

CURRICULUM VITAE



Dr. Prabha Bisht

Associate Professor
Department of Home Science
M.B.G.P.G. College
Haldwani (Nainital)
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EDUCATIONAL QUALIFICATION:

1. D.Phil. (Foods and Nutrition / Home Science), 2014, from HNBGU.
2. NET (ASRB, ICAR) 2001.
3. M.Sc. (Human Foods & Nutrition) 2001. GBPUAT, Pantnagar.
4. B.Sc. (Home Science) 1999, GBPUAT, Pantnagar.
5. Intermediate (1995) GGIC Pithoragarh.
6. High School (1993) GGIC Pithoragarh.

DOCTORAL THESIS / RESEARCH TOPIC:

“Development of Literature for Imparting Nutrition Education Among Primary School Children of Joshimath Block (Chamoli) And Its Impact Evaluation to Combat Malnutrition”

TOTAL WORK EXPERIANCE- 21 Years

RESEARCH PAPER IN JOURNALS:

1. (2012) – “Marital Adjustment of Working and Non Working Women – A Comparative Study “ Jyoti Tiwari, Prabha Bisht , QUEST- The Journal of UGC- ASC, Nainital, Volume 6, Issue No. 3 (2012) pp.504-508, DOI: 10.5958/j.0974-5041.6.3.041.
2. (2012) – “Gender Differences in Personality Traits” Jyoti Tiwari, Prabha Bisht, PRACHI Journal of Psycho –Cultural Dimension, Volume 28 (2), 2012, ISSN: 0971-7064, pp.132-134/
3. (2012) – “Trans Fat All We Need to Know”, Prabha Bisht, Jyoti Tiwari, EVERYMAN’S SCIENCE, Volume XLVII. No. 2, 2012, June-July 12, pp. 100-103, ISSN 0531-495 X.
4. (2015) – “A Study on the Impact of Nutrition Education on the Health and Nutrition Knowledge of Primary School Children of Garhwal Hill”. Prabha Bisht, Jyoti Tiwari, Recent Researches in Social Science, Issue 03, Year 03, pp. 28-32, ISSN-2348-3318, Oct-Nov- Dec. 2015
5. (2015) – “Effects of Mothers Education on Nutrition Status of Primary School Children” Jyoti Tiwari, Medha, Prabha Bisht, Recent Education and Psychological Research, Issue 03, Year 02, pp37-39, ISSN-2278-5949, Oct-Nov-Dec, 2015.
6. (2016) – “Evaluating the Effectiveness of Video Films as a tool to Impart Nutrition Education” Prabha Bisht, Recent Educational and Psychological Research, Issue 02, Year 05, pp 12-15,ISSN-2278-5949, Jul-Aug-Sep, 2016.
7. (2017) – “Gender Differences in the Nutrient Intake of Primary School Children” Jyoti Tiwari, Prabha Bisht, Medha, Shrinkhala Ek Shodhparak Varicharik Patrika, VOL. 4, Issue-10, June -2017, ISSN (P): 2321-290X, ISSN (E): 2349-980X, pp 68-71.
8. (2017) – “” खाद्य संगठन डेटाबेस एवं भारतीय परिप्रेक्ष्य में इसकी प्रासंगिकता ”” Prabha Bisht, Vidyawarta, ISSN: 2319-9318, Issue 18, Vol-11, April to June, 2017, pp 0188-0192.

