

## **BIODATA**

**Name** Dr. (Mrs.) Rashmi Minj

**Designation :** Professor (16.8.2006)  
Govt. D.B.Girls'S P.G.  
Autonomous College,Raipur  
(India)

**Academic Qualification** M.H.Sc. (Food and Nutrition), Ph.D.

**Academic Contribution**

**Teaching Experience** 36 Years(25/2/85)

**Research Experience** 26 Years

**Awards** Received Research Link Samman,  
2005 for Best published  
  
Received NSI prize at NIN, National  
Institute of Nutri

**Ex Dean** Faculty of Home Science,{2015-2017}

**Member** Pt. Ravishankar Shukl Vishv  
vidyalaya,Raipur.C.G.

VC Nominee, Board of Studies Home Science,2009,10,11.Pt.  
Ravishankar Shukla University, Raipur (India).

**Life Member**

- 1.Nutrition Society of India. 2.Home Science association of India .
3. Indian Dietetic Association
4. Indian Sociological Society.
5. Vriksha Mitra Society.

**Research Paper Published**

1. R. Minj, "Study of the Nutritional Profile of Labour Children (With Special Reference to Raipur City), Research Link, 85-86
2. R. Minj, "Study of Health Problems among Geriatric Patients", Research Link, 103-104, March 2004
3. R. Minj, P. Sahu, "Prevalence of Health and Nutrition Related Problems among the Working Women of Raipur City", Research Link, 140-145, April 2006.

Founder President : Indian Dietetic Association C.G.Chapter.

Book: PARIRAKSANAM, NUTREHEAL

Counselor –

1. IGNOU.
2. Women And Child Development Dept. For State Level Supervisor's Training .

NATIONAL SEMINAR ORGANIZED-

1. UGC sponsored National Seminar on Women Entrepreneurship-Recent Trends and Opportunity in Home Science. on 26<sup>th</sup>-27<sup>th</sup> September 2012
2. National Seminar On Nutraceutical Attributes Of Soya Milk-A step towards Healthy life. 8<sup>th</sup> June 2014 At Raipur.
3. National Seminar on Food Processing Technology & Women Entrepreneurship. ON 26<sup>TH</sup> September 2014 Sponsored By IDA And CSIDC C.G.Govt.
4. International Webinar on Health and wellness strategies during and beyond COVID- 19.  
1st August 2010.

Research Projects;-

1. Sponsored by C.G.Council of Science and Technology. Effect of Soy Protein Supplement on the Growth and Development of School Going Tribal Children. 2006-2008.
- 2. UGC Sponsored Research Project on Prevalence of Osteoporosis in Postmenopausal Women in Raipur City. 2011-2013. Sanctioned Amount Rs. 200000/
- 3. Sponsored by C.G.Council of Science and Technology. Prevalence of Obesity & its Impact on Type Two Diabetes and Hypertension in Rural and Urban Women of Raipur. 2013-15. Amount Sanctioned-1,98000/.

#### Other Administrative Achievements and activity-

\*Asst. Superintendent in Annual Examination ( for four years.)

\*Flying Squad member for annual examination.

\*Valuated Ph.D. Thesis.

\*Examiner for Ph.D. viva-voce.

Interview boards, Inspection Committee.

Former Member of Executive Council of Pt. RSS Uni. Raipur.

Former Nominated member for interview board for Principal and HOD. Pt. RSS, Univ. Raipur.

Former member of Vidya parishad. Pt. RSS, Univ. Raipur

#### International Seminars and Conferences-

1. Sustaining the quality of life through family and community Health on 19 <sup>th</sup> -20 <sup>th</sup> January 2007 at Nagpur (India).
2. International Scientific Conference on "Nutraceuticals & Functional Food at Zilina Slovakia (Central Europe)" 4 <sup>th</sup> – 11 <sup>th</sup> June 2009 PAPER

