

Dr. NIDHI KATIYAR

Assistant professor & Head

Department of Home Science

Avvaiyar Government College For Women

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DATE OF BIRTH: 24th December 1981.

ACADEMIC PERFORMANCE:

Examination	Subject (s)	Name of the Board/University	Year of passing	Percentage Of Marks Obtained	Division/ Class/G rade
Under Graduate	BSc. HOME SCIENCE	UNIVERSITY OF DELHI (Lady Irwin College)	2002	69.5	I st
Post Graduate	MSc. HOME SCIENCE (FOODS AND NUTRITION)	UNIVERSITY OF DELHI (Lady Irwin College)	2004	75.4	I st

RESEARCH DEGREE:

Degrees	Subject	Title	Date and Year of Award	University
Ph.D.		Impact of Digital Counselling on Feeding Practices And Morbidity Pattern of Infants Among Working Lactating Mothers	22.11.2021	Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore

OTHER QUALIFICATIONS

Name of the Test	Conducting Body	Month& Year	Roll Number	Subject
HOME SCIENCE (JRF-NET)	UGC	JUNE, 2005	M173654	HOME SCIENCE
HOME SCIENCE (NET)	UGC	DECEMBER, 2003	P173246	HOMESCIENCE

WORK EXPERIENCE: Total : 18 years, Total teaching experience: 13 years.

1. Presently Serving as Assistant Professor & Head (Dept. Of Home Science) in Avvaiyar Govt. College for women karaikal,puducherry-609602, since May 2017 till date.

2.Served as Assistant Professor (Dept. Of Home Science) in Jawahar Lal Nehru Rajkeeya Mahavidyalaya , Port Blair, Andaman & Nicobar Islands from August 2010- April 2017.

3.Served Dept. Of Women & Child Development, Government Of National Capital Territory Of Delhi, India from 12.4.2006 to 26.8.2010[four & half years] as **Supervisor.**

4.Worked as **Research Scientist** in Nutrition Foundation Of India founded by Dr.C.Gopalan, New Delhi from 27.4.2004-25.1.2005.

RESEARCH WORK

1. UGC-Minor Research Project on evaluation of ICDS in Andaman group of Islands-2014-2015.
2. Carried out Accreditation & Grading of ICDS Anganwadi Centres of Andaman & Nicobar Island for the Directorate of Social welfare, A/N Administration 2013-2014.
3. Conducted a sample survey study of ICDS for the Directorate of Social welfare, A/N Administration 2013.
4. Conducted evaluation of MDM of schools of south Andaman, Directorate of Education, A/N Administration, 2010-11.

COMMUNITY SERVICE:

1. Delivered special lecture on “Mighty Millets: Powerhouse of nutrients” in three day seminar cum workshop on Millets: the hidden gems organized by Botany Association and Department of Botany, Dr.KMKGIPGSR (PG studies & research centre), Karaikal, Puducherry, 30th March 2023.
2. Presented program on All India Radio Port Blair on “swatantrata prapti ke pashchat mahilaon ki sthiti (2015).
3. Presented program on All India Radio Port Blair on “consumer rights & responsibilities (2014).

4. Presented program on All India Radio Port Blair on “*kuposhan chakra*”(2013).
5. Imparted training to cook cum helpers regarding preparation, quality & hygienic meals in Mid day meal, Directorate of Education, Andaman & Nicobar Administration, 2013.

AWARDS & ACHIEVEMENTS

- **Best paper Presentation Award**, National conference on Challenges And Sustainable Approaches towards Food and Nutrition Security-A Global Perspective PG Department of Food and Nutrition, Bishop Heber College (Autonomous), Trichy 2021-12-02.
- **Best paper award** in international conference on global added burdens of diseases and food security, Jamal Mohamed College (Autonomous), Tiruchirappalli, Tamil Nadu 2021-01-05.
- **Letter of Appreciation** issued by the Secretary [Directorate of Social Welfare, Andaman & Nicobar Administration 2014.