9. (2017) – “Health and Nutritional Status Assessment of Primary School Children of Rural Garhwal” Prabha Bisht, Jyoti Tiwari, Printing Area International Multilingual Research Journal, Issue -34, Vol-02, , pp 017-019, ISSN 2394-5303, October 2017.
10. (2017)- “ Food Composition Database *the Indian Journey* Quest the Journal of UGC-HRDC, Nainital, Volume11, Issue 3, September-December 2017: 331-335,pp 331-335, Print ISSN: 0974-5041, Online ISSN: 2249-0035.
11. (2019)- “Empowering Social Economy through Traditional Food System and Knowledge In Uttarakhand” Prabha Bisht, International Journal of Applied Social Science, Volume 6, Issue 3, ISSN: 2394-1405 March 2019.
12. (2021)- “ Home Science: The History Discipline, Career Opportunities and National Development” Prabha Bisht, Journal of Emerging Technologies and Innovative Research, Volume 8, Issue 12, ISSN-2349-5162, December 2021.
13. (2024) - “Exploration, Identification and Nutrient Analysis of Traditional Recipes from Uttarakhand: A Culinary and Nutritional Perspective “Prabha Bisht, Journal of Social Issues and Development (JSID), Himalyan Ecological Research Institute for Training and Grassroots Enhancement (HERITAGE) ISSN: 2583-6994(Vol.2, Issue 3, September, 2024, pp-50-63).
14. Historical and Contemporary Challenges to the popularity and Preservation of Traditional Foods in Uttrakhand. Prabha Bisht, Pankaj Pandey, Journal of Social Issues and Development (JSID), Himalyan Ecological Research Institute for Training and Grassroots Enhancement (HERITAGE) ISSN: 2583-6994(Vol.3, Issue 2, May- August, 2025, pp- 107-117.).

RESEARCH PAPER IN CONFERENCES:

15. (2009) – “Genetically Modified Food: Safety and Policy Issues” in National Seminar on National Strategies for Improving Quality of Life at GBPUAT, Pantnagar (Nainital), from September 11-12, 2009.

16. (2010) – “Overcoming Nutritional Challenges in Developing Economies: Role of Science and Technology” in 5th Uttarakhand State Science and Technology Congress on Role of Science and Technology in Development, conducted by Uttarakhand State Science and Technology Congress (UCOST), held at Doon University, Dehradun from November 10-12 2010.
17. (2011)- “ Nutritional and Health Status of Women farmers of Pauri Garhwal” in National Seminar on “Empowerment of Rural Women in Uttarakhand Status, Challenges and Solutions, at BSMPG College, Roorkee, Haridwar, Uttarakhand, from October 14-15 ,2011.
18. (2012)- “ Concept of Human Rights and Role of Police in Protection of Human Rights in Modern Indian Context” in National Seminar on Role of Indian Police in Protecting Human Right” at BSMPG College, Roorkee, Haridwar, Uttarakhand from November 2-3, 2012.
19. (2013)- “The Revival of Water Conservation under MANREGA, What Went Wrong? In National Seminar on “Rural Development through MANREGA: New Challenges and Solutions” at BSMPG College, Roorkee, Haridwar, Uttarakhand from October 4-5, 2013.
20. (2013)- “Nutrition and Health Intervention in Unconventional Method improves the Nutritional Knowledge of Primary School Children: A Study in Garhwal Hill Region of Uttarakhand” in 8th Uttarakhand State Science and Technology Congress conducted by Uttarakhand Science and Technology Congress (UCOST), held at Doon University, Dehradun from November 26-28, 2013.
21. (2014)- “No Honor in Honor Killing” in National Seminar on “Violence Against Women: Current Challenges and Future Trends” at BSMPG College Roorkee, Haridwar, Uttarakhand from December 19-20, 2014.
22. (2016)- “Container Gardening: Little Steps towards Greener Future” in UTTARA BIO FEST 2016, National Conference on Natural Resource Management Avenues & Application (NRMAA) at Uttaranchal P.G. College of Bio Medical Science & Hospital, Dehradun, March 18-19, 2016.

23. (2016)- “Food Insecurity and Malnutrition Among Indian Tribes” in National Seminar on “Tribal Issues & Strategies for Empowerment, sponsored by ICSSR, organized by BSMPG College, Roorkee, Haridwar, Uttarakhand from October, 21-22, 2016.

24. (2017)- “Role of Information and Communication Technology in Enhancing Health and Nutrition Skills of Vulnerable Segments of Population in Uttarakhand”, in 11th Uttarakhand State Science & Technology Congress, Conducted by Uttarakhand Science and Technology Congress (UCOST), held at Vigyan Dham, Dehradun from March 2-4, 2017.

25. (2017)- “Ayurveda & Modern Life Diseases “ in Decolonization of Indian Minds on September 23, 2017 organized by *Dev Bhoomi Vichar Manch* Uttarakhand & Phonics Groups of Institutions, Roorkee in Collaboration with Doon University Dehradun.

