

## SELF PROFILE



### DR. ARATI CHAKRA

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### EDUCATIONAL QUALIFICATIONS:

- Ph.D. in Home Science from Sri Padmavathi Mahila Viswavidyalayam, Tirupati
- M.Phil. in Home Science (provisional) from Mother Teresa Women's University
- Master in Home Science (HDFS) from College of Home Science, ANGRAU, Hyderabad.
- Bachelor of Home Science from Odisha University of Agriculture & Technology, Bhubaneswar, Orissa.

### ACADEMIC ACHIEVEMENTS:

- UGC Minor Research Project on Life skill approach on adolescents' development
- Qualified ICAR NET conducted by Agricultural Scientist Recruitment Board
- Gold Medal in B.Sc. Home Science from Orissa University of Agriculture and Technology in the year 2000
- Junior Research Fellowship (JRF) from Indian Council of Agriculture Research (ICAR) 2000-2002
- Merit Scholarships from Orissa University of Agriculture and Technology from 1997-2000
- Scholarships from Foundation of Excellence, U.S.A from 1998-2002
- Schooling from Jawahar Novodaya Vidyalaya, Hadagarh, Odisha.

### WORK EXPERIENCE:

1. Working as Assistant Professor in K.V.R Govt. College for women (A), Kurnool from 28<sup>th</sup> March 2012 to till date
2. Worked as Asst. Professor (contract basis) in the Department of Human Development and Family Studies, College of Home Science, Acharya NG Ranga Agriculture University, Hyderabad from April 2009- 27<sup>th</sup> March 2012.
3. Worked as In-charge for Montessori section, Naagarjuna Group of Schools for one year.
4. Worked as Academic Manager in Sunshine- a chain of International standard preschools and day care centers, Satnav Technology for six months.
5. Worked as Lecturer in Pre Primary Teacher Training Institute, Princess Esin Women's Education Centre, Nizamia Education Trust, Hyderabad for one year.

6. Worked as Lecturer in Modern vocational junior college and Project coordinator for Spastic society of twin cities, simultaneously Hyderabad for one year.
7. Worked as Child Development Professional, Kiranam Special School and Sweekar and Upkar Centre for rehabilitation, Hyderabad, for 6 months each.

## **TRAINING PROGRAMMES & WORKSHOPS**

- Moocs on Functional Foods: Concept, Technology and Health Benefits from NPTEL online certification from 15<sup>th</sup> March to 19 November 2018.
- Refresher course from 6.6.2016 to 25.6.2016 in HRD Centre, JNTUK, Hyderabad
- Orientation programme from 27-05-13 to 22-6-13 in Academic Staff College, SVU, Tirupati.
- Moocs on Nutrition, Therapeutics and Health from NPTEL online certification from 15<sup>th</sup> March to 15 May 2016.
- Workshop on Data Analysis using SPSS on 1<sup>st</sup> and 2<sup>nd</sup> February 2017 at Sri Ramakrishna Degree and P.G. college (A), Nandyal.
- Workshop on Leadership education – Techniques and Challenges at KVR GCW (A), Kurnool from 2<sup>nd</sup>- 8<sup>th</sup> January 2017.
- Workshop on National Nutrition Mission on 24.9.16 at Kurnool
- Workshop on Efficacy of SMCs, school management committees in effective implementation of RTE act 2009, at Pragathi educational Development Society, Nandyal, Kurnool from 11-12<sup>th</sup> December 2015.
- Workshops on Value education and Professional Ethics from 8.7.13 to 11.7.13 at KVR Govt. College for Women (A), Kurnool.
- UGC - SAM Workshop on Capacity building of Women managers in Higher Education, from 21<sup>st</sup> -25<sup>th</sup> September 2012 at G. Pulla Reddy Engineering college, Kurnool.
- Workshop on Role of Helpline in Reaching the Marginalized, Infosys Campus, Bangalore.
- Winter-school on Rehabilitation of Handicapped-Current Trends and Issues, College of Home Science, ANGRAU, Hyderabad.

