

Name -Mayani Chaodhary  
Spouse Name – Mr. Abhishek Bharatiya  
Mobile No. - 7830551331  
E-mail- mayanichaudhary@gmail.com



### CAREER OBJECTIVE-

To implement my creative knowledge in a expedient environment that can help me exploit to the fullest my skills and faculties to do a unique, remarkable and meaningful work by not only educating the students but also helping them gain interest, expertise in their fields and harness their potentials and hence contributing to the perpetual growth of a nation.

### PROFESSIONAL QUALIFICATION-

- Qualified UKPSC Assistant Professor (Home Science) {Advt. 2017}.
- Qualified CBSE UGC NET Dec 2015.
- Qualified CTET (I) & CTET (II) Sept 2015.
- Qualified UTET (I) 2014.
- Gold Medalist of M.Sc. (Food & Nutrition), CCS University, 2010.
- Gold Medalist of B.Sc. (Home Science), CCS University, 2008.

### EDUCATIONAL QUALIFICATION-

Degree/Name of course	Year	Name of Institute	Board/ University	Percentage
UGC NET	2015 (Dec)	University Grant Commission	CBSE	Qualified
Bachelors of Education (B.Ed.)	2012- 2013	Blue Mountains College of Teacher Education, (Dehradun)	Uttarakhand Technical University, Dehradun	62.16% (Theory) 61% (Practical)
Masters of Science (M.Sc.) (Food & Nutrition)	2010	Vidyavati Mukundlal Girls College, (Ghaziabad)	Ch. Charan Singh University, Merrut	80.9 %
Bachelors of Science (B.Sc.) (Home Science)	2008	Ram Chameli Chadda Vishvas Girls Degree College, (Ghaziabad)	Ch. Charan Singh University, Merrut	83.1 %

XII (Science)	2005	Vishesh Kendriya Vidyalaya, (Ghaziabad)	CBSE	60 %
X	2003	Vishesh Kendriya Vidyalaya, (Ghaziabad)	CBSE	65%

### WORK EXPERIENCE-

Teaching Experience	Year	Name of Institute	Board/ University	Designation
Till Date	Feb 19,2021 - Till date	PSB Rajkiya Mahavidyalya Naughar Lambgaon, Tehri Garhwal	Uttarakhand Higher Education	Assistant Professor (Dept. of Home Science)
3 Years 5 Months	Aug 1, 2017 - Dec 31, 2020	Methodist Girls' P.G. College, Roorkee	HNBGU	Assistant Professor (Dept. of Home Science)
1 Year	Jul1, 2015 – Apr 30, 2016	Gandhi Mahila Shilp Vidhyalya, Roorkee	Uttrakhand Board	Assistant Teacher
2 Years	April 1,2013 – April 1, 2015	Avsar Modern School, Roorkee	Uttrakhand Board	Assistant Teacher

### INDUCTION/ REFRESHER/PDP-

- ❖ “A+” Grade in “Faculty in Universities/ Colleges/ Institutes of Higher Education” **Induction Program** Organized by Teaching Learning Centre, Ramanujan College, University of Delhi, Under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission On Teachers And Teaching in collaboration with Khalsa College Amritsar; From July 19, 2021 to August 17, 2021.
- ❖ “A+” Grade in “Implementation of NEP-2020 for University and College Teachers” UGC-Approved Short-Term **Professional Development Programme**, Organized by Indira Gandhi National Open University (IGNOU); From October 27, 2021 to November 05, 2022.
- ❖ “A+” Advanced Research Methodology” **Refresher Course** Organized by Teaching Learning Centre, Ramanujan College, University of Delhi, Under the aegis of Ministry of Education Pandit Madan Mohan Malaviya National Mission On Teachers And Teaching in collaboration with Khalsa College Amritsar; From July 22, 2021 to August 05, 2021.