RELEVANT COURSES

- UGC STRIDE, Seven days Online Training Programme on Environmental Sustainability and Research Ethics Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore 03-02-2021 to 11-02-2021
- Two weeks online **Faculty Development Program on ADVANCED CONCEPTS FOR DEVELOPING MOOCS** organized under MHRD Pandit Madan Mohan Malaviya National Mission on Teachers And Teaching by Ramanujan College, Delhi University from 2nd July 2020 to 17th July 2020.
- Attended **Two weeks online Faculty Development Program on ‘MANAGING ONLINE CLASSES AND CO-CREATING MOOCS:2.O’** organized under MHRD Pandit Madan Mohan Malaviya National Mission on Teachers And Teaching by Ramanujan College, Delhi University from 18th June2020 to 3rd July 2020.
- Attended and participated in **1 week online workshop on ‘Interactive e-content’** from 4th May2020 to 8nd May2020, organized by IITB Resource Centre of Women’s Polytechnic College, Puducherry.
- Five days **Faculty Development Program** on “Rural Immersion and Community Engagement” held from 26.8.2019 to 30.8.2019 organized by Mahatma Gandhi National Council of Rural Education, Hyderabad in collaboration with Perunthalaivar Kamarajar College Of Education, Karaikal.

- 21 days Refresher course at UGC-HRDC Lucknow , June 2016.
- 5 days UGC sponsored Capacity building of women managers in Higher Education workshop at Jawahar Lal Nehru Rajkeeya Mahavidyalaya [central Govt.] Port Blair, Andaman & Nicobar Islands from 14-18 november 2011.
- 4 week Orientation course at UGC sponsored ASC,JNU,New Delhi,2011.

TECHNICAL SKILLS

- 6 months basic course in computer fundamentals & office tools,2007.

PUBLICATIONS OF RESEARCH ARTICALS

Research Papers / Review Articles / Conference Proceedings:

- UGC Listed Infant Feeding Practices Among Working Lactating Mothers in Relation to WHO Indicators for Assessing IYCF Practices SHODHASAMHITA 2022 IX, 9 113-121 2277-7067
- UGC CARE Listed, Pre-Lacteal Feeding Practices: An Infraction of Nutritionally Secured and Healthy Generations. The Indian Journal of Nutrition and Dietetics 2021 58 42-49 0022-3174 .
- UGC Listed Effect Of Socio-Economic Variables And Employment Status Of Working Lactating Mothers On The Infant Feeding Practices NIU International Journal of Human Rights 2021 8(XV) 14-22 2394-0298 .
- Scopus Indexed, Impact of Digital Counseling on Breast Feeding Practices among Working Lactating Mothers [0-6months] in Karaikal district of Puducherry Annals of R.S.C.B. 2021 25 17281-89 1583-6258.
- Research Paper / Review Article Food & Nutrition Security For Infants; A Challenge For Working Lactating Mothers In Karaikal, Puducherry. Asian Journal Of Multidimensional Research/ Dec,Vol 7,Issue 2,142-148 2278-4853 , 2018.
- Research Paper / Review Article Assessing Prevalence On Pre-Lacteal Feeding Among lactating Women In Karaikal, Puducherry.Asian Journal Of Multidimensional Research/ February, Vol.7, Issue 5,302-306 2278-4853 ,2018.
- Research Paper / Review Article Integrated Child Development Development Services Scheme In Andaman Group Of Islands; An Overview.Bauddhik Bharat/ Vol.5,April 2017,70-752320-9844 2017.
- Research Paper / Review Article Ntegrated Child Development Services Scheme In Andaman Group Of Islands; Swot(C) Analysis. Bauddhik Bharat,Vol.4,April 2016,93-972320-9844 2016.
- Research Paper / Review Article Women Empowerment In Present Scenario Bauddhik Bharat/Vol.4,April 2016,72-76 2320-9844 2016.
- Research Paper / Review Article Food & Nutrition Security For Infants; A Challenge For working Lactating Mothers In Karaikal, Puducherry. Asian Journal Of Multidimensional Research/Vol 17,Issue 2,142-148 Issn: 2278-4853 ,2018.
- Conference Proc. Full Length Paper Infant Feeding Practices Among Working Women In Karaikal District Of Puducherry. Dst Sponsored National Conference On Challenges

And Sustainable Approaches Towards Food & Nutrition Security –A Global Perspective,2018.

