

BIODATA



Name : Dr. Shubhangi Subhash Kukekar

Husband's Name : Mr. Subhash Kukekar

D.O.B. : 29th January 1968

Marital Status : Married

Nationality : Indian

Indicate whether belongs to : Open

Designation : Associate Professor
(HOD) Dept. of Home Economics

Languages speak, read & write : English, Marathi & Hindi

Name & Address of College : Smt. Binzani Mahila Mahavidyalaya
Mahal, Nagpur, Pin-440002.

Permanent Address : Ratnatray, 52, Process Server Society,
Swalambinagar, Nagpur. Pin-440022

Mob. No. : 9860446875

Email ID : shubhu.cook@gmail.com

Post : Associate Professor
(HOD) Dept. of Home Economics

Date of Joining : 1st July 2006

Experience : Contributory Lecturer - 11 years
(L.A.D. College, Nagpur)
Full Time Lecturer - 16 years
(S.B.M.M. Nagpur)

Secretary : Secretary of Jain Teacher Association Nagpur
Secretary of Home Economics Association
Nagpur Chapter
Vice-President of Mahila Morcha (BJP)

Hobbies : Dance, Drama, Acting, Travelling & Reading

Academic Qualification : 1. M.Sc. (F.R.M.) 1st Div. Passed in 1991.

2. M.Ed. 1st Div. Passed in 1998.
3. M.A. (Home Eco.) 1st Div. in 2000.
4. Ph.D. (Home Science) awarded in 2005.
5. MH-CIT passed in 2008.
6. Orientation Course by H.R.D.C. RTMNU Nagpur dtd. 18/02/2009 to 17/03/2009.
7. Refresher Course in Home Science by H.R.D.C. RTMNU Nagpur dtd. 01/12/2011 to 21/12/2011.
8. Refresher Course in Home Science by H.R.D.C. RTMNU Nagpur dtd. 12/11/2014 to 02/12/2014.
9. One Week Work shop on Research Methods & Statistics in Social Science by Vasant Rao Naik Govt. Institute of Arts & Social Science Nagpur dtd. 16/03/2016 to 22/03/2016.
10. One Week Short Term Course in Gender Sensitization by H.R.D.C. RTMNU Nagpur dtd. 04/12/2017 to 09/12/2017.
11. One Week Short Term Course on Research Methodology in social science by H.R.D.C. RTMNU Nagpur dtd. 25/11/2019 to 30/11/2019.
12. Post Graduate Teacher has been approved by the Board of Deans on 26/11/2021 in the Subject Home Economics.

Published Research Papers :

1. Paper published in XXV Biennial Conference held at LAD College, Nagpur in Oct. 2003 organized by the Home Science Association of India.
2. Paper Published in Journal "Shodhkiran" 2008 of Smt. Binzani Mahila Mahavidyalaya, Nagpur.
3. Paper Published in Journal "Shodhkiran" 2010 of Smt. Binzani Mahila Mahavidyalaya, Nagpur.
4. "Mulmantra of Perfect Health" Development of life skills through education and physical education in peer reviewed International Research Journal. ISSN No. 2229-4554, Oct. 2016.
5. Child labour current problem peer reviewed International Research Journal ISSN No. 2278-9308, Jan. 2017.
6. Paper published and presented in XXV Biennial Conference held at Women's College, Coimbatore in Oct. 2018 organized by the Home Science Association of India.

7. “Money Management for Home maker” in Aadhar Social Research Peer Reviewed Journal ISSN. No. 2278-9308 in 2018.
8. Importance of Nutrition Education for daily life style peer reviewed international journal ISSN No. 2319-9318 in 2019.
9. Management of Stress in Youngsters peer reviewed International Journal ISSN 2347-8268 in 2020.
10. Paper published in Shodha Sanhita Impact Factor 4.95 UGC Care Group One Journal on “Social Media used by Adolescent Girls of Nagpur City to Seek Nutrition’s related information” two days Multi-Disciplinary National Virtual Conference held on 8 & 9th March 2022.