26. (2017)- “The Crisis in Jammu & Kashmir” in National Seminar on the Problem of Pakistan sponsored terrorism in Jammu and Kashmir: State and Direction” on 14-15 October 2017 at Department of Political Science, Chaman Lal Degree College, Landhaura (Roorkee), sponsored by Indian Council of Social Science Research.

27. (2018)- “Anemia and Women Health in Uttarakhand: An Overview” in National Seminar on “Women’s Health in India: Issues and Concerns (with special reference to Uttarakhand State) under the auspices of ICSSR, organized by BSMPG College, Roorkee, Haridwar, Uttarakhand from February, 23 -24, 2018.

28. (2019)- “ Biodiversity and Traditional Food System- A Quest for Sustainable Food and Nutrition Security” in First National Conference in Botany “Status of Upcoming Trends in Biodiversity Conservation” on January 6, 2019 at Department of Botany, Chaman Lal Mahavidyalaya, Landhaura Haridwar, Uttarakhand, sponsored by Science and Technology Council, Uttarakhand.

29. (2019)- “Junk that Junk!Trans Fat in Junk Foods” in Third National Conference on “ Health Hazards of Junk Food and Growing Popularity of Linen” organized by Department of Home Science , M.M. (P.G. College) , Satikund Kankhal, Haridwar, Uttarakhand on January 29, 2019.

30. (2019)- “कुपोषित एवं सामाजिक – आर्थिक रूप से पिछड़ी महिलाओं के प्रति हमारा दायित्व” in National Conference on Role of Women in Social inclusiveness on 14 September, 2019 at M.K.P. P. G College Dehradun, Uttarakhand.
31. (2019)- “Nutritionism in Indian Society” in National Conference on “Fit India: Holistic Care for Quality Life on November 19, 2019 by IQAC at Pt. LMS Government Post Graduate College Rishikesh, Campus College Sri Dev Suman University, Badshahithaul, New Tehri.
32. (2020)- “Climate Change and Foods and Nutrition Society – An Indian Perspective” in UCOST and UPSCA sponsored National Conference on “Forest Fire and Climate Change: Challenges and Solutions in Harsh Vidya Mandir Post Graduate College Raisi Haridwar on February 14 and 15 ,2020
33. (2020) - “Rebuilding Bharat Post COVID-19 with ICT Based Interventions and Artificial Intelligence in Public Health & Nutrition” in First online conference on Rebuilding Bharat with AI Interventions after COVID-19 Pandemic/ on May 2nd and 3rd 2020, conducted by Department of Computer Science and Engineering, University School of Information and Communication Technology, Gautam Buddha University, Greater Noida, Uttar Pradesh India.
34. (2020) - “Public Health and Nutrition during COVID-19 – A Pursuance for Better Immunity” in 2 days National Webinar on “Food and Nutrition in the present scenario of COVID-19” held on May 13-14, 2020 organized by Department of Home Science, Vasant Kanya Mahavidyalaya, Kamachha, Varanasi , Under the UGC Mandate Notification. DO No. 1.3/2020 (DM) dated March 28th 2020.
35. (2020) - “Food Security Under Climate Change- *The Role of Traditional Food in Uttarakhand*” in 2 days National Webinar on “Climate Change Water Availability and Food Security: Impact and Sustainable Management (NWCCWAFS-2020) October 20th and 21st 2020, organized by Chaman Lal Mahavidyalaya (Haridwar) Uttarakhand and Uttarakhand Council of Science and Technology (UCOST).
34. (2023)“Traditional Tea Culture of Uttarakhand – A Cup of Good Health and Positivi”Tea (Scientific Poster Presentation at PAUSHTICON 2023, “Ensuring Sustainability in Food

and Nutrition” National E Conference Organized By Nutrition Society of India, Mumbai Chapter on 27 & 28 January 2023.

