

BIO-DATA

Name	Dr. (Mrs.) Vasu Verma
Designation:	Professor Govt. D.B. Girls P.G. Autonomous College, Raipur, Chhattisgarh
Academic Qualification	M.H.Sc. (Food and Nutrition), Ph.D. ,M.A (Hindi Literature) , B.Ed
Academic Contribution	PhD. Guide and Co Guide (11 Scholars Awarded, 4 scholars Undergoing and 2 Scholars selected as Assistant Professor through CGPSC)
Teaching Experience	35 Years
Date of Joining	04.01.1986
Regularization	15.06.1987
Promotion as professor	19.08.2006, F-1-03/2006/38
Senior grade	23-03-1997,2037//97,26.11.97
Selection Grade	27-03-1998,3291//2003/Raipur, 16-07-2003
Research Experience	9 Years
PAN Number	AAIPV0079L
AADHAR CARD Number	9506 7451 8164

Orientation / Refresher Course

S.No	Orientation / Refresher	Institute	Date
1	Orientation program conducted by Academic Staff College Jabalpur(M.P), Secured outstanding grade	Rani Durgavati University Jabalpur (MP)	03/01/1994 – 29/01/1994
2	Refresher Course	Rani Durgavati University Jabalpur (MP)	03/03/1997 – 22/03/1997
3	Refresher Course	A.S.C Nagpur, Nagpur University , Maharashtra	06/03/2000 – 29/03/2000
4	Refresher Course	A.S.C Nagpur, Nagpur University , Maharashtra	20/12/2000 – 12/01/2001
5	Refresher Course	A.S.C Pt.RSSU Raipur	2013

Dean - Faculty of Home Science Pt. RavishankarShukl University ,Raipur.C.G.

Member

1. VC Nominee,Board of Studies Home Science, Pt.RavishankarShukla University, Raipur (India).
2. EX member of UPSC Selection committee.
3. Member of selection committee – Assistant professor selection at Indra Gandhi KrishiVishvavidhyala Raipur ,C.G
4. Member of selection committee – Assistant professor selection at Holy Cross Women’s College Ambikapur, C.G
5. Member of Inspection Committee at Govt Mini Mata Girls College Baloda Bazar on
6. Member of Inspection Committee at Govt College GobhraNawaparaChhattisgarh

- 7. Member Of Board Of Studies At Autonomous College
- 8. Member Of Board Of Studies At University Board Committee- 2217/adc/2008//Raipur/16-09-2008
- 9. Home Science faculty member in R.S.U Raipur
- 10. Former Member of Executive Council of Pt. RSSU Raipur.
- 11. Former Member of Vidyaparishad Pt. RSSU Raipur

Life Member

1. Nutrition Society of India
2. Indian Dietetic Association
3. Research Journal of Arts Management & Social Sciences , International journal ISSN 0975-4083

CPE Events/ Activities

1. Workshop on CAPACITY BUILDING
03/12/2015 – Convener Dr. Vasu Verma
Speakers – Dr. Indra Mishra (Rt. IAS) on Higher Education & Enabling Atmosphere
Speaker – Dr. Sushil Trivedi (Rt. IAS) on Governness in Higher Education

2. CPE-4 DAY workshop

Workshop report under CPE (UGC) 2016

Workshop was organised by the faculties members of Home Science from 4th April to 7th April 2016 under CPE (UGC)

Day 1: 4th April 2016

Workshop was organised on "Awareness of child labour". Speakers of this event were Dr. Priya Rao (Assistant Professor, Department of law Pt. RSS University Raipur) and Mrs. Shatabdi Pande (Chairperson Bal Adhikar Sanrakshan Aayog Raipur). On this day a group activity was conducted and oath to become child right champions was taken by the attendees. Workshop also included making slogans on child labour awareness by students. Convenor of this event was Dr. Rashmi Minj (Professor, food and nutrition).

Day 2 : 5th April 2016

A "Health Camp" was organised by **Dr. Vasu Verma**, (Professor Food and Nutrition). Expert of this event was Dr. RD Manghani Pathologist. He estimated the blood profile of 50 attendee students.

Date 3: 6th April 2016

A workshop on Food for Pregnant women" was organised. Speakers on this day were Dr. Arunapalta (Principal, Government Navin Kanya Mahavidyalaya) and Dr. Vinaya Agnihotri (Gynecologist Raipur) .Convener of this day was Dr. Anubha Jha (Assistant professor, food and nutrition). Students prepared nutritious recipes which were evaluated and guided by experts.