PRESENTED– “Role of Soy Protein Supplementation on Growth of Tribal School going Adolescents”.
3. Asian Congress of Dietetics at Bangkok, Thailand .10 <sup>th</sup> – 12 <sup>th</sup> November 2010
PAPER PRESENTED– “Use of Drumstick Leaves a Nutraceutical for Treatment of Osteoporosis”.
4. 4 <sup>TH</sup> International Congress on Sickle Cell Disease, 22 <sup>nd</sup> – 27 <sup>th</sup> November 2010 at J.N.M. Medical College, Raipur (India) PAPER PRESENTED– “Dietetic Management of Sickle Cell Disease”.
5. INVITED SPEAKER_- In 1 <sup>ST</sup> Regional conference of Health Science and Nursing at Shah Alam, Malasia. to 24 <sup>th</sup> of feb. 2011.
6. 5 <sup>th</sup> APOLLO International Clinical Nutrition Update ”New age Evidence Based Clinical Nutrition Practices. Held on 5 <sup>th</sup> and 6 <sup>th</sup> October,2013 At Hyderabad, AP.
7.International Conference On Indian Art Forms ON 26 <sup>TH</sup> TO 28 <sup>TH</sup> February’12 at Indira Kala Sangit University, Khairagarh,C.G. PAPERPRESENTED.

### National Seminar and Conferences:

1. Right Wearing Bright Future, Sponsored by MPCOST on 31 <sup>st</sup> March – 1 <sup>st</sup> April 1992 at M.L.B. Girls P.G. College, Bhopal (M.P) – Paper Presented
2. Women and National Development, 16 <sup>th</sup> and 17 <sup>th</sup> March 1992, Sponsored by Deptt. Of Higher Education, Govt. of M.P. Bhopal at M.L.B. Girls P.G. College, Bhopal (M.P.)
Workshop on ÒNarmada RiverÓ, Sponsored by MPCOST on 15 <sup>th</sup> – 17 <sup>th</sup> April 1991 at N.M.V. College,

3.	Hoshangabad – Participated.
5.	Nutritional Society of India, NIN, Hyderabad, 27 <sup>th</sup> – 28 <sup>th</sup> November 1997, Paper Presented and Received NSI Award. Paper Presented
6.	Attended NSI XXXI Annual Conference at NIN, Hyderabad on 26 <sup>th</sup> – 28 <sup>th</sup> November 1998. Participated
7.	Workshop on x`g foKku ikB~;`e dh iqujZpuk Sponsored by UGC at Sarojini Naidu Govt. P.G. College, on 6 <sup>th</sup> – 7 <sup>th</sup> December 1999 Paper Presented
8.	National Seminar on `Environmental Impact Analysis Through Low Cost Instrumentation and Waste Minimization´, Sponsored by UGC, 6 <sup>th</sup> – 8 <sup>th</sup> May 1999, Paper Presented.
9.	National Seminar and Workshop Sponsored by UGC, 6 <sup>th</sup> – 13 <sup>th</sup> May 1999 at MLB Govt. Girls P.G. College, Bhopal – Participated.
10.	34 <sup>th</sup> Annual Conference of Nutrition Society Of India at Bhopal on 5 <sup>th</sup> & 6 December 2001, Paper Presented
11.	UGC Sponsored National Seminar on Science, Technology & Water at Pt. R.S.V.V., Raipur – Paper Presented on 29 <sup>th</sup> – 30 <sup>th</sup> April 2002.
12.	Short Term Certificate Course in Food Preservation from 9 <sup>th</sup> to 13 <sup>th</sup> December 2002 At D.B.Girls P.G.College, Raipur C.G.
13.	Annual Conference at NIN, Hyderabad – Paper Presented on 12 <sup>th</sup> – 13 <sup>th</sup> December 2003.
14.	Workshop on Methodologies for Assessment of Vitamin ‘A’ Deficiency, Iron Deficiency Anemia & Iodine Deficiency Disorders 13 <sup>th</sup> – 15 <sup>th</sup> September 2004 at AIIMS, New Delhi
15.	Annual Meet of NSI at Mysore on 5 <sup>th</sup> & 6 <sup>th</sup> November 2004 Co-sponsored by CFTRI at Mysore (India). – Paper Presented
16.	American Soyabean Association and Ruchi Soya Organized Nutrela Health Workshop on 1.5.2004 – Participated.