## **PARTICIPATION**

- Membership of Indian Association of Life Skill Education,
- BOS chairperson for KVR GCW (A), Kurnool from 2015-16 and member for Rayalaseema University from 2013-15, Osmania college for women, Kurnool from 2015.

- External examiner for Orissa university of Agriculture & Technology, Bhubaneswar and other Degree colleges.
- Participated in more than 30 seminars on varied themes

#### RESEARCH PUBLICATIONS: 30

S.no	Title with Page No.	International Journal	ISSN No
1	Academic Performance of youth in Kurnool city of A.P.	Annals of education, march 2018.	E- ISSN 2455-6726
2	Nutritional status of youth in Kurnool city of Andhra Pradesh	International journal of family and home science, 13(3), Sept.-Dec., 2017, 361-378.	ISSN 0973-2608, NAAS RATING 2.74
3	Influence of family variables on core affective life skills of youth	International Journal of Home Science 2017; 3(1): 66-71. <a href="http://www.homesciencejournal.com">www.homesciencejournal.com</a>	ISSN: 2395-7476
4	Dietary Pattern & Nutritional status of Adolescent girls	International Journal of Academic Research, Vol.3, Issue-10(3), Pp. 58-61, October, 2016	ISSN: 2348-7666; Impact Factor: 4.535
5	A life skill approach to Adolescent development	International Journal of Home Science 2016; 2(1): 234-238	ISSN: 2395-7476
6	“Influence of Personal Variables on Core Affective Life Skills of Adolescents”,	Research Journal of Family, Community and Consumer science	ISSN 2320–902X
		<b>National Journal</b>	
7	Life Skills Learning of Youth & The Changing Paradigm of Educational System	Journal of Social Vision 2014	ISSN: 2349-0519
8	Gender Differences in the Perceptions of Adolescents on Family Environment	Psycho Lingua, vol. 42(1) Jan 2012, PP 7-10.	ISSN 0377-3132
9	A Study on the Relationship between Self-esteem and Anxiety Level of Adolescents	Journal of Education and Psychology, vol.67- No. 2-3-4, (2011) PP 25-29.	ISSN 0022-0590
10	Influence of family environment on Emotional Competence of adolescents	Journal of Community Guidance and Research, vol.21, No.2,(2004) PP- 213-222,	ISSN 0970-1346
11	Influence of Selected Family Variables on Family Environment of Adolescent	Journal of Community Guidance and research. 22 (2) 176-184 (2005)	ISSN 0970-1346
S.no	TITLE OF THE PAPER	SEMINAR/CONFERENCE	ISBN No
		<b>International</b>	
12	A road map for Women Empowerment through Life Skill Education	International conference on Gender mainstreaming: Issues & Strategies for Empowerment, organized by Dr. Durgabai Deshmukh Centre for Women's Studies, Andhra University, Visakhapatnam. 5th - 6th March, 2014	<a href="http://www.andhrauniiversity.edu.in/events/Gender-Mainstreaming-Seminar-Proceeding">http://www.andhrauniiversity.edu.in/events/Gender-Mainstreaming-Seminar-Proceeding</a> 24012014.PDF

