


Name	Dr. Smt. Nanda Gurwara nandagurwara@gmail.com 
Post	Professor Govt.D. B,Autonomous P.G.Girls College,,Kali Badi Raipur (C.G.)
Educational Qualification	M.H.Sc. (Food & Nutrition) , B.Ed. , Ph.D. (Food & Nutrition)
Date of Joining & Teaching Experience	31.12.1985 33 years of teaching experience.
Orientation	02 Nos. 1. Rani Durgavati Vishwvidyalaya , Jabalpur, Orientation course (30.03.92 to 25.04.92) 2. Enterpreneurship Development Cell. Faculty Development Programme in Enterpreneurship organized by Pt. Ravishankar shukla University Raipur.(19th Nov. to 10 th Dec. 1996.) 3. Indira Gandhi National Open University , Orientation Program counselor (3rd& 4th November'2012)
Refresher Courses	03 Nos. 1. Refresher course in Home Science organized by S.N.D.T. College Mumbai sponsored by UGC 2. Refresher course in Home Science Organized by Nagpur University sponsored by UGC. 3. Refresher course in Home Science Organized by Academic Staff College , Pt. Ravishankar Univ. Raipur (18 th Feb. to 9 th March 2013)
Ph.D.	Pt. Ravishankar Shukla University Raipur, 16.05. 2002 "Anaemia and cardio vascular efficiency of adolescent girls of different Socio Economic status in Raipur"

	(Thesis Published by UGC 2006)
Publications Research Papers	<p>..... Nos.42</p> <ol style="list-style-type: none"> 1. Jaya Chakraborty¹ Nanda Gurwara². Effectiveness of Group-Based Counseling on Health Status and Dietary Intake of Women and Their Children. International Journal of Science and Research (IJSR) ISSN (Online): 2319-7064 Index Copernicus Value (2013): 6.14 Impact Factor : 4.438. 2. Chitrarekha Singroul, Dr. Nanda Gurwara (2015). Effect of dietary counseling on the weight of pulmonary tuberculosis patients. Online International Disciplinary Research Journal, Bi-Monthly, ISSN 2249-9598, Vol. V, January 2015 Special Issue page No. 78-82. Impact Factor- 2.217. 3. Anjuli Mishra, Dr. Nanda Gurwara(2015). "Assessment of Clinical parameter of general appearance ,hair, face, lips, of Schizophrenic patients of Raipur Districts". Online International Disciplinary Research Journal, Bi-Monthly, ISSN 2249-9598, Vol. V, January 2015 Special Issue page no.160-164 . Impact Factor- 2.217. 4. Daisy Abraham & Dr. Nanda Gurwara (june 2015) "An Analysis of Risk Factors of Osteoporosis with Respect to Age of Premenopausal Women at Bhilai (CG)" International Research Journal of Humanities, Engineering & Pharmaceutical Sciences (IJHEPS™) with p-ISSN 2249-2569, e-ISSN 2320-2955, ISBN 978-81-909047-9-7, Vol. 2/Issue 10/Year 5, Int/june15/PH1001,Page no.46-50, Impact factor 5.484 . 5. MRS. SREEMINI PILLAI*, DR. (MRS.) NANDA GURWARA** MARCH (2015) EFFECT OF DIETARY COUNSELLING AND LIFE STYLE MODIFICATION ON DIETARY INTAKE AMONG HYPERTENSIVE PATIENTS *RESEARCH SCHOLAR DR R.N.K MAHAVIDYALAYA RAIPUR,C.G. ZENITH International Journal of Multidisciplinary Research ISSN 2231-5780 Vol.5 (3), MARCH (2015), pp. 80-84 6. "Study to Assess the Effectiveness of Information Booklet on Breast Feeding and Nutritional Needs During lactation Among Antenatal Mothers". Lab to Land, Vol. 2, No. 5, Page 1- 6. (2010), Aruna Palta, Nanda Guruwara , Nisha Sam. 7. "Impact of Advertisement of Television in Teen Agers " 13-18 yrs. Lab