17. Perspectives of Positive Psychology at D.B.P.G. Girls College, Raipur – Paper Presented.
18. Symposium on Biotechnology in Future Medicine at J.N.M. Medical College, Raipur – Attended 25 <sup>th</sup> July 2006.
19. National conference on Role of Soil & Water Conservation in Rural Employment, 19 <sup>th</sup> – 21 <sup>st</sup> September 2006 –by Indira Gandhi Vishwavidyalaya, Raipur. Paper Presented
20. Current Trends in Pineal Research, Dept. Of Zoology, D.B.P.G. Girls College, Raipur, 5 <sup>th</sup> – 7 <sup>th</sup> October 2006 – National Symposium - Paper Presented
21. National Seminar at D.B.P.G. Girls College, Raipur on Tourism : Prospect of Development and Challenge, Paper Presented, 13 <sup>th</sup> – 14 <sup>th</sup> February 2007.
22. Pt.J.N.M.Medical College,Raipur organized one day symposium on Stem Cell –In Future Medicine. Participated. On 25 th July 2007
23. UGC Sponsored National Seminar on Status and Trends in Tribal Development in India at Govt. Digvijay P.G. College, Rajnandgaon, 23 <sup>th</sup> – 24 <sup>th</sup> February 2007 – Paper Presented.
24. National Research Seminar 20-21 SEPTEMBER 2007, Sponsored by Indian Institute of Public Administration, New Delhi . at Govt. D.B.P.G. Girls College, Raipur (India) – Paper Presented –
24. National Symposium on Trends in Regenerative & Molecular Medicine at J.N.M. Medical College, Raipur (India) on 25 <sup>th</sup> July 2008.
25. U.G.C. Sponsored National Seminar on Changing Perspectives of Home Science at Arts & Commerce College, Devendra Nagar, Raipur (India) 7 <sup>th</sup> – 9 <sup>th</sup> November 2008 – Paper Presented – Comparative Study of Sensory Evaluation of Ready to Eat Food & Home Made Fresh Food.
26. National Seminar on Right to Information, 16 <sup>th</sup> – 17 <sup>th</sup> January 2009 at Digvijay P.G. College, Rajnandgaon (India) – Paper Presented – Right to Information at a Glance.

27. UGC Sponsored National Seminar on 'Sushasan and Suchana ka Adhikar' at Govt. J.Y. Chhattisgarh College, Raipur. C.G. Paper Presented.

28. National Researched Seminar (U.G.C. Sponsored) as Female Foeticide and Imbalanced Sex Ratio, 9<sup>th</sup> – 10<sup>th</sup> January 2009 – Paper Presented – Healing Practices Among the Tribes of Chhattisgarh at D.B.Girs P.G.College, Raipur.

29. National Seminar on Rural Development in India : Problems & Solution, 10<sup>th</sup> – 11<sup>th</sup> February 2009 – Paper Presented as Agrarian Distress, at K.D. Govt. Girls College, Rajnandgaon (India).

30. Second Annual Convention of the Chhattisgarh Academy of Applied Psychology – 21<sup>st</sup> November 2009 at K.D. Govt. Girls College, Rajnandgaon (India) – Paper Presented – Effect of Physical Fitness on Old Age Psyche.

31. UGC Sponsored National Seminar on Family Planning and Female Foeticide at Home Science College, Hoshangabad, M.P.

Resource Person.

32. National Workshop on Applications of Computers in Research Organized by Dr. Radha Bai Govt Kanya Mahavidyalaya, Raipur, 15<sup>th</sup> – 16<sup>th</sup> February 2010. Participated

33. UGC sponsored National Workshop on Current Trends of Research in Home Science at Dr. Radha bai Govt. Naveen Govt College Raipur .02.09.2011 Participated

34. 2<sup>nd</sup> Annual National Nutrition Seminar BY Indian Railway Dietetic Association cum CME on 'Role of Dietetics in Health Engineering', 23-24 september 2011 at Jabalpur. M.P. Speaker

35. National Research Seminar at Kalyan Post Graduate College, BHILAI NAGAR C.G. 24-25 Nov. 2011, Paper Presented.

36. Workshop on Concepts Principles and Application of Nutrigenomics 10<sup>th</sup> Nov 2011 – National Institute of Nutrition ICMR Hyderabad. A.P. Participated