35. (2024) “Women Entrepreneurs in Uttarakhand - Paper presentation at Two Days International Conference on “Gender Roles and Green Concepts: Pathways towards Environmental Sustainability” on 8th and 9th January 2024 at M.B.P.G. College, Haldwani, Uttarakhand.
36. (2024) “Himalayan Ragi Recipes of Uttarakhand - Addressing Contemporary Nutrition Challenges”!- Paper presentation at Two Days International Seminar on Himalayan Folk Culture 17-18 February 2024 jointly organized by Department of History, Culture and Archaeology, Soban Singh Jeena, University Campus, Almora and Archaeological Survey of India, Dehradun circle.
37. (2024) “Combating, Technology Facilitated Crime Against Women in India - The Legal Framework, - Paper presentation at Two Days National Seminar on ‘Sexual Harassment Awareness and Prevention’ on 21-22 February 2024.
38. (2025) “Fostering Economic Sustainability among Local Communities through Homestay in Uttarakhand - The Role of Traditional Cuisine. -Paper presentation at International Seminar on “Understanding Sustainable Homestay Tourism as a Driving Factor of Tourist’s Satisfaction through Structural Equation Modeling- under Vision Viksit Bharat @2047.”on 14 & 15 February, 2025 at Department of Sociology, M.B.P.G. College, Haldwani, Uttarakhand.

BOOKS- AUTHORED/ CO AUTHORED / EDITED:

1. 2017 - **Community Nutrition in India**, Star Publication Agra, ISBN 13: 9789381246795.
2. 2019 - पोषण स्थिति का मूल्यांकन (Assessment of Nutritional Status) Star Publication Agra, ISBN 13: 9789381246955
3. 2020- **Nutrition Education in Himalayas!**, Pacific Books International, ISBN 13: 978-9388536605
4. 2021- **Pandemic COVID- 19 Repercussions and Lesson**, Swaranjali Publication Ghaziabad, ISBN 13: 9789390573301
5. 2025- **Culinary Heritage of Uttarakhand- Why do we need to Embrace Traditional Food!** Pacific Books International, ISBN 978-93-92469-78-7.
6. 2026-**HouseKeeping Book**-हाउसकीपिंग कौशल विकास पुस्तिका, Pacific Books International, ISBN 9789347134227 (under publication)

BOOK CHAPTERS /SELF LEARNING MANUAL IN NATIONAL & INTERNATIONAL BOOKS / EDITED VOLUMES (2016-2023)

1. (2016)- गृह प्रबन्ध—“Home Management Process” B.A. (Home Science), Family Resource Management (HSC-101), ISBN- 978-93-85740-49-7, pp 2-23, MPDD, Uttarakhand Open University, Haldwani (Nainital)
2. (2016)- गृह व्यवस्था के उत्प्रेरक तत्व —“Motivating Factors for Management” B.A. (Home Science), Family Resource Management (HSC-101), ISBN- 978-93-85740-49-7, pp 24-41, MPDD, Uttarakhand Open University, Haldwani (Nainital)
3. (2016)- समय एवं शक्ति संसाधन —“Time and Energy Resources” B.A. (Home Science), Family Resource Management (HSC-101), ISBN- 978-93-85740-49-7, pp 57-83, MPDD, Uttarakhand Open University, Haldwani (Nainital)
4. (2016)- कराधान —“Taxation” B.A. (Home Science), Family Resource Management (HSC-101), ISBN- 978-93-85740-49-7, pp 163-191, MPDD, Uttarakhand Open University, Haldwani (Nainital)
5. (2016)- घर की देखभाल एवं सुरक्षा— “Care of Household Equipments” B.A. (Home Science), Family Resource Management (HSC-101), ISBN- 978-93-85740-49-7, pp 245-264, MPDD, Uttarakhand Open University, Haldwani (Nainital)
6. (2016)- घरेलू उपकरण एक परिचय—“Introduction to Household Equipments” B.A. (Home Science), Family Resource Management (HSC-101), ISBN- 978-93-85740-49-7, pp 265-282, MPDD, Uttarakhand Open University, Haldwani (Nainital)
7. (2016)- घरेलू उपकरणों में प्रयुक्त सामग्री— “Materials to be used for Household Equipments” B.A. (Home Science), Family Resource Management (HSC-101), ISBN- 978-93-85740-49-7, pp 283-308, MPDD, Uttarakhand Open University, Haldwani (Nainital).
8. (2017)- राष्ट्रीय पोषण कार्यक्रम— “National Nutrition Programme” M.A., Foods & Nutrition, Uttarakhand Open University, Haldwani (Nainital).

