

**Govt. M. H. College of Home Science and Science for  
Women, (Autonomous) Jabalpur M.P.  
NAAC Reaccredited 2019: B+ grade**



**Dr. Smita Pathak**

**M.Sc. (Food and Nutrition), M.Phil. PhD, FICN**

Dr. Smita Pathak is a highly accomplished academic and currently serves as the **Professor and Head of the Department (HOD) of Food and Nutrition**. With an illustrious career spanning over **35 years** in Madhya Pradesh Higher Education (1989–2024), she has made significant contributions to the fields of teaching, research, and academic administration.

Dr. Pathak holds an impressive array of academic qualifications, including a **Master of Science (M.Sc.)**, **Master of Philosophy (M.Phil.)**, and a **Doctor of Philosophy (PhD)**. She has also been awarded the prestigious title of **Fellow of the Indian Council of Nutrition (FICN)**, highlighting her exceptional expertise and contributions to the discipline of Food and Nutrition.

As a research mentor, Dr. Pathak has guided and nurtured **22 PhD scholars**, playing a pivotal role in shaping the next generation of

researchers and academics. Her scholarly accomplishments are matched by her dedication to fostering innovative research and knowledge dissemination in her field.

Fluent in both **Hindi and English**, Dr. Pathak excels in communicating complex ideas effectively, catering to a diverse range of students and colleagues. Her strong leadership skills and in-depth knowledge have been instrumental in steering the Department of Food and Nutrition toward academic excellence.

Her vast experience, academic achievements, and unwavering dedication make Dr. Smita Pathak a respected and influential figure in her field, earning her recognition as an invaluable asset to the institution and the broader academic fraternity.

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**Mrs. Vishwashanti Parashar**  
**M.HSc. (Food and Nutrition), B.Ed.**

Mrs. Vishwashanti Parashar serves as an Assistant Professor in the Department of Food and Nutrition. She has an extensive teaching experience spanning 41 years in the field of higher education under the Madhya Pradesh Higher Education Department. Over the years, she has made significant contributions to the academic and professional development of her students.

Mrs. Parashar holds a Master's degree in Home Science (M.H.Sc.) and a Bachelor of Education (B.Ed.), showcasing her dedication to both subject expertise and pedagogical skills. Her qualifications reflect a strong foundation in her field and her commitment to enhancing the learning experience for her students.

In addition to her academic credentials, she has successfully completed four refresher courses, demonstrating her proactive approach to staying updated with the latest advancements and teaching methodologies.

Fluent in **Hindi and English**, Mrs. Parashar is an effective communicator, ensuring that she connects with students from diverse linguistic backgrounds.

Mrs. Parashar remains an integral part of the academic community, continually striving to inspire and mentor her students while contributing to the growth and excellence of her institution.

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**Mrs. Apoorva Soni**

**M.Sc., NET, PhD ® (Food and Nutrition)**

**FIJIRG**

**Assistant Professor**

**Home Science (Food and Nutrition)**

Mrs. Apoorva Soni has completed her master's degree in Food and Nutrition followed by qualifying NET examination three times. Presently she is working as an Assistant Professor of Home Science in the Department of Food and Nutrition at our institute after qualifying MPPSC Assistant Professor Examination 2019. Presently she is pursuing her PhD in Food and Nutrition from RDVV, Jabalpur. She has 7 International and 6 National Paper Publication in her credit. She has received Innovation Awards three times from Smart City Jabalpur in the Matar Festival for her innovation in the preservation of green peas. She is also serving as a Member of the Central Board of Studies for Clinical Nutrition and Dietetics and a member of the Board of Study at the Department of Food Science at IEHE, Bhopal. She is a Fellow member of "International Journal of

Innovative Research and Growth”. She is also a member of the Editorial Board of the “International Journal of Engineering Technology and Applied Science” and “Anusandhan” i.e. annual research journal of the institute. She has also worked with UNICEF, WHO and NHM as a District Nutrition Consultant in Bhopal. As District Nutrition Consultant, she has supported the National Deworming Day Program, Immunization Program and Iron Supplementation program of the Government of Madhya Pradesh. As a district nutrition consultant, she has gained experience in community and administrative implementation of nutrition programs, which is very helpful in conveying knowledge about community nutrition and the health care system. Along with her teaching passion, she is commanding an NCC company of 107 cadets.

