi, Uttar Pradesh.

## **AMA PRA Category 1 Credits™ (Non-Physician)**

1. Participated for 1.25 hours in the Live Activity titled Project ECHO Diabetes in the Time of COVID-19: Diabetes Disparities in the Time of COVID-19 on 22<sup>nd</sup> July, 2020 organised by Stanford University School of Medicine, United States.
2. Participated for 1.25 hours in the Live Activity titled Project ECHO Diabetes in the Time of COVID-19: Tackling Therapeutic Inertia: American Diabetes Association Standard of Care Updates on 8<sup>th</sup> July, 2020 organised by Stanford University School of Medicine, United States.
3. Participated for 1.25 hours in the Live Activity titled Project ECHO Diabetes in the Time of COVID-19: Insulin Dosing & Therapeutic Inertia in the Time of COVID-19 on 1<sup>st</sup> July, 2020 organised by Stanford University School of Medicine, United States.
4. Participated for 2.75 hours in the Enduring Material titled Medicine, Media and Misinformation Series (Part 1) on 1<sup>st</sup> July, 2020 organised by Stanford University School of Medicine, United States.
5. Participated for 5.25 hours in the Live Activity titled Medicine, Media and Misinformation on 30<sup>th</sup> June, 2020 organised by Stanford University School of Medicine, United States.
6. Participated for 1.25 hours in the Live Activity titled Project ECHO Diabetes in the Time of COVID-19: Identifying High Risk Diabetes Patients for COVID-19 Triage on 24<sup>th</sup> June, 2020 organised by Stanford University School of Medicine, United States.
7. Participated for 1.25 hours in the Live Activity titled Project ECHO Diabetes in the Time of COVID-19: COVID-19 & Sick Day Management for People with Diabetes on 17<sup>th</sup> June, 2020 organised by Stanford University School of Medicine, United States.
8. Participated for 1.00 hour in the Enduring Material titled Best Practices in Telehealth Seminar Series: Panel Discussion on 12<sup>th</sup> June, 2020 organised by Stanford University School of Medicine, United States.
9. Participated for 1.25 hours in the Live Activity titled Project ECHO Diabetes in the Time of COVID-19: Platforms to Support Remote Diabetes Monitoring in your Practice in the Time of COVID-19 on 10<sup>th</sup> June, 2020 organised by Stanford University School of Medicine, United States.
10. Participated for 1.25 hours in the Live Activity titled Project ECHO Diabetes in the Time of COVID-19: Continuous Glucose Monitoring (CGM) & Beyond A1c Targets in the Time of COVID-19 on 3<sup>rd</sup> June, 2020 organised by Stanford University School of Medicine, United States.
11. Participated for 1.25 hours in the Live Activity titled Project ECHO Diabetes in the Time of COVID-19: Diabetes Patient Needs in the Time of COVID-19 on 27<sup>th</sup> May, 2020 organised by Stanford University School of Medicine, United States.
12. Participated for 1.25 hours in the Live Activity titled Project ECHO Diabetes in the Time of COVID-19: Leveraging Telehealth and Remote Monitoring to Support Patients with

Diabetes on 20<sup>th</sup> May, 2020 organised by Stanford University School of Medicine, United States.

13. Participated for 5.00 hours in the Live Activity titled International COVID-19 Conference on 15<sup>th</sup> May, 2020 organised by Stanford University School of Medicine, United States.
14. Participated for 2.50 hours in the Enduring Material titled Introduction to Food and Health on 14<sup>th</sup> May, 2020 organised by Stanford University School of Medicine, United States.

