



Curriculum Vitae

PART-I: PERSONAL INFORMATION

Name: Dr. Khot Urmila Sanjay
Current Position: Associate Professor & Head
Phone: +919552572013
E-mail: uskhot1008@gmail.com
Address: 16/1385, Near Dr. Dhawale residence, Ichalkaranji. Dist. Kolhapur
Date of Birth: 24-03-1967
Gender: Female
Nationality: Indian

PART-II: EDUCATIONAL QUALIFICATIONS:

Course Name	Name of University	Percentage and Class	Year & Month of Passing
S.S.C.	Pune Board	57.85% II nd Class	June 1982
H.S.C.	Pune Board	65.83% I st Class	June 1984
B.A.	Shivaji University	61.11% I st Class	June 1987
M.A.	Marathwada University	78.75% Ist Class with dist. Merit First	June 1989
Ph. D	Dr. Babasaheb Aambedkar Marathwada	-	Jan 2023

	University, Aurangabad		
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Professional Trainings:

Course Title	University/Institute/College	Duration
Orientation	Goa University, Goa	18 th May to 14 th June 1995
Refresher	Shivaji University, Kolhapur	3 rd Mar. to 24 th March 1997
Refresher	S. N. D. T. Women's University, Mumbai	28 th Nov. to 22 nd Dec.2000
Refresher	S. N. D. T. Women's University, Mumbai	18 th Feb. to 13 th Mar., 2002
UGC HRDC Pre Ph.D. Course 2021	Dr. Babasaheb Ambedkar Marathwada University, Aurangabad	02 nd January 2021 to 15 th February 2021
UGC- Approved Short Term Professional Development Programme – Professional Development Programme on Implementation of NEP 2020 for University and College Teachers	Indira Gandhi National Open University	07 th October 2022 to 15 th October 2022

PART-III: ORGANIZATIONAL DETAILS:

1. Organization & Address: Vivekanand College Kolhapur.

2. Email ID: info@vivekanandcollege.org

3. Web site: www.vivekanandcollege.org

4. Date of joining: 1-7-1989

Vivekanand College 23-2-2021

5. Appointment order No. & Date: Ref No. / Est. College/ 3637 DATE: 30-06-1989

6. Date of Retirement: 31-03-2027

7. Teaching Experience: i.UG- 34 ii. PG- nil

8. Research Experience:

9. University Approvals:

i) Approval of UG: SU/OFF/FILE/120/T3/6252 DATE: 31-08-1990

Approval for the Changes-in-Staff and Change of Designation of the teachers

Ref. No Aff.T3/SDG/179/620 Date 9 Jul 2021 No 00155

ii) Approval of PG: SU/PG/AFFI/RECOGN/R/11675 DATE: 15-02-2008

PART-IV: RESEARCH CONTRIBUTION:

Research Specialization

Research Branch: Home Science

Title of M. Phil. Thesis:

Title of Ph. D. Thesis: Koushalya Sampadanatun Mahilanmadhe Honarya Badlancha Abhyas

1. Academic Activities- Conferences/Workshops/Seminars attained:

Sr. No	Name of conference/seminar/workshop	Organization/place	Year and Date
1	Hi-Tech workshop on Food Technology	CSCIBER Kolhapur	14th & 15th Jan. 1997
2	New trends and Techniques in Home Science	Rajaram College, Kolhapur	6th & 7th Jan 2000
3	Horizons of Women Empowerment	Rajaram College, Kolhapur	4th Jan 2002
4	Workshop on Ayurved Nutrition	Shivaji University, Kolhapur	6 th Oct. 2003
5	Seminar on Diet Therapy	Sangli	18 th Dec. 2005
6	26th Biennial HSAI Conference	Pune	27 th Dec. - 29 th Dec. 2005
7	Workshop on Preparation and Submission of Research projects to	Lead College Scheme of Shivaji University, Kolhapur.	17 th Jan. 2008