	<p>to Land Vol.-3 No.12-2011 PP-579-580. Nanda Gurwara & Miss Lata Chaurasia.</p> <p>8. Effect of Breast Feeding in Infectious Diseases. Madhya Bharti-62. Research Journal of Dr. Harishankar Gaur University Sagar. Nanda Gurwara & Sapna.</p> <p>9. Assessment of Clinical and anthropometric parameter of Schizophrenic Patients of Raipur City. Int. Res. J. lab to Land, Vol.- 4, No.-14, 2012.ISSN No. 0975-282X. (2012) Anjuli Mishra, dr. Nanda Gurwara</p> <p>10. Common problems of School going Children upto 13 Years. Journal of humanities and applied sciences (ISSN -2248-9673) Issue -4 , Vol. 1 , Jan. 2012, page 1, 2 , Mrs. Jyoti Bhatt, Dr. Nanda Gurwara.</p> <p>11. Empowerment Of working Women In Health Status. National Seminar on Women Entrepreneurship Recent Trends \$ Opportunities in Home Science 26th & 27th September 2012. Anjuli Mishra, dr. Nanda gurwara.</p> <p>12. Nutritional Assessment of pulmonary Tuberculosis patients. International research Journal lab To Land, Vol.-4, No.-14, 2012. ISSN No. 0975-282X. (2012) Chitrarekha Singroul, Dr. Nanda Gurwara.</p> <p>13. International Interdisciplinary Research Journal (Bio-monthly), ISSN2249-9598, Volume-III, Issue-VI, Nov-Dec.2013. Chitrarekha Singroul, Dr. Nanda Gurwara.</p> <p>14. Dietary supplementation and Neutraceuticals. National Seminar on Women Entrepreneurship Recent Trends \$ Opportunities in Home Science 26th & 27th September 2012. Chitrarekha Singroul, Dr. Nanda Gurwara.(2013).</p> <p>15. A study of assess the attitude of fathers towards girl child and its impact on child's subjective well being in selected rural area of Bhilai (CG), International Research Journal – Lab to Land, April-June 2012 page no. 255 to 256, Vol : 04, no 14 ISSN no. 0975-282X Dr. Nanda Gurwara & Daisy Abraham.</p> <p>16. Assessment of risk factors of Osteoporosis and effectiveness of life style modification practices related to osteoporosis among premenopausal women at Bhilai (CG) Journal of humanities and applied sciences Quarterly National referred journal , Vol . II Issue 2 ISSN no. 2248-9673, July 2012 Page 7-9 Dr. Nanda Gurwara & Daisy Abraham.</p> <p>17. Effectiveness of nutrition educational and osteoporosis risk factor in premenopausal women. Research Journal of Social's life Science (half yearly Bilingual) registered Review Referred Research Journal</p>
--	---

	<p>Indexed and listed at Ulrich's International Periodical Directory Vol : 14-1 Issue no. 0973-3914 English Edition year 07 July 2013 page no. 247 To 252 Dr. Nanda Gurwara & Daisy Abraham.</p> <p>18. A study to assess the effectiveness of information booklet on breast feeding among antenatal mothers in selected hospital at Bhilai (CG) International Research Journal – Lab to Land Vol : 3, Issue no. 12 ISSN no. 0975-282X Oct – Dec 2011 Page no. 581 to 582 Dr. Nanda Gurwara & Daisy Abraham.</p> <p>19. An experimental study to evaluate the effectiveness of normal saline flush versus heparinised saline flush in maintaining the patency of peripheral IV catheters among children in selected hospital at Bhilai (CG) International Research Journal – Lab to Land Vol : 3 issue no.10 ISSN no. 0975-282X April – June 2011 Page no. 221 to 223 Dr. Nanda Gurwara & Daisy Abraham.</p> <p>20. A study to asses the effectiveness of computer assisted planned teaching programme on family life education in terms of knowledge of adolescent school girls in selected school at Bhilai, C.G, An International Research Journal-LAB TO LAND,Vol.-3,No.10,Apr-June 2011Pp224-226. Nanda Gurwara & Jaya Chakraborty</p> <p>21. A comparative study to assess the growth and development pattern of infants in selected rural and urban community of Durg district (C.G), An International Research Journal-LAB TO LAND, Vol.- 3 ,No. 12 , Oct-Dec. 2011, Pg-547-78 Nanda Gurwara & Jaya Chakraborty</p> <p>22. Mother and child health, nutritional status and effectiveness of counseling among rural woman, durg, (cg), Journal of Humanities & applied sciences issue –II Vol-.II, July 2012 Pg.No.- 1-6 Jaya Chakraborty & Nanda Gurwara</p> <p>23. “A study to assess the knowledge and nutritional status of rural mothers and their under-five and to create awareness regarding healthy food habits in Durg,(C.G.)” An International Research Journal-LAB TO LAND, Vol.- 4,No. 14, April- june 2012, Pg-245-247 Jaya Chakraborty & Nanda Gurwara</p> <p>24. RELATIONSHIP BETWEEN DIET AND ANAEMIA AMONG YOUNG ADULT WOMEN IN URBAN SLUMS, DURG (C.G). Journal of Humanities & applied sciences issue Jaya Chakraborty & Nanda Gurwara</p> <p>25. A study to assess the knowledge regarding complementary therapies and the type of therapy used among general population of Bhilai (C.G.) Lab to Land , Vol -3 no. – 12, Oct – Dec 2011 , Page: 552 Nanda Gurwara, Sreemini Pillai, Narayani Sahu</p> <p>26. A study to find the risk factors of hypertension and to assess the effectiveness of Dietary approach to stop Hypertension (DASH) Diet and Life Style Modifications on Blood Pressure and Quality of life among Hypertensive Persons in Bhilai (C.G.) Journal of Humanities & Applied Sciences , Vol – II , july 2012 Page – 10, 11, 12 , Mrs. Sreemini Pillai, Dr. Mrs. Nanda Gurwara</p> <p>27. Effectiveness of informational booklet regarding Quinolones on Knowledge and practice of staff nurses Lab to Land , Vol. – 3 , No. 10 , April – June 2011, Page – 216, 217, Nanda Gurwara Sreemini Pillai.</p>
--	--