### **Workshops / Trainings / Induction**

1. Participated in two weeks Faculty Development Programme on “Enhancing Psychological Skills for Teaching and Practice” organised by Teaching Learning Centre, Ramanujan College, University of Delhi from 15<sup>th</sup> September, 2020 to 29<sup>th</sup> September, 2020.
2. Participated in one-week Online Training Program on ICT Tools for Teaching, Learning and Administration organised by Department of Education and Communication, J K Institute of Applied Physics and Technology, University of Allahabad from 4<sup>th</sup> August to 10<sup>th</sup> August, 2020.
3. Participated in one-week Faculty Development Programme on “LaTeX and Xfig” organised by Department of Chemistry, Jawahar Lal Nehru College, Dehri on Sone in association with IIT – Bombay Spoken Tutorial, remote training during COVID-19 outbreak (An initiative of National Mission on Education through ICT, MHRD, Govt. of India) from 9<sup>th</sup> May to 15<sup>th</sup> May, 2020.
4. Completed and received a passing grade in SPU27.1x: Science & Cooking: From Haute Cuisine to Soft Matter Science (Chemistry) a course of study offered by HarvardX, an online learning initiative of Harvard University on 28<sup>th</sup> April, 2020.
5. Completed Diploma in Diet Planning from Fab Academy Fabulous Body Inc California, United States, CPD – 15 hours, dated on 11<sup>th</sup> of April, 2020.
6. Participated in six-week online course organised by agMOOCs in e - Extension, completed on 3<sup>rd</sup> December, 2019.
7. Participated in one-month Faculty Induction Programme under Pandit Madan Mohan Malaviya National Mission on Teacher and Teaching (PMMMNMTT) MHRD, FOR Newly Appointed Teachers of Higher Education Institutions organised by School of Education, Faculty of Education from 2<sup>nd</sup> September to 01<sup>st</sup> of October 2019.
8. Participated in six-week online course organised by agMOOCs in Employment Generation among Rural Youth through Agripreneurship, completed on 30<sup>th</sup> July 2019.
9. Participated in four-week online course organised by agMOOCs in Functional Foods: Concept, Technology and Health Benefits, completed on 19<sup>th</sup> November 2018.
10. Completed six months “Registered Dietician Internship” in Nutrition & Dietetics department in Apollo Hospitals, Bangalore from 3<sup>rd</sup> July 2017 to 2<sup>nd</sup> January 2018.
11. Participated in 15<sup>th</sup> Orientation Course in Women’s Studies organised by Centre for Women’s Studies and Development, Faculty of Social Sciences, Banaras Hindu University, Varanasi from 18<sup>th</sup> November to 02<sup>nd</sup> December 2014.
12. Participated in National Workshop on Research Methodology organised by Department of Home Science, Banaras Hindu University, Varanasi – 221005 from 01<sup>st</sup> of April 2014 to 07<sup>th</sup> of April 2014.
13. Participated in UGC Sponsored, 01<sup>st</sup> Interaction Programme for Ph.D. Scholars organised by UGC Academic Staff College, Banaras Hindu University, Varanasi – 221005 from 06<sup>th</sup> of August 2013 to 26<sup>th</sup> of August 2013.
14. Participated in Technology Entrepreneurship Development Programme in Food Processing



organised by Technology Business Incubator, Indian Institute of Technology, Banaras Hindu University, Varanasi from 3<sup>rd</sup> of August 2012 to 01<sup>st</sup> of September 2012.

15. Participated in a National Workshop on Research Methodology and Statistical Analysis in association with SPSS South Asia Pvt. Ltd. Organised by Faculty of Management Studies, Banaras Hindu University from 19<sup>th</sup> of March 2012 to 24<sup>th</sup> of March 2012.
16. Participated in four days Yoga Camp organised by Banaras Hindu University Student's Council during 28 January 2012 to 28 February 2012 in Eight Phases.
17. Participated in a National Workshop on Research Methodology in Social Sciences and Humanities: Exploring Interdisciplinary Perspectives organised by Centre for Study of Social Exclusion and Inclusive Policy, Faculty of Social Sciences, Banaras Hindu University, Varanasi – 221005 from 24<sup>th</sup> of November 2011 to 30<sup>th</sup> of November 2011.
18. Completed training on Food Safety and Quality Control for milk and its products organised by Parag Dairy, Office of Dugdh Utpadak Sahkari Ltd, Industrial Area, Ramnagar, Varanasi from 05<sup>th</sup> of May 2011 to 31<sup>st</sup> of May 2011.
19. Participated in Youth Empowerment and Skills workshop (YES+) from 26<sup>th</sup> of August 2010 to 29<sup>th</sup> of August 2010 organised by THE ART OF LIVING.
20. Completed training on Dhaba, Fast Food and Restaurant organized by Udhyaan Evam Khadhya Prashakaran Vibhag, Uttar Pradesh in the session 2010 – 11 from 21<sup>st</sup> of July 2010 to 03<sup>rd</sup> of August 2010.
21. Completed training on food preservation, cookery and bakery organized by Udhyaan Evam Khadhya Prashakaran Vibhag, Uttar Pradesh from 06<sup>th</sup> of August 2009 to 05<sup>th</sup> of September 2009.

#### **Seminar / Conferences: Participated / Presented**

1. Participated in International B.H.U alumini meet (IBAM) & Seminar on ***“Science and Religion: Mahamana's Vision”*** held on 23 – 24 November, 2015 organised by Banaras Hindu University, Varanasi – 221005, India.
2. Participated and presented a poster entitled ***“Prevalence of Metabolic Syndrome and Assessment of Nutritional and Biochemical Parameters of Overweight and Obese Working Women”*** in 19<sup>th</sup> World Congress in Clinical Nutrition – 2015 under the theme of Eco – friendly Agricultural, Food and Nutritional Approach for Sustainable Global Health organised by Institute of Medical Sciences, Banaras Hindu University, Varanasi – 221005, India from March 13 – 15, 2015.
3. Participated and presented a poster entitled ***“Assessment of obesity markers, dietary intake and physical activity level of obese working women in B.H.U., Varanasi”*** in 46<sup>th</sup> Annual National Conference of Nutrition Society of India held on 6 – 8 Nov, 2014 at Dayanand Medical College and Hospital, Ludhiana, Punjab (INDIA).
4. Participated and presented a paper entitled ***“Prevalence of obesity among working women in BHU, Varanasi”*** in 12<sup>th</sup> International Asian Urbanisation Conference under the focal theme of Urban Dynamics, Environment and Health: Challenges for the Twenty First Century organised by Department of Geography, Faculty of Science, Banaras Hindu University, Varanasi – 221005, U.P. India on December 28 – 30, 2013.
5. Co- authored a poster entitled ***“Mitochondria, ROS production and Calorie Restriction”*** presented in an International Conference on Food Technology: Impact on Nutrition and Health, organised by International Institute of Food and Nutritional Sciences, New Delhi on December 23 – 24, 2013.
6. Participated and presented a paper entitled ***“Mini Review: Microwave Cooking –An Issue***

*of Food Safety*” in National Seminar on Sustainable Production of Nutritive Food, sponsored by the Government of Uttar Pradesh organised by U P Rajarshi Tandon Open University held on 11 – 12 December, 2013.

7. Participated and presented a Poster entitled “*Can calorie restriction delays the cellular metabolism leads to senescence*” in UGC and ICMR sponsored National Seminar in collaboration with IAAP and RPA on Old Age: Psycho – Social and Biological Problems and Management, organised by Department of Psychology, Jai Narain Vyas University, Jodhpur 342001 (Rajasthan) held on March 02 and 03, 2013.
8. Participated and presented a Poster entitled “*Exploring milk clotting enzyme for cheese making from plant sources*” in 02<sup>nd</sup> International Science Congress held at Bon Maharaj Engineering College, Vrindavan, Mathura, UP, India on 08<sup>th</sup> – 09<sup>th</sup> December, 2012.
9. Participated and presented a Poster entitled “*Effect of Diet on Proinflammatory Markers in Obesity*” in 45<sup>th</sup> Annual National Conference of IDA- 2012 held at National Institute of Nutrition, Hyderabad on 29<sup>th</sup> November – 01<sup>st</sup> December, 2012.
10. Participated and presented a Paper entitled “*Role of Mediterranean diet in combating the epidemiology of Syndrome X*” in National Seminar on Role of Home Science in Development of Community and Nation held at Department of Home Science, Mahila Mahavidyalaya, Banaras Hindu University, Varanasi (UP) – 221005 on November 02 – 03, 2012.
11. Participated and presented a Paper entitled “*The role of Self-Help Groups in Women Empowerment*” in International Seminar on Poverty and Humanitarianism: Challenges and Challenges, sponsored by University Grants Commission, New Delhi, held at Department of Sociology, Mahatama Gandhi Kashi Vidyapith, Varanasi on February 11 – 12, 2012.
12. Participated and presented a Poster entitled “*Assessment of milk clotting activity from different vegetable sources*” in National Seminar on Recent Advances in the Development of Fermented Foods, held at Centre of Food Science and Technology, Institute of Agricultural Sciences, Banaras Hindu University, Varanasi on 08 – 09 April 2011.
13. Participated in National Youth Day Seminar organised by Department of Extension Education, Institute of Agricultural Sciences, Banaras Hindu University from January 11 – 12, 2009.
14. Participated in National Seminar in Home Science, organised by Department of Home Science, Mahila Mahavidyalaya, Varanasi from 9<sup>th</sup> of December to 10<sup>th</sup> of December, 2006.

## Webinars

1. Participated in National Webinar Series on Immuno-Nutrition, Wellness Management & Livelihood Change organised by AICRP on Women in Agriculture, Assam Agricultural University Jorhat in association with ICAR-CIWA Bhubaneswar from 3rd July to 5th July, 2020.
2. Participated in two days National Webinar on Enhanced Employability for Home Science in Current Scenario organised by Post Graduate Teaching Department of Home Science Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur on 22nd & 23rd June, 2020.
3. Participated in the national webinar on “Role of agriculture and allied sciences towards global food security” jointly organised by Society of Biological Sciences and Rural Development, Prayagraj, Uttar Pradesh and Ram Sewak Singh Mahila College, Sitamarhi, Bihar from 13th to 15th June, 2020
4. Attended an e-webinar on “Watch What You Eat to Fight COVID-19 Pandemic” organised by IQAC Committee and Department of Food, Nutrition & Dietetics of Sir Vithaldas Thackersey College of Home Science (Autonomous), SNDT Women’s University on 4th June, 2020.

5. Participated in one day National Webinar on “Effect of COVID-19 on Family and Society in India” organised by Mahila Mahavidyalaya, Banaras Hindu University (B.H.U.), Varanasi on 27<sup>th</sup> May, 2020
6. Participated and presented a paper entitled “COVID-19 Concept & Stigma” in Two Days International Webinar on “COVID 19: Life Challenges and Strategies” organised by PG Department of Psychology, Veer Kunwar Singh University, Ara (Bihar) in association with Bhartiya Manovigyan Parishad.

### **Extra – curriculum activities**

1. Participated in Atmanirbhar Bharat – Swatantra Bharat Quiz organised by Ministry of Defense & MyGov.
2. Participated in the AYUSH Sanjivani Quiz organised by Ministry of AYUSH & MyGov.
3. Participated in the Ek Bharat Shreshtha Bharat Quiz organised by Ministry of Tourism & MyGov.
4. Participated in Quiz “Do you know your Census?” organised by Office of the Registrar General & Census Commissioner & MyGov
5. Participated in World Environment Day 2020 online public awareness quiz conducted by Department of Zoology & Hindi, Jai Prakash Mahila College, J.P.University, Chapra
6. Participated in the International COVID-19 Awareness Quiz organised by Department of Zoology and Biotechnology, Govt. Girls P.G. College, Ujjain (M.P.)
7. Participated in online quiz conducted as part of Global Biodiversity Day 2020 and awareness on COVID-19 organised by Climatehood Foundation
8. Participated in online quiz on “COVID-19 Awareness” organised by Govt. Girls (Nodal) PG College, Vidisha (M.P.).
9. Participated in online Quiz and Awareness Program on Science and COVID-19 organised by Department of Chemistry, Jawahar Lal Nehru College, Dehri-on-Sone, Rohtas, Veer Kunwar Singh University, Ara, Bihar
10. Participated in the online Quiz program on the theme of “Coronavirus/COVID-19 Pandemic: A General Awareness Drive” organised by S.G.G.S. College, Patna City, Patliputra University, Patna
11. Participated actively in Online Program “World Blood Donor Day Awareness Quiz” jointly organised by NCC and NSS, M.S.K.B College, Muzaffarpur during pandemic crisis.
12. Participated in “COVID-19 Pandemic Awareness Quiz Campaign” organised by the Dept. of Psychology, L.N. College, Bhagwanpur, Vaishali, Bihar
13. Participated in the “UMANG App Quiz Expert” organised by UMANG and MyGov.
14. Participated in Rangoli Competition organised by SNPG Hostel, Banaras Hindu University, Varanasi in 2015
15. Participated in Mehendi Competition organised by SNPG Hostel, Banaras Hindu University, Varanasi in 2015
16. Participated in Home Science Exhibition organised by Mahila Mahavidyalaya, Banaras Hindu University, Varanasi in the academic year 2008 – 09.
17. First prize in the Kho – Kho event organized by Mahila Mahavidyalaya, Athletic Association, Annual Games and Sports, BHU in the academic year 2008 – 2009.



## Personal Profile

Father's Name : Shri Narendra Kumar Mandal  
Mother's Name : Smt. Renu Devi  
Husband Name : Mr. Nirmal Kumar  
Date of Birth : 02<sup>nd</sup> of September 1987  
Languages known : English and Hindi  
Marital status : Married  
Nationality : Indian  
Address : Plot No. : A3/24, Purnendunagar, Khojaimly Mazaar, Phulwarisharief,  
Patna, (Bihar), Pin Code: 801505.

## References

<p><b>DR. (MRS.) ARCHANA CHAKRAVARTY</b> (Supervisor), <b>PROFESSOR AND HEAD, DEPARTMENT OF HOME SCIENCE, MMV, BHU, VARANASI – 221005, UP, INDIA</b> Mobile No.: 9450252153 E-mail: <a href="mailto:archana.nutrition@gmail.com">archana.nutrition@gmail.com</a></p>	<p><b>DR. YAMINI BHUSAN TRIPATHI (Co – supervisor), PROFESSOR, DEPARTMENT OF MEDICINAL CHEMISTRY, INSTITUTE OF MEDICAL SCIENCES, BHU – 221005, UP, INDIA</b> Mobile No.: 9415694450 E-mail: <a href="mailto:yamini30@gmail.com">yamini30@gmail.com</a></p>	<p><b>DR. (MRS.) KALPANA GUPTA, PROFESSOR AND EX - HEAD, DEPARTMENT OF HOME SCIENCE, MMV, BHU, VARANASI – 221005, UP, INDIA</b> Mobile No.: 9651728767 E-mail: <a href="mailto:kgupta_bhu@gmail.com">kgupta_bhu@gmail.com</a></p>
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## Declaration

*I hereby declare that information given above is true to the best of my knowledge.*

Upasana