Attended Conferences: National/International/State level

1. Participated in Seminar on “Empowerment of Women” Organized by Academic Staff College, Nagpur and LAD College, Nagpur in Feb. 2001.
2. Participated in National Seminar on “Relevance of social sciences in Changing Scenario and empowerment Opportunities” held at Mahila Mahavidyalaya, Nagpur in Jan. 2005.
3. Participated in National Seminar on Effective Money Management for quality life held at LAD College, Nagpur in Oct. 2006.
4. Participated in National Symposium on “The Right to food, Clothing & Shelter: step towards Healthy nation” held at Sevadal Mahila Mahavidyalaya, Nagpur in Oct. 2007.
5. Participated in International Conference on sustaining the quality of life through family and community health held at LAD College, Nagpur in Jan. 2007.
6. Participated in workshop on “Livelihood Skills- Generation of self-Employment held at Mahila Mahavidyalaya, Nagpur in April. 2008.
7. Participated in National Workshop on “Food rises and Therapeutic Nutrition” Held at Mahila Mahavidyalaya, Nagpur in Aug. 2008.
8. Work off your weight One Day National Conference. ISBN No. 978-93-82351-05-04 2008
9. Participated in National Conference on Impact of Television commercial on Health related beliefs and behavior of children and youth held at Dayanand Arya Kanya Mahavidyalaya, Nagpur in March 2008.
10. Participated in National Seminar on Sex Selective Feticide: Impact on Indian Society held at Priyadarshini Mahila Mahavidyalaya, Wardha in Jan. 2009.

11. Participated in workshop on Problems of Anemia in India People held at Arts and Science College, Pulgaon in Dec. 2009.
12. Techniques of stress management in State Level Seminar ISBN. 978-81-9217118-04 2009.
13. Participated in State level conference on Malnutrition: A Course to Development held at Yeshwant Mahavidyalaya, Seloo, and District Wardha in Dec. 2009.
14. Role of Rekhi and meditation for overcoming stress. One Day Conference on Stress Management. ISBN No. 978-81-923736-0-7 on 2009.
15. Participated in State level seminar on Increasing Fact of fast food among youngsters and its adverse effects on 'Human Body' held at F.E.S. Girls College Chandrapur in Jan. 2010.
16. An Essential Nutrition Education 978-81-926280-02-08, 2010
17. Yoga for All Round Development of Students ISBN No. 978-81-926267-06-05, 2011
18. State Level 7 days' workshop on Research Methodology & Statistics from 16/03/2016 to 22/03/2016 in V.N. Govt. Arts & Social Sciences, Nagpur
19. Paper published in International Journal of Creative Research Thoughts ISSN 2320-2882. Title of the paper is "A study of Lifestyle and Dietary Practices of Adolescents of Severe Pandemic Period" on 4th July 2022.
20. Paper published in International Journal of Creative Research Thoughts ISSN 2320-2882. Title of the paper is "Yogic Practices as Means of Maintaining Psychological health of School teacher during Pandemic Period" on 19th April 2022.
21. Paper published in International Journal of Creative Research Thoughts ISSN 2320-2882. Title of the paper is "A Cross Sectional Study of Dietary Intech of Micro-Nutrients of Vitamins amongst Adolescents Girls of Nagpur City" on 21st April 2022.

Invited Resource Person & Organization of Workshops :

1. Invited Lecturer in Abhinandan High School & Junior College, Nagpur dtd 17/01/2007 on the topic "Importance of Nutritious Diet for Youngsters."
2. Dr. Shubhangi Kukekar has done paper setting, paper valuation and paper moderation in the subject Home Economics and Fashion Designing from 2011 till date
3. Invited as a Chief Guest in Anjuman Girls Degree College of Arts, in Sadar, Nagpur dtd 09/01/2012 on the topic "Self-Employment to Home Makers."
4. Organization of Udyogini Exhibition cum Sale in S.B.M.M. on 3rd Jan. 2016