- Conference Proc. Full Length Paper Assessment Of Zero-Trans Shortening As A Cooking medium.59th Annual Convention And National Seminar On Research And Development Of Oils,Fats In 21st Century ,Oil Technologists Association Of India, December 2004.
- Conference Proc. Full Length Paper Physico-Chemical Characteristics Of Refined Red Palmolein And Organoleptic Acceptance And Bbeta Carotene Retention Of Foods Cooked In It.
- Xxxvi Annual Conference Of Nutrition Society Of India/55-6 November,2004,32,2004.
- Conference Proc. Full Length Paper Assessment Of Zero-Trans Shortening As A Cooking Medium Xxxvii Annual Convention Of Indian Dietetics Association, October 2004,116, 2004.
- Kuvoiny; A pandanus pulpy nicobarese delicacy: A quarterly from Andaman & Nicobar Administration, Feb-april 2017, 8.
- .Women Empowerment in present scenario, Bauddhik Bharat, Refereed Journal of Dept. of Public administration, university of lucknow, Vol.4, December 2016.
- N. Goyal, P. Sundararaj, Are We Unknowingly Consuming Trans Fats and Abused Oils? Souvenir, 64th Annual Convention and International Conference on Oils, Fats, Fuels and Surfactants, New Delhi, December, 2009 (reprinted from NFI Bulletin).
- P. Sundararaj, N. Goyal, Assessment of Zero-Trans Shortening as a Cooking Medium, 59th Annual Convention and National Seminar on Research and Development in Oils, Fats and Allied Industries in 21st Century, Oil Technologists Association of India, New Delhi, December, 2004.
- N. Goyal, P. Sundararaj, Physicochemical Characteristics of Refined Red Palmolein and Organoleptic Acceptance and Beta-Carotene Retention of Foods Cooked in it, XXXVI Annual Conference of Nutrition Society of India, Mysore, November, 2004. (Presenter: N. Goyal)
- N. Goyal, P. Sundararaj, Assessment of Zero-Trans Shortening as a Cooking Medium, XXXVII Annual Convention of Indian Dietetic Association, New Delhi, India, October, 2004.
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- **Newspaper Articles and News letter of learned bodies:**
- NidhiKatiyar,National Consumer Rights day,Reflex action,The Echo of India, Port blair, March 15,Saturday 2014.
- NidhiKatiyar,National Puffer Fish-A poisonous delicacy,Reflex action,The Echo of India, Port blair, March 1,Saturday 2013.
- NidhiKatiyar,National Puffer Fish-A poisonous delicacy,e-issue ,The Echo of India, Port blair, March 2,Saturday 2013.
- NidhiKatiyar,ANIIDCO Since 1887,The Echo of India, Port blair, November 15,Thursday 2012.
- NidhiKatiyar, *ANIIDCO kegaauravshali 125 varsh, Dweepsamachar*, [Government press]Portblair, October 13,Saturday 2012.

- NidhiKatiyar,SpicyTango,The Daily Telegraph,Portblair [Government press], September 23,Sunday 2012.

PAPER PRESENTATION:

- Best paper Presentation Award, National conference on Challenges And Sustainable Approaches towards Food and Nutrition Security-A Global Perspective PG Department of Food and Nutrition, Bishop Heber College (Autonomous), Trichy 2021-12-02.
- Best paper award in international conference on global added burdens of diseases and food security, Jamal Mohamed College (Autonomous), Tiruchirappalli, Tamil Nadu 2021-01-05.
- Speaker at the symposium on topic “Prelacteal & lacteal feeding practices and their ill effects on infant [0-6months]” in collaboration CFNEU, Food & Nutrition Board, Chennai, Ministry of Women & child development on 4th September 2018.
- Presented a paper entitled “Infant Feeding Practices Among Working lactating women in Karaikal district of Puducherry “ at National conference on challenges and sustainable approaches towards Food & Nutrition security-A global perspective, 7th-8th December, 2018 at Avinashilingam Institute For Home Science And Higher Education For Women,Coimbatore,Tamil Nadu.
- Presented paper under junior scientist award category at XXXVI annual meet of Nutrition society of India [5-6th Nov 2004] entitled ‘physicochemical characteristics of Refined red palm oil & beta-carotene retention & acceptance of food cooked in it’.
- Presented a poster at XXXVII annual convention of Indian Dietetics Association (AIIMS),Delhi chapter titled ‘Zero-trans shortening as a cooking medium’.