9. (2017)- पोषण स्तर संवर्धन एवं आय उपार्जन कार्यक्रम– “Programmes for Improving Nutritional Status & Income Generation, M.A., Foods & Nutrition, Uttarakhand Open University, Haldwani (Nainital).
10. (2017)- राष्ट्रीय एवं अन्तर् राष्ट्रीय संस्थायें एवं पोषण कार्यक्रम –”International & National Agencies and Nutrition Programmes”, M.A., Foods & Nutrition, Uttarakhand Open University, Haldwani (Nainital).
11. (2017)- सार्वजनिक वितरण प्रणाली– ”Public Distribution System” M.A., Foods & Nutrition, Uttarakhand Open University, Haldwani (Nainital).
12. (2018)- प्रसार शिक्षा विशेषतायें– ”Extension Characteristics” M.A. Extension Education, Uttarakhand Open University, Haldwani (Nainital).
13. (2018)- प्रसार शिक्षा एवम शिक्षण अधिगम प्रक्रिया– “Extension Teaching Methods” M.A. Extension Education, Uttarakhand Open University,

BOOK CHAPTERS IN INTERNATIONAL BOOKS/ EDITED VOLUME

1. (2017) – “Status of Human Health in Uttarakhand: Health and Nutritional Status Assessment of Primary School Children of Rural Garhwal in Uttarakhand, Bisht P. Tiwari, J. 2017, Ed. Nand, M. Maiti, P., Chandra, S., Environmental and Health Challenges of Uttarakhand, ISBN-978-620-2-02641-3 pp. 99-114, Lambert Academic Publishing (Germany).
2. (2023)-“Vocationalization of Education in India- Challenges and Future Prospects” Bisht P, Ed. Chandel, N, The New National Education Policy in India, ISBN 13-978-9392469022 ISBN 10 -9392469020 Pacific Books International (New Delhi).
3. (2024)- “Sustainability and Contemporary Relevance of Food Preservation Techniques in Uttarakhand Traditional Cuisine” Ed. Rawat R., Gupta N.& Gaur V. Indian Knowledge System for Sustainable Future. ISBN 978-93-86081-42-1, Astha Prakashan, New Delhi, pg 181-206.

4. (2025)- “Women & Traditional Crafts in Political Expression : Historical Storytelling Through Kantha Embroidery” Bisht P., Pandey P. Ed. Dr. Nishu Kumar, Dr. Rinkumoni Gogoi, Women, Culture and Power- Perspectives from Literature, Arts and Politics, ISBN 9789349834613, A.R Publishing Company, Delhi, pg 264-275.
5. (2025)-“ भारतीय प्रवासियों के मध्य डिजिटल संचार नेटवर्क आवश्यकता, उपयोगिता एवं चुनौतियां” Sunita, Bisht P. Ed. G. Fatima “ Migration and Development” ASIN BOFQJGKCD4, Anu Books. Pg 240-248.

INVITED LECTURES

1. (2017)- Delivered a talk on “Role of Nutrition on Brain Development” in Brain Awareness Programme – 2017, organized by Department of Zoology, Pt. LMS Govt. P.G. (Autonomous) College Rishikesh, Dehradun in association with National Brain Research Centre (NBRC), Manesar Gurgaon (Haryana) on 22nd April 2017.
2. (2019)- Key Note Speaker at One Day Workshop on “Food & Nutrition for Girls” on 11th March 2019, at J.B. Institute of Technology (Dehradun) under the aegis of Technical Education Quality Improvement Programme in association with Uttarakhand Technical University Dehradun.
3. (2019) Guest Lecture at Shivalik Institute of Engineering, Dehradun on “Women Health & Nutrition” organized by Uttarakhand Technical University under the aegis of TEQIP-III., on 27/03/2019.
4. (2020) Key Note Speaker “How We Choose Our Inspiration for Our Collection (August 27 & 28, 2020) for Department of Fashion, Minerva Institute of Management & Technology, Sudhowala, Dehradun.
5. (2021) Expert Talk “महामारी कोविड की तीसरी संभावित लहर की आशंका एवं बालकों की संवेदनशीलता के दृष्टिगत बालकों का आहार एवं पोषण” a virtual workshop by *Akhil Bhartiya Mahila Samanvay* Uttarakhand on August 7, 2021