	various funding agencies		
8	The role of Women in Secular India	Samajwadi Prabodhini, Ichalkaranji.	13 th Nov. 2009
9	Women's Law Issues Related with Adolescence	Lead College Scheme of Shivaji University, Kolhapur.	12 th Dec. 2009
10	How to prepare Minor/ Major research articles	Lead College Scheme of Shivaji University, Kolhapur.	29 th Dec. 2010
11	Minor Research project Submission of Proposal and method of writing	Lead College Scheme of Shivaji University, Kolhapur.	18 th Jan 2011
12	Surya Kulateel kavi - Narayan Surve	Lead College Scheme of Shivaji University. Kolhapur Night College Ichalkaranji.	19th Jan. 2011
13	Human Rights Education	Smt. G. K. G. Kanaya Mahavidyalaya, Jaysingpur	17th and 18th Nov 2011
14	One day State level seminar on Role of IQAC in Quality Enhancement of Higher Education'	D.K. A.S.C. College, Ichalkaranji	23rd Dec 2011
15	Lokpal Historical Background	D.K. A.S.C. College, Ichalkaranji.	18th Jan 2012
16	Duties Rights and responsibilities of the senior college Teachers	D.K. A.S.C. College Ichalkaranji	23rd Jan 2012
17	Awareness of Research'	Smt.A.R. p.Kanaya Mahavidyalaya Ichalkaranji.	4th Feb 2012
18	U G C New API score system: A way to personality Enrichment of Teachers	Shivaji University Kolhapur	18th March 2012
19	Balanced Diet and Health Awareness	S.I. B.E.R. Kolhapur.	22nd Dec 2012
20	Salad Decoration	S.I. B.E.R. Kolhapur	7th jan2013

21	Jain Literature in Indian Language	Bhagwan Mahaveer Chair, Shivaji University Kolhapur	6th and 7th March 2013
22	Changing Perspective and Techniques in the field of Research in social science	Night College of Arts and commerce Ichalkaranji	16th March 2013
23	UGC Sponsored two-day National Seminar Challenges of Co-operative movement in India'	Smt. A. R. P. Kanaya Mahavidyalaya Ichalkaranji	23rd and 24th Sep. 2013
24	One day National Seminar Private University and quality of Higher Education	Kolhapur	6th Oct.2013
25	Youth of College: Diet, Lifestyle and Thought Processes	Shri Vyankatesh Mahavidylay Ichalkaranji	12th Dec 2013
26	Women Empowerment	Smt. A. R. P. Kanya Mahavidyalaya, Ichalkaranji	24th Dec. 2013
27	XXX Biennial Conference of Home Science Association of India	Maharaja Sayajirao University of Baroda, Vadodara	19th -21st Dec.2013
28	UGC Sponsored One Day National Seminar on Impact of Agro-based Industries on Rural Economy'	Ganpatrao Arwade College of Commerce Sangli	9th Aug.2014
29	Changing Syllabus of BA-2 Home Science	Rajaram College Kolhapur	6th Sep.2014
30	Cancer in women and its training	D.K. A. S. C. College Ichalkaranji	27th Sep. 2014
31	UGC Sponsored A Two Day National Seminar Gender Discrimination And National Development: A Multi- Disciplinary Approach	Kamala College Kolhapur	7 th Oct.2014
32	Drafting Advertisement	Smt. A.R.P. Kanya	12th Dec. 2014

		Mahavidyalaya Ichalkaranji.	
33	ICSSR,New Delhi Sponsored One Day Inter-Disciplinary National Seminar 'Gender Equality and Development in Modern India	Smt. C. B. Shah Mahila Mahavidyalaya, Sangli	16th Jan.2015.
34	One day workshop on Mahila Udyojak	Rajrshri Shahu Arts and Commerce College Rukadi	14th Feb. 2015
35	Multidisciplinary International Research Conference On Innovation, Skill Development And Entrepreneurship	Kolhapur	10 th Oct. 2015
36	कथाकथन तंत्र आणि मंत्र	Smt.A. R. P. Kanya Mahavidyalaya Ichalkaranji	21st Oct. 2015
37	उद्योग व सेवा क्षेत्रातील स्वयंरोजगाराच्या संधी'	Smt.A. R. P. Kanya Mahavidyalaya Ichalkaranji	2 nd Feb. 2016
38	UGC Sponsored One Day National Seminar on Human Rights Education	Kamala College Kolhapur.	20 th Jan. 2016
39	One Day National Seminar on Food Processing in India: Challenges and Opportunities	Kamala College Kolhapur.	28th Jan 2016
40	Multi-Disciplinary One Day National Seminar on Challenges before Equal Opportunity in Higher Education'	Vivekanand College Kolhapur.	12 th Aug.2016
41	One Day National Seminar on The Role of Academic and Administrative Audit In Quality Enhancement of Educational Institution	Smt. A. R. P. Kanya Mahavidyalaya, Ichalkaranji.	24th Sep.2016
42	Developing English Vocabulary	Rajarshi Shahu Arts and Commerce College Rukadi	28 th Sep.2016

