

## BIODATA OF PROF. DR. NIGHAT NASREEN

### **PROF. DR. NIGHAT NASREEN**

**Designation:** Principal

**Present Place of Posting:** Government Degree College Eidgah Srinagar

**Area of Specialization:** Food and Nutrition (Home Science)

**Date of Birth:** 12.01.1968

**Date of Induction in Higher Education:** 15.06.1999

**E-mail:** [nighatpeerzada@yahoo.in](mailto:nighatpeerzada@yahoo.in)

**Contact No.:** +91-9419400089

### **SUMMARY**

An ambitious and motivating administrator, highly disciplined and organized academician, who is hardworking and consistent. Able to maintain a collaborative environment that's enjoyable and inclusive for all employees.

### **EDUCATIONAL QUALIFICATION**

<b>Examination Passed</b>	<b>Board/University</b>	<b>Subjects</b>	<b>Year</b>	<b>Division/ Grade/ Merit</b>
Ph.D.	Nutritional Status & Dietary Habits of Kashmiri Women	University of Kashmir	2006	
Master's Degree(s) (M.Sc.)	Kashmir University	Food and Nutrition (Home Science)	1989	1 <sup>st</sup> Division
Bachelor's Degree(s)	Kashmir University	Home Science	1988	1 <sup>st</sup> Division
Higher Secondary	JKBOSE	Home science	1985	1 <sup>st</sup> Division
SSC	JKBOSE	Non-Medical	1983	2 <sup>nd</sup> Division

### **EXPERIENCE**

#### **1. TEACHING:**

Taught all U.G./P.G. Courses relating to the subject of Food and Nutrition

#### **Teaching Experience at P.G. Level:**

Taught at Kashmir University w.e.f. 13.04.1991 to 14.06.1999

Taught at Government College for Women, M.A. Road w.e.f. 2016 to 2019

#### **Teaching Experience at U.G. Level:**

Taught at various Government Degree Colleges w.e.f. 15.06.1999 to till date

## 2. RESEARCH:

Research Stage	Title of Work/Thesis	University where the work was carried out	Year
Ph.D.	<ul style="list-style-type: none"> <li>Nutritional Status &amp; Dietary Habits of Kashmiri Women</li> </ul>	University of Kashmir	2006
Other Research	<ul style="list-style-type: none"> <li>Assessed Health and Nutritional Status of Hostel Girls of Government College for Women, M.A. Road</li> <li>Worked as a Supervisor for M.Sc. Students (Food and Nutrition) for dissertation on following topics:               <ol style="list-style-type: none"> <li>Pregnancy Induced Hypertension and Its Influence on Health Status of Neonate.</li> <li>Food Habits of Boat People in Srinagar.</li> <li>A Study of Health and Nutritional Status of School Going Children in the Age Group of 11-16 years in Budgam Block.</li> <li>Weaning Practices Amongst Infants 4-12 months of Age.</li> <li>A Study of Health and Nutritional Status of Adult Houseboat Women in Srinagar City.</li> <li>Food Habits of People in Block Beerwah, District Budgam.</li> </ol> </li> </ul>	Government College for Women, M.A. Road  University of Kashmir  University of Kashmir  University of Kashmir  University of Kashmir  Indira Gandhi National Open University, Delhi	2004  1995  1997  1997  1998  1999  2012

## 3. ADMINISTRATIVE:

Administrative Experience	Experience as	From... To...	Total Period

	1. Principal, Govt. Degree College Eidgah Srinagar	16-05 -2023	Till date
	2. In-Charge Principal, Govt. Degree College Nawakadal	26-08-2022 to 16-01-2023	4 months 20 days
	3. In-Charge Principal, Govt. Degree College Pampore	14-05-2022 to 26-08-2022	3 months 12 days
	4. In-Charge Principal, Govt. Degree College Aloochoi Bagh	29-09-2021 to 14-05-2022	7 months 15 days
	5. Dean Research for Home Science and Human Development (Hub & Spoke Model), Kashmir Division	02-01-2021	2 years
	6. Head of the Department, Home Science, Govt. College for Women, M.A. Road, Srinagar	January, 2020 to 28-09-2021	1 year 9 months
	7. Head of the Department, Home Science, Govt. College for Women, Anantnag	16-09-1999 to 23-05-2001	1 year 8 months
	8. Hub-Coordinator, Home Science and Human Development, Govt. College for Women, M.A. Road, Srinagar	07-10-2020 to 28-09-2021	1 year
	9. Coordinator, Food Science and Technology Subject/Add-on Course, Govt. College for Women, M.A. Road, Srinagar	18-12-2009 to 10-10-2017	7 years 10 months

