

GOVT. COLLEGE FOR WOMEN GANDHI NAGAR JAMMU

NAAC ACCREDITED: GRADE-"A"

SELF APPRAISAL REPORT OF TEACHERS

1. Department: Higher Education
2. Name (In Capital Letters) : ANURADHA GANDOTRA
3. Father's Name: SH. BANSI LAL GANDOTRA
4. Present Address : H No. 49 Sec:3, TRIKUTA NAGAR, JAMMU
5. Permanent Address:- H No. 49 Sec:3, TRIKUTA NAGAR, JAMMU
6. Contact No: 9419210692
7. E-Mail: agandotra43@gmail.com
8. Current Designation: ASSOCIATE PROFESSOR
9. Current Pay Band and Grade Pay: Level 13-A
10. Date of Last Promotion with Order No (Attach order copy): 3-11-2004 Order no. 99-HE of 2007 dated 23-4-2007
11. Date and Place of Birth: 15-6-1965 Jammu
12. Sex: female
13. Marital Status: married
14. Nationality: Indian
15. Category to which belong: open(OPEN/ST/SC/OBC/PHYSICALLY CHALLENGED)
16. Date of Joining in this College: 28-10-2004
17. Qualification at the time of Appointment in Higher Education Department : M Sc, B Ed, PhD

18. Area of Specialization: Foods & Nutrition

Academic Qualifications

Examination Passed	Board/ University	Subjects	Year	Division/Grade/Merit
SSC 10 th	J&K S.B.S Edu	All Subjects	1981	1 st
Higher Secondary 12th	J&K S.B.S Edu	Home Science	1983	1 st
Bachelor's Degree (s) B Sc	University of Jammu	Home Science	1985	1 st
Master's Degree (s) (M.A/M.Sc.) foods & nutrition	University of Kashmir	Home Science (foods & nutrition)	1988	1 st
Other Diploma / (B Ed) Certificates etc.	University of Jammu	Teaching of Eng. , history	1986	1 st

Research Experience & Training(Attach hard copies)

Research Stage	Title of Work /Thesis	University where the work was carried out	Year
M. Phil or equivalent	-	-	-
Ph.D.	Nutritional profile of pre-school children living in jammu province	University of Jammu	1992
D.Sc/D.Litt.	-	-	-
Training (Please specify)			

Posts Held after appointment in Higher Education Department

Designation	From	To	Pay Band with Grade Pay
Lecturer	4-11-1995	1-11-1998	2200-4000 grade 2425
Senior Lecturer	1-11-1998	4-11-2000	8000-13500
Assistant Professor	4-11-2000	4-11-2004	10000-15200
Associate Professor	28-10-2004	Till date	37400-67000 agp 9000

Details of College/Departments where served till date

Designation	Department/College	From	To
Lecturer	HE/ GCW Gandhi Nagar	4-11-1995	3-7-2001
Assistant Professor	HE/ GDC Kathua	3-8-2001	28-10-2004
Associate Professor	HE/ GCW Gandhi Nagar	28-10-2004	Till date

Details of Research Publications

S.NO	Publication	Name of journal
1	Value addition, nutritional status and shelf life of cocoa,cardamom andsugar free dietary fibre supplement; Indian journal of agricultural science april 2016 86(4) 512	Indian journal of agricultural science
2	Preparation and standardization of fortified milk beverage(FMB); Indian journal of Dairy Science, 2017,70(1)	Indian journal of Dairy Science,
3	The effect of adding non conventional ingredients and hydrocolloids to desirable quality attributes of pasta; Croatian journal of Food science and technology,2018,30(1)	Croatian journal of Food science and technology
4	Evaluation and development of healthy pancake premix from pseudocereals amaranth and buckwheat ; The Pharma Innovation Journal, 2022 , 2042-45	The Pharma Innovation Journal

Seminars, Conferences, Symposia, Workshops, Orientation Programme, Refresher Courses attended (Attach Certificates)

Seminars:

