

FOR SELF APPRAISAL OF TEACHERS



General Information

Name : Dr Bandana Singh

Address (Residential) : Green Cottage, Brahmpur Bazar,
Near Pal Market, Phulwarisharif, Patna, Bihar .

E-Mail Id : bandanas850@gmail.com

PAN No. : AQBPS4746E

Aadhar No. : 2516 6654 6914

Mobile No. : 9430001919

Phone No. : 9430001919/9934839174

Date of Birth : 22.10.1960

Designation : Associate Professor,

Department : P.G.Department of Home Science

Date of Joining : 01.09.1992

Date of Conformation : 01.09.1992

Date of Promotion :

Area of Specialization : Composite

Academic Qualifications

Exam Passed	Board/ University	Subjects	Year	Division/ Grade Merit etc.
High School	Bihar School Examination Board, Patna	Phy, Chem, Bio, Hindi Eng, SST Sanskrit	1977	1 st Division
Bachelor's Degree (s)	BBRA, Muzaffarpur, Bihar University, Muzaffarpur	(Home Science Hons, Political Science, English, Hindi)	1981	1 st class IInd Position
Master's Degree (s)	Tilka Manjhi Bhagalpur University, Bihar	Home Science	1983	Ist class 1 st Position
Research Degree (s)	BBRA, Muzaffarpur, Bihar University		2003	Awarded
Other Diploma/ Certificates etc.	*Patna Women's College, PU, Patna	Computer Course	2007	
	*Cornell University, USA through UNICEF	Online course on Programming of Infant and Young Child Feeding – A Training programme.	2015	

Research Experience & Training

Research Stage	Title of work/Theses	University where the work was carried out
Ph.D.	Effect of women Employment on their Domestic life style with special reference to Muzaffarpur town.	BBRABihar University, Muzaffarpur, Bihar
<ul style="list-style-type: none"> • Publications • Books published: • Manav Vikas Ke Vividh Aayam”, Motilal Banarasidas Publishers ISBN-978-81-208-3429-3 • Advance Grihvigyan “, Novelty & Company • Child Nutrition”, Panchsheel Prakashan ,Jaipur, 2011,ISBN-978-93-80071-06-0 • Prasar Shiksha” Panchsheel Prakashan, Jaipur, 2011,ISBN-978-93-80071-06-0 • घरेलु हिंसा, महिलाएं और बच्चे (Accepted by Khushi Publications) • Health & Dietetics (coming in next February 2014, going to be published by Novelty & Company) • Teenage Pregnancy (Accepted for publication by Novelty & Company) • Working on book on “Women Study” & “Human Nutrition • Article • “बाल शोषण एवं उत्पीडन”, योजना ,२००७, भारत सरकार • An empirical study of Reproductive health awareness among adolescent girls of Patna city”in 		

college journal "Explore", 2010, Volm II, pg 104-108, ISSN-0297

- "Environmental Degradation & Sustainable Development" in a book entitled "Environmental Degradation & Sustainable Development", S.R.Singh(ed), 2011, Volm 1, APH Publishing Corporation, N.Delhi, pg215-220., ISBN-978-81-313-1290-2.
- "A study of Consequences of teenage pregnancy in teenage married women with special reference to Patna town" in college journal "Explore", 2012, ISSN-0297, pg-130-134.
- "Corruption in India" in a book entitled "Corruption: Recent Trends and Future Scenario", Razia Nasreen & Anju Jain, APH Publishing Corporation, N.Delhi, 2013, Volm 1, ISBN -978-93-81221-98-3, pp 32-37.
- "A Study of Anorexia Nervosa: An eating disorder among adolescent girls- A Case study of Patna town" in college journal "Explore", 2013, ISSN-0297, pg-186-191.
- "Problems of Old Age" in a Multidisciplinary Referred Research Journal entitled "ANAVIL", 2013, Volm 1, pg 20-23, ISBN-2347-7903.
- "Women Education : A Key to Equality" in Shodh Samvid", an international journal, 2015, ISSN-2393-980X, pg-91-99.
- " महिलाओं के विरुद्ध हिंसा : एक आकलन , " आधुनिक स्त्री विमर्श चिंतन एवं विचारधारा, डॉ. संजू श्रीमाली एवं डॉ मधुबाल सांखला , राज पब्लिशिंग हाउस, जयपुर, 2015, ISBN-978-93-81005-95-8, pg-136-150.
- "Sexual Exploitation of Girl Child", in " Gyandayini Samaj Vigyan Shodh Patrika , 2015, ISSN No.2249-572x(Volm 5)pg-249-253.
- "Domestic Violence" in Shodh Samvid", an international journal, ISSN-2393-980X., pg-117-125.
- "Women in Informal Sector" in Shodh Samvid", an international journal, 2016, ISSN-2393-980X, pg-76-85.
- "Human Trafficking", in Jigyasa, 2015, ISSN -2279-9551. pg 93-95.
- "Environmental Pollutants : Safety Measures and Management ", Homi Bhabha Centre for Science Education & UNICEF, 2015
- "मैं आऊँ माँ", "आधुनिक स्त्री विमर्श चिंतन एवं विचारधारा, डॉ. संजू श्रीमाली एवं डॉ मधुबाल सांखला , राज पब्लिशिंग हाउस, जयपुर, 2015, ISBN-978-93-81005-95-8, pg-159-172.
- "Profile of Anganwadi workers and their knowledge regarding Nutrition and Health Services in an urban area of Patna District" in the book on "Current Scenario of Diet and Nutrition among Children among North Bihar", Unnayan Publications, Muzaffarpur, ISBN -978-81-905893-20-7, pg28-32.
- A Study of Malnutrition among Adolescents (10-12 years) in Bihar with special reference to Patna Town, 2017), ISSN-2393-980X., pg-
- 'Dowry System in India published in Shodh Samvid, an international journal, 2017, ISSN-2393-980X, pg-78-95.
- **In the pipeline**
- Status of Women in India, accepted for Journal published by Agrawal publication. 2017
- Health Status of Women in India (accepted for publication in BHU Journal, 2017)
- "Empowering Women through Entrepreneurship and Skill Development", accepted for publication by Satyam Publications, Patna.
- "Maternal Mortality in India" accepted for publication by Satrachee ,an UGC recognized journal.
- "Manav Vyapar" accepted for publication by Shodh Samvid, an international journal

