

PERSONAL PROFILE

- 1] Name :- Dr. SandhyaRajaramAyaskar
Associate Professor
- 2] Date of Birth :- 05/06/1974
- 3] Category :- O.B.C.
- 4] Gender :- Female
- 5] Martial Status :- Married
- 6] Nationality :- Indian
- 7] Language Known :- Marathi, Hindi & English
- 8] Qualification :- M.Sc., Ph.D.
- 9] Subject :- Home Science
- 10] Specialization :- Child Development & Family
Relationship
- 11] Designation :- Incharge Principal,
Mahia Kala Mahavidyalaya, Beed.
- 12] Correspondence address :- Snehkunj, Datta Nagar, KSK College
With phone number Road, Beed – 431122.
8999250408
- 13] Email-Id :- sandhyaayaskar@gmail.com

14. Qualification :-

Sr. No.	Examination or Degree passed	Class Or Division	% of Marks or CGPA	Year of Passing	Subject	Name of University / Board
1	S.S.C.	I	71	1989	English, Hindi, Marathi, Math, Science, Social Science	Aurangabad
2	H.S.C.	I	64	1991	Science	Aurangabad
3	B.Sc.	I	7.52	1994	Home Science	M.A.U. Parbhani
4	M.Sc.	I	7.89	1996	Child Development and Family Relationship	Marathwada Agriculture University Parbhani.
5	Ph.D.	-	-	2004	Home Science	Swami RamanandTeerthMarathwada University, Nanded.
6	MS-CIT	I	65.00	2003		MSBTE, Mumbai.

15. Professional / Teaching / other Experience.

Sr. No.	Name of the Institute	Post Held	Duration	Total Experience
1	KrishiVigyan Kendra, Parbhani.	Training Assistant	14/06/1996 to 17/09/1999.	3 Years 3 Month 3 Day
2	Mahila Kala Mahavidyalaya, Beed.	Associate Professor	22/11/1999 to 31/08/2023	23 years 9 Months 9 days
3	Mahila Kala Mahavidyalaya, Beed.	Incharge Principle	01/09/2023 to till date	2 Months & till date

16. Refresher and orientation course offered.

Sr. No.	Name of the Court	Date of Course	Duration	Name of Organizer
1.	62 nd Orientation Course	10/01/2006 to 07/02/2006	28 days	UGC Academic staff College Dr. B.A.M.U. Aurangabad.
2.	Special Summer School programme [Equivalent to refresher course]	22/05/2017 to 10/06/2017	19 days	UGC Academic staff College Dr. B.A.M.U. Aurangabad.
3.	National Online Workshop on Research Methodology and Technique	04/05/2020 to 10/05/2020	07 days	RamanandArya D.A.V. College in Association with the University of Mumbai
4.	Faculty Development programme on NAAC Assessment and Accreditation	21/05/2020 to 26/05/2020	06 days	Under UGC PARAMARSH organized by ShriShivaji College, Parbhani
5.	Online Faculty Development Programme on Modern Teaching Evaluation and Research	02/06/2020 to 07/06/2020	06 days	Under UGC Scheme, stride component organized by – VinayakraoPatilMahavidyalaya, Vajiapur.
6.	Two weeks faculty development program on 'Managing Online Classes and Co-creating	May 18, June 03, 2020	17 days	Teaching Learning Centre Ramnujan College University of Delhi & MHRDC PanditMadan Mohan Malaviya National Mission on Teachers and Teaching

	MOOCS : 2.0'			
7.	One week faculty development programme on "MOOCs, E – Content Development and OER"	28 th May to 3 rd June 2020	07 days	Dept. of Collegiate Education, Government First Grade College, Hungund, Karnataka.
8.	International Workshop on 'New Age Teaching'	12 th May to 18 th May 2020	07 days	St. Aloysius Institute of Technology Gujarat Ghat.

