



PERSONAL PROFILE

01	Name	Dr. SHWETA SAINI
02	Husband Name	Mr. Jitendra Singh Saini
03	Subject	Home Science
04	Educational Qualification	Ph.d Foods & Nutrition(Home Science), UGC NET
05	Current Designation and Academic Grade Pay	Assistant Professor, Grade pay
07	Institution	Dayanand Mahila Mahavidyalaya, Kurukshetra
08	Date of Joining	17.11.2017
09	Date of Birth	6.01.1984
10	Marital Status	Married
11	Nationality	Indian
12	Category	BC(B)
13	Address of Correspondence	Dayanand Mahila Mahavidyalaya, Kurukshetra
14	Permanent Address	House No. 708, Sector 13, Urban Estate, Kurukshetra.
15	Mobile No.	9416876026
16	Email	Shweta1712@gmail.com

RESEARCH DETAILS

Year	Topic	Type	Funding Agency	Status
2009	Standardization of Food Preparations on Dish Type Solar Cooker	Minor	HAREDA (Haryana Renewable Energy Development Agency)	Completed

ORIENTATION PROGRAMME DETAILS

Date From	Date To	Organized by	Place
21.11.2018	18.12.2018	Academic Staff College, Kurukshetra University	Kurukshetra

REFRESHER PROGRAMME DETAILS

Date From	Date To	Organized by	Place
27.10.2022	10.11.2022	Teaching Learning Centre , Ramanujan College, University of Delhi on “Advanced Research Methodology”(Online)	University of Delhi
1.03.2021	14.03.2021	Academic Staff College, Kurukshetra University on “Environmental Challenges” (online)	Kurukshetra

FACULTY DEVELOPMENT PROGRAMME DETAILS

Date From	Date To	Organized by	Place
25.05.2020	29.05.2020	IILM College of Engineering & Technology (Online)	Greater Noida
18.11.2019	14.12.2019	Department of Computer Science, DMM, KKR (IQAC)	Kurukshetra

SHORT TERM COURSE DETAILS

Date From	Date To	Organized by	Place
7.10.2022	15.10.2022	IGNOU, Staff Training and Research institute of Distance Education, New Delhi on “Implementation of NEP-2020 for University and College Teachers”	IGNOU, New Delhi
14.08 2021	16.10.2021	WIS FORUM, KUK on “Career and Opportunities in STEM-2021” (online)	Kurukshetra

WORKSHOP

Date From	Date To	Organized by	Level	Topic
3.06.2023	-	IQAC, Dayanand Mahila Mahavidyalaya, KKR in Collaboration with Heartfulness Institution	-	Inner Balance for Overall Excellence: Heartfulness Way
25.05.2023	-	Dayanand Mahila Mahavidyalaya, KKR in Collaboration with Aggarwal College, Ballabhgarh	Online	Resonance between NEP- 2020 and NAAC Assessment and Accreditation for Quality in HEIs
18.05.2023	20.05.2023	Department of Research & Publication, A2Z EdulerningHub LLP	International (Online)	Statistical Data Analysis & Interpretation using MS Excel

20.03.2023	22.03.2023	Dayanand Mahila Mahavidyalaya, KKR in Collaboration with AICTE and Heartfulness Education Trust	-	“Har Dil Dhyam- Har Din Dhyam”Yog Mahotsav Campaign
26.12.2022	30.12.2022	Department of Home Science under the aegis of IQAC in Collaboration with Total Nutrition- Diet Clinic, YNR.	International (Online)	Nutritious Diet for Well Being
1.07.2022	4.07.2022	Dayanand Mahila Mahavidyalaya, KKR	Kurukshetra	Implementation of National Education Policy 2020
22.04.2022	27.4.2022	Aryayuwati Parishad of Dayanand Mahila Mahavidyalaya, KKR	Kurukshetra	Vartman Paripaksh Mein Vedic Shiksha Darashan ki Upyogita
31.03.2022	1.04.2022	Dept. of Computer Science DMM, KKR	Kurukshetra	E Content Development 7 ICT Tools for Teaching
29.01., 2022	-	Internal Quality Assurance Cell, CISKMV-Pundri (Kaithal),	One Day National E-workshop	ICT in Teaching Learning Process
9.08.2021	16.08.2022	Dept. of Computer Science DMM, KKR	-	Online Teaching Tools and Smart Board
1.07.2021	8.07.2021	Dept. of Computer Science DMM, KKR	-	Online conduct of Examination and Evaluation