43	One Day National Seminar on Dr. Babasaheb Ambedkar: Uncovered Aspects'	Rani Channamma University, Belagavi.	22nd Oct.2016
44	One Day International Seminar Skill Development In Higher Education: Global Scenario	Kamala College Kolhapur.	29th Dec. 2016
45	One Day National Seminar Representation of Women in the Literature of Post 1980	Smt. A. R. P. Kanya Mahavidyalaya, Ichalkaranji	25 th Feb. 2017
46	The Maharashtra Public Universities Act,2016	Shivaji University,Kolhapur	19 th Mar.2016
47	one day National Seminar Rainwater Harvesting for Water Resource Management'	Hon. Shri. Annasaheb Dange Arts, Commerce and Science College, Hatkanangale.	25 th July 2017
48	Contribution of Women in Historical, Economic, Political and Social Fields of Post-Independence	Smt. A. R. P. Kanya Mahavidyalaya, Ichalkaranji	7 th Oct. 2017
49	Conference on Positive Psychology and Social Change	Smt. A. R. P. Kanya Mahavidyalaya, Ichalkaranji	14 th Dec. 2017
50	One day workshop on Interview; Technique	D.K.A.S.C.College Ichalkaranji	22 nd Dec.2017
51	One Day Workshop on Skill and Personality Development	Smt. A. R. P. Kanya Mahavidyalaya, Ichalkaranji	18 th Jan 2018
52	NAAC Sponsored One Day National Seminar on Innovative Practices in Higher Education: A Need of Rural and Tribal Area Students	Shikshanmaharshi Dr. Bapuji Salunkhe College, Miraj	10 th Feb 2018
53	One Day Workshop on Understanding Choice Based Credit	Vivekanand College Kolhapur	24 th June 2018

	System		
54	One Day Workshop on Gender Equality	Shri. Aannasaheb Dange Arrts, Commerce and Science College, Hatkangale	10 th Aug 2018
55	One Day Workshop on Adolescent Health	Smt. A. R. P. Kanya Mahavidyalaya, Ichalkaranji	25 th Aug 2018
56	One Day International Conference on Society, Culture and Environment	Shikshanmaharshi Dr. Bapuji Salunkhe College, Miraj	20 th Oct 2018
57	One Day State Level Seminar on AQAR and Academic and Administrative Audit in Revised Assessment and Accreditation Framework	D.K.A.S.C.College Ichalkaranji	28 th Dec 2018
58	One Day Multidisciplinary National Seminar on Recent Trends in Social Science	Smt. A. R. P. Kanya Mahavidyalaya, Ichalkaranji	19 th Jan 2019
59	On Day Workshop on Revised Syllabus of B. A. Part II – Sem IV Ppaer No. V Home Science	Smt. A. R. P. Kanya Mahavidyalaya, Ichalkaranji	29 th August 2019
60	One Day Multidisciplinary National Seminar on Significance of Cocurricular, Extra Curricular and Extension Activities in Higher Education	Kamala College, Kolhapur	21 st December 2019
61	One Day Workshop on Developing Soft Skills	D. K. A. S. C. College Ichalkaranji	28 th December 2019
62	One Day Multidisciplinary International Seminar on Significance of Fairs and Festivals in Human Life: A Multidisciplinary Approach	Kamala College, Kolhapur	7 th March 2020
63	One Day National Seminar on Understanding Transgender for	Vivekanand College Kolhapur	8 th March 2021

