

## RESUME

### Dr. Roshani Singh

Assistant Professor (Home Science)

Dr. Ghnshyam Singh Mahavidyalaya , Soyepur Lalpur, Varanasi

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### Academic Qualification

Degree	Board/University	Year	Percentage
Ph.D.	Banaras Hindu University	2024	81.2
Diploma in Yoga	Banaras Hindu University	2020	62.4
Net	National Testing Agency	2020	-
M.A.(Food&Nutrition)	Banaras Hindu University	2018	78.3
B.A.(Home Science)	Banaras Hindu University	2016	71.6
(10+2)	UP BOARD	2013	70.2
10 <sup>th</sup>	UP BOARD	2011	72

### Current Position

- Working as an Assistant Professor in Home Science at Dr. Ghnshyam Singh Mahavidyalaya , Soyepur Lalpur, Varanasi .

### PhD in Home Science

#### PhD Topic:

- A Study of Knowledge, Opinion, Practices and Sustainability of Indigenous Food System among Rural Women of Varanasi District: An Interventional Study

### Area of Specialisation

- Food and Nutrition

### Area of Interest

- Areas of interest include Food and Nutrition, Communication and Extension, Human Development, Resource Management, and Textiles and Clothing, with a focus on sustainable development, community well-being, and capacity building.

## Teaching Experience

- Worked as a teaching assistant in the subjects: Nutrition Science, Dietetics, Food Science, Textile course of undergraduate students during my Ph.D. tenure at BHU (2018- 2021)
- Taught UGC NET JRF aspirants in the subject of Home Science at various coaching centers in Varanasi.

## Skills

Proficient in basic computer operations with a good command of:

- **MS Excel:** Data organisation, analysis, and visualisation
- **SPSS:** Statistical analysis and interpretation

## Field Experience

- Conducted an interventional study titled “A Study of Knowledge, Opinion, Practices, and Sustainability of Indigenous Food Systems among Rural Women of Varanasi District”, focusing on grassroots-level data collection, community engagement, and behavior change strategies.

## Language Known

- Proficient in both Hindi and English, with a strong command of reading, writing, and communication in both languages.

## **Publications**

### **Review Articles**

- Tiwari et al. (2021) Nutritional Properties and Health Benefits of Chia Seeds, Current Journal 6(24), 184-186 (ISSN: 2348-6228)
- Singh et al. (2023) Contribution of Rural Women to Enhance Organic and Sustainable Farming: A Review, International Journal of Scientific Development & Research, 8(4), 945-947 (ISSN: 2555-2631).
- Saroj et al. (2023) Diet and Nutritional Knowledge of Athletes: A Systematic Review, Journal of Xidian University, 17 (6), 309-328 (ISSN: 1001-2400).

### **Research Paper**

- Singh, R., Tiwari, S. (2022). Practices Related to Menstrual Health Awareness among Adolescent Girls in Varanasi District, U.P., Research Today, (13) 343-352, (ISSN: 2319-6947).
- Singh, R., & Singh, M. (2023). Study on Eating Habits and Nutritional Status of College Going Girls, GIS SCIENCE JOURNAL, 10 (3) 1891-1895, (ISSN: 1869-9391).
- Tiwari, S. & Singh, R., (2023) Women Empowerment through Self Help Groups in Varanasi District, Uttar Pradesh, The Original Source, 5 (18), 67-69 (ISSN: 2319-6297)
- Singh, R., & Singh, M. (2023) "Assessment of Knowledge and Practices of Coarse Grain among Rural Women of Varanasi District: A Cross-Sectional Study", Shodh Prabha Journal 48 (4), 144-151 (ISSN: 0974-8946).
- Singh, R., & Singh, M. (2024) "Knowledge, Opinion and Practices of Indigenous Leafy Vegetables among Rural Women of Varanasi District, U.P, India", International Journal of Enhanced Research in Educational Development 12(2), 173-177 (ISSN: 2320-8708)

### **Seminar/Conference/Workshop**

- Participated and presented a research paper in the International Seminar on Study on Eating Habits and Nutritional Status of College Going Girls organised by the Department of Home Science, Arya Mahila P.G College, held on 19<sup>th</sup> January 2019.
- Participated and presented a research paper in the National Conference on Study on Food Quality and Consumer Awareness Among Girls, sponsored by the Indian Council of Social Science Research (ICSSR), New Delhi, held on 11<sup>th</sup> to 12<sup>th</sup> March, 2019.

- Participated in the one-week workshop on Research Methods in Social Science organised by Mahila Maha Vidyalaya, Banaras Hindu University, Varanasi, held on 22-27 November 2021.
- Participated in the one-week workshop on Flight to a Bright Career “Enhance your Personality” organised by the Department of Home Science, Mahila Maha Vidyalaya, Banaras Hindu University, Varanasi, held on 21st-27th February, 2022.
- Participated in the one-week workshop on Research Writing and publishing jointly organised by the Department of Home Science, Mahila Maha Vidyalaya, and the Department of Extension Education, Institute of Agriculture Science, Banaras Hindu University, Varanasi, held on 12<sup>th</sup>-18<sup>th</sup> October, 2022.
- Participated and presented a research paper on Knowledge and Practices of Traditional Food among Rural Women of Varanasi District: An Exploratory Cross-sectional Study in a two-day National Seminar sponsored by ICSSR, organised by the Shaheed Baba Deep Singh Department of Home Science.
- Participated in National Workshop on Tools and Techniques for Scientific Research organised by Computer Science Mahila Maha Vidyalaya, Banaras Hindu University, Varanasi, held on 27<sup>th</sup> February, 2023.
- Participated and presented a research paper in the National Conference on Millets: Food Security, Nutritional Quality and Combat Lifestyle Diseases organised by the Department of Home Science, Mahavidyalaya, Banaras Hindu University, Varanasi, held on 13<sup>th</sup>-14<sup>th</sup> March, 2023.
- Participated in a one-week workshop on Research Methods organised by the Department of Political Science, Banaras Hindu University, Varanasi, held from 29<sup>th</sup> May to 3<sup>rd</sup> June, 2023
- Participated in the International Conference on Integral Humanism: Perspective of Deendayal Upadhyay and Jacques Maritain on March 4<sup>th</sup> -5<sup>th</sup>, 2024, at Banaras Hindu University, Varanasi, organised by India Foundation, New Delhi.
- Participated and presented a research paper in the National Conference on “Viksit Bharat 2047: Strengthening Communities for a Developed Nation through Community Science” on 20 to 21 December 2024, organised by the Department of Home Science, Mahavidyalaya, Banaras Hindu University, Varanasi, UP, India.
- Participate and presented research paper in International Conference on **Indian Knowledge System & Environmental conservation : Patway for Ozone Layer Protection** Organized by Department of Geography Maharaja Suhel Dev University Aazamgarh held on 16<sup>th</sup> September 2025.
- Participate and presented research paper in National Seminar on **Envirment, Economy, Culture, Technology : A Way Forward To Vikshit Bharat** Organized by Department of Geography Dr. Ghnshyam Singh Mahavidyalaya, Soyepur, Lalpur,

Varanasi held on 16<sup>th</sup> to 17<sup>th</sup> March 2026.

**Declaration:** I hereby declare that the information provided above is true to the best of my knowledge and belief.

Date – 30 /04/2026  
Place- Varanasi

**Dr. Roshani Singh**

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