



Dr. (MISS) NEHAL DILIP SHAH

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EDUCATIONAL QUALIFICATIONS: M.Sc. (Biosci.- Animal Sci.),

B.Ed., (Science- Maths)

M.Phil.(Biosci.- Animal Sci.),

Ph D (Zoology)

Sangeet Visharad (Vocal)

Dip. In Environment Education

Cert. Course in Science Journalism

P.G. Dip. In Psycho. Counseling

Trainer of trainer & facilitator for Healthy Ageing, IFRC

Team Member of Gujarat State Disaster Management Response Team, GRC & IRC

Founder & Trustee of Rutuja Charitable Trust working for Women Welfare

Director at AOZ Association of Zoologists, A registered NOP for Welfare of Zoology

ACADEMIC & PROFESSIONAL EXPERIENCE & STATUS:

- Is presently engaged as Assistant Professor since last 12 years in Shree Ramkrishna Inst. Of Comp. Edu. & App. Sci., Surat
- Visiting Faculty for MBA Sem 1 students for health & hygiene, STDs course.
- Visiting Faculty for M.Sc. Zoology for Gov. Science College, Vankal, Veer Narmad South Gujarat University, Surat.
- Is a recognized Post Graduate Teacher & PhD guide for the subject Zoology from Sarvajanik University (SU), Surat.
- Member of Academic & Curriculum Committee of Biotechnology, Sarvajanik University
- Practical & Theory Examiner, paper setter & chairman for different subjects like animal Biotechnology, Zoology, Bioethics, Animal Cell Culture, Cell Biology, etc at B.Sc., M.Sc. Biotechnology & M.Sc. Zoology Courses at Veer Narmad South Gujarat University, Surat
- Is working as Program Officer of Youth Red Cross at the institute & is also a coordinator of Maitrisetu Psychological & Guidance Cell at the institute, Public relation Committee at SRKI.
- Director at AOZ Association of Zoologists, A registered NOP for Welfare of Zoology

WORK EXPERIENCE

Has teaching experience of 20 years from the beginning of the career (8 years as Biology teacher at Higher Secondary Section, Guj. Board + 12 years UG, PG experience at M.Sc. Biotech. Course).

- 1) Worked in Gandhinagar International School, Gandhinagar, Gujarat – India for an year (June'2009 to March'2010) as Assist. Biology teacher.
Role : Was teaching Biology theory & practical to grade 11-12th Sci.stream of GSEB (Gujarat Secondary Education Board) & IGCSE, AS & A levels in Cambridge International Examination Section (CIE). Established & started Eco-club.
- 2) Worked in Gurukul Vidyapit V. T. Choksi Eng. Med. School, Surat, Gujarat – India for 7 years (June'2002 to March'2009) as Assist. Biology teacher.
Role : Was teaching Biology theory & practicals to grade 11-12th sci.stream of GSEB (Gujarat Secondary Education Board). Established & started Biology Lab.for school.
- 3) Worked in M. G. Shah Institute of Graduation of Medical Technology College, Amroli, Surat – Gujarat as visiting faculty.
Role : Was teaching zoology theory to Fisrt & Secondary year B.Sc. Med. Tech. students for an year.
- 4) Worked in Vallabh Seva Mandal, NGO, Surat, Gujarat as Spoken English Tutor.
Role : Taught tribal girls & college students basic English (writing, speaking & reading) for an year.
- 5) Worked as Resource Person for private Institute Ramkrishan Charitable trust.
Role : To train school teachers for AIDS awareness program & adolescent education in school.
- 6) Two years' experience of evaluation as Practical Examiner in Gujarat State Board Biology Practical Exam for 12th std.(Sci. stream).
- 7) One year experience of Theory paper evaluator in Gujarat State Board Biology Theory Exam for 12th std. (Sci. stream).

TRAINING EXPERIENCE (WORKSHOPS/SEMINARS/SYMPOSIUMS/CONFERENCES)

- 1) Attended two days UGC sponsored workshop Me and My Environment at VNSG University, Surat, Gujarat - India (26-27th Jan. '08).
- 2) Attended seminar on Laboratory animals: welfare and enrichment organized by Jai Research Foundation, Valvada, Valsad, Gujarat - India (10th May'08).
- 3) Attended two days workshop on Biodiversity Assessment organized by Wildlife training division, Gandhinagar and Society for Envir. Protect. (SEP) at HNG Uni., Patan, Gujarat - India (12-13th July '08).
- 4) Attended workshop on Introduction to SPSS at DRMISS, VNS University, Surat, Gujarat - India (8th Aug.'08).