BOOKS/ CHAPTER PUBLISHED

Year	ISBN Number	Topic	Publisher	Book/Chapter
2020	978-81-941704-3-3	Role of Alkaline/ Satvik Diets in Management of Lifestyle Diseases	EARDA Publications	Chapter
2020	978-81-941704-3-3	The Indian Culinary Heritage: A Source of Inspiration	EARDA Publications	Chapter
2018	978-93-83131-73-0	Biochemical Risk Factors Associated with work Related Musculoskeletal Disorders among Women Engaged in Domestic Work	MARK BOOKS. Ed(1):Part(1)	Chapter

2016	978-1-329-94082-6	Effect of Cooking on Ascorbic Acid Content in Winter Vegetables	ISARA, New Delhi	Book
2009	-	Standardization of Food Preparations on Dish Type Solar Cooker	HAREDA (Haryana Renewable Energy Development Agency)	Book

PUBLISHED PAPER/ABSTRACT DETAILS

Year	ISSN Number	Published in	Status	Type of paper	Topic
May, 2023	2394-1413	Journal	International	Full Paper	Impact of Nutrition Education Intervention on Food Consumption Pattern and Choices among College Going Girls
Jan-Dec, 2022	XXXX Nasadiyam	College Journal	-	Full Paper	Impact of Different Cooking Treatments on Ascorbic Acid Content of Food Samples
July, 2020	2320-2882	Journal	International	Full Paper	A Study on Low Budget Natural Farming Technique Done by Gurukul Kurukshetra (Haryana)
2020	-	Seminar Proceedings	International	Abstract	Role of Nutritional Science to meet COVID-19 Challenges
2015	2277-8179	Journal	International	Full Paper	Nutritional Knowledge, Attitude and Consumption Pattern Of Milk vs. Cold Drink Among Young Adult Female in District Kurukshetra
2015	2250-0138	Journal	National	Full Paper	Vitamin 'C' Content in Locally Available Vegetables of Retail Shops in District Kurukshetra
2014	0976-5301	Journal	National	Full Paper	Formulation of Iron and Calcium rich Recipes for Adolescent Girls
2013	0022-3174	Journal	National	Full Paper	Comparative Study on Patient's Attitude towards Private and Government Hospital Diets." published in Indian Journal of Nutrition

					and Dietetics
2013	0976-5301	Journal	National	Full Paper	Assessment of Bone Mineral Density with Quantitative Ultrasound (QUS) Technique in Pre and Post Menopausal Women
2013	0022-3174	Journal	National	Full paper	Preparation and Organoleptic Evaluation of Calcium Rich Recipes
2013	0975-3486	Journal	International	Full Paper	Impact of Different Treatments on Vitamin C Content of Amla” Published in International Research Analysis and Evaluation
2012	2278-3202	Journal	International	Full Paper	Calcium Content of Locally and Commonly Available Foods of Kurukshetra, Haryana
2012	0973- 4732	Journal	International	Full Paper	Nutritional Knowledge, Attitude and Practice among University Level Female Football Players
2012	-	Seminar Proceedings	International	Abstract	Preparation and Organoleptic Evaluation of Calcium Rich Recipes
2012	-	Seminar Proceedings	National	Abstract	Impact of Different Interventional Strategies on Osteoporotic Postmenopausal Women
2011	0973- 4732	Journal	International	Full Paper	Organoleptic and Sensory Evaluation of Recipes from Indigenous Foods Rich in Calcium
2011	2248-9673	Journal	National	Full Paper	Impact of Educational Intervention on Osteoporosis Knowledge of Women
2011	0973- 4732	Journal	International	Full Paper	Calcium Content of Common Local Fruits and Vegetables in Haryana
2011	-	Seminar Proceedings	National	Abstract	Nutritional Knowledge, Attitude and Practice among University Level Female Football Players