- ^{6v} (2023) Re-source Person “Traditional Foods for Women and Children in Tribal Areas (September 7th 2022) One Day Lecture conducted by Uttrakhand Open University, Haldwani, Nainital

AWARD / RECOGNITION RECEIVED

- 1. (2017)-** Received “Young Scientist Award - 2017” for best Paper Presentation for “Role of Information and Communication Technology in Enhancing Health and Nutrition Skills of Vulnerable Segments of Population in Uttarakhand” (Under Category 2, Foods & Nutrition / Home Science Discipline) in 11th USSTC, conducted by UCOST, Dehradun, from March 2-4, 2017.
- 2. (2018) -** Received “Minor Research- Project Award” for “Culinary Heritage of Uttarakhand- The Pursuit of Health and Nutrition “from Indian Council of Social Science Research, New Delhi.
- 3. (2020)-**Received Best Oral Presentation Award 2020 for outstanding contribution in the field of Food and Nutrition on the occasion of National webinar on “Climate Change Water Availability and Food Security: Impact and Sustainable Management (NWCCWAFS-2020) October 20th and 21st 2020, organized by Chaman Lal Mahavidyalaya (Haridwar) Uttarakhand and Uttarakhand Council of Science and Technology (UCOST).

RESEARCH PROJECT-

Year -2018

Project Type- Minor

Project Title- “Culinary Heritage of Uttarakhand- The Pursuit of Health and Nutrition

Funding and Sponsoring Agency- ICSSR, New Delhi

WORKSHOP CONDUCTED-

- 1. (2017)-** Conducted, One Day National Workshop on “Critical Care Nutrition” under the auspices of The Society for Clinical Nutrition and Metabolism (IAPEN) – Dehradun

Regional Centre, on 11th September 2017 at Department of Home Science, SDMGPG College, Doiwala (Dehradun) Uttarakhand, as Organizing Secretary.

2. (2020)- One day National Webinar on “Pandemic COVID-19: Repercussion& Lessons” on June 11 2020, in collaboration with Political Science and History Department of SDMGPG College Doiwala, Dehradun.

3. (2020)- Conducted 2 days online National Webinar cum Demonstration “How We Choose Our Inspiration for Our Collection (August 27 & 28, 2020) for Department of Fashion, Minerva Institute of Management & Technology, Sudhowala, Dehradun.

WORKSHOP PARTICIPATION-

1. (2022)- Participated in one day state level workshop (NAPS Technical Training and SDP Awareness on 11 October 2022, at M.B.P.G. College Haldwani (Uttarakhand).

2. (2025) NEP 2020 Orientation and Sensitization Programme (Malaviya Mission Teacher Training Programme, Indian Institute of Teacher Education, Gandhinagar, Gujarat) from 21/04/2025 to 29/04/2025.

ASSOCIATION WITH SCIENTIFIC & PROFESSIONAL BODIES:

1. Nutrition Society of India (Hyderabad) - Life Member.
2. Indian Science Congress Association, (Kolkata) - Life Member.
3. Indian Association of Parental and Enteral Association (Tamilnadu) - Life Member,
4. Board of Studies, (Member) Home Science Department (SGRR University, Dehradun).
5. Board of Studies, (Convenor) Home Science Department (Sri Dev Suman University, Uttarakhand).
6. Board of Studies (Member) Uttarakhand Open University, Haldwani, (Nainital).
7. Publons Academy (Certified Peer Reviewer).

PERSONAL DETAILS:

1. Date of Birth: 25/06/1978
2. Permanent Address: House No. -3 ,Right Lane, Gautam Vihar Colony, Chharyal (Haldwani)
3. Email: drprabhabisht@gmail.com

4. Phone No. 9756835718 , 8279584443 (Whatsapp)

I hereby declare that all the information given above is true to best of my knowledge and belief.

Dr. Prabha Bisht