13	Impact of Westernization and Globalization on Indian Adolescents”	International Union of Anthropological and Ethnological Sciences 2012, Inter-Congress KIITs campus, Bhubaneswar 26th -27th Nov’2012	<a href="http://www.kiit.ac.in/iaes/pdf/CLOSED-PANELS-Final.pdf">http://www.kiit.ac.in/iaes/pdf/CLOSED-PANELS-Final.pdf</a> proceeding, PP-105
		<b>NATIONAL</b>	
14	Role of IPR in Food Industry	National seminar on Intellectual property rights- Global Scenario, KVR Govt. college for women(A), Kurnool, 20th February 2020	978-93-88808-68-2
15	ICT Role in 21st Century’s Teacher Education	National seminar on Role of Pedagogy in Higher Education, KVR Govt. college for women(A), Kurnool, 13th December 2019	978-93-88808-77-4
16	Changing scenario of women in the era of globalisation	National seminar on Changing scenario of women in the era of globalization, KVR Govt. college for women(A), Kurnool, 28th September 2018	978-93-85101-41-0
17	Life Skills Education – A Holistic Approach to Women Empowerment	ICSSR Sponsored Two Day National Seminar on Globalization- A Strategy Towards Women’s Empowerment, Govt. College For Men, Kurnool, 24&25th Sept-2016	Seminar e-SOUVENIR
18	Dietary Pattern & Nutritional status youth	Seminar on “Holistic Approach to Health & wellness, 23 & 24 September 2016, ASD Govt. College for women , Kakinada	Seminar e-SOUVENIR
19	Role of Physical Education in the Development of Life Skills and Personality of Youth	National Seminar on Sports Nutrition and its impact on Personality Development, KVR GC(w), Kurnool, 18 <sup>th</sup> -19 <sup>th</sup> February, 2015	ISBN 978-81-921580-6-8
20	Development of Life Skills Through Science Education	National Seminar on Innovations in Science Education- A research oriented Approach, KVR GC(w), Kurnool, 2 <sup>nd</sup> -3 <sup>rd</sup> February, 2015	ISBN 978-93-82163-92-3
21	Eco-Consciousness and Eco-Friendly Behavior in India	National Seminar on Green chemistry- contribution to Environmental Sustainability, KVR GC(w), Kurnool 28 <sup>th</sup> -29 <sup>th</sup> Jan 2015	ISBN 978-93-82163-16-19
22	Total Quality Management in Higher Education as a tool for Holistic Human Development	NAAC sponsored national seminar on IQACs and Higher Educational Institutions: The Required Benchmark for Quality Sustenance and Quality Enhancement, IQAC cell, ASD GDC(w), Kakinada, 18 <sup>th</sup>	ISBN 978-93-84648-59-6

		December 2014	
23	Nutraceuticals -An Emerging Trend in the Prevention and Treatment of Diseases	National Symposium on Natural Products & Biodiversity : Our Insurance for the Future, GC, Kurnool, 12 <sup>th</sup> December, 2014	Seminar Proceeding
24	Bridging the gap- Role of society in empowering women	National Seminar on Women Empowerment in Globalization Era, 28 -29 March 2014, Rayalseema University, Kurnool	Seminar souvenir
25	Research Paper on Dietary Pattern and Nutritional Status of Adolescents	National Seminar on Food Security and Nutrition of women , Vishakha Govt. Degree college , Visakhapatnam 5th-6 <sup>th</sup> August , 2014	Seminar souvenir
26	Capacity building of Adolescents – Life skill approach of Home science Education	National Seminar on “Capacity building of Adolescents- Perspectives and prospects” 6th - 7th December 2013, S V University, Tirupati.	Seminar souvenir
27	Adolescents’ Life skill Education – The need of the hour	National Seminar on “Capacity building of Adolescents- Perspectives and prospects” 6 <sup>th</sup> -7 <sup>th</sup> December 2013, S V University, Tirupati	Seminar souvenir
28	Life skill approach to women empowerment	National Seminar on “Women empowerment and Human Development- Issues and Strategies” MALD, Gadwal 29- 30 November 2013.	Seminar souvenir
29	Food promoting Conception	National seminar on “Food and Women”, MGNIRSA, Hyderabad .page no.229-233.	Seminar proceeding
30	Dietary Guidelines for women with Poly cystic Ovary Syndrome	National seminar on “Food and Women, MGNIRSA, Hyderabad page no.132-135.	Seminar proceeding

#### PERSONAL PROFILE:

1. Name : Dr. Arati Chakra
2. Date of Birth : 11.03.1980
3. Marital Status : Married
4. Language Known : Oriya, English, Hindi, Telugu



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