DETAILS OF TALKS AS A RESOURCE PERSON

Date	Place	Topic	Other Details
4.02.2023	Hindu Girls College, Jagadhari	Nutritional Management in Cancer	Online Lecture as a Resource Person on the occasion of World Cancer Day
4.01.2023	District Nehru Yuva Kendra, Kurukshetra	Skill Development	Training in Youth Leadership and Community Development' camp organized by District Nehru Yuva Kendra, Kurukshetra
11.04.2022	D.M.M, KKR	Attam Nirbhar Bharat	Acted as a Resource person in NSS Camp.
24 th June, 2021	Indra Gandhi National College, Ladwa	Adolescent Nutrition	Acted as a Resource person in the Extension Lecture organized by IGN college, Ladwa
19 th Feb, 2021	Panchayat Bhawan, Kurukshetra	Nutrition Awareness Among Anganwadi Workers	Acted as a Resource person in the Recipe Competition and Awareness Camp by Women and Child Development Department, Distt. Kurukshetra.
29 th Feb, 2020	D.A.V.College, Yamuna Nagar	Role of Alkaline/ Satvik Diets in Management of Lifestyle Diseases	Acted as a Resource person in the National Seminar on "Traditional Lifestyle for Healthy, Empowered and Innovative Adolescents"
10 th Dec, 2019	D.M.M, KKR	Hygiene and Cleanliness Practices	Acted as a Resource person in the Workshop organized by AQAC
18 th July, 2018	D.M.M, KKR	Fashion	Acted as a Resource person in the "Orientation on Fashion Designing Add-on-Course"
7-8 April, 2015	D.A.V.College, Yamuna Nagar	Food, Health and Hygiene	Acted as a Resource person in the National Seminar on "Healthy and Safe Food for Holistic Health"
4-5 April, 2014	D.A.V. College, Yamuna Nagar	Consumption Pattern of Beverage among Young Adult Female in district Kurukshetra	Acted as a Resource person in the National Seminar on "Nutrition in Adolescence"

8-9 March, 2013	D.A.V. College, Yamuna Nagar	Calcium and its Role in the Body	Acted as a Resource person in the National Seminar on “Diet for Holistic Health”
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SEMINAR/ WEBINAR/ CONFERENCES DETAILS

Date & Year	Seminar/ Conference	Organized by	Level	Participation Status	Topic
26 th May, 2023	Webinar	Dayanand Mahila Mahavidyalaya, KKR	National	Participated	Intellectual Property Rights (IPR), Patent Filing & Searching
18 th -19 th March, 2023	Conference	S.D. (PG) College, Panipat	National	Presented Paper	Role of Nutrition in Sports
15 th Dec, 2022	Webinar	Vegan Outreach Society	National	Participated	Food Planet Health
26 th March, 2022	Seminar	D.A.V.College, Yamuna Nagar	National	Presented Paper	Health Benefits of Isoflavones Present in Soyabean for Women
21 th Sept., 2021	Webinar	DMM, KKR in Collaboration with IGN College Ladwa	National	Participated	Academic and Research Visibility
25 th July, 2020	Webinar	Department of Home Science, Ch. Ishwar Singh Kanya Mahavidyalaya, Pundri(Kaithal)	National	Participated	Food Selection During COVID-19 Pandemic
10 th July, 2020	Webinar	Aggarwal College of Ballabhgarh	-	Participated	NAAC A& A Process: Revised Framework Accreditation
27 th June, 2020	Webinar	Life Sciences Association of Dayanand College, Hisar	National	Participated	Immunomodulatory effects of Antioxidants in Combating COVID-19
22 nd June,	Webinar	IQAC, Sanatan Dharma	National	Participated	Innovation & IPR

2020		College, Ambala Cantt in Collaboration with IQAC, Dayanand Mahila Mahavidyalaya, KKR			
18 th June, 2020	Super Session	ICT Academy	-	Participated	Future of Education
17 th June, 2020	Webinar	Legal Literacy Cell of Dayanand Mahila Mahavidyalaya, Kurukshetra	National	Participated	Intellectual Property Rights
15 th June, 2020	Webinar	IQAC of Mahatma Phule Mahavidyalaya, Kingaon	National	Participated	Documentation for Data Verification & Validation (DVV) and Peer Team Visit (PVT)NAAC
3 rd June, 2020	Webinar	Department of Home Science	National	Participated	Boost Food & Nutrition Resilience During Covid- 19
2 nd June, 2020	Webinar	Guru Nanak Khalsa College, Yamunanagar	International	Participated	Environmental Scenario during COVID-19 & Post Lockdown Opportunities
23 rd -25 th May, 2020	Webinar	Department of Higher Education Government of Haryana	International	Participated	Handling Mental Health and Psychological Resilience During COVID Pandemic
17 th May, 2020	Webinar	IQAC, Sanatan Dharma College, Ambala Cantt.	-	Participated	SRS Awareness Programme for criteria I & II