Name of the Seminar	College/University/State/ National/International Level	Name of the Sponsoring Agency	Place And Date
Pre School Education	University Of Jammu	P G Deptt of Home science	Jammu March 20-22 1998
2Children In Difficult Circumstances	University Of Jammu	P G Deptt of Home science	Jammu 18 th - 19 th February 2002
Awareness Prog: on Assessment Accreditation & Post Accreditation & Interactive	GCW Gandhi Nager Jammu	NAAC ,Quality Assurance Cell HE Deptt	Jammu 8 th -9 th December 2007
Emerging Career & business opportunities in Food Processing Sector	GCW Gandhi Nagar Jammu / National	NIFTEM, IICPT & GCW, Gandhi Nagar,	Jammu 4 th August, 2011
Strengthening Nutrition- Sensitive Agriculture Capacities of Filed Functionaries	SAMETI Jammu	National Institute of Agricultural Extension Management, Telangana	May 23- May 26 2022
One week faculty development programme on Govt. Web Portals And IT Tools	Department of Computer Applications, GCW Gandhi Nagar	Department of Computer Applications, GCW Gandhi Nagar	12 th Dec 2022 to 16 th Dec 2022

Webinar on Netiquette for online communication : Golden Rules	Online mode	UGC – Human Resource Development Centre, University of Kashmir, Srinagar	10 th Feb 2023
Attended webinar on Innovative pedagogies - Effective communication and personality	Online mode	UGC – Human Resource Development Centre, University of Kashmir, Srinagar	28-01-2023

Conferences:

Name of the Conference	College/University/State/ National/International Level	Name of the Sponsoring Agency	Place And Date
1) Career in Science for Women Challenges and Opportunities(4 th Women Science Congress)	GCW, Gandhi Nagar, Jammu / State	GCW, Gandhi Nagar, Jammu & Deptt. Of Science & Technology	Jammu 1 st to 3 rd Sept. 2016
2) 6 th J&k Women Science Congress	GCW, Gandhi Nagar, Jammu / National	GCW, Gandhi Nagar, Jammu	Jammu 26 th to 28 th Feb, 2019

Workshops

Name of the Workshop	College/University/State/ National/International Level	Name of the Sponsoring Agency	Place And Date
Post Harvest Tech; & Food Packaging	GCW Gandhi Nagar Jammu	University Grants Commission	Jammu 17-21 February 1997 ^j

Food Manufacture & Quality Control	GCW Gandhi Nagar Jammu	University Grants Commission	23-28 February 1998
Towards Better Understanding of Food Industry	GCW Gandhi Nagar Jammu	University Grants Commission	27 Mar-1 Apr 1999
Child Development	J&K Institute of Management Public Adm: &Rural Development	J&K IMPA	24-29 Nov 2003
Online workshop on NAAC awareness Workshop	State Level	Dept. of Higher Education, JK, UT	16-07-2021
Workshop on Women development	GCW Gandhi Nagar Jammu	British Council India	4th Aug to 15th Nov. 2007
National Workshop on E-content development & Management	GCW, Gandhi Nagar, Jammu / National	GCW, Gandhi Nagar, Jammu	23rd & 24th July 2015
One day awareness/training program under National Intellectual Property Awareness Mission	GCW, Gandhi Nagar, Jammu / National	GCW, Gandhi Nagar, Jammu / National	2 nd March 2023

Orientation Programmes

Name of the Orientation Programme	College/University/State/ National/International Level	Name of the Sponsoring Agency	Place And Date
1 Orientation course	University of jammu	University of jammu	Jammu (17-1-2001 to 10-02-2001)
2 Orientation course	IGNOU	IGNOU	Jammu (15&16 sept 2012)

Refresher Courses

Name of the Refresher Course	College/University/State/ National/International Level	Name of the Sponsoring Agency	Place And Date
1 refresher course	University of Kashmir	University of Kashmir	Jammu(9-1-97 to 31-1-97)
2 refresher course	Punjab university	Academic staff college Punjab university	Chandigarh (3-8-2004 to 23-8-2004)
3 refresher course	University of Jammu	Academic staff college Jammu	Jammu (12-6-2006 to 1-7-2006)

Whether You have served as Expert/Chairperson/Resource Person

Name of the Event	Expert/Chairperson/ Resource Person	International/National/State/University/ College	Place	Date
1	External Expert for conducting M Sc desertation viva	Sher-e-Kashmir University of Agriculture Science & Technology Jammu	Jammu	15-11-2011
2	As External Expert in interview for the post of JRF	Sher-e-Kashmir University of Agriculture Science & Technology Jammu	Jammu	22-8-2013
3	External Expert for desertation viva of M Sc DFMS	IGNOU	Jammu	25-1-2012
4	External Expert for	IGNOU	Jammu	9-8-

	desertation viva of M Sc DFMS		u	2016
5	As expert in recruitment of assistant lecturers in food craft institution FCI jammu	FCI	Jammu	6&7 Sept 2013
6	Resource person	National (CFNEU)	Jammu	20-12-2017
7	As external expert for conducting online interview for junior consultant	Prime Minister Formalization of Micro Food Processing Enterprises Scheme	Jammu	09-07-2021

