

Curriculum Vitae

Ruchi kalra

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ACADEMIC GROUNDING

DOCTOR OF PHILOSOPHY

I have enrolled in Ph.D. with IIS university under guidance of Dr. Mrs. Ila Joshi the topic of research is

MASTER OF PHILOSOPHY

I have done M.phil. from global Global open university Nagaland Under the super vision of Dr. Tejinder Kaur Dhaliwal (Principal, Guru Nanak college for Girls. Muktsar) the topic of dissertation is "Eating Behaviour analysis of youngsters in Punjab and Haryana".

MASTER OF SCIENCE FOODS AND NUTRITION

Department of **Foods and nutrition** at **Chaudhary Charan Singh Haryana Agriculture University, Hisar, Haryana** India.

Achievements: 6th rank in Indian council of Agriculture Research exam(ICAR-JRF 1999) and two year scholarship worth Rs. 3600 Pm and Rs. 6500 contingency.

A. RESOURCE PERSON:

1. Gave extension lecture on Topic of "Rate of functional foods in 21st century" on 4th March at Guru Nanak College for girls, Muktsar.

B. ORGANISOR:

1. Organized workshop for teachers on "MTAV-Micro teaching and audio visual aids" in collaboration with CSTARI, Kolkatta under DGET: Ministry of labour and employment, Govt. of India from 19-23 July 2010.

C. PAPER PRESENTED:

1. Presented paper on topic of "Modern Food Habits: factors affecting food choices in young adults" At two day national conference "Holistic approach to health and fitness" held at Punjabi university Patiala on 18-19 February 2008
2. Presented paper at national seminar on "Demonstration Violence against women" The topic of paper was "Feminism: its new dimensions" on 26th March 2008.
3. Presented paper at seminar on "Nari Vadi Vimrash: Vivid Paipeksha". The topic of paper was "Feminism: its new dimensions".
4. Presented paper in national seminar on "Emerging Technologies in computing" held at Dev Samaj College foe women on 30 November 2011.

5. Attended and presented paper at national conference sponsored by ICSSR on “Punjab economy at cross roads: a way ahead”. The conference was held at Sri Guru Teg Bahadur Khalsa College Sri Anandpur Sahib on 17-18 February 2012. The topic was “Investigating Nutritional Iron deficiency disorder in women of Punjab”

6. Paper presented at national seminar held at Sant Baba Bhag Singh Memorial girls college Sukhanand on “Technology and value degradation” on 21 January 2015.

7. Paper presented at ICSSR sponsored National seminar held at IIS University Jaipur on “Women Empowerment and Inclusive Growth” on 13-14 March 2015. The topic of paper was “Prospects and changes women entrepreneur in India”.

8. Paper presented at ICSSR sponsored one day national seminar on “social concerns of contemporary literature” at MMD DAV College Giddarbaha on 05-02-2016

D. PAPER ATTENDED:

1. Attended orientation course at ASC Shimla from 2-28 May 2011
2. Attended ICSSR sponsored 10 days national workshop on “Research methodology programme for P.h.d. students” at Guru Nanak College for girls Muktsar on 21-30 March 2015

WORK EXPERIENCE: 7 years teaching as an assistant professor