1 st March, 2019	Seminar	Women Cell	National	Submitted a Paper	Women Empowerment through Home Science Education
16 th Feb, 2019	Seminar	Women Studies and Development Cell	National	Presented a Paper	Diet and Non Communicable Diseases
30 th Jan, 2019	Seminar	Sanskrit Academy	National	Presented a Paper	Popular Food of Epic
24 th & 25 th March, 2018	Conference	Department of Home Science	International	Presented a Paper	Biochemical Risk Factors Associated with work Related Musculoskeletal Disorders among Women Engaged in Domestic Work
3 rd Feb, 2018	Seminar	Department of Home Science	National	Presented a Paper	Lifestyle: Diseases and Prevention
30 th Jan, 2018	Seminar	Department of English	National	Presented a Paper	A Review of Social Media Impact on Fad diet and Weight Loss
15 th Nov, 2013	Seminar	Department of Home Science, KUK	National	Poster Presentation	A Comparative Study of Nutritional Knowledge, attitude & Consumption Pattern of Milk vs. Cold Drink among Young Adult Female
15 th Nov, 2013	Seminar	Department of Home Science, KUK	National	Poster Presentation	Relationship Between Bone Mineral Density & Bone Mass Index

15 th Nov, 2013	Seminar	Department of Home Science, KUK	National	Poster Presentation	Relationship Between Occupational Stress and Dietary Intake of Police Personnel
15 th Nov, 2013	Seminar	Department of Home Science, KUK	National	Poster Presentation	Assessment of Dietary Habits of Police personnel in Haryana
15 th Nov, 2013	Seminar	Department of Home Science, KUK	National	Poster Presentation	A Study on Nutritional Contents and Anti Nutritional Factors of organic and Inorganic Red Gram Dal
15 th Nov, 2013	Seminar	Department of Home Science, KUK	National	Poster Presentation	Assessment of Acceptability and Satisfaction of patients for Government Hospital Diets
15 th Nov, 2013	Seminar	Department of Home Science, KUK	National	Poster Presentation	Formulation of Nutritious Soya Nutri Kabab
19 th Oct, 2013	Seminar	Department of psychology & Home Science	National	Attended	NA
16 th March, 2013	Seminar	Department of Home Science	National	Participated	NA
27 th -28 th Dec, 2012	Conference	ICFTHP	International	Attended	NA
3 rd -5 th Nov, 2011	Conference	Indian Dietetic Association	National	Participation (Poster Presentation)	Dietary Pattern of University Level Female Football Players
3 rd -4 th Dec, 2010	Conference	Indian Dietetic Association	National	Poster Presentation	Calcium Content of locally and Commonly

					Consumed Foods of Kurukshetra (Haryana)
19 th -20 th Nov, 2010	Conference	Nutrition Society of India	National	Poster Presentation	Nutritional Knowledge, Attitude and Practice among University Level Female Football Players
14 th Nov, 2010	Seminar	Child Health Congress	National	Attended	NA
29 th Jan, 2010	Seminar	Department of Pharmacology & Department of Dietetics	National	Attended	NA
3 rd May 2005	Symposium	Indian Dietetics Association	National	Attended	NA

CONVENOR/ MEMBER IN ORGANIZING COMMITTEES

Date	Event	Role	Institution
8 th April, 2023	“State Level Cultural Fest Anugoonj “Pot Decoration and Best out of Waste Competition”	Convener	Dayanand Mahila Mahavidyalaya, Kurukshetra
10 th July, 2021	State Level “Collage Making and Mask Making Competition”	Convener	Dayanand Mahila Mahavidyalaya, Kurukshetra
28 th Feb, 2020	Inter College “Embroidery Competition” “National level”	Convener	Dayanand Mahila Mahavidyalaya, Kurukshetra
11 th , Sept, 2019	One day workshop on “Skill Development for Eco Friendly Products” by ED Club	Convener	Dayanand Mahila Mahavidyalaya, Kurukshetra
26 Feb, 2019	Inter College ‘Best out of Waste Competition’	Convener	Dayanand Mahila Mahavidyalaya, Kurukshetra
9 Feb, 2019	Inter College ‘Rangoli Competition’	Convener	Dayanand Mahila Mahavidyalaya, Kurukshetra
15 Nov,2013	National Seminar on ‘Life Style Diseases’ (Sponsored by UGC)	Member	Department of Home Science, KUK

18 Nov,2014	One day workshop on 'Apparel Designing'	Member	Department of Home Science, KUK
27Oct, 2013	First Alumni Meet of Department of Home Science	Member	Department of Home Science, KUK
7 Aug, 2012	One day Seminar on 'Breast Feeding'	Member	Department of Home Science, KUK
8 Nov, 2012	Two days workshop on Fashion Designing by 'Fevicryl India'	Member	Department of Home Science, KUK