## PUBLISHED/ACCEPTED RESEARCH PAPER'S-

- ❖ Chaodhary, M., 2023. “The New Sugar Busters”; *International Journal of Advance Research and Innovative Ideas in Education(IJARIIE)*, [www.ijariie.com](http://www.ijariie.com); ISSN: 2395-4396, (Paper ID: 19440)) International Journal Approved by NSL, NISCAIR and CSIR, Impact Factor: 4.06, Volume: 9, Issue: 2, March 17, 2023.
- ❖ Chaodhary, M., 2022. “Natural Black Alkaline Water”; *International Journal of Research Publication and Reviews (IJRPR)*, [www.ijrpr.com](http://www.ijrpr.com); ISSN: 2582-7421, (Sr. No. IJRPE 14695) International Open Access, Peer Reviewed; International Journal, A+ Grade, Impact Factor: 5.536, Volume: 3, Issue: 8, August 25, 2022.
- ❖ Chaodhary, M., 2022. “Slim Fast”; Accepted by *International Journal of Science and Research (IJSR)* , score-87, [www.ijsr.net](http://www.ijsr.net); ISSN: 2319-7064, International Open Access, Fully Refereed, Peer Reviewed; Paper ID: SR22330211730; Impact Factor: 7.92, April 22, 2022.
- ❖ Chaodhary, M., 2021. “Sugar and Related Products”. *International Journal of Research Publication and Reviews (IJRPR)*, [www.ijrpr.com](http://www.ijrpr.com); ISSN: 2582-7421, (Sr. No. IJRPE 4887) International Open Access, Peer Reviewed; International Journal, A+ Grade, Impact Factor: 5.536, Volume: 2, Issue: 12, December 25, 2021.
- ❖ Chaodhary, M., 2021. “Fats and Oils”. *International Journal of Research and Analytical Reviews (IJRAR) I IJRAR.ORG*, [www.ijrar.org](http://www.ijrar.org) / [editor@ijrar.org](mailto:editor@ijrar.org); E-ISSN: 2348-1269, P-ISSN: 2349-5138, UGC Approved (Journal No. 43602) International Open Access, Peer Reviewed; Refereed Journal, Paper ID: IJRAR21D1516, Impact Factor: 5.75, Volume: 8, Issue: 4, November 11, 2021.
- ❖ Chaodhary, M., 2021. “Free Radical Theory of Ageing”. *International Journal of Home Science*, [www.homesciencejournal.com](http://www.homesciencejournal.com), Peer Reviewed Journal; Refereed Journal, Indexed Journal; ISSN: 2395-7476, Impact Factor: RJIF 5.3, Volume: 7, Issue: 2, Certificate No.: 7-2-54, May 1, 2021.
- ❖ Chaodhary, M., 2018. “Elimination Diet”. *International Journal for Science and Advance Research in Technology*, [www.ijstart.com](http://www.ijstart.com) / [editor@ijstart.com](mailto:editor@ijstart.com); ISSN [ONLINE]: 2395-1052; Paper ID: IJSARTV41220756; Impact Factor: RJIF 5.388, E-Journal; Volume: 4, Issue: 2, Month: Feb.
- ❖ Chaodhary, M., 2018. “Reasons to Celebrate Chocolate”. *International Journal for Science and Advance Research in Technology*, [www.ijstart.com](http://www.ijstart.com) / [editor@ijstart.com](mailto:editor@ijstart.com); ISSN [ONLINE]: 2395-1052, Paper ID: IJSARTV41220895, Impact Factor: RJIF 5.388, E-Journal Volume: 4, Issue: 2, Month: Feb.
- ❖ Chaodhary, M., 2017. “Best Life Diet”. *International Journal of Home Science*, [www.homesciencejournal.com](http://www.homesciencejournal.com), Peer Reviewed Journal; Refereed Journal, Indexed Journal; ISSN: 2395-7476, Impact Factor: RJIF 5.3, Volume: 3, Issue: 3, Month: Sept; Certificate No.: 3-3-18.
- ❖ Chaodhary, M., 2017. “Fasting Diet”. *International Journal of Home Science*, [www.homesciencejournal.com](http://www.homesciencejournal.com), Peer Reviewed Journal; Refereed Journal, Indexed Journal; ISSN: 2395-7476, Impact Factor: RJIF 5.3, Volume: 3, Issue: 3, Month: Sept, Certificate No.: 3-3-65.

❖ Chaodhary, M., 2017. “Holy Hinduism and Victorian Vegetarianism”. *International Journal of Food Science and Nutrition*, [www.foodsciencejournal.com](http://www.foodsciencejournal.com), Peer Reviewed Journal; Refereed Journal, Indexed Journal, UGC Approved Journal; UGC Journal No. – 47557; ISSN: 2455-4898; Impact Factor: RJIF 5.14; Volume: 2, Issue: 4, Month: Jul-Aug; Certificate No.: 2-5-54.

### CHAPTER IN BOOKS-

- 1) “Nutrition and Human Health”; Publication- ABS Books ([www.absbooksindia.com](http://www.absbooksindia.com)); Anamika Chauhan and Preeti Kumari; Chapter- “Nutrition and The Immune System”; ISBN 978-93-91002-10-7; January, 2022.
- 2) “New Education Policy 2020 – An Analitical Vision”; Publication- Pragati Prakashan ([www.pragatiprakashan.co.in](http://www.pragatiprakashan.co.in)); Preeti Sharma, Arvind Mohan Painuly and Anamika Chauhan; Chapter – “Internationalization of Education”; ISBN: 978-93-5531-651-6; September, 2022.

### CONVENER-

- 1) “National Seminar”; Hybrid mode; Theme- “Empowerment of Women through Home Scence Education”; Organized by Department of Home Science; Phool Singh Bisht Rajkiya Mahavidyalya Naugar Lambgaon Tehri Garhwal; October 10, 2023.
- 2) “Student Induction Program” (दीक्षारंभ) ; Phool Singh Bisht Rajkiya Mahavidyalya Naugar Lambgaon Tehri Garhwal; September 7, 2023.
- 3) “International Yoga Day 21 June, 2022”, Initiation by University Grants Commission and Ministry of Govt.; Series of Pprogram under “Yog Abhikriya Parishad” of PSB Govt. Degree College Lambgaon, Tehri Garhwal.
- 4) “Student Induction Program” (दीक्षारंभ) ; Phool Singh Bisht Rajkiya Mahavidyalya Naugar Lambgaon Tehri Garhwal; September 7, 2023.
- 5) “National Nutrition Week” initiated by Govt. of India; Theme- 2021 “Feeding Smart Right From Start”; Virtual Workshop; Organized by Phool Singh Bisht Govt. Degree College Lambgaon Tehri Garhwal; September 6, 2021 & September 7, 2021.
- 6) “Earning Dimensions of Home Science Students During Pandemic 2021” [Breaking the Gender Bias]; Webinar; Organized by Phool Singh Bisht Govt. Degree College Lambgaon, Tehri Garhwal; July 8 & 9, 2021.

## INTERNATIONAL & NATIONAL - CONFERENCE/ SEMINAR/ WEBINAR/ GUEST LECTURE/ TRAINING PROGRAM-

- ❖ “Advances in Materials for Health, Environment and Circular Economy (ICAMTHEC-2022); Paper – “Circular Economy in Healthcare”; organized by Uttaranchal University Dehradun on November 25-26, 2022.
- ❖ “Environment and Human Health: Global Issue”; Paper- Population and Women Healthcare; Organized by Gurukul Kangari (Deemed to be University) on December 7-8, 2022.
- ❖ “Increasing Population in India: Problems and Challenges”; Women Healthcare and Social Patterns; organized by Chaman Lal Mahavidyalaya, Landhaura on September 9-10, 2022.
- ❖ 62nd Annual Conference of the Indian Society of Labour Economics (ISLE)”; Department of Humanities and Social Sciences; IIT Roorkee, Uttarakhand, India; April 11-13th, 2022.
- ❖ Guest Lecture”Free Radical Theory of Ageing”; organized by Department of Home Science; by Chaman Lal Mahavidhyalaya, Landhaura, Haridwar; November 20, 2021.
- ❖ “Dekho Apna Desh Webinar Quiz”, Ministry of Tourism; Promoting Destinations with Cuisines; Government of India; Sept 19<sup>th</sup>, 2021.
- ❖ “The World of Carbon Neutral Tourism”; Ministry of Tourism, Government of India; September 18, 2021.
- ❖ Guest Speaker “Nutrition During Adolescence”; “Poshak Aahaar Desh Ka Aadhaar”; Webinar series on the occasion of National Nutrition Week; organized by Chaman Lal Mahavidhyalaya, Landhaura, Haridwar; September 6, 2021.
- ❖ “महिलावाद की अवधारण और महिला अधिकार”; National Webinar; Organized by Govt Degree College Nandasain, Chamoli; July 13, 2021.
- ❖ “Practical Aspects of ICT Tools & Online Teaching in Current Scenario”(FDP); organized by Research Foundation of India, JHERF, Renaissance University Indore, AAFT University Raipur, Christian Eminent Academy Indore & Annie Besant College Indore; From June 25, 2021 to July 1, 2021.
- ❖ “Career Advancement Scheme”; National Webinar organized by A.P.B. Govt. Post Graduate College Agastyamuni (Rudraprayag); April 10, 2021.
- ❖ “रामचरितमानस पर आधारित: मानस से मानस” दो दिवसी श्रांखला में सहभागिता, रिसर्च फाउंडेशन ऑफ इंडिया, जे.एच.ई.आर.एफ., एवम एकेडमिक रिसर्च गाइड एसोसिएशन का संयुक्त तत्वधान; जून 9 और 10, 2021

## CERTIFICATION COURSES-

- “Ek Bharat Shreshtha Bharat”; Quiz; organized by **My Govt.** on October 10, 2023; Certificate Id: V6RM1S-CE005612.
- “P20Youth Connect Quiz”; organized by **My Govt.** on October 4, 2023.
- “Basic Microbiology”; online learning initiative; Healt Emergencies Program; **WHO (World Health Organization)**, September 13, 2023.
- “Poshan Quiz”; organized by **My Govt. and AHA**; on September 2, 2023.
- “3<sup>rd</sup> Anniversary of New Education Policy 2020”; Online Quiz; organized by **Guru Nanak College of Arts, Science & Commerce Mumbai**; July 29, 2023.
- “National Technology Day”; Online Quiz; **Institution’s Innovation Council**; Organized by Rajkiya Engineering College Ambedkar Nagar; May 11, 2023.