Day 4: 7th April 2016

Last day workshop was organised for "Diabetic Nutrition". Speaker on this day was Dr. Arunapalta (Principal Navin Kanya Mahavidyalaya). Expert lecture on Diabetic Nutrition was also delivered Dr. Smit Shrivastava (cardiologist Pt. J.N.M. College Raipur). Convenor of this event was Dr. Anubha Jha (Assistant professor, Food and nutrition). Students prepared nutritious recipes which were evaluated and guided by experts.

4. C.P.E
Co Curricular Extension Activity
Convener – Dr. Vasu Verma

Name of Professor In charge	Activity / Program	Date
Dr ArunaChoubey	3 Days Workshop On Stress Management	25-09-2015, 14/10/2015 and 15/10/2015
Dr Kalpana Paul	3 Days Workshop On Communicative English Skills	8/10/2015 to 10/10/2015
Dr AlkaVerma	Celebration Of World Brestfeeding Week	7/08/2015
Dr RashmiMinj	Celebration Of National Nutrition Week	03/09/2015
Dr PreetiKansara	Rajiv Gandhi National Youth Entrepreneurship Training Program	8/09/2015 to 12/09/2015
Dr ShampaChoubey	Workshop On Laughter Yoga And Life Skills	30/11/2015 and 01/12/2015
Dr PremlataTiwari	Cleanliness Program	21/08/2015, 31/08/2015 and 20/11/2015

Extensions and Community outreach

- Trained officer NSS 18 years experience.
- Nodal officer - Ek Bharat Shreshta Bharat
- Evaluation of state level Mid Day Meal program (Lok Shikshan Sanchanalaya)
- Menu planning for Mid Day Meal program organized by Pahal NGO
- Convener of 1 month training of canning and food preservation program 2018-2019
- Resource person at food and nutrition board ,Raipur organized by government of India
- Resource person attended in national nutritional week at Little Angel School , Raipur
- Resource person on Webinar conducted by Govt. Kamladevi College Rajanandgoan.
- Resource person on Webinar conducted by Govt Nehru College Dogangarh
- Resource person on Webinar conducted by Govt Girls College Manendragarh On
- Resource person on Webinar conducted by Govt Girls College Manendragarh On
- As a Subject expert on Food adulteration telecast in Doordarshan Raipur Chhattisgarh.

- Subject expert and speaker in Akashvani Raipur.
- Broadcast messages in Akashvani Kendra Raipur in Program Aajkacintan

Vice – President: Indian Dietetic Association , C.G. Chapter.

Program Coordinator- IGNOU (Feb 2020) Study Center 3513P

Counselor -

1. Women and Child Development Dept. For State Level Supervisor's Training.
2. Canning and Food Processing Center, Raipur. (Chhattisgarh)
3. As judge in state level project competition in the field of sciences , technology & innovation for clean , green and healthy nation , in 27th national children sciences congress -2019

Research Projects:-

1. UGC Sponsored Minor Research Project on” A study of bone mineral density of premenopausal women in Raipur city.(Principal investigator)
2. UNICEF sponsored Minor Research Project “Caring Practices during pregnancy, lactation and infancy in the Tribals of Durg and Rajanandgoan of Chhattisgarh as compared to their Rural counter parts ” (Co Investigator)

Other Administrative Achievements and activity-

* Superintendent in Annual Examination – 2018- 2019

*Asst. Superintendent in Annual Examination 2019- 2020

*Examiner for Ph.D.viva-voce.

S No	University	Scholar	Guide	Thesis Title
1	Berhampur University, Odisha	Ku Subhangi Sahoo	Dr Aparajita Chowdhury	Mothering among tribal communities : effect on the Childs nutritional status
2	Berhampur University, Odisha	Jotshna Mayee Sethi	Dr Puspanjali Samantray	A Comparative study of physical growth of ICDS and non ICDS children of Ganjam district Odisha
Evaluator for Ph.D. Thesis				
3	Berhampur University , Odisha	Ku Rashmita Paridha	Dr Puspanjali Samantray	Health and Nutritional management of tribal residential school children of orissa
4	Ranchi University , Jharkhand	Vibha Rani	Dr Swarnprabha	Utterpradesh ke mirzapur janpad ke mahila sharmko ke swathya avm poshan ki sthiti.
5	Ranchi University , Jharkhand	Snehalata Kumari Pandey	Dr ManjuKumari	Nimnaaye varg ke 0-1 varsh ke shishuo ke poshaniya sthiti ka adhayan rachi ke gram in ilake nagadi aur hehal basti ke vishesh sandhabh mein.

