

**Name :** Dr Harkirat Bains

**Email:** harkiratbains@ignou.ac.in

**Mobile:** +91 9669065923



**PROFILE:**

Dr Harkirat Bains completed her Post Graduation, securing 2nd Position in Punjab University in 1986. She in the year 1987 did her Bachelor's in Education (BEd.) from the same University and cleared NET in 1999. She did her Doctorate (PhD) in Foods & Nutrition in 2000 from Barkatullah University, Madhya Pradesh. She completed her Doctor of Science (DSc.) in Foods & Nutrition in 2016 from Barkatullah University. She was working on UNICEF Projects and she has been the Vice President of Childs Rights Observatory of Madhya Pradesh.

She has designed and Developed innovative programmes in the field of Dietetics, Physiotherapy and Therapeutic Nutrition. She has also authored approximately 30 Chapters while developing Academic Modules for Various programmes and published 22 papers in National and International Journals. She undertook Anganwari Workers Training Programme (AWWP) to train more than 1000 Anganwari Workers. The training module prepared by her was implemented to train all the Anganwari workers in all the 85000 Anganwaris Spread across Madhya Pradesh. Recognizing her effort in "Innovation in Open & Distance Learning, she was conferred with Gold Medal in the year 2011.

She has contributed towards the skill development in the youth by designing 03 Certificates Programmes in Hospitality and 01 Post Graduate Diploma in Hotel Operations which have extensively helped the Tribal and underprivileged youth to obtain job opportunities in the Hotel Industry.

Short Term Training programmes in Housekeeping, Front Office and F&B Service Operations were also conducted by her for Deaf & Mute Students, Domestic Workers and for the Tribal Girls from the interiors of Madhya Pradesh.

She has a passion for Gardening which has won her numerous State Level Awards. She has also written 03 books on Poetry.

<b>EDUCATION:</b>	
Doctor of Science (DSc.) Year 2016	Name of the University: Barkathullah University Discipline: Foods & Nutrition Doctoral Research Topic: Capacity Building and skill up gradation of Anganwari workers Academic Achievement: if any
Doctor of Philosophy (PhD. Year 2000	Name of the University: Barkathullah University Discipline: Foods & Nutrition Doctoral Research Topic: To access the nutritional levels

	of 0-2 years old from urban slums of Bhopal Academic Achievement: if any
Bachelor in Education (BEd.) Year 1987	Name of the University: Punjab University, Chandigarh Academic Achievement:
Master of Science (MSc.) Year 1986	Name of the University: Punjab University, Chandigarh Discipline: Foods & Nutrition Academic Achievement: II Position in University
Bachelor of Science (BSc.) Year 1984	Name of the University: Punjab University, Chandigarh Academic Achievement:

### WORK EXPERIENCE:

Sl #	Designation	Name of Employer	Date of	
			Joining	Leaving
1	Professor	SOTHSM- TC, IGNOU, RC Bhopal	24/11/2014	Till date
2	Associate Professor	SOTHSM- TC, IGNOU, RC Bhopal	24/11/2011	23/11/2014
3	Reader	SOTHSM- TC, IGNOU, RC Bhopal	24/11/2008	24/11/2011
4	Senior Consultant	IGNOU	March 2008	November 2008
5	Assistant Professor	MP Bhoj Open University	March 2007	February 2008
6	Assistant Professor	M P Bhoj Open University	June 1997	March 2007

### INTERNATIONAL ASSIGNMENTS: NIL

### FELLOWSHIP/ AWARDS:

Sl.No.	Name of the Fellowship/Awards	Granting/ Awarding Institution	Year
1	Gold Medal	National; Editorial committee of Research Link	2012
2	University Gold Medal	Indira Gandhi National Open University	2011

### PUBLICATIONS: (draft template is given below)

- BOOKS: 3 (authored) + 32 (edited) = 35
- RESEARCH PAPERS PUBLISHED: 22
  - ✓ Research Papers in Peer Reviewed Journals: 22
  - ✓ Units in Self Instructional Material (SIM): 30
  - ✓ Papers presented at International/ National Conferences: 19
- POLICY DOCUMENTS: 2

**MEMBERSHIP OF PROFESSIONAL BODY/ STATUTORY BODY (INTERNAL/ EXTERNAL):**

Membership of Professional body/ Statutory body	Name of statutory body/ institution/	Period
Life Membership	Nutrition Society of India	Since 2003
Convenor	Joint Coordination Committee of Hospitality Programmes under MoU with MPIHTTS, Bhopal	2015 till date
Member	Academic Council of University.	2008-2012
Member	School board	2008-2012 2015- till Date
Member	Doctoral committee of SOTHSM	2011-Till Date
Member	RCCASH at IGNOU Regional Centre, Bhopal	2013-2017
Chairperson	RCCASH at IGNOU Regional Centre, Bhopal	2018-till Date