- 5) Attended seminar on Statistical analysis using SPSS at DRMISS, VNSGU, Surat, Gujarat - India (7th Oct.'08).
- 6) Attended workshop on Qualitative analysis at DRMISS, VNSGU, Surat, Gujarat - India (1st March'09).
- 7) Attended State level seminar on Teaching Zoology in 21st Century, at M.G. Sci. Institute, Ahmedabad, Gujarat - India (18th July '09).
- 8) Attended State level seminar on Importance of trees in conservation of Avian diversity, at MS Uni., Vadodara, Gujarat - India (13th Sep.'09).
- 9) Attended National level seminar on Invertebrate Taxonomy, at MS Uni., Vadodara, Gujarat - India (18-19th Nov.'09).
- 10) Attended National level seminar on Endocrinology & Reproductive Biology – Current Advances, at Life Sci. Institute, Mumbai, Maharashtra - India (13 to 16th Dec.'09).
- 11) Attended State Level seminar on Emerging Trends in Inorganic Chemistry, at Sir P.T.Sci. College, Surat, Gujarat - India (21st Feb.'2010).
- 12) Attended XXIV Gujarat Science Congress 2010 at Gujarat University, Ahmedabad, Gujarat – India (21st march'2010).
- 13) Attended One day National Conference on Environment & Climate, at M.V. M.Sci. & Home Sci. College, Rajkot, Gujarat-India (13th Feb.'2011).
- 14) Attended one day training programme on Choice based Credit System, organized by KCG & VNSGU, Surat (10th july'2011).
- 15) Attended National Symposium on Status, Challenges & Opportunities in Life Sciences, organized at ARIBAS, V.V. Nagar, Anand (10th Sep.'2011).
- 16) Attended Workshop on Research Methodology in Social Sciences, organized by CSSEI & VNSGU, Surat.(9th-10th May'2011).
- 17) Attended National Seminar on Birds of Gujarat: Present Status & Future Scenario organized by BCSG & NAU, Navsari, Gujarat (22nd Jan.'2012).
- 18) Attended National Conference on Advanced Trends in Applied Sci. & Technology organized by SRKI, Surat (27-28th Jan.'2012).
- 19) Attended XXVI Gujarat Sci. Congress 2012 organized by M S Uni. & GSA, Vadodara (26th Feb.'2012).
- 20) Attended Regional Science Congress on Science for shaping the future of India organized by M S Uni. & ISCA, Vadodara (15-16th Sept.'2012).

- 21) Attended 6th National Level Science Symposium 2013 on Recent trends in Sci. & Tech., organized by Christ College, Rajkot (20th Jan.'2013).
- 22) Attended National Symposium on Entrepreneurship in Microbial Technology & Comp. Sci., organized by SRKI & SGCCI, Surat (9th-10th Feb.'2013).
- 23) Attended XXVII Gujarat Science Congress organized by CHARUSAT & GSC, Changa (24th Feb.'2013).
- 24) Attended GUJCOST sponsored state level conference Interdisciplinary research in life sciences organized by Government Science College, Chikhli (15th March'2013).
- 25) Attended UGC sponsored National level one day seminar on Enhancing Teaching/Learning through multimedia & Web 2.0 Technology organized by K. K. Shah Jarodwala Maninagar Sci. College, Ahmedabad (24th March'2013).
- 26) Attended National level Wild Insight Basics – a workshop on the fundamentals of wildlife & conservation, at Corbett, organized by Conservation Consortium India & Centre for Ecological Action Front (CEAF) (17th June – 22nd June'2013)
- 27) International Workshop on Ocean Acidification – Consequences for Marine Ecosystem by SCAR, SCOR, IISER, Kolkata (20th – 21st Sep.'2013)
- 28) Attended UGC sponsored National Seminar on Protection of Intellectual Property Rights: Patent or Perish, organized by Pharmacy Dept., M S Uni., Baroda (4th January'2014).
- 29) Attended National Seminar on Nutrigenomics: A promising tool for combating chronic diseases, organized by PG dept. of Homoscience, S P University, Vallabh Vidyanagar (13th – 14th Feb.'2014).
- 30) Attended Symposium on Human Genetic Disorders: A medical & Social Concern organized by Dept. of Biotechnology, SRKI, Surat (17 Oct.2014).
- 31) Attended Training Program organized by Gujarat Forest Dept., at SRKI, Surat on 18th July 2014.
- 32) Attended One day Workshop on methods & mechanisms of Human Cytogenetics organized by Institute of Science & Center for Continuing Education (CCE) , Nirma University, Ahmedabad on 8th Jan. 2015.
- 33) Attended one day National Seminar on Advances in Environmental science & Technology – A Way Forward to Clean & Green environment jointly organized by Dept. of Env. Sci. & Technology , ISAR & Guj. Ecology Commission, Gov. of Guj. On 28th Feb. 2015 at ISAR, Vallabh Vidyanagar, Gujarat.

