

Curriculum Vitae

Dr. Samarpana Shukla

Assistant Professor,
Department of Home Science
Career Convent Girl's Degree College
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Permanent Address

Yogi Ji Sadan, C-163, Sector-J,
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CAREER OBJECTIVE

Aim to be associated with progressive and growth oriented organization that gives scope to apply my talent and skills with hard work and determination, and to be part of the team that dynamically works towards the growth of the organization.

EDUCATIONAL QUALIFICATION

Examination	Board/University	Year of Passing
PhD	CMJ University	2019
M.Phil (Home Science)	Vinayaka Mission	2010
M.A. (Home Science)	Lucknow University	2004
B.A.	Lucknow University	2002
Intermediate	U.P. Board	1999
High school	CBSE Board	1997

- Completed **Foundation Course (SEDE) 'Special Education Distance Education'** from Madhya Pradesh Bhoj (Open) University, Bhopal in 2006 from First Division.
- Completed Diploma in **Nutrition and Health Education (DNHE)** from IGNOU, Lucknow in 2005 from First Division.

WORK EXPERIENCE

- Worked as a lecturer of Nutrition in Mother Teresa Institute of General and Technical Education, Lucknow, in 2005-2006.
- Working as a Home Science lecturer in "Career Convent Girls Degree College" Lucknow, since 2006-till now.

PAPER PRESENTATION & PARTICIPATION

- Shukla S. and Shukla P. "Need of Health Education for Adolescents" presented paper in National

seminar on Quality of Life: Challenges Ahead, 23rd -24 Oct, 2010, Lucknow.

- Shukla S. participated in **“Research Methodology: Use of Information Technology in Research methods”** in Ignited Minds Academy, 7th June, 2014, Delhi.
- Shukla S. **“Healthy Lifestyle and Nutrition need of Adolescents from a Public Health Perspective”** presented paper in Two Day National Seminar on Public Health and Development in India, 8th-9th Aug, 2014, Lucknow
- Shukla S. participated in **“Philosophy and Humanities: Philosophy for the Social Sciences and Humanities”** in LMR College Of Education, M.P, 11th May , 2014, Delhi.
- Shukla S. **“Necessity of Sanitation and Hygiene Education among Rural Children”** presented paper in 3rd Lucknow Science Congress and National Conference on “Science For Society: An Interdisciplinary Approach,31 Oct-2nd Nov,2015,Lucknow.
- Shukla S. **“Contribution of Dr. A.P.J. Abdul Kalam in Technology”** presented paper in 27th International Seminar on Bharta Ratna DR. A.P.J. Abdul Kalam, 8th to 10th April, 2016, Lucknow.
- Shukla S. **“Pre-Post Assessment of Nutrition Training Programme on Knowledge of Rural Women ”** presented paper in National Conference on Food Safety and Consumer awareness,21st-22nd, 2016, Lucknow.
- Shukla S. **“The Role of Western Dress on Indian Society”** presented paper in International Seminar on Humanism and Literature,12th-13th ,March 2016,Lucknow.
- Shukla S. **“Influence of Gender and Locality on Effectiveness of Life skills Education among Adolescents Students”** presented paper in 1st International Literary Conference, ‘The Cultures of New India’, 17th- 18th Feb, 2017, Lucknow.
- Shukla S. **“Promoting Physical Activity for Holistic Development Among Children”** presented paper in National Conference on “ Ecological Degradation and its impact on Socio-Economic Development” , 2-3, Feb, 2018, NSCB, Govt Girls P.G. College, Lucknow
- Shukla S. **“A Systematic Review on the Issues, Challenges of Woman Empowerment in India”** presented paper in National Seminar on “ Recent Advances in Socio-Economic Development of India: Issues and Challenges ” organized by Faculty of Commerce , Shri Jai Narain PG College Lucknow, 24-25st Feb, 2018, Lucknow
- Shukla S. **“Role of ICT in Improving the Quality of Education in India”** presented paper in National Seminar on “ Education For the 21st Century: Challenges and Innovations” ‘, 21st July, 2018, SRMU , Lucknow
- Shukla S. **“Nutri-Garden to Address Malnutrition”** presented paper in International Conference on “ Sustainable Development : Strategies and Emerging Trends” , 16-17, Nov, 2018, NSCB, Govt Girls P.G. College, Lucknow
- Shukla S. **“An Ayurvedic View on Fruits”** presented paper in 2nd International Literary Conference, ‘Rethinking the Global South: Literatures, Cultures and Media” 2nd – 3rd Feb, 2019, SRMU , Lucknow
- Shukla S. **“Global Environment Change and Human Health”** presented paper in International Conference, ‘Global Environment and Human Existence: Changes and Challenges” 7-8 Sep, 2019, Navyug Kanya Mahavidyalaya , Lucknow

- Shukla S. **“Role of Healthy Diet to Boost Immune System during COVID19”** presented paper in National Seminar on “Socio-Economic and Environmental Issues and Challenges in Current Pandemic Situation”, 20th-21th, February, 2021.

Guest Lecture

Guest Lecture on the topic entitled “School- Aged Child Nutrition during Covid-19 on 28th April, 2022 organized by Krishna Convent Inter College, Lucknow

PAPER PUBLICATIONS

- Shukla S. **“A Relative Assessment on Food Routines, Dietary Consumption and Nutritional Status of Pregnant Women”** published research paper in Journal of Advances and Scholarly Researches in Allied Education, Vol-I, Issue XII, 2013.
- Shukla S. **“A Research upon Supplementation of Sufficient Iodine Nutrition Intake during Pregnancy and Lactation”** published research paper in Journal of Advances and Scholarly Researches in Allied Education, Vol-VII, Issue XIV, 2014.

BOOK CHAPTER

- Shukla S., (2021) *“Development of Yogic Integrative Mind-Body Program for Mental Health in Digital Age”* in Digital Use and Mental Health published by Book River publication.

WORKSHOP ATTENDED

- National workshop on Research Methods and Methodology in Social Sciences jointly organized by the Dept. Of Sociology, University of Lucknow, A.P. Sen Memorial Girls PG College, Lucknow, Govt. KRG PG College, Gwalior, MP in association with ‘Sociological Society of Uttar Pradesh’ from 24th June to 30th June 2021.

WEBINAR ATTENDED

- National Webinar on “Overcoming the Stress Disease Connection –A Practical Approach” organized by Mahila Vidyalaya Degree College, Lucknow on 12th May 2020.
- National Webinar on “Human, Health and Herbs-3H” organized by Mahila Vidyalaya Degree College, Lucknow on 30th May, 2020.
- National Webinar on “Development during Covid-19: The Message for Social Scientist” organized by Mahila Vidyalaya Degree College, Lucknow on 3rd June 2020.
- National Webinar on “India towards Atmanirbhar Bharat: Challenges and Opportunities” organized by Mahila Vidyalaya Degree College, Lucknow on 6th June 2020.
- National Webinar on “Postural Problems caused by E-Devices during Covid-19: Prevention and Cure” organized by Mahila Vidyalaya Degree College, Lucknow on 9th June 2020.

COMPUTER EDUCATION

Six months **Diploma in Office Automation (DOA)** from Mass Computer Literacy Program, Lucknow.

CONTRIBUTION TO THE INSTITUTION

- ✓ Participation in Examination Duties/ Evaluation duty in Lucknow University
- ✓ Members of various committees
- ✓ Coordinator of Arts Club

DECLARATION

I hereby declare that all the above mentioned details are true to the best of my knowledge.

Date:-

Samarpana Shukla