- “Dev Deewali”; Dekho Apna Desgh Webinar Quiz organized by [Ministry of Tourism](#); Government of India.
- “Motor Vehicle Driving Regulation – National Road Safety Quiz”; Indian Road Safety Campaign; organized by [Ministry of Road Transport and Highways](#); Government of India.
- “In the Footsteps of The Buddha”; Dekho Apna Desh Webinar Quiz organized by Ministry Of Tourism; [Government of India](#); September 12, 2021.
- “Rajasthan- India’s Art Experience Hub”, Dekho Apna Desh; [Ministry of Tourism](#), Government of India; January 9, 2021.
- “Vocal For Local: Empowering Local Communities- Gujarat Experience”; [Ministry of Tourism; Govt. Of India](#); September 13, 2021.
- “Ladakh Unchartered”; Dekho Apna Desh Webinar organized by [Government of India](#); August 28, 2021.
- “Durga Puja”; Quiz organized by [Government of India](#).
- “Leading From the Front: Being Gandhi”; [Ministry of Tourism](#); Government of India; October 2, 2021.
- “Financial Awareness Program”, Conducted by [Centre for Investment and Learning in association with BSE Investor Protection Fund](#); July 3, 2021.
- “Stories of Madurai”; Ministry of Tourism, [Government of India](#); March 27, 2021.
- “My Gov. Manipur”, [Department of Information Technology](#); Government of Manipur.
- “One Nation One Ration Card”, [Department of Food and Public Distribution](#); Government of India.
- “Corona Virus – What you need to know”, [Alison, Galway, Ireland](#), July 19, 2020.
- “Emerging respiratory viruses, including COVID-19: methods for detection, prevention, response and control”, Health Emergencies Program, [WHO \(World Health Organization\)](#), June 13, 2020.
- “English for Healthcare”, [KING'S COLLEGE LONDON](#), Future Learn, May 27, 2020.
- “Physical Activity – Yoga”, Poshan Abhiyan, Ministry of Woman & Child Development, Govt. of India and [ICMR-NIN](#) (e- learning platform).
- “Food Fortification”, Poshan Abhiyan, Ministry of Woman & Child Development, Govt. of India and [ICMR-NIN](#) (e- learning platform).
- “Effective Communication for Healthy Outcomes”, [YALI NETWORK](#) (The Young African Leaders Initiative), May 25, 2020.
- “Basic Nutrition”, Poshan Abhiyan, Ministry of Woman & Child Development, Govt. of India and [ICMR-NIN](#) (e- learning platform).
- “Strategies for Personal Growth & Development”, [YALI NETWORK \(The Young African Leaders Initiative\)](#), May 25, 2020.
- “No – Communicable Disease”, Poshan Abhiyan, Ministry of Woman & Child Development, Govt. of India and [ICMR-NIN](#) (e- learning platform).
- “Standard precautions: Hand hygiene”, Health Emergencies Program, [WHO \(World Health Organization\)](#), May 18, 2020.
- “Challenging Ideas in Mental Health”, [The Open Learn University, Walton Hall, UK](#), May 15, 2020.
- “Wash”, Poshan Abhiyan, Ministry of Woman & Child Development, Govt. of India and [ICMR-NIN](#) (e- learning platform).
- “Caring: A Family Affair”, [The Open Learn University, Walton Hall, UK](#), 15 May 2020.
- “Obesity: Balanced diets and treatment”, [The Open Learn University, Walton Hall, UK](#), May 12, 2020.
- “Effective Time Management”, [International Institute of Generosity](#), May 7, 2020.

- “Work- Life Balance & Stress Management Course”, International Institute of Generosity, May 5, 2020.
- “Self Esteem Course”, [International Institute of Generosity](#), May 5, 2020.
- “Covid – 19: Tackling the Novel Corona Virus”, [LONDON SCHOOL OF HYGIENE & TROPICAL MEDICINE](#), UK Public Health Rapid Support Team, Future Learn, May 4, 2020.
- “Supporting Adolescent Learner: Social & Emotional Wellbeing”, [GRIFFITH UNIVERSITY, Queensland, Australia](#), Future Learn, May 4, 2020.
- “Online Marketing Fundamentals” [e Marketing Institute, Denmark](#), May 3, 2020.
- “Goal Setting Course”, [International Institute of Generosity](#), May 2, 2020.
- “How to Teach Online: Providing Continuity for Students”, [Future Learn](#), April 28, 2020.
- “Free Starter Nutrition Course”, [The Health Sciences Academy, UK](#), April 20, 2020.
- “Immunization”, Poshan Abhiyan, [Ministry of Woman & Child Development, Govt. of India and ICMR-NIN](#) (e- learning platform).
- “Food, Nutrition & Your Health”, Open to Study, [Open University Australia](#), December 18, 2018.
- “Pledge for Women Rights”, [National Commission for Women, India](#), December 2, 2018.
- “Human Rights Pledge”, [National Commission for Women, India](#), December 2, 2018.
- Cleared the exam of “Food Preservation” in First Category, organized by “[UDYAN AND KHADYA PRASANSKARAN NIDESHALYA](#)”, [UTTRAKHAND](#), Sept. 2015.
- “Anaemia”, Poshan Abhiyan, Ministry of Woman & Child Development, Govt. of India and [ICMR-NIN](#) (e- learning platform).
- “Mother Health & Nutrition”, Poshan Abhiyan, Ministry of Woman & Child Development, Govt. of India and [ICMR-NIN](#) (e- learning platform).
- Participated in “Bhartiya Sanskriti Gyan Pariksha” as Assistant Teacher, “[UNDER THE AEGIS OF GAYATRI TEERTH, SHANTIKUNJ](#)”, [HARIDWAR](#), 2015.
- Got First Prize in “Student – Art Exhibition” [M.Sc. (Food & Nutrition)] organized on 5th Jan 2009, on the occasion of foundation day of VMLG College, Ghaziabad.
- Got Second Prize in “Flower Decoration” [M.Sc. (Food & Nutrition)] organized on 5th Jan 2009, on the occasion of foundation day of VMLG College, Ghaziabad.
- Got Second Prize in “Greeting Making Competition” [B.Sc. (Home Science)] organized by [DAINIK JAGARAN](#), (Rakhi ka Tayohaar Sainik Bhaiyon ke Sath) on [BHARAT RAKSHA PARVA at Zonal level](#), on August 28, 2007.
- Participated in “Eatable Rakhi Competition” [B.Sc. (Home Science)] organized by [RCCV Girls College](#), Ghaziabad, on August, 2005.
- Participated in “Essay Competition” [B.Sc. (Home Science)] organized by [RCCV Girls College](#), Ghaziabad, on the occasion of “[Shaheed Pyare Lal Sharma Ji’s](#)” 27th Birth Anniversary, November 27, 2005.
- Participated in “[Bhartiya Sanskriti Gyan Pariksha](#)” as a Student, “[UNDER THE AEGIS OF GAYATRI TEERTH, SHANTIKUNJ](#)”, [HARIDWAR](#), 2001.
- Participated in “[GREEN OLYMPIAD](#)” held on Earth Day, as a student of [Kendriya Vidyalaya](#), Roorkee, April 22, 2000.

### SCHOLARSHIP-

- Got scholarship for getting First Position in B.Sc. (Home Science), final year in the memory of *Shri Bholanath Aggarwal*, by [RCCV College](#), Ghaziabad, June 2008.

## RESEARCH WORK-

- Dissertation titled “*To Wist the Craze of Traditional Food Dishes among Adults*” under the supervision of Dr. Amita Bhargava, HOD B.Sc. (H.Sc.) & M.Sc. (H.Sc.) Department. VMLG PG College, Ghaziabad.

## KEY ATTRIBUTES-

- “Special Aphorism Certificate” on getting First Position in B.Sc.(Home Science), 2008 Examinations organized by RCCV College, Ghaziabad on the occasion of 22<sup>nd</sup> Convocation Function of CCS University, Merrut.
- Held a post of “Chief Prefect” for 2 years during B.Sc. (Home Science), in Annual Election of RCCV College, Ghaziabad.
- Held a post of “Prefect” for 1 year during B.Sc. (Home Science), in Annual Election of RCCV College, Ghaziabad.
- Participated in 2 days workshop on “Special Entrepreneurship Development Training Programme”, during B.Sc. (Home Science), organized by RCCV College, Ghaziabad, January 2006.
- Got “First Position” in “Folk Dance Compition”, organized by Kendriya Vidyalaya, Ghaziabad, November 2004.
- Got “Third Prize” in “Story Writing Compition” Kendriya Vidyalaya, Roorkee, 2002.
- Got “Second Position” in “Drama to Educate Compition”, organized by Kendriya Vidyalaya, Roorkee, 2001.

## LINGUISTIC PROFICIENCY-

- English
- Hindi

## PERSONAL DETAILS-

- Date of Birth : 31<sup>th</sup>, January, 1988
- Sex : Female
- Marital Status : Married
- Husband’s Name : Mr. Abhishek Bharatiya
- Father’s Name : Mr. Praveen Kumar
- Present Address : H. No. 852, Pushpanjali Vihar,  
Near Railway Station, Roorkee

## DECLARATION-

I, hereby, declare that the above information given by me is true to my knowledge.



(Mayani Chaodhary)

Date: November 3, 2023

Place: PSB Rajkiya Mahavidyalaya Naughar Lambgaon, Tehri Garhwal