- 34) Attended State Level FDP organized by SRKI & GUJCOST on e-Content Development for Higher Education on 22nd Aug. 2015
- 35) Attended One Day State level Symposium on Research Writing, Publication & Analysis organized by SRKI & C M Desai Research center, Surat on 3rd Oct. 2015.
- 36) Attended Nature education Camp at Aranya Udhyan (INP-East) GEER Foundation, Gandhinagar from 11th Aug. to 13th Aug. 2016.
- 37) National Conference on Innovative Practices in higher education & Digital Indian as changing paradigm organized by Bhabha National Research Academy, Gujarat & Sheth C.L. Commerce College, Ahmedabad on 17th Jan. 2016.
- 38) Attended Workshop on Eco Sensitive Zone for Wildlife & Natural Resources of Gujarat organized by The Serenity Trust in Technical Collaboration with Nalsarovor Bird Sanctuary, Wildlife Division Sanand, Guj. Forest Dept. on 10th Sep. 2016 at Gandhinagar Serenity Library & Botanical Garden.
- 39) Attended GUJCOST sponsored National Seminar on Bioanalytical Instrumentation & Techniques organized by Bhagwan Mahavir College of Science & Technology on 16th Oct. 2016.
- 40) Attended Workshop on Human-Wildlife Conflict organized by Serenity Trust with Forest dept. on 9th April 2016, Gandhinagar.
- 41) Attended State Disaster Response Team training, 60 hours course organized by Indian Red Cross Society, Gujarat State Branch from 21st to 25th Dec.2016. at Bhuj Kutch Gujarat.
- 42) Attended training program on Basics & Application of Geospatial Technology & Remote Sensing for Forest & Wildlife Conservation organized by Serenity Trust, Loris Associates & GEER Foundation, Gujarat on 11^h Feb.2017, Gandhinagar, Gujarat.
- 43) One Day workshop on Morphological Study of Tapi River using Remote Sensing Techniques sponsored by Central water Commission, New Delhi, Ministry of Water resources, River Development & Ganga rejuvenation, Gov. of India, organized by Centre of Excellence, Civil Eng. Dept., SVNIT, Surat on 21st July 2017.
- 44) Participated in User Training Program of EasyEdmin software organized at SRKI, 26th Aug. 2017.
- 45) Attended National Level Symposium on Research Projects: Proposal & Grants organized by SRKI in collaboration with GUJCOST on 15th Sep. 2017.
- 46) Attended Healthy Ageing Training of trainers organized by IFRC & Indian Red Cross Society at Ahmedabad from 27th to 29th April 2017.

47) Attended 3rd National Conference on Biological Tools for Sustainable Environment organized by Dept. of Biosciences, VNSGU, Surat on 24th March 2018.

48) Workshop on Orientation & curriculum designing for B.Sc. Zoology organized by Dept. of Zoology, P.T. Sarvajani College of Science, 26th July 2019.

49) One Day Regional FDP on Innovative teaching Practices in Zoology jointly organized by Sir P.T. Sarv. College of Science & SRKI, Surat on 28th Dec. 2019.

ORIENTATION & REFRESHER COURSES

1) 79th Orientation Program from 2/6/2014 to 29/6/2014 conducted by The academic Staff College, Gujarat University, Ahmedabad.

2) Refresher Course/ Winter School from 3rd Jan 2018 to 23rd Jan. 2018 on Env. Education & Disaster management conducted by UGC-HRDC, Devi Ahilya Vishwavidyala, Indore.

3) 15 Days Online Refresher Course on Emerging trends & Challenges in Interdisciplinary Research & Teaching in Science Technology & IPR from 16th to 30th June at Amity University Uttar Pradesh, Noida organized by Amity Staff College & Amity Institute of Forensic Sciences in collaboration with Forensic Sci. Lab., Gov. of NCT, Delhi

RESEARCH EXPERIENCE

Involved in research since the year 2006 on Premenstrual Syndrome (PMS) in Women, which is hardly studied scientifically in India.