	Inclusive Society		
64	A National Webinar on Exercise, Immunity and Covid 19 Pandemic	Vivekanand College Kolhapur	25 th May 2021
65	State Level One Day Webinar on Corona: Beliefs and Disbeliefs	Vivekanand College Kolhapur	27 th May 2021
66	State Level Webinar on New Educational Policy: An Overview	Smt. Meenaben Mehta College, Panchagani	31 st May 2021
67	National Webinar on Family System- Current Challenges	Mahila Kala Mahavidyalaya, Beed	4 th June 2021
68	State Level One Day Workshop on Competitive Examination and Reading Culture	Vivekanand College Kolhapur	11 th June 2021
69	One Day State Level Seminar on Effect of Dietary Changes on Health During Covid 19 Pandemic	Arts and Science College Chincholi	15 th July 2021
70	One Day Multidisciplinary International Webinar on Shaping the Post Pandemic World: Multidisciplinary Approach	Kamala College, Kolhapur	29 th August 2021
71	Webinar on Holistic Nutrition for Health Aging Translating Science to Practice	Nutrition Society of India Mumbai Chapter	4 th September 2021
72	Webinar on National Nutrition Week Celebration 2021	K J Somaiya College of Science and Commerce Mumbai	7 th September 2021
73	One Day National Seminar on Neo-liberal Reforms and Welfare in India	Vivekanand College Kolhapur	30 th April 2022
74	Online Orientation Program For Guides And Ph. D. Scholars	Mrs. K. S. K. A. K. Arts, Science, and Commerce College, Beed.	4 th August 2022
75	Online National Conference on Life Style Diseases And Ways To Overcome Them	Mrs. K.S.K.A.K. Arts, Science, and Commerce College, Beed.	2 nd September 2022
76	Teachers Training Program on	Vivekanand College	16 th September 2022

	Climate Education and Geen Campuses for a Safer Planet	Kolhapur	
77	Two Days National Teachers Training Programme Implementing NEP 2020 in Autonomous Colleges	Vivekanand College Kolhapur (Autonomous)	23 rd and 24 th September 2022
78	One Day Multidisciplinary National Online Conference on Contribution of Home Science, Psychology and Sports to Human Development	Arts And Science College, Chincholi.	30 th September 2022
79	IISER and MSFD Academy MS-DEED Level 1 In-person Workshop on Introduction to Innovative Pedagogies for Undergraduate Teachers	Vivekanand College Kolhapur (Autonomous)	4 th to 6 th November 2022
80	One Day Workshop on Sanctity and Confidentiality of Examination	Vivekanand College Kolhapur (Autonomous)	5 th December 2022

2. Research Paper Presented and Published:

Sr No	Title of the Paper	Journal /Proceedings	Vol/Year/Page no
1	Skills Development In India: Challenges And Strategies	International Journal Of Business, Management And Social Sciences	ISSN:2249-7463 Vol.V, Issue 1(1)/Oct.2015/18-21
2	Computerisation of kasuti embroidery on cotton saree	Poster Presentation XXX Biennial Conference of Home Science Association	19 th -21 st Dec.2013

		of India	
3	Challenges and Prospects of the Cooperative movement in India	Proceeding of the UGC Sponsored Two day National seminar 'Challenges of Co-operative movement in India'	ISBN:978-81-924687-9-2 23rd and 24th Sep. 2013 Page no 117-121
4	Presented a paper on Bhartiya Mahilanmadhil Raktshyayachi Samasya aani Upay	UGC Sponsored A Two Day National Seminar on 'Gender Discrimination And National Development: A Multi-Disciplinary Approach'	Kamala College Kolhapur on 6th and 7 th Oct.2014
5	Presented a paper on Ling Asamanata: Sadyastithi aani Upay	ICSSR, New Delhi Sponsored One Day Inter-Disciplinary National Seminar 'Gender Equality and Development in Modern India'	Smt. C. B. Shah Mahila Mahavidyalaya, Sangli held on 16 th Jan.2015
6	Human Rights Education- Theory And Principles	UGC Sponsored One Day National Seminar on 'Human Rights Education'	ISBN 978-81-927211-1-3/ Page no. 65-67 /20 Jan. 2016
7	Presented a Paper on Fal-prakriya Ek Gharguti Udyog	One Day National Seminar on 'Food Processing in India: Challenges and Opportunities'	28th Jan 2016 at Kamala College Kolhapur
8	Academic Audit For Quality	Proceeding of the	ISBN: 978-93-83795-