17. Participation in Seminars / Workshops

Sr. No.	Title	Level	Organized by
1.	MahilaPrabhodhanShibir on 26, 27 th March 2002	State	Balbhim Arts, Science & Commerce College, Beed.
2.	Workshop of Revised Syllabus of Home Science on 20 th Feb. 2004	State	Mahila Kala Mahavidyalaya, Beed.
3.	RajyavyapiAndhashradhaNirmulanMahilalahirnamaParishad on 27 th , 28 th Nov. 2004	State	Maharashtra AndhashradhaNirmulanSamiti
4.	MahavidyalayinPradhyapakacheVivekwani Shibir on 15.10.2005	University	Dr. B.A.M.U. Aurangabad & Maharashtra VivekVahini
5.	PradhyapkachiSanghtanatmakKaryshala on 12 th , 13 th Feb. 2005	State	Maharashtra VivekVahini Aurangabad.
6.	UGC sponsored state level seminar on 'The Role of Internal Quality Assurance Cell as quality sustenance measure on 16 th Jan. 2005'	State	R.B. Attal Arts, Science & Commerce College, Georai, Dist. Beed.
7.	Revised Syllabus for B.A. III & M.A. II year Home Science on 15 th Feb. 2005	State	R.B. Bagadia Arts S.B. Lokhotia Commerce & R.B. Ezomji Science College, Jalna.
8.	State Level Seminar on past Accreditation quality sustenance awareness activities in higher education on 13 th & 14 th March 2005.	State	Balbhim Arts, Science & Commerce College, Beed.
9.	National Seminar on 'Creative Teaching in Higher Education An Inevitable Necessity' on 15 th and 16 th July 2005.	National	B.I.D. Association Commerce, B.H.S. Arts & T.G.P. Science College, Jamkhandi, Dist. BhaglkotKarnataka.
10.	Workshop for Programme Officers of Adult continuing Education and Extension Service 22 nd Aug. 2006	State	Adult Continuing Education & Extension Service Dr. B.A.M.U. A'bad.

11.	Workshop on MahilaKayadaSakshrta on 18 th , 19 th Feb. 2006	State	Maharashtra VidhiSevaPradhikaran, Mumbai &ManavlokAmbajogai.
12.	Workshop on NAAC on 24 th Sept. 2007	State	YeshwantraoChavan Maharashtra MuktVidyapeeth,NashikBalbhim College, Beed.
13.	Workshop for programme officer on 14 th Sept. 2007	State	Adult continuing education and extension service Dr. B.A.M.U. A'bad.
14.	National Conference on Home Science Association of India on 'Expanding Harizons for professionals in family & community Science' on 27 th -29 th Dec. 2007	National	Govt. M.H. College of Home Science and Science, Jabalpur Madhyapradesh
15.	E-learning Training for college teacher on 18 th March 2008	State	Adult continuing education and extension service, Dr. B.A.M.U. A'bad.
16.	Workshop for program officer on 31 st July 2008.	Universi ty	Adult continuing education and extension service, Dr. B.A.M.U. A'bad.
17.	VaidnyanikDrushtikonWaAdhashraddhaNir mulanShaikshanikJahirnamaSwikrutiParish ad on 27 th Sept. 2008	State	Maharashtra RajyaShikshanSansthaMahamand alwa Maharashtra AndhashraddhaNirmulanSansthaJ algaon
18.	Workshop on 'GruhavidnyanVishvaParishadSamsya, AniUpay' on 12 th Jan. 2009	State	Dr. IndirbaiPathakMahila Kala Mahavidyalaya, Aurangabad and MarathwadaGruhavidnyanParisha d
19.	UGC sponsored capacity building of Women Managers in higher education sensitivity / awareness / motivation workshop on 14-18 Sept. 2009	State	MauliVidyapeeth'sMahila Kala Mahavidyalaya, Beed.
20.	State Level Seminar on Rural Colleges and the process of Reaccreditation on 13-14 Feb. 2010	State	R.B. Attal Arts, Science & Commerce College, Georai, Dist. Beed.
21.	District Level workshop for college teacher on 22 nd July 2010.	State	Maharashtra Vivekvahini
22.	Workshop on 'VistarSevaVishayakPrashikshan' on 23 rd July 2010.	Universi ty	Adult continuing education and extension service, Dr. B.A.M.U. A'bad.
23.	Workshop on Capacity Building of Home Science Teachers on 24 th July 2010	State	Mahila Kala Mahavidyalaya, Beed&MarathwadaGruhavidnyan Parishad
24.	RajyastariyYuvaSankalpParishad on 28 th and 29 th Nov. 2010	State	S.R.T.M.U. Nanded and Maharashtra AndhashraddhaNirmulanSamiti&R