Research Guidance (give names of students guided successfully)		
Dr.Kunjan Kumari		Awarded
Dr. Neelam Kumari		Awarded
Dr. Pragati		Awarded
Training (please specify)	Training course on “ Food Preservation”.	2014 & 2015

Research Projects carried out

Title of the Project	Name of the funding Agency	Duration	Remarks
A Study of Consequences of Adolescent Pregnancy Awareness among Women- a Case Study of Patna town.	UGC	2011-13	Submitted

Seminars, Conferences, Symposia Workshops etc. attended

Sl. No	Name of the Seminar/Conference/ Symposia Workshop, etc.	Name of the Sponsoring Agency	Date	Place
1	Financial Inclusion & Women Empowerment in India	UGC	24-25 th December 2016	Patna
2	Current Scenario of Diet and Nutrition among Children in North Bihar	UGC	23-24 th November 2016.	Patna
3	Science and Technology for Indigenous Development in india	The indian Science Congress Association	6 th March ,2016	Patna
4	Environmental Pollutant : Safety Measure & Management	UGC	5-6 th December 2015	Patna
5	6 th Bihar Science Conference,2014	BBRAINS	23-25 th December 2014	Patna
6	संगीत वांग्मय में मानवाधिकार की अवधारण]”	UGC	23-25 th December 2014	Patna
7	“Quest for a new Vision to Philosophy of Life”	Darshan Parishad,Bihar	19-21 st December,2014.	Patna
8	Awareness of National Mission on Education Technology through ICT (NMEICT)	MHRD	17-18 th January,2014	Patna
9	Deprivation & Vulnerability among Elderly in India	UGC	24-15 th September ,2013	Patna
10	Live-in relationship in the Indian Context : Social, Ethical and Legal Perspectives	UGC	24-25 th April 2013	Patna
11	“Emotional, Intelligence, Stress Management, Motivation, Winning Negotiation and Teaching Ethics,	IIM CALCUTTA & XLRI ,Jamshedpur	3-8 th October 2012	Patna
12	“Emerging Dynamics of Aging: From Awareness to Action	UGC	11-12 th September 2012	Patna
13	Food and nutritional security in Bihar: Challenges and Prospects”	UGC	20-21 March 2012.	Muzaffarpur
14	Awareness about Human Rights in rural India”,	UGC	5-6 th March 2012.	Bhagwanpur
15	Management of stress among children and adolescents	UGC	1 st & 2 nd March, 2012	Patna
16	Food Insecurity and hidden hunger	UGC	27-28 th February. 2012	Patna
17	CONNECT,	UGC	3-8 TH October,2011	Patna
18	Human Rights and Role of Non-State Actors	UGC	24 th September 2011.	Patna
19	Environmental Degradation & Sustainable	UGC	27-28 March 2011.	Patna

	Development”.			
20	“Dynamics of Women Empowerment	UGC	20 th March 2011	Samastipur
21	“बेटों की चाहत ,बेटियों की उपेक्षा	UGC	17 th March 2011.	Patna
22	“Need of Social Security for Women in the present scenario in India	UGC	11-12 th March 2011.	Patna
23	“INFLIBNET: Awareness Workshop for Colleges of Bihar”	UGC	18 th February 2011,	Patna
24	Impact of music on human mind and body”.	UGC	11-12 February,2011.	Patna
25	“Gender equality: A Historical perspective	UGC	9-10 th January, 2011,	Patna
26	Hindi Sahitya Mein Nari : Adhi Dunia	UGC	25-27 th August 2010	Patna
27	Women, Work and Poverty in Bihar	UGC & ICSSR	7-8 November 2009	Patna
28	Ethics in Science and Technology	Society for Scientific Values , N.Delhi.	22 nd August 2009	Patna
29	Women Empowerment in 21st Century	UGC	26-27 th March,2009	Patna
30	Environmental Education for Sustainable Lifestyle	UGC	10-11 th February 2006	Patna
31	Application of Nanoscience and Nanotechnology	UGC	12 th September ,2008	Patna
32	Psycho-socio Aspect of Female Foeticide	UGC	27-28 th May 2007	Hazipur
33	Khadi and Village Industries :A Global Perspective	KVIC	14 TH March 2005	Patna
35	Rights of Girl Child			Patna

Teaching Experience

Courses Taught	Name of the University / College / Institution	Duration
U.G. (B.A. /B.Sc., etc. Pass) (B.A. / B.Sc. / etc. Hons.)	Magadh University,(Affiliated unit) Patna University,Patna	5 years 25 years
P.G. (M.A. /M.Sc., etc.)	Patna University,Patna	25 years
Any other (Pre-Ph.D.)	Patna University,Patna	3 years

Total Teaching Experience :

Under-graduate (Pass) : 27 years

Under- graduate (Hons) : 27 years

Post-graduate : 25 years

viii) Innovations/Contributions in Teaching :

Design of Curriculum : Syllabus of U.G. and P.G. including Syllabus of P.G. under Semester System

Teaching methods : Lecture, Demonstration, Preparation of resource mater .

Laboratory experiments : Laboratory experiments of various areas like cooking – use of microwaves, textiles-dyeing etc.

Evaluation methods : Test, examination, inters class competitions

Preparation of resource material : For UG & PG students.

Remedial Teaching/ Student Counseling (academic) : Student Counseling (academic) through tutorials in department.

Any Other : Presentation of seminars and project work by use of audio-visual charts power point

Extension Work/Community Service :

Community Work : *I was associated with the NGO NIDAN who works for the upliftment of secularism, democracy socialism, humanism, peace Musahars of the patna district. She worked for the musher women and girls to scientific temper, flood or drought relief, small familybring changes in health, hygiene and nutrition. norms etc. *

Worked as the NSS Programme Officer PWC NSS Unit from 2011-13.

As member Lions club (Navya) and Punjabi Bradri * I was used to deliver lectures in Community College at Patna Women's

involved in all types community services as mentioned : College, associated with Aryabhata Knowledge University, Bihar. I was also associated with teaching in Women Studies course from 2012-14 at PWC,Patna.

* Presently associated with Inner Wheel Club Navya which works for various community works for the society.

National Literacy Mission : Positions held/Leadership role played in organizations linked : NSS Programme Officer (PWC Unit from (2011-13) with Extension Work and National Service Scheme (NSS), or NCC or any other similar activity:

Participation in Corporate Life

Co-curricular Activities

1.	TOT Programme	16.03.15 to 20.03.15	Departmental level	Sri Shyamsundar
2.	Lecture on Entrepreneurship	16.03.15.	Departmental level	Sri Shyamsundar
3.	Lecture on Organic Farming	16.03.15.	Departmental level	Mrs. Rekha
4.	Participation in Entrepreneurs Summit	20.03.15.	Departmental level	Sri Shyamsundar
5.	Workshop on food preservation	23.03.15-27.03.15	College level	Dr. Mahesh Jain Sri Shyamsundar
6.	Painting and slogan completion	2.04.15	College level	Dr. Geeta Jain
7.	Cookery competition	29.08.2015	College level	Dr. Asha Singh Dr. Punam Singh Dr. Pushpalata

8.	* Guest Lecture on Breast Feeding	06.08.15	College level	
9.	Rakhi Making Competition	10.08.15	College level	Dr. Lali Srivastava Dr. Archana Katiyar Dr.Kiran Mala
10.	Mehandi competition	22.08.15	College level	
11.	Nutrition Quiz	03.09.15	Departmental level	Dr. Mahesh Jain
12.	Workshop on Bone Health		College level	Dr. Amulya Singh
13.	* Workshop on Junk Food vs Healthy Food and its impact on Health	01.09.15	College level	Dr. Mahesh Jain
14.	Cookery Competition com Nutrition Quiz	03.09.15	College level	Dr. Geeta Jain
15.	World Food Day Celebration	15.10.15	College level	Sri Shyamsundar
16.	Workshop on Bone Health Problem		College level	Dr. Amulya Kumar
17.	Workshop –Cum-Exhibition on Junk Food vs		College level	Anila Sammuel
18.	Healthy Food and its impact on Health.		College level	Anila Sammuel
19.	Workshop on Food		College level	Dr. Mahesh Jain & Dr. Geeta Jain

Enrichment of Campus Life

Membership /Participation in Bodies/ Committees: List enclosed

Name of the Academic Body	Name of the Univ./ Institution	Period
Senate	Patna University	From 2014 till now
Board of Studies	Department of Home Science	From 2014
Post Graduate Research Council (PGRC)	Department of Home Science	From 1992 till now
Development & Finance Committee, & Discipline Committee	MMC	From January 2018

Membership of Professional Bodies, Societies etc. : Member, Inner Wheel Club Navya,

Patna.Editorship of Journals : Member, Editorial Consultant “ Satrachee”(UGC Refreed journal.