	Sustenance	NAAC Sponsored One Day National Seminar	34-2/ PAGE NO. 32-36/ 24 Sep. 2016
9	Presented a paper on Dr. B. R. Ambedkar's Thoughts on Education	One Day National Seminar on 'Dr. Babasaheb Ambedkar: Uncovered Aspects'	22nd Oct.2016 at Rani Channamma University, Belagavi.
10	Presented a paper on Koushalya Sampadanatun Mahila Sakshamikaran Ek Abhyas	One Day International Seminar on 'Skill Development In Higher Education: Global Scenario	29th Dec. 2016 at Kamala College , Kolhapur
11	Presented a Paper on Rooftop Rainwater Harvesting: A Case Study	ICSSR sponsored one day National Seminar on 'Rainwater Harvesting for Water Resource Management'	25 th July 2017 at Hon. Shri.Annasaheb Dange Arts, Commerce and Science College, Hatkanangale
12	Presented a Paper on Empowerment of Women	Contribution of Women in Historical, Economic, Political and Social Fields of Post Independence	ISBN 978-93-81433-32-4 7 th Oct. 2017 Smt. A. R. P. Kanya Mahavidyalaya, Ichalkaranji
13	Presented a Paper on Pedagogy for 21 st Century	NAAC Sponsored one day National Level Seminar on "Innovative Practices in Higher Education: A Need of rural And	ISBN : 978-81-907287-9-9 10 Th February 2018

		Tribal Area Students ‘	
14	प्रशिक्षण संपादनातून स्त्रियांचे आर्थिक सक्षमीकरण एक अभ्यास	New Man International Journal of Multidisciplinary Studies UGC Approved Journal No.45886	VOL.5 Special Issue ISSN:2348-1390 17 th feb.2018
15	Single-Use Plastics-Poisonous Footprint	‘Research Journey’ International Multidisciplinary E-Research Journal UGC Approved Journal	ISSN2348-7143 October 2018
16	Computerization of Kasuti Embroidery On Cotton Saree	One day Multidisciplinary National Seminar on Recent Trends in Social Science	Special Issu No 42 ISSN 2349-638x
17	Kousalya Prashikshan Kalachi Garaj	One day Multidisciplinary National Seminar on Significance of Cocurricular, Extra Curricular and Extension Activities in Higher Education	Special Issue No. 62 Ayushi International Interdisciplinary Research Journal (ISSN 2349-638x) Name of Organizer- Kamala College Kolhapur
18	Striyanmadhil Koushalya aani San Utsav	One day Multidisciplinary International Seminar on Significance of Fairs and Festivals in Human Life: A multidisciplinary	Special Issue No. 62 Ayushi International Interdisciplinary Research Journal (ISSN 2349-638x) Name of Organizer- Kamala College

		Approach	Kolhapur
19	Mahilankarita Beauty parlor Koushalya Sampadan- Ek Sandhi	Akshar Wangmay International Research Journal UGC Care Listed	ISSN- 2249-4929 December 2020
20	Shivankala Koushalya Sampadanane Mahilanmadhe Honana Badal	Akshar Wangmay International Research Journal UGC Care Listed	ISSN- 2249-4929 July 2021

3. Research Projects

Sr No	Title of the Project	Funding institute/ organization/University	Completion of the year

4. Books:

Sr No	Title of the Book	Publisher	Vol/Year

PART-V: UNIVERSITY EXAMINATIONS AND COMMITTEES

1. Participation in University Examinations:

Sr. No	Semester and Year	Class	Theory/Practical Examiner/Sr. (In. Ex.) Supervisor
1	1995 to2000	B.A.I, II	Paper Setting
2	2000 to2017	B.A. II, III	Paper Setting
3	1990 to 1991	B.A. I,II, III	Theory, Practical Examiner
4	1991 to till date	B.A. I,II, III	Theory, Practical Examiner and moderator
5	2010 to till date	B.A.III	Chairman Exam Theory, Practical
6	2013 to2016	B com, B.A.	Internal Sr. Supervisor
7	2017 April May	B com, B.A.	External Sr. Supervisor
8	June 2023	B.A. B.Com B.Sc.	Internal Sr. Supervisor

2. Participation in University committees:

Sr. No.	Name of the committee	University/Institute	Nature of work Allotted during the year
1	Chairman- BOS Home science	Shivaji University Kolhapur	Curriculum Revision& Implementation Equivalence of subjects (2005-2010)
2	BOS Member Home Science	Shivaji University Kolhapur	Curriculum Revision& Implementation Equivalence of subjects (2000-2005)
3	Member-Faculty of science	Shivaji University	Nature of question paper and evaluation

