

# L.A.D. & Smt. R.P. College for Women, Nagpur

## FACULTY PROFILE

### ❖ Basic Information

- Name: Dr. Rashmi Kale
- Designation: Assistant Professor
- Department: Home Science
- Area of Specialization: Food Science & Nutrition
- VIDWAN ID- 697732
- Google Scholar ID- ngxQJ34AAAAJ



❖ **Educational Qualifications:** M.SC. (Food Science & Nutrition), M.A. (HOME ECONOMICS), PH.D., SET

❖ **Total Teaching Experience:** 8 Years

❖ **Research Experience**

- Total Research Experience: 7 Years
- Areas of Research Interest: Wild Edible Vegetables for nutritional profiling, therapeutic product development, and community-based dietary interventions.

❖ **Research Publications**

### (A) Research Papers in National/ International Journals

- Nutritional and Medicinal Knowledge of Wild Edible Flowers Amongst Rural Women. E3S Web of Conferences 477, 00080 (2024)
- Barriers and facilitators to fruit and vegetable consumption among rural Indian women of reproductive age. Food & Nutrition Bulletin (2019)Vol.40(I)87-98.
- Identification and documentation of less familiar vegetables of Amravati district. Aayushi International Interdisciplinary Research Journal(AIIRJ)(2018)Vol.25.Pp.360-66.
- Identification and documentation of less familiar flower vegetables of Amravati district. International Multidisciplinary E-Research Journal(2018)Vol.76.Pp.945-51.
- Traditional Spices: Uncovering the secrets of Ancient Diet. International Journal of Advance & Applied Research. (IJAAR), Volume-5, Issue-23 (July-Aug 2024)  
<https://ijaar.co.in/wp-content/uploads/2021/02/Volume-5-Issue-23.pdf>
- Spices Consumption for Sustainable Food System. Research Nebula.(2024)ISSN 2277-8071.Pp.178-183.
- Nutritional & Medicinal Knowledge of Wild Edible Flowers amongst Rural Women. E3S

Web of Conference 477.(2024).

[https://www.e3s-conferences.org/articles/e3sconf/pdf/2024/07/e3sconf\\_star2024\\_00080.pdf](https://www.e3s-conferences.org/articles/e3sconf/pdf/2024/07/e3sconf_star2024_00080.pdf)

- Wild Edible Vegetables For Sustainable Living. Sanshodhak (2024).ISSN No-2394-5990.Pp.103-107.
- Assessing Awareness and Access to Nutritional Rights Among Rural Women. Research Nebula (2025), ISSN 2277-8071,Pp.205-212.
- Spice Route to Wellness: The Role of Traditional Medicine and Indigenous Knowledge in Promoting Health. InSight Bulletin: A Multidisciplinary Interlink International Research Journal.(2025), ISSN: 3065-7857, Volume 2, Issue 7. Pp. 119-122.

### **(B) Papers Presented in Conferences / Seminars**

- Identification and Documentation of Less Familiar Fruits, Roots and Tubers of Amravati District, Maharashtra presented at the 33rd Biennial Conference of Home Science Association of India on Trends for Futuristic Development in Home Science: Research and Innovation (2020), pp. 119-127, Avinashilingam Institute for Home Science.
- Identifying Factors Affecting Low Consumption of Fruits & Vegetables by Rural Women in Maharashtra presented at the 19th Annual MRC-SNEHA International Workshop on Developmental Origins of Health & Disease (2016).
- Barriers to Consumption of Less Familiar Vegetables by Women of Reproductive Age in Vidarbha Region in Maharashtra presented at the 19th Annual MRC-SNEHA International Workshop on Developmental Origins of Health & Disease (2016).
- Identifying Nutrition-Sensitive Interventions to Improve Maternal Diet Quality in Rural Indian Setting Using Value Chain Analysis" presented at the 19th Annual MRCSNEHA International Workshop on Developmental Origins of Health & Disease (2016).
- Role of Value Chain Actors in the Supply of Fruits & Leafy Vegetables to Households in Wardha District presented at the 19th Annual MRC-SNEHA International Workshop on Developmental Origins of Health & Disease (2016).

### **❖ Orientation / Refresher Courses / FDPs Attended**

- L.A.D. & Smt. R.P. College for Women Nagpur Five days FDP on Student Centric Methodology and Interactive Teaching Strategies Using Technological Tools from 9<sup>th</sup> Oct to 13<sup>th</sup> Oct 2023.
- Justice M. L. Pendse Language Lab in Collaboration with IQAC- L.A.D. & Smt. R.P. College for Women, Nagpur Six Days FDP on Pragati Ke Path Par 2024 from 18<sup>th</sup> July to 24<sup>th</sup> July 2024.
- National Intellectual Property Awareness Mission training program attended on 11<sup>th</sup> April 2025 organized by Government of India.
- Completed 2020 Orientation and Sensitization programme under Malviya Mission Teacher Training Programme ( MM-TTP) of UGC organized by UGC-MMTTC, RTMNU, Nagpur from 16<sup>th</sup> March to 30<sup>th</sup> March, 2025
- Completed a five day faculty development program on "Climate action and sustainability " from 8th january to 13th january 2024
- Completed 24 days Faculty Induction Program organized by UGC-MMTTC (Malviya Mission Teacher Training Centre) RTMNU, Nagpur. The duration was from 2<sup>nd</sup> June to 28th June 2025.
- L.A.D. & Smt. R.P. College for Women Nagpur in Collaboration with YCC College of Engineering Nagpur Five days FDP on AI in Research and Innovation from 18<sup>th</sup> August to 22<sup>nd</sup> August 2025.

- L.A.D. & Smt. R.P. College for Women Nagpur and Smt. Monoharbhai Mundle College of Architecture, Nagpur three days FDP on The Future of Teaching Practices, Mindfulness, Positive Psychology from 25<sup>th</sup> Feb to 27<sup>th</sup> feb 2026.

#### ❖ **Workshops / Seminars / Conferences Organized**

1. Millet Mela was organized by Department of Home Science in Collaboration with FDA on 5<sup>th</sup> October 2023.
2. Weights & Measures workshop organized by Department Food Sci & Nutrition on 21<sup>th</sup> September 2024.
3. Seminar on Balanced Diet & Coping with modern Lifestyle organized by Department Food Sci & Nutrition on 23<sup>th</sup> September 2024.
4. Workshop of Flavorful tea masala blend was organized by Department Food Sci & Nutrition on 13 July 2024.
5. Basic Cooking Skill Workshop was conducted for specially challenged students of **SVK shikshan Sanstha an NGO** on 25<sup>th</sup> & 26 July 2024 at Department of Food Sci & Nutrition.
6. Seminar on Poshan & Progress : Awareness Program on Nutrition & Malnutrition Prevention was organized by Department Food Sci & Nutrition on 10<sup>th</sup> September 2025.
7. Seminar session on Healing PCOD & PCOS through Smart Nutrition For Young women was organised on 2<sup>nd</sup> April 2026

#### ❖ **Administrative Responsibilities**

1. IQAC Task Force - Member
2. NIRF Team- Member
3. Paper Setting for UG Home Science and PG Home Science Extension
4. Paper Moderation for UG Home Science PG Home Science Extension
5. Valuation for UG Home Science
6. External Examiner for Practical - UG Home Science
7. External Examiner for Practical - PG Home Science
8. Criterion 5 – Member
9. Criterion 6- Member
10. Intercollegiate Competitions (Outside College) (SARVANGKASH) Committee- Member
11. Nirmal Cell (Value Education)- Member
12. College Magazine (URMI) Committee- Member
13. Catalyst Fitness Club- Member
14. Prize Distribution Committee – Member
15. Aura Cultural Fest -Member
16. Paper Setting for UG Food Science & Nutrition and PG Food Science & Nutrition for G.H.Raisoni University.

## **11. Membership of Professional Bodies**

- Life time Member of Indian Dietetics Association
- Life time Member of Home Science Association of India

### **13. Extension Activities / Community Engagement:**

#### **Extension Activities**

- Conducted Extension Activity at Pandit Nehru School on the topic Forestation and its role on 17<sup>th</sup> Aug 2024.

#### **Community Engagement**

- Conducted Workshop for Community under L.A.D & Smt. R. P. College for Women NSS Unit -II Special on "Healty vs Unhealthy Food" on 26<sup>th</sup> Feb 2024.

### **14. E-Content / MOOCs / ICT Use**

- SWAYAM / NPTEL Courses
- YouTube Lectures
- Google Classroom / LMS