28. Study on Impact of Training on Mushroom Processing Technology among Rural Women in Raipur District. Journal of humanities and applied sciences (ISSN -2248-9673) Issue -4 , Vol. 1 , Jan. 2012, page 1, 2 , Mrs. Jyoti Bhatt, Dr. Nanda Gurwara, Dr. Sandhya Verma.
29. Anaemia & Cardiovascular efficiency among young adult women. Edu Junction vol.-2 Jan-Mar.-2013. ISSN 2278-3938 pp-87. Dr Nanda Gurwara & Jaya Chakraborty.
30. Sree Mini Pillai, Dr. Nanda Gurwara. DASH Diet and Hypertension. Research Journal of Arts, Management and Social Sciences' ISSN 0975-4083, Vol.-X-II, Year-5, march, 2014 Page No. 32-34
31. Daisy Abraham, Dr. Nanda Gurwara. Closer Look at Osteoporosis- A Preventable Disease. Research Journal of Arts, Management and Social Sciences' ISSN 0975-4083, Vol.-X-II, Years-5, march, 2014 Page No 35-47.
32. Jaya Chakraborty, Nanda Gurwara. Nutritional status of Women and Children: An Area of Concern. Research Journal of Social and Life Science, ISSN 0973-3914, Vol.-XVI-I Years-8, June, 2014 Page No 162-165.
33. **Reena Barai and Dr. Nanda Gurwara, (2016)** "Prevalence of Anaemia in Women" Vikas International Journals of Home Science Volume 13 Page No. 1 – 7.
34. **Reena Barai and Dr. Nanda Gurwara, (2015)** "Impact of soya multigrain panjiri supplementation on haemoglobin level among women in Raipur" International Journals of Home Science IJHS 2016; 2(1): 22-24.
35. **Reena Barai and Dr. Nanda Gurwara, (2018)** " Efficacy of multigrain panjiri with iron and folic acid therapeutic supplementation in management of anaemia among malnourished women "International journal of researches in biosciences, agriculture and technology I J R B A T, vol. Vi (special issue 1), January 228- 234 issn 2347 – 517x.
36. **Reena Barai and Dr. Nanda Gurwara, (2018)** " Effect of Multigrain Soya Panjiri Supplementation on Quetelet Index and Anaemia Profile of Malnourished Women of Chhattisgarh" International Journal for Research in Applied Science & Engineering Technology (IJRASET) ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 6.887 Volume 6 Issue XII, Dec 2018- Available at www.ijraset.com.

37. **Chandrakala Janghel and Dr. Nanda Gurwara, (2016)** “Lifestyle Modification and Pulmonary Tuberculosis” *Vikas International Journals of Home Science* Volume 13 Page No. 8 – 11.
38. **Chandrakala Janghel and Dr. Nanda Gurwara, (2015)** “Efficacy of Egg and Amla Supplement on Serum total Protein Levels of Patients Suffering from Pulmonary Tuberculosis” *Research Journal of Arts, Management and Social Sciences* ISSN 0975-4083, Vol.- XIV, Eng.-II, Year-VII, April, 2016 Impact Factor 1.223 (IIFS).
39. **Chandrakala Janghel and Dr. Nanda Gurwara, (2018)** “impact of protein and vitamin c supplementation in malnourished pulmonary tuberculosis patients” *International journal of researches in biosciences, agriculture and technology I J R B A T*, vol. Vi (special issue 1), January 228- 234 issn 2347 – 517.
40. **Chandrakala Janghel and Dr. Nanda Gurwara, (2018)** “Association of Lifestyle Changes with Biochemical Parameters of Pulmonary Tuberculosis Patients” *International Journal for Research in Applied Science & Engineering Technology (IJRASET) ISSN: 2321-9653; IC Value: 45.98; SJ Impact Factor: 6.887 Volume 6 Issue XII, Dec 2018- Available at www.ijraset.com.*
41. Dr. Nanda Gurwara and Sonal Agrawal (2015) “Impact of soya multigrain panjiri supplementation on haemoglobin level among women in Raipur” *International Journals of Home Science IJHS* ISSN 2395-7476:2/1VOL.2(1): 22-24.