		Kolhapur	methodology (2000-2010)
4	Member-Academic Council	Shivaji University Kolhapur	Approval the curriculum and recommendation to Executive council (2005-2010)
5	Member-32(5)	Shivaji University Kolhapur	Formation Examination panel (2000-2010)
6	Member –Sub committee	Shivaji University Kolhapur	Preparation of draft syllabus of BA & MA Home Sc. (2000-2023)
6	Member of Co-Ordination Committee	Shivaji University Kolhapur	Curriculum Implementation related work & examination (Feb.2016 to till date)
7	Subject Expert for placement of teacher	Shivaji University Kolhapur	Approval for CAS (1-6-2015)
8	Member of BOS	Hsc Board Pune	Curriculum Implementation (1996-1998)
9	Member of LIC committee	Shivaji University Kolhapur	Recommendation for Affiliation (2006-2017)
10	BOS Member Home Science	Shivaji University Kolhapur	Curriculum Revision & Implementation Equivalence of subjects (2016-2018)
11	BOS Member Home Science	Vivekanand College (Autonomous) Kolhapur	Curriculum Revision & Implementation Equivalence of subjects (2018-Untill Now)
12	Member -Sub committee	Shivaji University Kolhapur	Preparation of draft syllabus of BA III Home Science Paper no 9 (2019- 20)
13	Member -Sub Committee	Shivaji University Kolhapur	Preparation of draft syllabus of BA III Home Science (2019-20)
14	Chairman- BOS	Vivekanand College	Curriculum Revision and Implementation

		(Autonomous) Kolhapur	Equivalence of subjects (Feb 2021 to until now)
15	Member of Research Score	Shivaji University Kolhapur	Research Score verification as per PBSA Criteria
16	Member -Sub Committee	Shivaji University Kolhapur	Preparation of draft syllabus of MA I Home Science (2021)
17	BOS Member Home Science	Kamala College, Kolhapur	Curriculum Revision & Implementation Equivalence of subjects (2022 to Untill Now)
18	Teacher Selection Committee - Vice Chancellor's Nominee	College of Non- Conventional Vocational Courses for Women	Subject Expert for Teacher Selection Committee (2023)
19	Assistant Professor Interview	Kamala College, Kolhapur	External Subject Expert (2022-2023)

PART-VI: COLLEGE COMMITTEES:

Sr. No.	Name of the committee	Position Held in the committee	Experience
1	Cultural Activity	Chairman	5 years
		Member	10 years
2	Staff Academy	Chairman	4Years
3	N.S.S.	Chairman	1 year
		Member	12 years
4	Time Table	Chairman	1 year

5	Examination	Chairman	2 years
		Member	5 years
6	Annual Magazine Asmita	Editor	1 year
7	I Q A C	Member	10 year
8	Ex-students	Chairman	2 years
		Member	8 years
9	Parents Commutation	Chairman	2 years
		Member	10 years
10	Wallpaper Publication	Chairman	2 years
		Member	10 years
11	Sexual Harassment	Chairman	4 years
		Member	7 years
12	Discipline	Member	10 years
13	Women Empowerment	Chairman	2 years
		Member	4 years
14	Short term courses	Chairman	10 year
		Member	2 years
15	ICC Committee (VCK)	Chairman	2 Years
16	Discipline Committee (VCK)	Member	2 Years
17	Women Empowerment (VCK)	Member	2 years