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**Mrs. Vibha Shripal**  
**M.Sc., NET/SET/PhD("Thesis sub") (Food & Nutrition)**  
**Assistant Professor, Food and Nutrition**

Devoted academic leader with a track record of providing top-notch instructions at the undergraduate and postgraduate levels. Nine years work experience as lab-technician in MP higher education (2011-2020), Qualified MPPSC Assistant Professor Exam 2017, got first joining as Assistant professor in Govt. P.G. Girls college ,Rewa on 2/3/2020, transferred on October 10, 2023, to Govt. M.H. College of Home Science Jabalpur, and has been employed as an assistant professor in the food and nutrition department since afterwards. Successfully completed a 4-week Induction/Orientation programme(21 aug-19 sept.2021), and a 2-week Interdisciplinary refresher course in Advanced Research Methodology (22 aug-5 sept 2022), from Teaching Learning Centre ,Ramanujan college, University of Delhi .Published 7 International/National papers including UGC care listed Journals. Published one book, Menopause and

Osteoporosis , ISBN:978-81-976000-6-7.As a co-organiser in 3 national webinar, 3 workshops & 2 International webinars, attended 1 Divisional level workshop on Bhartiya Gyan Parampara 2024,7 national webinar,2 International webinars, attended 2 FDP, presented 7 papers (National & international conference with1 poster presentation),as a guest speaker in Add on course on “Diabetes Present and Future” , participated as a faculty on 9<sup>th</sup> annual conference of research society for the study of Diabetes in India M.P. chapter 2024. Got recognition of outstanding dedication in sports, runner-up in state level chess competition (2022-23) and played state level chess competition 2 times (2021-22,2023-24) held by M.P. Higher education.



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**Ms. Anju Kainwar**

**B.Sc. (Clinical Nutrition)Gold Medalist, M.Sc.(Food and Nutrition)**

**UGC NET A.P. (2015)**

**Guest Faculty (Vacant)**

**Home Science (Food and Nutrition)**

Anju Kainwar is a highly accomplished faculty member at Govt. MH College of Home Science, Jabalpur, specializing in Clinical Nutrition and Food and Nutrition. She completed her Bachelor's degree in Clinical Nutrition in 2013, securing the “Gold Medal” for her outstanding academic performance. She went on to earn a Master’s degree in Food and Nutrition in 2015 and further enhanced her academic credentials by clearing the UGC NET Assistant Professorship exam in December 2015. Her academic journey was enriched by Two month Training( HOSPITAL MANAGEMENT) in Bhopal memorial and research centre, BHOPAL. With over 7 years of teaching experience at the same institution, Anju has made significant contributions to the academic development of students, particularly in the areas of nutrition and home science. Her commitment to excellence in both teaching and research has earned her respect as a valuable educator at the college.

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**Ms. Mahima Bairagi**

**M.Sc., MP SET 2018, ASRB ICAR NET 2019,  
NTA UGC NET AP(2019) & JRF(2024), PhD ® (Food and Nutrition)**

**Guest Faculty (Vacant)**

**Home Science (Food and Nutrition)**

Mahima Bairagi is a dedicated and accomplished academician in the field of Food and Nutrition. She holds a Master's degree in Food and Nutrition, which she completed in 2019. Her academic excellence is further underscored by her achievement of MPSET 2018, ASRB ICAR NET 2019, UGC NET JRF in 2024 and clearing the UGC NET Assistant Professorship exam four times.

Currently, she is pursuing her PhD, demonstrating her commitment to advanced research in her field. With three years of teaching experience at Govt. M.H. College of Home Science, Jabalpur, she has established herself as a knowledgeable and experienced educator.

She has also contributed to the academic community through the publication of five research papers, showcasing her expertise and passion for Food and Nutrition. Her profile is a testament to her hard work, dedication, and pursuit of academic excellence.

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**Ms. Kamar Anjum**

M.Sc (H.Sc.) Food & Nutrition (Gold medalist)

B.Sc (H.Sc.), NET (2023)

**Guest Faculty**

**Department of Clinical Nutrition**

**Ms. Kamar Anjum** at present working in govt. M.H. College of home science & science for women (autonomous) Jabalpur (M.P.) As guest faculty and HOD in Clinical Nutrition Department. She has done her masters in food & Nutrition in 2021 from govt. M.H. home science college Jabalpur, and clear ugc net examination twice. And she have published an international review article on “Gut Health Key to Mental Wellbeing” .Her commitment to excellence in both teaching and research has earned her respect as a valuable educator at the college.

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**Dr. Garima Mishra**

MBA (Health Care Management and Hospital Management)

BDS (Bachelor of Dental Surgery)

**Guest Faculty**

**Department of Health Care Management**

Dr. Garima Mishra at present working in govt. M.H. College of home science & science for women (autonomous) Jabalpur (M.P.) As guest faculty and HOD in department of health care management . I have done my MBA in health care management and hospital management from ISBM University Raipur Chhattisgarh. I have worked in govt. Victoria hospital Jabalpur and life Medicity hospital. I have served as an intern towards health care and health related problems in govt and private hospitals. My objective is to use my skills and dedication for the growth of organization in health care and management through teaching and research work.