5. Organization of Padmavati Exhibition cum Sale in S.B.M.M. on 26, 27 & 28 Oct. 2018.
6. Delivered a Guest Lecture on Nutrition for Youngsters in NSS Dept. S.B.M.M. Nagpur dtd. 14/02/2019
7. Conducted One Day Workshop on Craft Articles dtd. 17/12/2019.
8. Organization of Nutrition Week in S.B.M.M. Nagpur dtd. 17, 18 & 19 Sept. 2019
9. Organization of Udyogini Exhibition cum Sale in S.B.M.M. on 21 & 22 Sept. 2019
10. Organization of 3 days' workshop on painting (Batik, Block & Fabric) in S.B.M.M. Nagpur dtd. 09 to 10 Sept. 2019.
11. Book Evaluator in Balbharti, Pune for Textbook of Home Management dtd. 16/04/2019.
12. Dr. Shubhangi Kukekar has gone as a Subject Expert in Placement Committee in C.P. & Berar College on 04/04/2021 and Shriniketan College, Nagpur, 2022
13. Organization of Udyogini Exhibition cum Sale in S.B.M.M. on 1 & 2 Oct. 2022.
14. 24 weeks Certificate course of Fashion Designing & Tailoring.
15. 24 weeks Advanced Certificate course of Fashion Designing & Tailoring S.B.M.M. Nagpur
16. 20 hours certificate course in handicrafts in S.B.M.M. Nagpur
17. Invited Lecturer in NSS Special Camp in Anjuman Girls Degree College of Arts, in Sadar, Nagpur dtd 16/03/2022 on the topic "Guiding Principles of Self-Employment."
18. Invited Lecturer in Dayanand Arya Kanya Mahavidyalaya, Nagpur dtd 09/02/2022 on the topic "Importance of Nutrition for College going girls."

Rewards/Fellowships and Achievements :

1. Felicitated by Rashtrasant Tukdoji Maharaj Birth Cenetary Committee Yavali, District Amravati in April 2009.
2. Felicitated by Digambar Jain Samaj (West Nagpur) for Social and Religious Services.
3. Felicitated by Bhartiya Jain Sanghatana Nagpur for outstanding Contribution in Social and Religious Services.
4. States Award for Intellectual Development (International) by Mahatma Phule Talent Research Academy. dtd. 05/03/22017
5. Dada Kondke Award for Acting (National) by Mahatma Phule Talent Research Academy. dtd. 05/03/2017
6. Woman Achiever Award by Richa's Jain Unique Clinic (National) dtd. 09/03/2017

7. New Techniques in Home Economics (National) by R.S. Mundle Dharampeth Arts & Commerce College and Home Economics Association dtd. 01/12/2018.
8. Shiksha Ratna Puraskar (National) by Zero Moil Foundation Nagpur dtd. 18/11/2018.
9. Kala Ratna Puraskar (National) by Zero Moil Foundation Nagpur, on 2021.
10. Samaj Ratna Puraskar (National) by Zero Moil Foundation Nagpur on 2022.

Completed the orientation course from 18.2.2009 to 17.3.2009

College Activities

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1. Coordinator of “Workshop on Candle making” organized for students of U.G. level on 5th August 2007.
2. Organized workshop on Handicrafts and Embroiders for self-help group members of ward No. 113, Trimurtinagar, Nagpur on 21 & 22 March 2008.
3. Coordinator of “Workshop on Chines Cookery” organized on 28th Sept. 2008.
4. Coordinator for cookery contest organized at Kewlaramani Kanya Mahavidyalaya, Jaripatka, Nagpur in July 2008 in the presence of Noted Cookerist Shir Vishnu Monohar. Students of our college won the 3rd prize.
5. Conducted workshop on Fancy Articles like Micram wall hangers and organdi flowers organized for B.A. 1st year students in March 2009.
6. Conducted workshop on Handicrafts, flower making etc. in the month of April 2009.
7. Organized visit of B.A. II Students to “Haldiram Food Factory Bhandara Road Nagpur in 2009.
8. In-Charge of National Service Scheme 2022-2023.

Extra-Curricular Activities

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1. Acted in the Marathi Film “Ticha Chukala Tari Kay ?”
2. Acted in Marathi Film “Dyaneshwari Express.”
3. Acted in Marathi Film “Ekach Nirdhar.”
4. Acted in One 52 Episodes serial named “Samvidhan”
5. Acted in one hindi movie named “Family 420”
6. Acted in movie named “Bharat ka Samvidhan”
7. Acted in movie named “Dharti ka Dard”
8. One Short Movie on loan.
9. 1st prize in Grand Garbha Competition in Hotel Sun and Sand Organized by Navbharat (2012)
10. Sankalp Organized by Lokmat (2013)

11. Khillaya Group of Grabha Organized by Kunal Vaidya (2014)

Social Services:

1. Active Member of **Lokmat Sakhi Munch** Nagpur.
2. Participated in **International Marathon in** Nagpur.