PART-VII: Guest Lectures / Extra-curricular / Awards

1. Guest Lectures

No.	Lecture
01	A speech on "Meal management and nutrition" held on 13 th Dec.2002 at <i>Sajani</i> organized by NSS dept of ASC college, Ichalkaranji.
02	A speech on "Diet and Health" held on 31st Nov. 2003 at Burli organized by Sangli Dist. Cooperative Board Ltd. Sangli.
3	A speech on "Diet" held on 20 th Mar.2009 at Staff Academy of Smt. A. R. P. Kanay Mahavidyalaya Ichalkaranji.
04	A speech on "Women and Diet" held on 27th Dec 2010 at Yadrav organized by NSS dept of ASC college Ichalkaranji.
05	A speech on "Women Health and Diet" held on 25 th Dec.2012 organized by Prerana Mahila Manch Ichalkaranji.
06	A speech on "Importance of Salad in Diet" held on 25 th Dec.2013 organized by Prerana Mahila Manch Ichalkaranji.
07	A speech on "Healthy Diet for Children" held on 14 th May 2014 organized by Samajwadi Prabhodhni Balsanskar Shibir Ichalkaranji.
08	A speech on "Health, Diet and Lifestyle" held on 28 th Nov..2014 organized by Vir Seva Dal Sajani.
09	A speech on "Diet and Health" held on 16 th Dec.2015 organized by Maharashtra Kamgar Kalyan Mandal Ichalkaranji.
10	A speech on "Players Diet" held on 1 st Sep.2017 at Physical Fitness and Personality Development Camp of Smt. A. R. P. Kanay Mahavidyalaya Ichalkaranji.
11	Delivered a lecture on "Career in Home Science" On 5 th Oct 2006 at Smt. M. G. Kanya Mahavidyalaya Sangli.
12	Worked as Subject Expert on "Women Entrepreneurship" on 14 th Feb 2015 at one day workshop under lead college scheme Shivaji University at Rajarshi Shahu Arts and Commerce College Rukadi
13	Delivered a lecture on "Entrepreneurship in Food Processing" on 5 th Mar.2016 for B.VOC course student at Tararani Vidyapeeth's Kamala College Kolhapur.
14	Delivered a lecture on "Underweight Children Causes Effects and Remedies" On 17 March 2017 for M. A. course student at Tararani Vidyapeeth's Kamala College Kolhapur.
15	Worked as Rapporteur-UGC Sponsored A Two Day National Seminar Gender Discrimination And National Development: A Multi-Disciplinary Approach at Kamala College Kolhapur 7 th Oct2014

16	Chairperson for session on Changing Syllabus of BA-2 Home Science at Rajaram College Kolhapur 6 th Sep 2014
17	Subject Expert at World youth skill day at Rajarshi Shahu Arts and Commerce College Rukadi 15 th July 2017
18	Delivered a lecture on “Career Opportunities in Fabric Ornamentation” on 10 th July 2017 for B.A. III student at Tararani Vidyapeeth’s Kamala College Kolhapur.
19	Delivered a lecture on “Girls Health & Diet” in Physical Fitness & Personality Development Camp on 1 st Sept.2017 at Smt. A. R. P. Kanay Mahavidyalaya Ichalkaranji.
20	Delivered a lecture on “Importance of Maternal Nutrition” on 13 th March 2018 for B.A. & M.A. Home Science students at Tararani Vidyapeeth’s Kamala College Kolhapur.
21	Delivered a lecture on “Diet & Healthy Life” on 17 th Sep.2018 at Mangaon sponsored by Digambar Jain Samaj Mangaon.
22	Delivered a lecture on “Women’s Empowerment” on 22 nd Jan 2019 at Rajarshi Shahu Arts and Commerce College Rukadi.
23	Delivered a lecture on “Kishorvayin Aarogya aani Swacchata” on 28 January 2020 at Smt. A. R. P. Kanya Mahavidyalay Ichalkaranji
24	Delivered a lecture on Women Empowerment on 8 th March 2020 at Rotary Club of Ichalkaranji Central Organized by Anns Committee
25	A speech on Women’s Health and Diet held on 03 February 2023 at Vasagade organized by NSS Dept Vivekanand College Kolhapur
26	Delivered a lecture on Mulinchya Shikshanatil Pragati aani Samasya in Mata Palak Sahvichar Sabha at Kabnur Highschool and Junior College, Kabnur on 9 th August 2023
27	Delivered a speech on Guidance for Competitive Exams on the Occasion of Independence Day at Viracharya Adv. Babasaheb Kuchnure Spardha Pariksha aani career Margdarshan Nivasi Kendra, Dharmnagar on 15 th August 2023

No.	Extra-Curricular
1	Worked as Examiner at various competitions at Ichalkaranji for Rangoli, Pak kala, Saled decoration and flower decoration, Best from Waste organized by Daily Sakaal, Rotary club of Ichalkaranji, ASC College, Lions club, Manoranjan Mandal, Prerana Mandal, Vardhaman friend circle,1008 Bhagvan Mahavir Jayanti Utsav Mandal, Various departments of Vivekanand College (Autonomous) Kolhapur etc.

2. Awards

Sou. Usha Gangadhar Memorial Prize

Nation Builder Award 2016 – Rotary international September 2016

Best Teacher Award 2016-17 by Rotary Club of Ichalkaranji Central, Textile City and Heritage Ichalkaranji.

Date:

Place: