

## FACULTY PROFILE

**Name:** Dr. Sunita Bisht

**Department:** Home Science

**Designation:** Assistant Professor, GDC Kotabagh, Nainital

**Email:** sunitakharayat75@gmail.com

**Qualification:** MSc, PhD, UGC-NET, ICAR-NET

**Area of Specialization /Research Field:**

- Therapeutic Nutrition
- Quality Evaluation of Products
- Millets and Unconventional foods

**Current Research Studies:**

- Weaving Process in Textiles
- Adaptation of Traditional Motifs
- Diabetes Management and Product formulation
- Physiological and Psychological status

**Research contributions:**

- **Ph. D. Students Guidance :** Registered 05, Completed Nil

**Experience:**

Designation	Organization/ Institution	Duration		Total
		From	To	
SRF(Food formulation based on millets)	G.B.P.U.A.&T., Pantnagar	24.8. 2000	31.5.2001.	09 months
SRF(Underutilized foods)	G.B.P.U.A.&T., Pantnagar	1.6.2001	1.12.2003	2 yrs. 06months
Assistant Professor (Contractual)	S.R.S Girls P.G College, Bareilly	3.12. 2003	2.10.2010	6yrs. 10 months
Assistant Professor (Contractual)	L.S.M. P.G. College, Pithoragarh	4.10.2010	12.7 2013	2yrs. 9 months
Assistant Professor (Contractual)	M.B.P.G College, Haldwani	13.7.2013	1.1.2017	3yrs.6months
Assistant Professor	M.B.P.G College, Haldwani	2.1.2017	27.7.2022	5yrs.6months 26 days
Assistant Professor	G.D.C.Kotabagh, Nainital	28.7.2022	Continue	



**Training Programme:**

S. No.	Name of Training	Duration	Date	Organizers
1.	Orientation Programme	28 days	25/10/2017 to 21/11/2017	UGC, HRDC, Kumaun University, Nainital
2.	Winter School/Refresher course (Skill Development and entrepreneurship)	14 days	05/12/2019 to 18/12/2019	UGC, HRDC, Kumaun University, Nainital
3.	Online Training (Tools and Techniques in Research Methodology)	7 days	12/01/2021 to 18/01/2021	Science Tech institute, Deptt.of Higher Education Lucknow, UttarPradesh
4	Refresher course (Environmental Studies)	14 days	25/10/2021 to 09/11/2021	UGC,HRDC,A.M.U., Aligarh
5	Short Term Course (Gender Sensitization)	7 days	14/12/2022 to 20/12/2022	UGC,HRDC,A.M.U., Aligarh

**Conference/Workshop/ Symposium/ Seminar attended:**

S. no.	Name of Conference/Seminar	Duration	Date	Organizers
1	National seminar on Emerging trends in Processing, Handling and By-product utilization of Pulses and Soyabean.	02 days	18/1/2001 to 19/1/2001	Department of Food Engineering, GBPUAT, Pantnagar
2.	89 <sup>th</sup> session Indian Science Congress	05 days	3/1/2002 to 7/1/2002	University of Lucknow, Lucknow
3.	National Seminar on Processed foods, food processing industries and food for health	02 days	18/1/2002 to 19/1/2002	Bundelkhand University, Jhansi
4.	National Seminar on Protection and enforcement of IPRs in knowledge economy: opportunities and challenges	02days	6/3/2011 to 7/3/2011	L.S.M.,P.G College, Pithoragarh
5.	National Seminar on Geology, biodiversity and natural resources of Himalaya & IP law	02 days	14/10/2012 to 15/10/2012	L.S.M.,P.G College, Pithoragarh
6	National conference on Innovations in ethnopharmacology, recent developments in biological & chemical sciences for societal benefits	03 days	1/3/2013 to 3/3/2013	L.S.M.,P.G College, Pithoragarh
7.	National seminar on Parvatiya shetro mai uchh shiksha ki samasya avem sambhavna	02 days	22/11/2015 to 23/11/2015	MBPG, College, Haldwani

8	National Workshop on Developing synergy between information communications technology & academics	07 days	25/3/2017 to 31/3/2017	MBPG, College, Haldwani
9	National workshop on Healthy nutrition –healthy living	01 day	4/9/2017	Uttarakhand Open University
10.	National workshop on Gender sensitization	01 day	4/10/2018	Women’s Studies Centre, Kumaun University, Nainital
11.	International seminar on International terrorism, tourism and economic health of the world	02 days	16/12/2017 to 17/12/2017	S.S. PG College, Shahjahanpur
12.	International conference on Family well- being: A global perspective	02 days	20/2/2018 to 21/2/2018	Bharati College, New Delhi & IAHRW
13.	National seminar on Women’s health in India: Issues and concerns (with special reference to Uttarakhand state).	02 Days	23/2/2018 to 24/2/2018	B.S.M. PG college, Roorkee (Haridwar).
14.	National seminar on Landslide.	03 Days	23/5/2018 to 25/05/2018	L.S.M., PG college, Pithoragarh
15.	National conference on Health hazards of junk food & growing popularity of linen	01 day	29/1/2019	Mahila Mahavidyalaya (P.G.) College, Satikund, Haridwar
16.	International conference on Relevance of Mahatma Gandhi in present global perspective	02 days	17/11/2019 to 18/11/2019	L.S.M., PG college, Pithoragarh
17.	National seminar on Interdependence of nations in shaping the global future: Issues, challenges and way forward	02 days	13/12/2019 to 14/12/2019	UGC-HRDC, Kumaun University, Nainital & UPSA
18.	National conference on Sustainable development goals-2030: Ideas and innovations for better tomorrow	02 days	17/1/2020 to 18/1/2020	St. Wilfred’s P.G College, Jaipur & GEDY, Delhi
19.	National seminar on The migration challenge in India	02 days	28/2/2020 to 29/2/2020	GDC, Bhatronjkan, Almora
20.	National seminar on Understanding women empowerment through Indian culture, texts and practices	01 day	6/3/2021	Manyavar Kanshiram GDC, Ghaziabad
21.	National conference on Swatantrata sangram mai Kumaun-Garhwal ke jannayanko ka samaajik avem saanskritik yogdaan	02 days	4/11/2022 to 5/11/2022	L.S.M., PG college, Pithoragarh
22.	International seminar on Role of education, literature, culture and society in global	02 days	13/11/2022 to 14/11/2022	L.S.M., PG college, Pithoragarh

## Publications:

### A. Research papers/ Abstracts

1. **Bisht, S. and Santoshi** (2022). *Mahila avm bal vikas ke antargatsarkari karyakramo par ek drishti*. Madhya Bharti. ISSN: 0974-0066. Vol.82 (24). P.194-197.
2. Bora, S. and **Bisht, S.**(2022). Adaption of Katarmal Sun Temple motifs on textile product. Vidyawarta. ISSN: 2319 9318. Vol-42(08).p.28-31
3. Singh, R. and **Bisht, S.**(2022). Study of health status among elderly residing in old age homes and with families. Research Chronicler.ISSN: 2347-5021. Vol. X spl Issue I.p.46-47
4. Singh, R. and **Bisht, S.**(2020). A comparative study of consumption pattern of maize (*Zea mays* L.) on rural and urban category in the Kanakpur area of Rudrapur city. J. of Acharya Narendra Dev Research Institute. ISSN: 0976-3287.p.81-84.
5. **Bisht, S.** and Bisht, G. S. (2018). Health and nutrition services for women in Uttarakhand. In National seminar on “Women’s health in India: Issues and concerns (with special reference to Uttarakhand state)”. Feb., 23-24, 2018 at B.S.M. PG college, Roorkee (Haridwar).
6. **Bisht, S.** and Bisht, G. S. (2018). Socio-economic and environmental impact of landslide. In National workshop on “Landslide”.May 23-25, 2018 at L.S.M., PG college, Pithoragarh.
7. **Bisht, S.** (2015). Role of ICT in higher education. In National seminar on “*Parvatiya kshetro main uchch shiksha ki samasya avm sambhawana*”.MBPG College Haldwani.
8. Bisht, G. S., Nirmala Bhatt, R. K. Singh and **Kharayat Sunita** (2013). Performance assessment of kiwi fruit (*Actinidia deliciosa*) varieties in Pithoragarh District of Uttarakhand. 8<sup>th</sup> Uttarakhand State Science and Technology Congress.p35.
9. Raghuvanshi, R.S., **Kharayat, S.** and Singh, V.(2003)Unconventional foods of Uttarakhand and their health benefits.IX Asian congress of Nutrition. Feb 23-27, 2033 at New Delhi. P.149.
10. Singh, V., Raghuvanshi, R.S. and **Kharayat, S.** .(2003). Nutrition knowledge gain of mothers regarding health and nutrition of infants using a multimedia approach. IX Asian congress of Nutrition. Feb 23-27, 2033 at New Delhi. P.156.
11. Vohra, D., **Kharayat, S.** and Shukla, P. (2002). To study the effect of aflatoxin contamination on protein content of food grains. ICFOST12-13 Dec 2002, Mysore. P.36
12. Raghuvanshi, R.S., **Kharayat, S.** and Singh, V.(2002). Protein dense product formulation using bhatt (*Glycine max*) and gahat (*Dolichos biflorous*). ICFOST12-13 Dec 2002, Mysore. P.65