S. No.	Name of the Research Scholar	Title of the Thesis	Status Awarded
	As a Guide		
1	Dr. Arpita Soni 17.7.12	Effect of body composition, food consumption and physical activity on obese women In Raipur city	Awarded 13.6.16
2	Dr. Pushpa Adile 17.7.12	मुंगेली जिलों की अनुसूचित जाती एवं जनजाति की कार्यशील महिलाओं के पोषणीय स्तर का रक्त अल्पता के विशेष सन्दर्भ में तुलनात्मक अध्ययन	Awarded 8.7.16
3	Seema Khatun 23.7.13	Effectiveness of Antioxidant Vitamin C and Vitamin E on skin health of urban women	Awarded 9.9.19
4	Jyoti Bala Sahu 17.7.12	Impact on Height and Weight of school going children(7 to 9 years) regarding to their socio-economic status and diet	Submitted
5	Kiran Raghuwanshi	Bone mineral density changes in post menopausal women in Raipur city	Submitted

	17.7.12		
6	Mrs. Rashmi Singh	Effect of dietary supplements on body composition and performance of sports person: with reference to Chhattisgarh	Ongoing
7	Neelam Swarkar	Improving and promoting the use of MoringaOleifera (Munga) leaves for a better health and nourishment of adolescent girls in Bilaspur district (C.G.)	Ongoing
	As a Co- Guide		
8	Rachana Saxena 24.6.11	Dietary behavior and nutritional status	Awarded
9	Richa Khare	Obesity in middle aged men: causes, prevention and cure with special reference to DASH diet	Awarded
10	Chitrarekha Singhrole 8.7.11	Effect of dietary counseling on the nutritional status of pulmonary tuberculosis patients	Awarded 23.11.15
11	Dr. Savita Bhoi 20.7.12	An Analytical study of tomato. Carrot, beetroot supplementation on physical fitness of adolescent college going girl	Awarded 24.1.17
12	Dr. Anjul Agarwal 10.10.14	Nutritional relevance of traditional receipe of Chhattisgarh and their value addition	Awarded 24.10.18
13	Dr. Sharmistha Roy	Exploratory study on infant and young child feeding practice in urban slums of Raipur	Awarded 19.1.18
14	Dr. Reena Barai 2.11.15	Impact of maltigrain Panjiri Supplementation in malnourished women in Raipur Chhattisgarh	Awarded 4.10.19
14	Bhanu Pratap Nayak	Development of bamboo shoot powder and formulation of fortified product from it.	Ongoing
15	Kanak Faujdar	Development of ragi based calcium and vitamin D enriched extruded product.	Ongoing

International , National Seminar and Workshop :

1. National workshop attended at Dr. Radhabai government Navin Kanya Mahavidhlaya Raipur “Application of computers in research” 15/02/2010 organized by UGC.
2. Operation and Maintenance of Opto Analytical Laboratory Equipment’s” 6-10 January, 2020.
3. Entrepreneurship in Nutrition along with mind & body science.
4. YUVA SHAKTI ABHIYAN – The program for transforming Youths is an initiation of SHAKTI – A National Movement for Women.
5. Judge in the State Level Children Sciences Congress held at Raipur on 30th November & 01st December 2019.
6. National Seminar on Recent Trends of Research in Home Science “P.G. Department of Home Science Berhampur University, Bhanja Bihar held during 7th & 8th March, 2019.
7. A Nutritional Symposium on ICU Nutrition, Enternal & Parenteral Nutrition, Gut, Microbiota Impact of Diet Organized by Ditetics Department, Shree Narayana Hospital, Raipur (C.G.)
8. A Novel Step Towards Prominence of Protein In dietary Nutrition Index of sports person in Kanker District in International Conference ICPSM 29th to 30th March 2019.
9. 3rd CG State Conference “Diet & Nutrition Workshop” held at the 3rd Chhattisgarh State RSSDI Conference at Raipur on 1st & 2nd September 2018.
10. A Study on Dietary Practices of Brick Kiln Workers of Durg District Chhattisgarh. 1 September 2018.
11. 51st Annual National Conference of Indian Dietetics Association organized by IDA, M.P. Chapter 30th September –

2nd October 2018 Indore MP.

12. National Conference on Socioeconomic Change through Innovation: Impact on Environment & Wellness of Community organized by Dept. of Home Science Rashtrasant Tukadoji Maharaj Nagpur University. 11th & 12th January, 2018.
13. Joint Secretary Executive Member at Chhattisgarh IDA Chapter in the tenure of 2015-2018.
14. Scientific Session on Nutrition Support In Chronic Kidney Disease held on 22nd December 2018, Raipur
15. State Level seminar on “Sustainable Development Goals and vision for Development in Chhattisgarh” on 24.09.2018 organized by Dr.Radhabai Govt. Navin Kanya Mahavidyalaya, Raipur and Supported by OXFAM, India,
16. कैंनिंग एवं फल परिपक्षण प्रि िक्षण रायपुर दिनांक 27 नवम्बर 2017 से 26 दिसम्बर 2017 तक.
17. 49th Annual National Conference of Indian Dietetic Association Organized by IDA, Mumbai Chapter 23rd – 25th September 2016.
18. Workshop on Digital Indian date 25.02.2016.
19. Conducting on Food and Nutrition Day organized by Royal & Genius Kid’s School, Raipur date. 07.09.2016.
20. Pre-conference Workshop “Food Safety, Health and Nutrition” on 23rd September 2016 Organized by IDA, Mumbai Chapter.
21. 49th Annual National Conference of Indian Dietetics Association 23rd – 25th September 2016 Organized by IDA, Mumbai Chapter. “ Food Safety, Health and Nutrition” “Renal Nutrition – a synergy between Nutritionist and Nephrologists”

22. National Symposium on Renal Nutrition in Tribal Population held at Raipur, Chhattisgrh on 27th August 2016 organized by DKS Post Graduate Institute, Research Center & Indian Dietetic Association.
23. Seminar on “Womer Empowerment and Sports” organized by Department of Sport Govt. Kamla Devi Mahila Mahavidalaya, Rajnandgaon (C.G.) 7th -8th January 2016.
24. राज्य स्तरीय कौशल उन्नयन महिला प्रशिक्षण विधिवर 24 जून से 30 जून 2016
25. Seminar on Institutional Quality Improvement : Role of Governance Leadership and Management. 29th February 2016.
26. Workshop on Quality Education sponsored by RUSA and Government of Chhattisgarh 30-31 December 2015.
27. Sponsored by RUSA on Higher Education and Enabling Atmosphere 2nd – 4th December 2015.
28. Participant in Nutrition Week 1-7 September 2015 organized by India Dietetics Association Chhattisgarh Chapter.
29. State Level Consultation of Nutrition Organized by NACDAOR & Dr. Radha Bai Govt. Naveen Kanya Mahavidyalaya Raipur on 9th October 2015.
30. National Workshop on “Food Pesticides and Consequent Health Hazards” Sponsored by U.G.C. 8th August 2015.
31. National Level Youth Entrepreneurship Development Program Held at Shri Shankaracharya Mahavidyalaya, Junwani Bhalai from 22nd to 26th Jun 2015 Conducted by Rajiv Gandhi National Institute of Youth Development Govt. of India & ICT Academy of Tamil Nadu
32. 5th Continuous Nutrition Education with the theme of “Clinical Diet Therapy” held on 10th April 2015 at Raipur.
33. उच्च शिक्षा विभाग छत्तीसगढ़, राष्ट्रीय सेवा योजना द्वारा आयोजित राज्य स्तरीय विविष्ट सांस्कृतिक प्रशिक्षण विधिवर

2015–2016

No. of Video Lectures ,PPT PDF uploaded

S.No	NAME	VIDEO	PDF	PPT
1	Dr. Vasu Verma	6	Nil	5

PUBLISHED RESEARCH PAPERS :-

S.No	Name of Author	Title	Name of Journal	ISSN No. & Volume	Issue & Year	Impact No.	Page No.
1.	Adile P. & Dr. Verma V.	“मुंगेली वि.खं. के अनुसूचित जाति एवं अनुसूचित जनजाति की कार्य शील महिलाओं में भोज्य पदार्थों की उपभोग प्रवृत्ति का तुलनात्मक अध्ययन”	Research Reduction	ISSN- 2319-300x	6, March 2015	4.472	62-65
2.	Adile P. & Dr. Verma V.	Status of Women in Modern India	Shodh Sankalp	ISSN No. 2277-2715 Vol-04	Dec. 2012 01 Jan 2013		25-29
3.	25.29	अनुसूचित जाति की महिलाओं में स्वास्थ्यगत समस्याओं का अध्ययन (मुंगेली जिले के वि. श. संदर्भ में)	Shodh Samiksha aur Mulyankan	ISSN – 0974-2832 Vol-VII	72-73 Jan. Feb 2015	1.00064	39-40
4.	Joglekar A, Verma V, Sharma G. & Bhoi S.	Prevalence of Anemia among college going girls of Raipur City	International Journal of Scientific Research	ISSN – 2277-8179 Volume 4	Issue 4 April 2015	3.2416	48-51
5.	Joglekar A, Verma V, Sharma G. & Bhoi S.	A study of Phyico-Chemicals & Biological Characteristics of	Research Journals of Arts Management &	ISSN No. 0975-4083 Volume-III	Year 2 Sep. 2010		49-53

		Ground Water in Rajnandgaon District	Social Sciences Rewa M.P.				
6.	Verma V. & Gurwara N.	A study of Bone Mineral Density Changes in perimeno pausal women	Int. Res. J. Lab to Land	ISSN No. 0975 Vol-I, No. 4	2009		302-303
7.	Gurwara N & Verma V.	Effect of Supplementation of powdered fenugreek seeds for non-insulin dependent Diabetics Mellitus Patients	Int. Res. J. Lab to Land	ISSN No. 0975	2009		310-313
8.	Mishra M. Kundley S & Verma V.	Studies on Nutritive Value & Cooking habits of Local Green Leafy Veg. Grown in Chhattisgarh Region	Int. Res. Lab to Land.	ISSN No. 0975 Vol. I No. 8	2010		526-528
9.	Kundely S. & Verma V.	"Study on sickle Cell Anemia"	Int. Res. J. Lab to Land	ISSN No. 0975 Vol. 2 No. 8	2010		532-534
10.	Verma V. Dr. Palta A & Dr. Mahobey H.	Use of Acceternated Testing Methods with survey Data, How Quality affects appliance life with special reference to Rajandgaon Dist. Chhattisgarh	Rea. J. of Arts Management & Social Sciences	Vol-III Year-2	2010		2002
11.	Verma V. and Verma A	A pehari Bachcho ka Vaykatitya Vishleshan	R.Journal of Arts Management & Social Sciences Rewa M.P.	ISSN No. 0975 Vol-III, Year 2	2010		400
12.	Kannoje M & Verma V.	Effect of supplimentation of Bitter guard (karela) Jice on Blookd sugar Level	Int R. Journal Lab to Land	ISSN 0975282x Vol-II, No. 06	2010		167-172
13.	Verma V.A. Joglekar & Sahu Renuka	Inclination towards use of aloevera among Urban Pupulation	IJBAT Vol. Vi0 Special Issue I (Internatinal Journal of Researches in Bioscience, Agriculture & Technology)	ISSN No. 2347-517x	Jan. 201	5.060	669-674
14.	Singh R. & Verma V.	A study on Dietary Practices of Brick Kiln Workers of Durg District C.G.	International Journal of Informatives & Futuristic Research	ISSN No. 2347-1697	IJIFR Vol. 6 Issue 1, Sep-2018	(2016) 6.051	

15.	Seema Khatoon Verma V.	Effectiveness of Antioxidants in Management of Skin Problems during winter season	Research Journal of social and life sciences vol XXIV-I	ISSN No. 0973-3914	UGC Journal No. 40942	3.112 June 18	274-278
16.	Kiran Raghuwanshi Verma V.	Study to identify the somatic and affective symptoms of post menopausal women in Raipur City	Online international interdisciplinary research journal (Bi-monthly)	ISSN no. 22499598 Volume -08	March 2018 Special Issue		
17.	Kiran Raghuwanshi Verma V.	Study on Effect of Estrogen Hormon in Post Menopausal Women	online international interdisciplinary research journal (bi-monthly)	ISSN No. 22499598	March 2018 Special Issue Volume-08		
18.	Rashmi Singh Dr. Vasu Verma	A study on dietary practices of Brick kiln workers of Durg District Chhattisgarh	online International Journal of Informative & Futuristic Research	ISSN : 23471697 Volume – 6 Issue-I Edition – 61 st 2016	September 2018 IJIFR/V6/E1/02	Impact Factor (2016)= 6.051	
19	<ul style="list-style-type: none"> • Rashmi Singh • Vasu Verma • Aniksha Vardoa • Reetu Venugopal 	Comparative study of Dietary Nutrition Index of players of sports authority of India (SAI) and Tribal Schools of Kanker Chhattisgarh (India)	Scopus Journal Metrics Current Research in Nutrition & Food Science 2021; 9(1) Cite Score-2019;1.1 Cite Score Details SIR 2019	www.foodandnutrition.org Journal.org	25 Jan 2021		
20	<ul style="list-style-type: none"> • Jyoti Bala Sahu • Dr. Vasu Verma 	Assessment of Height for Age Classification Among school going girls on the basis of Socio-Economic status & diet.	Research Analysis and Evaluation	UGC Approved & Accept No. 41022	Feb. 2018		
21	<ul style="list-style-type: none"> • Jyoti Bala Sahu • Dr. Vasu Verma 	Effect of Socio Economic Status & Diet on Nutritional Staunting among primary school children	Research Analysis and Evaluation	UGC Approved & Accept No. 41022	Nov. 2017		