			ajashreeShahuMahavidyalaya, Latur.
25.	State Level Conference on Home Science Perspective on 7-8 Jan. 2011	State	J.E.S. College, Jalna&MarathwadaGruhavidnyan Parishad
26.	DwidashakpurtiSangtaAdhiveshanAaniWara sanaSamajsudharkanchaShaikshanikSanad Parishad on 14, 15 & 16 Ja. 2011.	State	Maharashtra AndhashraddhaNirmulanSamiti
27.	State Level Conference on 'New Grading System of Institutional Assessment and Accreditation' by NAAC on 28 th and 29 th Jan. 2011	State	S.B.E.S. College of Science, Aurangabad.
28.	National Seminar on 'Women & Domestic Violence' on 30 th Nov. and 1 st December 2012.	National	Mahila Kala Mahavidyalaya, Beed
29.	KumarvayatilLaingiktaPrashikshanKaryashala on 20 th Feb. 2013	State	MarathwadaGruhvidnyanParishad AniMahila Kala Mahavidyalaya, Beed
30.	Workshop on 'SurkshitMatrutva' on 10 th July 2014	State	Mahila Kala Mahavidyalaya, Beed and Health Department, ZillaParishad, Beed.
31.	State Workshop 'Research and its publication' on 19 th April 2015.	State	Mahila Kala Mahavidyalaya, Beed and MarathwadaGruhaVidnyanParishad
32.	State Level seminar on 'Prevention of Life Style Diseases: Role of food, Science & Nutrition' on 4 th April 2016.	State	Mahila Kala Mahavidyalaya, Beed in association with MarathwadaGruhaVidnyanParishad
33.	State Seminar on 'Women and superstitions – Nature, causes & measures' on 29 th November 2018	State	Mahila Kala Mahavidyalaya, Beed
34.	State Seminar on 'Gandhi SamjunGhetana' on 27 th December 2019.	State	Vivekvahini, Mahila Kala Mahavidyalaya, Beed
35.	National webinar on 'Covid-19 and Digital Transformation in Education Institutes' on 19 th June 2020.	National	IQAC, Mahila Kala Mahavidyalaya, Beed and Digital Edu. IT solutions Pvt. Ltd.
36.	Webinar on 'Impact of Covid-19 on family' on 24 th June 2020.	National	Home Science Department, Mahila Kala Mahavidyalaya, Beed.
37.	National Webinar on 'LingbhavSamjunGehtana' on 12 th Dec. 2020.	National	Sexual Harassment cell at work place and IQAC MahilaMahavidyalaya, Beed.
38.	State Webinar on 'SudrudhBalikaRashtracheBhavitavya' on 25 th Jan. 2021	State	IQAC, Mahila Kala Mahavidyalaya, Beed
39.	National webinar on 'MahilaAniVaidnyanikDrushtikon' on 27 th	National	Vivekwahini, Mahila Kala Mahavidyalaya, Beed and

	Feb. 2021		Maharashtra AndhshradhaNirmulanSamittee, Beed.
40.	National Webinar on 'MahilaAniJalsakshrta' on 27 th March 2021	National	Home Science Dept. Mahila Kala Mahavidyalaya, Beed.
41.	National Webinar on 'KutumbSansthaVartamanKalatilAvhane' on 4 th June 2021.	National	Home Science Dept., Mahila Kala Mahavidyalaya, Beed.
42.	National Level Webinar on 'Role of Non – Teaching staff in Accreditation of Higher Education Institutions' during 20/05/2020 to 23/05/2020.	National	IQAC cluster India & White Code Technology Pvt. Ltd.
43.	National Webinar on 'Environmental & Health Disaster – Its Impact and management' on 2 nd May 2020	National	Dr. C.D. Deshmukh Commerce & Sow. K.G. Tamhande Arts College Roha, Dist. Raigad.
44.	National Webinar on 'NIRF and AISHE: Role & Teachers in Excelling Performance of Institutions' on 31 st May 2020.	National	RajarshiShahuMahavidyalaya, Latur&ShikshanMaharshiDnyande oMohekarMahavidyalaya, Kalamb.
45.	National Level webinar on 'Designing and Development of Digital Resources for teaching and learning ' on 11 th May 2020.	National	Dr. Sow. IndirabaiBhaskarraoPathakMahila Kala Mahavidyalaya, Aurangabad.

18. Paper presented in Seminar / Workshop / Conference :-

Sr. No.	Title of Science / Workshop	Title of the paper	Level	Organized by
1	Home Science Perspective	AnganwaditDilyaJanaryaPurakAharachyaAbhyas	State	J.E.S. College, Jalna in Collaboration with MarathwadaGruhvidnyanParishad on 07-08 January 2011
2	Theories of Identity in Human Rights & Dr. B.R. Ambedkar's thoughts	Indian Constitution and Human Rights	International	RamkrushnaMahavidyalaya, Daryapur on 11 th and 12 th June 2013.

19] Resource person in Programs / Chief Guest Lecture :-

Sr. No.	Topic	Venue	Date
1	AdhyapantaunSwa-Vikas	Deendayal Research Institute, Beed	27/11/2015
2	AndhashraddhaVaVaidnyanikDrushtikon	NSS Camp, Milliya Arts, Science & Management college, Beed.	27/01/2014
3	KapdyawarilBandhniKam	N.S.S. Camp, Mahila Kala Mahavidyalaya, Beed.	09/01/2014
4	Swami Vivekanand	Mahila Shakti Melawa Swami VivekanandSarth Shakti SamarohVarsh, Beed.	12/01/2014

20. Publication

A. Research Article Published in Journal.

Sr. No.	Title of research paper / note	Title of Journal	International / National / State / Regional / University / College Level	Month & Year of publication
1.	Research note on preference and opinion of rural youth women towards use fullness of training program	Maharashtra Journal of Extension education	Regional	Vol. VIII 1999
2.	Research note on assessing preference of farmers towards different aspects of training KrishiVigyan Kendra	Maharashtra Journal of Extension education	Regional	Vol. XVIII 1999
3.	Research note training of youth for self employment	Maharashtra Journal of Extension education	Regional	Vol. XIV 2000
4.	Nutritional Status of pregnant women	Bionfolet	Regional	Vol.5 July to Sept. 2008
5.	Prevalence of Anemia in pregnant and Lactating women	International Journal of family & Home Science	International	Vol. 4(2) July to Dec. 2008
6.	Prevalence of Anaemia in the pregnant women	International Journal of Home Science	International	Vol. 3 Issue on 02 Dec. 2008 to May 2009
7.	Nutritional and health status of pregnant and lactating women in Parbhani in M.S.	Asian Journal of Home Science (An international referred Research Journal)	International	Vol. 4 Issue on 01 June to Nov. 2009

8.	Nutritional intake by the pregnant women	Asian Journal of Home Science (An international referred Research Journal)	International	Vol. 4 Issue on 01 June to Nov. 2009
9.	Nutritional and health status of pregnant and lactating women in Parbhani Taluka	Research Link	National	July 2012
10.	Weight Gain by the pregnant women during varying periods of pregnancy	Golden Research Thoughts	National	July 2012
11.	Ostetrical history of pregnant women.	Indian Streams Research Journal		
12.	Infant feeding practices of lactating women	Indian streams research journal	International	December 2015
13.	Food beliefs and diets of pregnant women	Golden Research Thoughts		
14.	Vradhavastheti Poshan Darja	International Research Journal & Management Sociology of Humanities	International	
15.	Health Problems in Pregnancy	International Journal of Science & Research	International	April 2018
16.	Food intake by lactating women.	Vidyawarta International Multilingual Research Journal	International	April to June 2013
17.	Food intake by pregnant women	Printing area paper reviewed international referred	International	April 2019

		research journal		
18.	BalpanalaGrahanLagatahe	PrabodhanYatri		
19.	Stress Management for Healthy life	Our Heritage (UGC Care Journal)	National	Feb. 2020
20.	Expectations and realities in Marital life of young married couple	Studies in Indian Place Names (UGC Journal)	International	March 2020
21.	Uttar BalyavstetilvartansamasyaAniTyavrilUpay	Vidyawarta	International	April to June 2020
22.	Expectations and realities of the couple about personality traits and general.	Printing Area	International	May 2020
23.	BhaylthaleSamaptNahi PalkamadhilSambhashanekvastav	PrabodhanYatri		
24.	Skill based Education need of present Era	Journal of Research & Development	International	September 2021
25.	VivahapurviJodidarNiwadiwarParinamKarnareGhatak	International Journal of Advance and applied research	International	December 2022
26.	A study of expectations of young female students in Urban area.	International Journal of Research and analytical reveals.	International	December 2022

Articles published in news papers :-

Sr. No.	Title of the Article	Name of the news paper	Level	Date of Publication
1	मतिमंदत्वआणिसमाज	DanikEkmat		16 April, 1988
2	सोयाबीनचेआहारातीलमहत्व	Dev giri, Tarun Bharat		18 July, 1999.
3	बालकांचीशिस्त : पालकांपुढीलआव्हान	Surajya		29 December 2005
4	आईहोताना	DainikParishwabhumi		15 September 2006
5	आहारगर्भवतीचा	DainikParishwabhumi		21 Sept. 2006
6	आहाराचेमहत्व	Surajaya		5 Sept. 2006
7	बालपणालाग्रहणलागतआहे	Surajaya		14 Nov. 206
8	आंतरराष्ट्रीय पोषणसप्ताह	Surajaya		04 Sept. 2007
9	दिशागृहविज्ञानविषयाची	ChampawatiPatra		11 June 2008
10	मतीमंदत्व	ChampawatiPatra		26 Nov. 2007
11	जागरूकग्राहक	Zunjarneta		24 Dec. 2008
12	पालक—बालकसंबंध	ChampawatiPatra		05 March 2008
13	जबाबदारीपालकाची	Lokprashna		26 August 2008
14	आरोग्य धनसंपदा	ChampavatiPatra		04 Sept. 2008
15	बालसंगोपन	Surajya		14 Nov. 2008
16	स्त्री जन्माहीतुझी कहाणी —हृदयीअमृतनयनी पाणी	ChampawatiPatra		09 March 2008
17	आहारआणिआरोग्य	ZunzarNeta		08 Sept. 2009
18	कुपोषणटाळाआरोग्य मिळवा	ChampawatiPatra Zunzarneta		02 Sept. 2010 07 Sept. 2010
19	निरोगी स्त्री, निरोगी घर	ChampawatiPatra Lokaha		07 April 2012 07 April

			2012
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Aakashwani Talk

Sr. No.	Title of the Program	Medium	Date of Program
1	बालसंगोपनकाळाचीगरज	Aakashwani, Beed.	
2	महात्माफुले यांचेशिक्षणविषयकविचार	Aakashwani, Beed.	27/11/2009
3	महात्मागांधीआणिजिवनशिक्षणविषयकमाहिती	Aakashwani, Beed.	30/01/2009
4	आरोग्यायीपाककृतीचर्चात्मककार्यक्रम	Aakashwani, Beed.	24/04/2012
5	बचतीचेमहत्व	Aakashwani, Beed.	
6	वयात येताना	Aakashwani, Beed.	
7	शाळेचाडबाआणिपालकांचीभूमिका	Aakashwani, Beed.	06/10/2017
8	ऋतुमानानुसारआहारकसाअसावा	Aakashwani, Beed.	13/10/2027

Students Related Co-curricular, extension & field based activity

Sr. No.	Activity	Place / Organizer	Date / period
1	Working as a co-ordinator IQAC	Mahila Kala Mahavidyalaya, Beed.	From 2004 to till date
2	Worked as a programme office, "Adult continuing Education & Extension Service"	Mahila Kala Mahavidyalaya, Beed.	2007 to 2009
3	Working as a executive president of Vivek Wahini	Mahila Kala Mahavidyalaya, Beed.	From 2002 to till date
4	Worked as a organizing secretary of two days state level seminar on 'Innovative Teaching Techniques'	Mahila Kala Mahavidyalaya, Beed.	28, 29 April 2010
5	Worked as a Organizing Secretary of National Level Seminar on 'Women & Domestic Violence'	Mahila Kala Mahavidyalaya, Beed.	11 th & 12 th Dec. 2012

Examiner for evaluating the Ph.D. Thesis :-

Appointed as an examiner for evaluating the Ph.D. thesis of Rashtra Santa Tukdoji Maharaj, Nagpur University and Sant Gadge Baba Amravati University.

Evaluated 11 Ph.D. Thesis

Recognized Post Graduate Teacher –

Recognized as post graduate teacher in the subject of Home Science, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad since 06/06/2019.

BOS Member :-

Worked as BOS member of Home Science, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad during academic year 2017 to 2022.

Adhoc Board Member :-

* Worked as Adhoc board member of Home Science, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad during.

* Working as a Adhoc Board member of Home Science Dr. B.A.M.U. from July 2023.

Research Guide :-

* Recognized as research guide in the subject of Home Science, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

* Two research students completed Ph.D. on 11th Oct. 2023.

Book Publication:-

- 1) Publish book 'Healthy pregnancy and Lactation' ISBN-978-93-83587-21-6

- 2) A book published on “ Expectation and Realities in Maritl Life of Young Married Couple”, Kailash publication, Aurangabad, March 2021 ISBN 978-81-970947-0-5
- 3) A book published in Marathi language “Anandi Palkatav” kailash publication, Sambhaji, Nagar March 2023 ISBN-978-81-970947-7-4
- 4) A book published on NEP Syllabus 2020, Dr Babasaheb Ambedkar Marathwada University, Chh. Sambhaji Nagar – Home Science Syllabus – 2024

Title :- Basics of Food and Nutrition with Essential Nutrients

Award:-

- 1) Best Teacher Award 2022 by Shri Sant Muktai Santhan, Mukatinagar
- 2) Balmitra pursakar by Shri Swami Samarth Bhau- uddeshiya Santhan. Buktrwadi Tq. Sonpeth, Dist Parbhani.