37.National Conference At National Institute Nutrition ICMR Hyderabad. On Economic Transition in Nutrition- Life Style diseases & Health and Nutrition wellness 11-12 Nov. 2011.
38.National Seminar 24- 25 December 2011 on c<+rh vkcknh ,oa ifjokj fu;kstu Govt Home Science Lead College Hoshangabad. M.P. 'kks/k iM+k izLrqrA
39.Emerging Trend in Scientific Research National Seminar at. Govt. V.Y.T. P.G. Autonomous College a Durg on 11-12- oct 2011. Attendanded
40.National Seminar On Women Entrepreneurship- Recent Trend and Opportunity in Home Science 26-27 September 2012. Organizing Secretary
41.Golden Jubilee Confluence of Indian Dietetics Association, National Institute of Nutrition Hyderabad A.P. 29 <sup>th</sup> Nov. to 10 <sup>th</sup> 2012 Delegate and Reporter.
42.National Workshop On Awareness Toward a holistic Management of Environment Organized by Dr. Radha bai Govt. Naveen Girls College Raipur (C.G.) 7 <sup>th</sup> August 2012 – Paper Presented
43.National Seminar On Globalization & Changing Role of women at Arts & Commerce Girls College Devendra Nagar 20-21-Nov. 2012 . Paper Presented
44.UGC Sponsored National Workshop On Food Adulteration & Consumer Awareness 9 and 10 February 2012 by Department of Home Science, Govt.W.W.Patankar girls P.G. College Durg.
45.46 <sup>th</sup> Annual National Pre Conference Workshop on Òcurrent concept in nutritional assesment technique and toolsÓ. of IDA on 12 th December 2013 at Pune.M.S. Participated .
46.46 <sup>th</sup> Annual National Conference on New Paradigm in Nutrition Research & Practices by IDA Pune Chapter(12/12/13) at Pune,MS. Participated .
47. Interdisciplinary National Seminar on Impact of Agrochemicals On Ecosystem.23 <sup>rd</sup> &24 <sup>th</sup> August2013.at Swami Shri Swaroopanand Sarswati Mahavidyalay,Bhilai.C.G. Paper Presented.

48. UGC Sponsored SAAM Workshop on Capacity Building of Women Managers In Higher Education.25 to19th June 2013 AT D.B.Girls P.G.College,Raipur. Participated
49. National Nutrition Week 3/9/15 Organized by Dr.Rashmi Minj (under CPE).At Govt.D.B.Girls College,Raipur.
50. National Seminar On Nutraceutical attributes of Soya milk 8 <sup>th</sup> JUNE,2014, 1 day by IDA CG CITCON.
Paper Presented
51. National Seminar On Food Processing Technology and Women Entrepreneurship 26 <sup>TH</sup> September,2014 by IDA and CSIDC – NMFP CG Govt . Convener
52. National Seminar On Food Processing Technology and Women Entrepreneurship
2016 ,1 day IDA and CSIDC – NMFP CG Govt. Paper Presented
53. National Seminar On Food Processing Technology and Women Entrepreneurship ,2016 1 day ID A and CSIDC – NMFP CG Govt.Editor of Souvenir
54. भारतीय इततहास में नारी 01 दिन राष्ट्रीय 2014 शोध संगोष्ठी संस्कृत त िभाग छत्तीसगढ़ शासन
Ò Prachin kal me Mahilao me UdhamitaÓ.Pater Presented
55. SHORT-TERM COURSE 03 day 28-30-Jul 2014 Short-term course UGC UGC Sponsors Sponsors ASC Pt. R.V. Viswavidhalaye Raipur .Research Methods in Social Science. Particited
56. National Workshop New emerging trends in Research Methodology14-15 <sup>th</sup> Feb2014 at Govt.D.B. Girls P.G.College,Raipur. Participated
57. State Level Convention on Nutrition 1 day25/11/2014 National NACDOR and Govt. Naveen KanyaCollege,Raipur . Resource Person.
58. Workshop on Teaching, Learning and Evaluation One Day State Level by IQAC Govt. K. D. R. College Rajnandgaon . 22 september2017 Resource Person