Experience in Various College Committees	Experience	Name of the College Committee	Total Duration
Chairperson/Patron of all the College Committees in GDC Eidgah Srinagar including the following:			
	Chairperson/Patron	College Academic Audit Committee, GDC Eidgah, Srinagar	16-05-2023 to till date
	Chairperson/Patron	Women Empowerment Committee, GDC Eidgah, Srinagar	16-05-2023 to till date
	Chairperson/Patron	College Local Fund Development Committee, GDC Eidgah, Srinagar	16-05-2023 to till date
	Chairperson/Patron	Committee for Monitoring the Code of Conduct for	16-05-2023 to till date

		upholding the Ethics, GDC Eidgah, Srinagar	
	Chairperson	College Local Fund Development Committee, GDC Eidgah, Srinagar	16-05-2023 to till date
	Chairperson	College Advisory Committee, GDC Eidgah, Srinagar	16-05-2023 to till date
	Chairperson	Development Committee, GDC Eidgah, Srinagar	16-05-2023 to till date
	Chairperson	Purchase Committee, GDC Eidgah, Srinagar	16-05-2023 to till date
	Chairperson	Admission/Examination Committee, GDC Eidgah, Srinagar	16-05-2023 to till date
Chairperson/Patron of all the College Committees in GDC, Nawakadal, Srinagar including the following:			
	PIO	Right to Information Committee, GCW, Nawakadal, Srinagar	26-08-2022 to 16-01-2023
	Chairperson	Project Monitoring Unit RUSA, GCW, Nawakadal, Srinagar	26-08-2022 to 16-01-2023
	Chairperson	Board of Governors, RUSA, GCW, Nawakadal, Srinagar	26-08-2022 to 16-01-2023
	Chairperson/Patron	College Academic Audit Committee, GCW, Nawakadal, Srinagar	26-08-2022 to 16-01-2023
	Chairperson/Patron	Women Empowerment Committee, GCW, Nawakadal, Srinagar	26-08-2022 to 16-01-2023
	Chairperson/Patron	College Local Fund Development Committee, GCW, Nawakadal, Srinagar	26-08-2022 to 16-01-2023
	Chairperson/Patron	Committee for Monitoring the Code of Conduct for upholding the Ethics, GCW, Nawakadal, Srinagar	26-08-2022 to 16-01-2023
	Chairperson	College Local Fund Development Committee, GCW, Nawakadal, Srinagar	26-08-2022 to 16-01-2023
	Chairperson	College Local Fund Development Committee, GDC, Pampore, Pulwama	June 2022 to August 2022
	Chairperson	College Advisory Committee, GDC, Pampore, Pulwama	June 2022 to August 2022

	Chairperson	Development Committee, GDC, Pampore, Pulwama	June 2022 to August 2022
	Chairperson	Purchase Committee, GDC, Pampore, Pulwama	June 2022 to August 2022
	Chairperson	Admission/Examination Committee, GDC, Pampore, Pulwama	June 2022 to August 2022
	Chairperson	Women Development Cell, GDC, Pampore, Pulwama	June 2022 to August 2022
	Chairperson	Internal Complaint Committee, GDC, Pampore, Pulwama	June 2022 to August 2022
	Chairperson	Psychological Counseling Cell, GDC, Pampore, Pulwama	June 2022 to August 2022
	Chairperson	College Advisory Committee, GDC, Allochi Bagh, Srinagar	29-09-2021 to 14-05-2022
	Chairperson	College Development Committee, GDC, Allochi Bagh, Srinagar	29-09-2021 to 14-05-2022
	Chairperson	Purchase Committee, GDC, Allochi Bagh, Srinagar	29-09-2021 to 14-05-2022
	Chairperson	Admission/Examination Committee, GDC, Allochi Bagh, Srinagar	29-09-2021 to 14-05-2022
	Chairperson	Internal Complaint Committee, GDC, Allochi Bagh, Srinagar	29-09-2021 to 14-05-2022
	Chairperson	Psychological Counseling Cell, GDC, Allochi Bagh, Srinagar	29-09-2021 to 14-05-2022
	Dean	Students Welfare, Home Science, GCW, M.A. Road, Srinagar	2017-2021
	Convener	Material and Resource Centre, GCW, M.A. Road, Srinagar	2019-2021
	Coordinator, Kashmir Division of College, Subject Home Science	Core Committee for preparation of e-Content, Department of Home Science	13-01-2021 till 28-09-2021
	Convener	Canteen Committee, GCW, M.A. Road, Srinagar	2020-2021
	Member	Financial Aid Committee, GCW, M.A. Road, Srinagar	2017-2021
	Member	Disciplinary Anti-Ragging	2017-2021