### B. Technical articles

1. Bisht, G. S., and **Bisht, S.** (2016). *Kadduvargiya sabjiyon ke pramukh keet avm prabandhan. Akhil Bhartiya Sanyukt rajbhasha vaigyanik avm takniki sangoshti. Himalayi kshetro main seema prabandhan hetu raksha anusandhan avm vikas sanghathan. 06-07/10/16*. DIBER, Haldwani. P. 48-50.

### C. Book/Chapters

1. **Bisht,S.**(2020). *Madumeh main aahar*. Clinical and therapeutic nutrition. MAHS 06. Uttarakhand Open University. p.210-227
2. **Bisht,S.**(2020). *Gurde ke vikaro main aahar*. Clinical and therapeutic nutrition. MAHS 06. Uttarakhand Open University. p.228-245
3. **Bisht,S.**(2020). *Sharirik Bhar Prabandh hetu poshan avm dekhbhal*. Clinical and therapeutic nutrition. MAHS 06. Uttarakhand Open University. p.246-269
4. **Bisht,S.**(2020). *Jwar avm cancer ki stithi amin aahar*. Clinical and therapeutic nutrition. MAHS 06. Uttarakhand Open University. p.270-298
5. Garbyal, R. and **Bisht,S.**(2020). Assessment of pain and discomfort level of carpet weaver of Dharchula Uttarakhand.Role of community science education in rural Development. Editor : Anita Rani & Sakshi. Ocean Publication. Rampur. ISBN : 978-93-90049-06-6. P.13-16
6. Arya, M. and **Bisht, S.**(2020). *Bhartiya ratriya andolan aur Mahatma Gandhi*. In Mahtma Gandhi and Indian National Movement. Editor: Dr. Premlata Pant, Dr. Hemchandra Pandey and Dr. Arun Kumar Chaturvedi. ISBN:978-93-89809-24-4. P.30-36.
7. Pant, J. and **Bisht, S.** (2018). Drinking water scenario in context of rural Indian family. Reflections: Social and emotional skills for well-being. Vol.II. Editor Dr. Rekha Sapra. Authorspress, New Delhi. ISBN: 978-93-88008-08-2.p.250-257.
8. **Kharayat S.,** Poonam Agrawal and Bisht, G. S. (2015). Hypoglycaemic effect of *Catharanthus roseus* on patients suffering from Non-insulin depent diabetes mellitus. Ethnopharmacology: Indian trends, perspectives and innovations. Editor Rakesh Kumar, Radha Publications, New Delhi. ISBN: 978-81-7487-947-9. P.114-120.
9. **Kharayat S.** and Bisht, G. S. (2014).Natural resources of Uttarakhand: Their significance in agriculture and management. Geology, Biodiveristy and natural resources of Himalaya and their intellectual property law.Editor Singh, R.A. Pratyush publications, Delhi.ISBN 978-93-82171-40-9. p 547-554

### Any Other:

1. Worked as Counselor, IGNOU at MBPG, Haldwani centre from 2014 to 2020.
2. Appointed as External examiner – Home Science in different colleges of Kumaon University, Nainital and Uttarakhand Open University, Haldwani.
3. Worked as NSS Programme Officer at SRS Girls degree college, Bareilly from 2004 to 2007.
4. Appointed as Graduate Teaching Assistant during M. Sc. Programme. From 1998-2000.