59. National Science Day 2016 at Dr.Radha Bai Naveen College,Raipur.Sponsored by CGCOST.
Judged the competitions.
60. Women Empowerment and Sports 2 days 7/1/2016 Govt. Kamala Devi Mahila College Ragnandgaon, C.G.
Paper Presented
61 . Workshop on Awareness on Child Labour One Day 7/4/2016 CPE,UGC College level Govt.D.B.Girls P.G.College,Raipur .Convener
62. Women Empowerment and Sports 2 day 7/1/2016 National Govt. Kamala Devi Mahila College Ragnandgaon.
Chair Person
63. आ थक िकास की पयाििणीय लागत : ितमान पररदृश्य 01 दिन16 Feb 2016 At Govt.V.Y.T.P.G.College,Durg.
Participated
64. NAAC Sponsored Seminar on Institutional Quality improvement 1 Day 29/2/2016 Govt.D.B.Girls P.G.College, Raipur. Team Member
65. Renal Nutrition in Tribal population 1 day 27/8/2016 National D.K.S. Post Graduate Institute Research centre J.N.M. Medical College Raipur.
66 . Family Fragmentation ,Nuclear Families and Parting Role of Grandparents and Grandchildren to Protect Family Values sponsored by ICSSR, New Delhi, at D.B.Girls P.G.College,Raipur. on 16-17 November 2017.
Paper Presented.
67. Workshop on Teaching Learning and evolution Methodology 1Day22/9/2017 State Level Govt. Kamala Devi Mahila College Ragnandgaon. Resources Person
68. National Seminar on Electronic Media and Social ChangeTwoDay27-28/2/2018National Govt.D.B.Girls P.G.College,Raipur. Paper Presented
69. National Seminar (Icssr,Delhi)on Family Fragmentation &parenting Two Day16-17/11/2017 Govt.D.B.Girls P.G.College,Raipur. Participated

70. Workshop on Science and Technology for harnessing Natural Resources towards sustainable Development 1 day 10/3/2018 State Level CG Cost Sponsored. Participated.
71. Rusa Workshop On "Higher Education And Enabling Atmosphere" Govt. D.B.Girls P.G.College,Raipur. 4 Days 12/1/2015 Team Member
72. National Workshop on FOOD PESTICIDE AND CONSEQUENT HEALTH HAZARDS, Sponsored by UGC at Dr. Radha Bai Govt Naveen Kanya College, Raipur. 8 <sup>th</sup> August 2015 Resource Person
73. CONSULTATION ON NUTRITION 1 Day 9/10/15 State Level by NACDAOR And Dr. Radha Bai Govt Naveen Kanya College, Raipur. Participated
74. Judgement- Cooking Competition at Dr. Radha Bai Govt Naveen Kanya College, Raipur. 4/9/ 2017 Judgement
75. Workshop on Teaching, Learning and Evaluation Methodology, One Day State Level, IQAC Govt. K. D. R. College Rajnandgaon . 22-9-2017. Resource Person
76. UGC –CPE Sponsored Workshop on Innovations In Examination Reforms under the scheme of Autonomy at D.B.Girls P.G. Autonomous College, Raipur. 3/2/2018 Participated
77. One Month Training Programme on Canning and fruit Preservation by Horticulture Dept. C.G. Govt. 27.10.2017-26.12.2017 Organized
78. National Seminar on Electronic Media & Social Change on 27-28 february 2018. At D.B.P.G.Girls College, Raipur. C.G. Paper Presented
79. UGC sponsored one day Workshop on Satnami Sanskriti ke Vikas me Mahilaon ka Mahatv & Yogdan, organized by Women Study Center 23.2.2018. D.B.P.G.Girls College, Raipur. C.G. Participated .
80. "National Science Day 2019" sponsored by CGCOST at . Dr. Radha Bai Govt Naveen Kanya College, Raipur . Invited as Judge for Rangoli, Models and Poster Paintings Competitions.

81. National Seminar on Urbanization and Its Impact with reference to Smart City.4-5 January 2019. Organized by Dept of Geography at Govt.D.B.Girls P.G.College,Raipur.

NOTE- About 80 webinars attended during during covid 19 period

Resource person in International and National Webinars