

# Dr. Ishita Mishra

## Objective:

To excel as an Assistant Professor, imparting expertise in a diverse range of nutrition disciplines, from Advanced Nutrition and Clinical & Therapeutic Nutrition to Maternal & Child Nutrition, while nurturing innovation through Research Methods and Development of Creativity.

Committed to elevating student learning in Fundamentals of Food & Nutrition and Clothing & Textile, with a focus on promoting optimal health and wellness through evidence-based education and research.

## Academic Qualification:

- UGC NET Qualified for Assistant Professor in Dec 2020 & June 2021 (merged session) , June 2023 & June 2024
- PhD (Home Science - Food & Nutrition), Mahatma Gandhi Kashi Vidyapith, Varanasi, 2025

Name of the Degree	Board/University	Institution	Percentage of marks	Year of passing
M.A.(Home Science-Food & Nutrition)	MGKV University	Sri Agrasen Kanya PG College	79.92	2019
B.A.(Home Science & Psychology)	MGKV University	Sri Agrasen Kanya PG College	72.17	2017
12 <sup>th</sup> (PCB)	UP Board	Gramyanchal Mahila Vidyapeeth	79.4	2014
High School	UP Board	Gramyanchal Mahila Vidyapeeth	83	2012

## Experience:

### Assistant Professor

Banaras Institute of Teacher's Education (December 2020 to June 2024)

DR. Ghanshyam Singh P.G. College (August 2024 till date)

- Develop and deliver engaging lectures, seminars, and practical sessions in the specified areas of nutrition for undergraduate and postgraduate students.
- Create and update course materials, syllabi, and assessments to ensure alignment with the latest research and industry trends.

- Foster an inclusive and interactive learning environment that encourages critical thinking and active student participation.
- Conduct original research in specialized areas such as Advanced Nutrition, Clinical & Therapeutic Nutrition, Maternal & Child Nutrition, and others, aiming for publication in peer-reviewed journals.
- Mentor and supervise graduate students in their research projects and theses.
- Provide academic and career guidance to students pursuing degrees in nutrition, assisting them with course selection, research opportunities, and internship placements.
- Offer mentorship and support to students in their academic and professional development.
- Assist in the evaluation and assessment of student performance and program outcomes.
- Oversee and maintain laboratory facilities and equipment, ensuring they are safe and conducive to research and teaching activities.

#### **Coursework Taught:**

- Advanced Nutrition, Applied Physiology ,Clinical &Therapeutic Nutrition, Maternal & Child Nutrition, Nutrition for Health & Fitness ,Improving Health & Nutrition ,Institutional Food Administration, Research Methods, Development of Creativity, Scientific Writing ,ECCE ,Study of family in society ,Advance Study of Human Development I & II ,Principles of Guidance & Counseling ,Person with Disability.(P.G.)
- Fundamentals of Food & Nutrition, Clothing & Textile, Advanced Nutrition & Human Development, Housing & Extension Education ,Surface Ornamentation of Fabrics, Dietetics & Therapeutic Nutrition (U.G.)
- **Supervised** 08 Dissertation in Home Science

#### **Publications:**

- Published research paper on- A study on assessment of nutritional status of females residing in selected slum area of Varanasi. International Journal of Agricultural Sciences. Volume 19.Issue 1. January 2023.
- Published book chapter –“Management of NCD’s-Diabetes, Hypertension & Cardiovascular disease”. Kripa Drishti Publication .ISBN 9789394570351. July 2022.
- Published research paper on- Hygiene & common health related problems prevalent in slum area of Varanasi. International Journal of Agricultural Sciences. Volume20.Issue 1.January 2024.

- Published research paper on- Exploring Nutritional Status ,Nutrient Intake & Knowledge Level Of Nutrition Among Women Of Reproductive Age In Urban Slum & Rural Community : A Comparative Study In Varanasi. Volume22.Issue 2.June 2025.
- Published book chapter – Nutritional Powerhouses- The Growing Importance of Millets. Asha Book House.ISBN:9788198802330. October 2025.

## **Conferences, Seminars ,Symposium and Workshop Attended/Presented:**

### **International Conferences**

- **Title of Paper Presented :**Women’s Socio Economic Realities in Slum and Rural Area : A Comparative Study  
**Organized by:** Maharaja Suhel Dev University, Azamgarh  
**Date :**6-8 March,2025  
**Participation :**Paper Presented

### **National Conferences**

- **Title of Paper Presented:** Exploring Nutritional Status ,Nutrient Intake & Knowledge Level Of Nutrition Among Women Of Reproductive Age In Urban Slum & Rural Community : A Comparative Study In Varanasi  
**Organized by:** Department of Home Science, Mahila Mahavidyalaya,BHU, Varanasi  
**Date :** December 20-21 ,2024  
**Participation :**Paper Presented
- **Title of Paper Presented:**Living Conditions in Urban Slums : A Socio – Economic Perspective.  
**Organized by:** Department of Geography , Dr. Ghanshyam Singh Mahavidyalaya,Varanasi.  
**Date:** March 16-17,2026  
**Participation :**Paper Presented

### **Workshops**

- **Title :** Artificial Intelligence in Digital Pedagogy :Shaping the Future of Learning in HEIs  
**Organized by:** Inter University Center For Teacher Education(IUCTE), BHU ,Varanasi  
**Date :**February 13-14,2025

**Participation :**Successfully Completed Two Days Workshop

**National Seminar/Symposiums**

- **Title:** Vocational Education and Skill Development :Aligning Education with Industry Needs

**Organized by:** Academic Committee and Training & Placement Cell , Mahatma Gandhi Kashi Vidyapith , Varanasi

**Date :**April 28-29,2023

**Participation :**Participated

**Awards: Topper of the College in Graduation and Masters**

**Skills**

- Teaching
- Research
- Curriculum
- Mentoring
- Adaptability
- Assessment
- Leadership
- Time-management
- Problem-solving
- Classroom-management
- Patience
- Assessment
- Writing
- Student-engagement

**Personal Details:**

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Declaration:

I hereby declare that the information above is true to the best of my knowledge.

Ishita Mishra