


Curriculum Vitae

Full Name	Dr. REKHA NAITHANI			
Designation	Professor			
Department	Home Science			
Campus	BGR Campus, Pauri			
Address	Department of Home Science H.N.B. Garhwal University BGR Campus, Pauri			
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Education Qualification	Degree (Year), University		Division	
1. High School	UP Board ,1977		I st Division	
1. B.Sc. Home Science	GB Pant Uni. of Ag. & Technology, Pantnagar, 1982		I st Division	
2. M.Sc.(Foods & Nutrition)	GB Pant Uni. of Ag. & Technology, Pantnagar, 1985		I st Division	
3. Ph.D.(Home Science),	Uni. of Rajasthan, Jaipur, 2008			
Teaching Experience	34 Years	Research Experience	22 Years	
Research Interest and Fields of Specialization- Foods and nutrition				
1. Community nutrition 2. Community health				
Member of Academic Institutions				
1. Expert for Ph. D. Thesis evaluation of Banaras Hindu University, Kumaon University, Nainital, MJP Rohilkhand University, UP. Lucknow University, University of Rajasthan.				
2. Paper setter of Sridev Suman University, CCS University , Meerut, MJP Rohilkhand University, UP., SGRR University, Dehradun				
3. Paper setter of Uttarakhand Education and examination Board, Uttarakhand				
4. External examiner for home science practical exams of Kumaon University, Rohilkhand University , Meerut University, Uttarakhand Technical Uni. Uttarakhand Open University, Sridev Suman University				
5. Subject expert of BOS home science, Kumaon University, Sridev Suman University, Uttarakhand Technical University, Uttarakhand Open University , SGRR University, Dehradun				
6. Subject expert of Lok Sewa Aayog, Uttarakhand, Lok Sewa Aayog, HP				

<p>Membership of Scientific Organization</p> <p>(I) Life Member, Nutrition Society of India (Reg No. 373/2000). (II) Life Member, Home Science Association of India (Reg No.111/2002). (III) Life Member, Society for Himalayan Action Research & Development (SHARAD) HNBGU Campus Pauri. (IV) Term Membership, IJPE, No-437(2015) (V) Life member ,Indian Dietetic Association (LM-850/2012)</p>
<p>Research Supervision (No of Ph.D. Degree Awarded)- 06 Registered - 02</p>
<p>Research Projects</p> <p>1. Project of UGC- Minor Project of UGC entitled” Study of Natural Dyes and Mordant used by the Tribes of Garhwal Uttarakhand”. Total Cost= Rs 2,00,000/- (Completed)</p> <p>2. Project of UCOST entitled "Educating Adolescent Girls and Young Women on Health and Hygiene Related Issues in District Pauri of Uttarakhand", Total Cost = Rs 3,00,000/- (Completed)</p>
<p>Administrative Experience</p> <p>(I) Working as Head Home Science Department from 1990 to 2nd March 2022 (II) Convener, Board of studies Home Science HNB Garhwal University (1995 to 2 March 2022) (III) Convener, RDC Home Science, HNG Garhwal University (2004 till date) (IV) Member, Executive Council, HNB. Garhwal University (Jan 04 to Jan 05). (V) Member, Art Faculty Board, HNB Garhwal University. (VI) Member, Hindi Rajbhasha Prakosth, HNB Garhwal University (2010) (VII) Member, Selection Committee Home Science (VIII) Member, Selection Committee Home Science (Guest Faculty) (2010, 2013, 2014) (IX) Member, Academic Council, HNB Garhwal University. (X) Worked as Proctor Pauri campus (XI) Worked as Programme Officer NSS, HNB Garhwal University Pauri Campus (XII) Worked as ADSW</p>
<p>Conference/Symposium/Workshop Attended :</p> <p>International</p> <p>1. Presented a research paper entitled ‘ ‘ Food habits and Food Consumption Pattern of Women from Hindu and Muslim Families from Hills of Pauri Garhwal: A Study’ ’ in 2nd International Workshop on Micronutrient and Child health (MCHWS-2014) AIIMS, New Delhi, Nov 3-4th ,2014.</p> <p>2. Attended World Congress for Man and Nature at Gurukul Kangri Vishwavidyalaya, Haridwar,</p>

2011.

National;

1. Presented paper entitled” *A Study of Nutritional Status of Bhotia Tribe*” in National Seminar on The Himalayas: At The Cross- Roads of Environment and Development organized by Dept. of Geography, BGR Campus, HNBGU, Pauri on 26-27th May, 2019.
2. Participated in One Day Workshop on Intellectual Property Rights Organized by UCOST and BGR Campus,HNBGU, Pauri, 26th March 2019
3. Presented paper entitled” *Role of Nutraceuticals in Health and Disease: A Review*” in 1st Annual Conference of SHARAD on Recent Advances in Chemical and Nano Sciences organized by Dept.of Chemistry, BGR Campus HNBGU, 29-30th October, 2018.
4. Presented paper entitled “ *Gender Inequality Continues to be Problem For Indian Women*” in National Seminar on Women Safety in 21 Century: Problems and Challenges organized by CL College Landhora, Roorkee, October 21st, 2018.
5. Participated in the National Workshop on Role of Open Educational Resources in Higher Education (ROERHE) organized by Faculty Development Centre, HNB Garhwal University, Srinagar from 15-17th Dec. 2017.
6. Presented paper entitled” *Use of Ayurveda and Yoga for Better Health: A Review*” in 86th Annual Conference of Society of Biological Chemists(SBC-2017) on Emerging Discoveries in Health and Agricultural Sciences organized by School of Life Sciences JNU, New Delhi from 16-19 Nov. 2017
7. Presented paper on “ *Novel Foods*” in AMIFOST-2017: National Conference on Food Safety, Nutrition Security and Sustainability organized by Amity Institute of Food Technology, Amity University Campus, Noida, UP on 26th Sept. 2017.
8. Presented paper entitled“ *Nutritional status of college going girls of Pauri , Uttarakhand: A study*” in 11th Science Congress of UCOST organized by Uttarakhand State Council of Science and Technology , Vigyan Dham, Jhajjara, Premnagar, Dehradun, 2-4th March, 2017.
- 9 . Presented a research paper entitled “ *Nutrition and Dietetics : A Healthy Choice*” in National Conference on Professional Possibilities of Home Science Studies in today’s scenario organized by Department of home science, MMPG college of home science, Satikund , Haridwar, Feb 4th 2017.
10. Presented a research paper entitled “ *Nutritional status of Elderly in Pauri City- A Study*” in National Seminar on Vision India: Empowering Youth, Methodist Girl’s PG College & Susana Girl’s B. Ed. College, Roorkee, Haridwar, March 18-19th, 2016.
- 11 . Presented a research paper entitled “ *Effect Adolescent Girls Awareness about Health and*

Hygiene Related Issues in Pauri District of in 10th Uttarakhand State Science & Technology Congress, at UCOST, Vigyan Dham, Dehradun, Uttarakhand. Feb.10-12th, 2016.

12- Presented a research paper entitled ‘‘ *Effect of Child Marriage on Nutritional Status of Women from Pauri Garhwal*’’ in 9th Uttarakhand State Science & Technology Congress, at UCOST, Vigyan Dham, Dehradun, Uttarakhand. Feb. 26-28th, 2015.

13. Presented paper in 8th Uttarakhand State Science and Technology Congress- 21-23 Nov. 2013. Doon University, Dehradun .

14. Presented paper in 7th Uttarakhand State Science and Technology Congress- Nov. 2012. Graphic Era University, Dehradun .

15. Paper presented in National level Conference on Empowerment of Women In Uttarakhand, 2011. BSM College, Roorkee.

16. Participated in the two day capacity building programme for awareness on PC-PNDT ACT as Master Trainer, Project SHRINKHLA-2010, organized by MKP(PG) College Dehradun 23-24 Feb, 2010.

17. Attended National Seminar on Decentralized Governance, Regional Development and Women Empowerment, organized by SAP Department of Political Science and Women Studies Centre, HNB Garhwal University, Srinagar, Uttarakhand, 18-20 Feb, 2010.

Publications:

Journals

1. Knowledge on lifestyle habits of diabetic subjects in Sub-Himalayan region of Uttarakhand. **Ankita Pathak and Rekha Naithani**. International J. of and Analytical Reviews (IJRAR), volume 10, issue 7(2), , pp 14-16 July 2021 Impact Factor:7.816 ISSN: 2277-7881
2. Legumes of Uttarakhand for environment and agriculture sustainability **Pooja Pandey and Rekha Naithani** International Journal of Research and Analytical Reviews (IJRAR) Volume 8, Issue 3, July 2021, pp 574-576 July 2021 Impact Factor: 5.75 ISSN 2349-5138
3. Non-communicable Diseases and Impact of Globalization . Pooja Pandey and Rekha Naithani. International Journal of Scientific Research, Volume 9, Issue II, November, 2020 , pp1-2. ISSN No. 2277-8179
4. Buying practices and food consumption Pattern during Covid-19 Lockdown: a Questionnaire based Study, **Ankita Pathak and Rekha Naithani**. Remarking An Analisation, November- 2020, VOL-5* ISSUE-8* P: ISSN NO.: 2394-0344 RNI No.UPBIL/2016/67980
5. Functional Properties of Legumes for Cardio-vascular Diseases Management. Pooja Pandey and Rekha Naithani. International Journal of Research and Analytical Reviews (IJRAR),

- Volume 6, Issue 2 , June2019, pp 331-332. (E-ISSN 2348-1269, P- ISSN 2349-5138)
6. Women Entrepreneurs of Uttarakhand: Challenges and Solutions- A Review. Apoorva Naithani, Ankita Pathak and Rekha Naithani. *Himalayan J of Soc Sci and Humanities*, Vol. 13, Dec. 2018, pp 1-6. ISSN: 0975-9891
 7. A Study on Knowledge and Practices Regarding Menstrual Hygiene Among Adolescent Girls in Pauri, Uttarakhand. Rekha Naithani. *Journal of Mountain Research*, Vol. 12, 2017, Pp 25-29. ISSN- 0974-3030
 8. Healing Herbs in Diabetes. Ankita Pathak and Rekha Naithani . *Journal of Mountain Research*.Vol.11, 2016, pp73-78. ISSN: 0974- 3030.
 9. Study the Effect of Socio-Economic status on Physical Development of Preschool Children of Garhwal Chaitali Thakur and Rekha Naithani. *Remarking: Multi-disciplinary International Journal*, Vol.2, Issue3, August 2015, pp 66-69. ISSN: 2394-0344, SJIF = 4.473
 10. Study the Effects of Family Size on Physical Development of Preschool Children of Garhwal. Chaitali Thakur and Rekha Naithani .*Shrinkhala: A Multi-disciplinary International Journal*, Vol. II, Issue 12, August2015, pp 34-38. ISSN: 2321- 290X, SJIF = 4.106

 11. Mothers at Work: Effect on Personality Traits of School Going Children. Jyoti Tiwari and Rekha Naithani . *Samaj Vigyan Shodh Patrika*, Vol.II (Part-I)No XXIII, March 2014, pp 9-12. ISSN: 0973-7626
 12. Seasonal variations in energy intakes of female farmers from hills of Pauri Garhwal. Naithani, Rekha and Gupta, Padmini. *Ind. J. of Nutrition and Dietetics*, 2013, Vol. 50, pp 279-284. (ISSN-0022-3174)
 13. Determination of dyeing property of some medicinally important plant species of Uttarakhand Himalayas. Akhtar, Ruhi, Negi, J.S. and Naithani, Rekha. *Ind. J. of Trditional Knowledge*, 2012, Vol. 11(3), pp 528-531. (ISSN-0972-5938)
 14. Anaemia in the elderly: A growing concern. Bakshi, anuvita and Naithani, Rekha. *Indian Journal of Social sciences and Societies*, 2012, pp 25-27.
 15. Demographic profile of elderly in India. *Demographic profile of elderly in India. SHODH-BODH- A Biannual Research Journal*, 2011, Vol. V , Issues 1-2, pp10-13. (ISSN-0974-0511)
 16. Disagreements in parent-adolescent relationship: A comparision in middle class families and lower class families. Saxena, Ruchi, Srivastava, Nalini and Naithani, Rekha. *Stud. Home Com. Sci.*, 2011, 5(2), pp 99-104.(ISSN-0973-7189)
 17. Impact of Parent Child Relationship on Scholastic Achievements of Adolescents. Tiwari, Jyoti and Naithani, Rekha. *Ind. J. of Psychometry and Education*, 2011, Vol. 42, No I. (0378-1003)
 18. Loneliness and elderly. Bakshi, Anuvita and Naithani, Rekha. *Ind. J. of Soc and Societies*, 2011, Vol. 11, pp84-90. (ISSN-0974-7265)
 19. Study on dyeing property of Rheum species: indigenous methods used by Bhotia tribe of Central Himalayas. Akhtar, Ruhi, Negi, J.S. and Naithani, Rekha . *COLOURAGE*, July 2011, pp 61-64. (ISSN-00101826)
 20. Food Consumption Pattern of Female Farmers from Hills of Pauri Garhwal. Naithani, R. and Gupta, P. *The Society: An International Interdisciplinary Journal*, 2010, Vol 12, pp 1-16. (ISSN-81-895700)
 21. Health status of rural farmer women of Pauri Garhwal. Naithani, Rekha. *Anusandhitsu-Bilingual*, 2011, Vol. 1, No-1, pp58-61. (ISSN-2249-4952)

Books:

1. Naithani, Rekha, Nutritional Status of Hill Farmer Women: University Book House, Jaipur, 2011. ISSN/ ISBN- 0378-103.