		Committee, GCW, M.A. Road, Srinagar	
	Member	Stock Verification Committee, GCW, M.A. Road, Srinagar	2018-2019
	Member	Research Advisory Committee in Home Science and Human Development (Hub College)	25-01-2021 to 29-09-2021
	Co-Convener	Research Review Committee in Home Science and Human Development (Hub College)	25-01-2021 to 29-09-2021
	Member	Research Purchase Committee in Home Science and Human Development (Hub College)	25-01-2021 to 29-09-2021

<b>Involvement in NAAC Ranking</b>	<b>From....To ...</b>	<b>Total Duration</b>
Chairperson, IQAC, Government Degree College Nawakadal (NAAC accredited A <sup>+</sup> )	26-08-2022 to 16-01-2023	4 months 20 days
Chairperson, IQAC, Government Degree College Pampore (NAAC Accredited B+)	14-05-2022 to 26-08-2022	3 months 12 days
Chairperson, IQAC, Government Degree College Allochibagh	29-09-2021 to 14-05-2022	7 Months 15 days
Member, IQAC, Government College for Women, M.A. Road/Convener Criterion-II (NAAC Accredited B+)	2017-2018	2 years

## **AWARDS AND OTHER ACHIEVEMENTS**

- Conducted NAAC at Government Degree College Pampore and secured B+ Accreditation.
- Prepared proposal which was approved by Ministry of Food Processing Industries (MFPI) for establishment of Food Processing Unit in Government College for Women, M.A. Road, Srinagar, Kashmir.
- Prepared roadmap for establishment of Research Centre in Home Science and Human Development.
- Worked as a Resource Person for Distance Education Department, University of Kashmir in various courses related to food preservation and nutrition.
- Worked as Co-Ordinator e-Content, Kashmir Division for preparation of e-content for the Department of Home Science and Nutrition and Dietetics for University of Kashmir
- Organized One-Week Workshop on Food Processing for students of Food Science and Technology in collaboration with Department of Post Harvesting Technology, SKUAST in 2010.
- Member of U.G. and P.G. Board of Studies, Food and Nutrition, University of Kashmir

and Cluster University.

- Member of U.G Board of Studies, Food Science and Technology, University of Kashmir.
- Lifetime Member of Indian Dietetics Association (IDA), J&K Chapter.
- Lifetime Member of Home Science Association of India.