SEMINARS/WORKSHOPS/CONFERENCES/SYMPOSIUMS/CONGRESS ATTENDED

- Presented paper entitled, ‘Galactagogues As Potential Nutraceuticals For Enhancing Lactation.’International conference on EMERGING TRENDS, GROWTH, OPPORTUNITIES AND FUTURE IN FOOD PROCESSING SECTORS at Bishop Heber College (Autonomous), Tiruchirappalli-17, 28-29.4.2022.
- Presented paper entitled ‘Pre-Lacteal Foods And Their Association With Socio Economic Variables And Morbidity Pattern Of Infants Among Working Lactating Mothers’at two-Day Capacity Building International Webinar on "Food-Genome Interface in Treating Diseases", organized by PG Department of Food and Nutrition, Bishop Heber College(Autonomous), Trichy from 2 December 2021 to 3 December 2021
- Presented the paper in International virtual conference on Global added burden of diseases and food security organised by Jamal Mohamed College(Autonomous), Trichirapalli, Tamil Nadu on 5.1.2021.
- Awarded Best paper award for paper entitled “EXCLUSIVE BREAST FEEDING AND WORKING MOTHERS: A GLOBAL TREND AND A DUAL DILEMMA OF FOOD SECURITY”, in International virtual conference on Global added burden of diseases and

food security organised by Jamal Mohamed College (Autonomous), Tiruchirappalli, Tamil Nadu on 5.1.2021.

- Presented the paper on Pre-Lactal Feeding Practices; An Infraction Of Nutritionally Secured & Healthy Generations. in the International Web Conference on “Food Technology and Nutrition-Prospects for Health” organised by Department of Food Science and Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu and Nutrition Society of India, Coimbatore Chapter on 28th & 29th January 2021.
- Awareness Program on Ensuring optimum infant and young child feeding practices during Covid-19. National institute of public cooperation & child development, New Delhi, Ministry of Women & Child development. 10 August 2020.
- International webinar ‘on Food safety & Naturally occurring toxicants.’ The Department of Food Science & Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu & Nutrition Society of India & Nutrition Association. 21st July 2020
- International webinar ‘Priming our immune system for vital health’ . Department of Food Service management & Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu 25th June 2020.
- International webinar ‘Covid-19 & Food & Nutrition Security: Scenario in South East Asia’ . the Department of Food Science & Nutrition, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu & University of Reading , Reading , United Kingdom. 27th June 2020.
- Participated in one day workshop on soft skills on 13.8.2019 organized by Avvaiyar Govt. College for Women, Karaikal .
- Attended DST-CURIE sponsored Research convention on ‘Sustenance of quality & innovation in research’ at Avinashilingam Institute For Home Science And Higher Education For Women,Coimbatore,Tamil Nadu, on 1st & 2nd February 2019.
- Attended Protein Foods And Nutrition Development Association of India sponsored National seminar on “Optimum Nutrition Now-Better Health Tomorrow” on 26th July 2019 at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu.
- Attended one day orientation program at Tagore Arts College, Puducherry on 19th July 2018 under the chairmanship of Chief Minister & Education minister.
- Convenor of symposium on “Ensuring focused interventions on addressing under-nutrition during the first 1000 days of the child: Better child health” in collaboration CFNEU, Food & Nutrition Board, Chennai, Ministry of Women & child development on 4th September 2018.
- Attended one day National workshop on ‘Ethical considerations in research’ at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu, on 6th December,2017.
- Attended DST Curie sponsored Research convention; ‘Scientific strategies for quality research’ at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, Tamil Nadu, on 28th February 2018-I convention.
- Co-organizer and member convenor of workshop on Financial literacy program for

- women students sponsored by NABARD,2014.
- Regional Science congress meet on Innovations & advances in Science & technology 2014.
 - UGC national seminar on Higher education, challenges & problems,2014.
 - UGC national seminar on ICT; opportunities & challenges.
 - ICHR sponsored **National Seminar** on Netaji & Contemporary Andaman society, Port blair,14th -15th March 2013.
 - 3rd Indian land slides **Congress**, held at Port blair, Andaman, India 4th & 5th October 2012.
 - **International seminar** on Tagore's rural reconstruction and its relevance today held at Indian Institute of Public Administration,New Delhi from 1st -2nd May 2012.
 - **UGC Workshop** on capacity building of women managers in higher education,14-18th Nov 2011.
 - **UGC State level workshop** on curriculum development and maintenance of standards in higher education:25-27th August 2011.

 - **UGC National conference** on strategic importance,political autonomy and sustainable development in Andaman & Nicobar Islands: 22-23rd September 2011.

 - **XXXVI Annual Conference** of Nutrition Society of India, Mysore, November, 2004.

 - **Volunteered** and participated in **IX Asian Congress** of Nutrition in Delhi,2003.

 - **XXXV Annual conference** of Nutrition Society of India, Mysore, November,2003.

MEMBERSHIP OF NATIONAL BODIES & INSTITUTIONS

- Life time member of Nutrition Society of India, National Institute of Nutrition, Hyderabad, India.

- Life time member of Home Science Association of India.