WORK SHOP AND SEMINAR

1. Topic: health risk of pesticide in food, national workshop on “food pesticides and consequent and health hazards” sponsored by UGC.
2. Topic: Effect of dietary supplementation on haemoglobin status and cardiovascular efficiency of ethnic tribal anaemic women of Chhattisgarh, shod saransh Chhattisgarh adiwasi mahotsav (2017) .
3. Topic: “Therapeutic Evaluation of Nutraceuticals, Functional Food and Similar Foods” National workshop organized by Nutrition society of India, Nagpur Chapter (Nutricon 2018).
4. Topic: Pesticides and public health, national workshop on “food pesticides and consequent and health hazards” sponsored by UGC.
5. Topic: Nutrition and health of pulmonary tuberculosis patients, National seminar on relevance of medical anthropology and tribal health care system in the globalizing world. (2018).
6. Topic: “Therapeutic Evaluation of Nutraceuticals, Functional Food and Similar Foods” National workshop organized by Nutrition society of India, Nagpur Chapter (Nutricon 2018).

POSTER PRESENTATION ON CONFERENCE

1. Topic: Effect of protein and vitamin C supplementation on Anthropometric Assessment of pulmonary Tuberculosis Patients. National workshop organized by Nutrition society of India, Nagpur Chapter (Nutricon

	<p>2018).</p> <p>2. Topic: Effect of dietary supplementation on anaemic tribal women of Chhattisgarh. National workshop organized by Nutrition society of India, Nagpur Chapter (Nutricon 2018)</p>
Books	<p>03 Books</p> <p>PUBLISHED BY UGC 2006</p> <p>1. "Anaemia and cardio vascular efficiency of adolescent girls of different Socio Economic status in Raipur" Dr. Nanda Gurwara</p> <p>2 किशोरावस्था एवं एनीमिया, डॉ. नंदा गुरवारा, वैभव प्रकाशन, रायपुर</p> <p>3 फिटनेस एवं खिलाड़ियों का पोषण, डॉ. नंदा गुरवारा, वैभव प्रकाशन</p> <p>4 भारतीय समाज मुद्दे एवं समस्यायें मशरूम उत्पादन : स्वरोजगार का उत्तम साधन, डॉ. नंदा गुरवारा , ज्योति भट्ट ISBN No. 978-81.Centre for research Studies Rewa(M.P.)</p>
Research Projects	<p>05 Nos.</p> <ol style="list-style-type: none"> 1. UNICEF (2004) – "Caring practices during pregnancy lactation & infancy in the tribals of Durg & Rajnandgaon districts of Chhattisgarh as compared to their rural counterparts. (Co-investigator) 2. UGC (period 2005-07) "Effect of spirulina on Blood Pressure levels of selected hypertensive's in Raipur cit." (Co-investigator) 3. UGC (2011-13) Anaemia & Cardiovascular Efficiency of adult slums in Durg District. Principal Investigator 4. UGC (2014-2015)"EFFECT OF DIETARY SUPPLEMENTATION ON ANTHROPOMETRIC AND BIOCHEMICAL COMPONENTS IN PULMONARY TUBERCULOSIS PATIENTS" . Principal Investigator. 5. CHHATISGARH COUNCIL OF SCIENCE AND TECHNOLOGY (2015)-

	<p>“Effect of Soya multi grain panjiri supplementation on hemoglobin level and cardio vascular efficiency of women in Raipur city”</p>
<p>Other Achievements</p>	<ol style="list-style-type: none"> 1. Counselor of IGNOU Study centre 3513/P at Raipur for M.Sc. – Dietetics and Food Service Management Course. 2. Member, Editorial Board of International Research Journal, Lab to Land Chhattisgarh Medico, Informatics Society, Raipur. 3. Member Editorial Board of Journal of Humanities and applied life sciences (ISSN-2248—9673) <p>Life Member –</p> <ol style="list-style-type: none"> 1. Research Journal of Humanities & Applied Sciences , ISSN-2248—9673 2. International Research Journal , ISSN No. 0975-282X 3. Research Journal of Social and Life Sciences, Rewa (0973-3914) <p>Member मात्र वृक्ष मित्र एवं पर्यावरण संरक्षण समिति, छत्तीसगढ़ Member – Board of Studies V.C. Nominee, Pt. Ravi Shankar Shukla University Raipur.2012 -15 Home science Faculty Member Pt. Ravi Shankar Shukla University Raipur. Guided Ph.D Scholars – Registered total 05 Candidates. Ph.D awarded 05 Candidates, Regd. 02. Above 55 dissertations for M.Sc. Food and nutrition, P.G. Diploma in Dietetics and IGNOU Student of D.F.S.M. Resources Person – Aanganwadi Supervisor training, Workshop in Computer training Programme by Saksham champion training programme (from 12.12.2011 & 22.12.2011)</p>