### **WORKSHOPS, SEMINARS, SYMPOSIUM AND CONFERENCES ATTENDED**

- Participated in One Day Workshop on Administrative Skills on 25.10.2022.
- Participated in Online Super Session on Future of Education on 18.06.2020.
- Participated in Two Days' Workshop on Techniques and Application of Food Preservation from 09.10.2018 to 10.10.2018.
- Participated in Two Days' Workshop held by JKBOSE for Framing of Syllabus of Food Science and Technology, 2018.
- Participated in Two Days' National Workshop on Advances in Cell and Molecular Biology from 27.09.2017 to 28.09.2017.
- Participated in Two Days' National Symposium on Biotechnological Interventions for Upgradation of Food Products of India (BIUFPI) from 09.09.2015 to 10.09.2015.
- Participated in Four Days' Hobby Ideas Workshop at Government College for Women, M.A. Road, 2011.
- Attended Two Days' Disaster Preparedness Training Programme at Government College for Women, M.A. Road from 26.12.2011 to 27.12.2011.
- Participated in Three Week UGC sponsored Refresher Course in ICT (Inter-disciplinary) organized from 24.08.2009 to 25.09.2009.
- Participated in Two Days' Workshop on Dietary Trends from 24.03.2009 to 24.03.2009.
- Participated in International Conference on New Trends in Statistics & Optimization from 20.10.2008 to 23.10.2008.
- Participated in One Day Workshop on Advanced Computing for Statistics and Scientists Using Software at Gulmarg on 22.10.2008.
- Attended 4<sup>th</sup> JK Science Congress from 12.11.2008 to 14.11.2008 and presented Paper.
- Successfully participated in Fevicryl Workshop at Government College for Women, M.A. Road, 2008.
- Participated in Two Days' UGS Sponsored Confidence Building Programme for Working Women from 10.03.2007 to 11.03.2007.
- Participated in Three Week UGC Sponsored Refresher Course in Computer Applications (Inter-disciplinary) organized from 14.11.2007 to 04.12.2007.
- Participated and presented Paper on Dietary Habits & Nutritional Awareness Amongst Kashmiri Women in Two Days' Seminar on Health and Nutrition Education from 07.03.2007 to 08.03.2007.
- Attended Science Congress from 25.07.2006 to 27.07.2006 and made Oral Presentation.
- Participated in Two Days' Seminar on Food Adulteration and Consumer Awareness from 27.03.2006 to 28.03.2006.
- Participated in Four Days' Fevicryl Workshop at Government College for Women, M.A. Road from 21.09.2005 to 24.09.2005.
- Participated in Two Days Seminar on Adolescent Education- Need of the Hour from 26.03.2004 to 27.03.2004.
- Participated in Seminar on Child Rights organized by NGO Better World at SKICC, Srinagar in June, 2002.

- Worked as a Resource Person in One-month Certificate Course on Dietary Management in Health and Disease conducted by Director Center for ACCE, University of Kashmir in February, 2002.
- Participated in UGC Sponsored Refresher Course in Home Science, held by Academic Staff College, University of Kashmir in collaboration with University Of Jammu in January, 1998.
- Participated in UGC Sponsored General Orientation Course at University of Kashmir, 1997.

## **RESEARCH PUBLICATIONS**

- Published Paper on “Dietary Practices and Nutritional Awareness Amongst Women Belonging to Different Physiological Status” in International Journal of Innovative Science, Engineering and Technology, Volume 6, Issue 5, May 2019 having ISSN No. 2348-7968.
- Published Paper on “A Nutritional Profile of Kashmiri Women” in International Journal for Research in Emerging Science and Technology, Volume 4, Issue 2 in February, 2017 having e-ISSN No. 2349-7610.
- Presented Paper on “The Effect of Physiological State on Nutritional Status of Women” in 4<sup>th</sup> J&K Science Congress, 2008 and Abstract published in Souvenir (Page No. 144).
- Presented Paper on “Nutritional Status and Dietary Habits of Kashmiri Women” in 2<sup>nd</sup> J&K, July, 2006 and Abstract published in Souvenir (Page No. 113).

## **BOOK PUBLICATIONS**

- A Handbook of Human Physiology, ISBN No. 978-93-92014-28-4
- Nutrition and Fitness, ISBN No. 978-93-92014-03-1
- Nutritional Status of Kashmiri Women, ISBN No. 978-93-83998-00-5
- Health and Nutrition, ISBN No. 978-81-90864220
- Contributed Chapter titled “Nutritional Status and Dietary Habits of Kashmiri Women” in Book “Science for Better Tomorrow” (Page No. 269-276).

## **EXTENSION WORK/CONSULTANCY SERVICES**

- Working as Honorary Member of NGO Amori-Khariya.
- Participated in Donation Camps organized by NGO Amori-Khariya.
- Participated in Donation Camps organized by NGO Khidma.
- Delivered lectures on importance of Health, Nutrition and Sanitation to underprivileged Women and Children.
- Project Guide, Indira Gandhi National Open University, New Delhi (IGNOU).

*Nigaht Nasreen*