Teaching Experience

Courses Taught	Name of the University/ College/Institution	Duration
iv) U.G. (B.A./B.Sc. etc.) (B.A./B.Sc. etc. Hons.)	GCW Gandhi Nagar, jammu GDC Kathua	5+20 years=(25 years) 3 years
v) P.G. (M.A./M.Sc.,etc.)	GCW Gandhi Nagar, jammu	20 years
vii) Any other(e.g Women Study, Skill Development , Add on courses, Coaching (JUET, CET) etc)	GCW Gandhi Nagar Skill development of students of college	6 months

Participation in Corporate Life:

Please give a short account of your contribution to:

- a) College / University / Institution: member of admission committee of PG food science and technology, member of canteen committee, JUET, Time table committee of PG Dept.
- b) Co- Curricular Activities

- c) Special Contribution in enriching the campus and campus life: Cleanliness (organized poster making competition on swach bharat and cleanliness campaign)
(Hostels, Sports, Games, Cultural activities, Cleanliness etc.)
- d) Students Welfare and Discipline
- e) Membership/ Participation in Bodies/ Committees : member of board of governors of food craft institute jammu
On Education and National Development (college Level)
Indicating your personal contribution:
- f) Member of any cultural organization, Literary Organization, Social Organization, Convener of NAAC committee
- g) Contribution to the College by being the member of organization (Any or All of the above)
- (h) Membership of Professional/Academic Bodies, Societies etc:(Convener of board of studies of PG and UG food science and technology/ food science and quality control)

Any other information

1. Guided more than 40 students of M Sc food science and technology dissertations work Academic Counselor of PGDFSM of IGNOU
2. Running post graduate department of food science and technology since 2009 till date as HOD Guided students of IGNOU for dissertation of PGDFSM
3. Organized one day visit for MSc, Food Science & Technology students to Quality Control & Quality Assurance Lab, CSIR-Indian Institute of Integrative Medicine Canal Road, Jammu on 29-10-2018.
4. Participated in In-Transit Swasth Bharat Yatra led by Food Safety and Standards Authority of India (FSSAI) under Ministry of Health and Family Welfare, Government of India in collaboration with Commissionerate of Food Safety, J&K, held at GCW, Gandhi Nagar, Jammu from 27-11-2-2018 to 28-11-2018.
5. Organized One Day Workshop on "Food Preservation and Value addition of Fruits and Vegetables" in the Department of Food Science and Technology, Govt. PG College for Women, Gandhi Nagar, Jammu on 01-02-2019.
6. Organized and accompanied one day visit for B.Sc. Food Science and Quality Control and M.Sc. Food Science and Technology students to Jai Beverages, SIDCO Complex, Bari Brahmna, Jammu on 28th of August, 2019.

7. Accompanied M.Sc. Food Science & Technology students for one day visit to Food Craft Institute on the occasion of Celebration of World Heritage Week 2019 in the event "Ethnic Foods of Jammu" on 20th of November, 2019.
8. Organized the Short Video Contest on Effect of Covid-19 on Eating Behavior and Dietary Practices, on 13th to 15th of June, 2020.
9. Organised one day invited talk on Balanced Diet & Nutrition on 26-04-2022.
10. Organised seminar on Role of Food Science in Providing Nutrition on 7th September 2022.
11. Attended one day event in collaboration with NSS Unit 2 & Climate Front Jammu on the topic :Extinction Conservation" on 19th October 2022.
12. Organised one day event in collaboration with NSS Unit 2 under the banner of : My college My Priode" on 4th November 2022.
13. Organised one day Exhibition cum sale counter on 30th December 2022 in the college campus.
14. Organised a visit to Fruits & Vegetable Craft Centre Chand nagar Jammu on 13th & 23rd of February 2023.
15. Organised a sale counter of various processed foods in college campus on 14th February 2023.
16. Organised Plantation, beautification & waste utilization drive in collaboration with NSS Unit 2 on 22nd February.
17. Organised one day Extension lecture on "Scope of Food Processing in JK UT on 12th April 2023.
18. Organised one day guest lecture on working of Gas Chromatography and High Pressure Liquid Chromatography by Dr. Ajai Prakash Gupta from IIIM (CSIR).
19. Organised a Millet based food product counter at Jammu university at Start Up Fair on 26th & 27 September 2023.

DR. ANURADHA GANDOTRA

(Signature of the Teacher)