Carried out a survey based research during M.Phil on 250 women of age group 13-36 years for understanding the trend, prevalence, types & symptoms of PMS.

During the PhD, personal interview based survey was undertaken wherein more than 1000 women in age group 13 to 36 years from various parts of Gujarat – India were interrogated to find out various PMS physical – psychosomatic symptoms. Also study of their domestic life style, food habits, economic status, social- religious customs & menstruation pattern etc. was carried out to find out causes for higher rates of PMS & its types in Gujarat women. Further, clinical examinations & hormonal tests of those subjects who show high grade of PMS & were very likely to gain PMDD (Premenstrual dysphoric Syndrome) was also undertaken.

In 2011, for educational & awareness, www.rutuja.org website was launched for PMS without any funding source wherein PMS symptom checker, expert articles, blogs etc is included which is on-going till date.

Has guided more than 35 dissertations for M.Sc. Environmental Science &

Biotechnology.

PUBLICATIONS

1) Books : A book Guidelines to Biology for Std. 12th Sci. in year 2007-08, Popular Prakashan, Surat.

2) Research Papers :

1. Cytogenetic Analysis of radiotherapeutic & diagnostic workers occupationally exposed to Radiation (Vol.4 (1), 65-69, 2004, IJHG, New Delhi, India).

2. Premenstrual Syndrome (PMS) in the Girls of age groups 13 to 23 years – A Study (Vol.V, 198-203, 2007, VNSGUJ, Surat, Gujarat - India).

3. Status of Types of Premenstrual Syndrome (PMS) in adolescent girls of Surat city (Gujarat) (Vol.05, No.1, 39-42, summer 2008, NJLS, Satna, M.P., India).

4. In vitro toxicity assessment and enhanced drug solubility profile of green deep eutectic solvent derivatives (DESs) combined with theoretical validation. RSC Adv., 2020, 10, 24063, Royal Society of Chemistry, DOI: 10.1039/c9ra10320a

3) Oral paper presentations:

1. Indoor Pollution (One day National Conference on Environment & Climate, at M.V. M.Sci. & Home Sci. College, Rajkot, Gujarat-India, 13th Feb.'2011)

2. Menstrual Cramps in College girls of Surat City- A Study. (National Conference on Advanced Trends in Applied Sci. & Technology organized by SRKI, Surat ,27-28th Jan.'2012).

3. A study of BMI & health status of adolescent girls (age groups 13 to 18 years) of surat city. (XXVI Gujarat Sci. Congress 2012 organized by M S Uni. & GSA, Vadodara, 26th Feb.'2012).

4. Study of Mental Health Status of Housewives in Surat City. (paper ID 15WCI301) (National Conference “Women in 21st Century: Concerns & issues” organized by Sitarambhai Naranji Patel Institute of Technology & research Center, Vidyabharti Trust Institution, Umrakh, ISBN 978-81-929339-2-4, 11th April, 2015).

5. A Study on General health & Hygiene of Muslim Adolescent Girls of Surat City, Gujarat _ India (International Conference Women in Science & Technology: Creating Sustainable Career organized by Gujarat Technology University in collaboration with BVM Engineering College, Vallabh Vidyanagar, Gujarat from 28 to 30th Jan.2016)

6. (National Seminar on Environmental & Occupational Health organized by NIOH, Ahmedabad, 5th & 6th June 2016)

7. Innovation Teaching methods using ICT for Undergraduates of Science (National Seminar on Innovations in Higher Education organized by Kadi Sarva Vishwavidyalaya, Gandhinagar, 7th Jan.2017)

8. The Study of Yoga & Meditation on Anxiety Disorder Prevailing Amongst UG & PG students of Science College, Surat – Gujarat (National Seminar on Human Health: Need of the hour jointly organized by Indian Science Congress Association (ISCA-BC) & Faculty of Science, M. S. University Vadodara with support of ISG-VC & IWSA-BB, 24th Dec.2019).

9. Impact of Food & Caffeinated Beverages on Premenstrual Syndrome State of women (National seminar on Present Day Biology: Impact of Research at Molecular & Cellular Level organized by Depart. Of Biochemistry- Biotechnology, St Xavier's College, Ahmedabad, Jan. 3rd & 4th 2020).

4) Posters:

1) Trend of Menarche & menstruation in Surat City girls (Poster presented at 23rd Gujarat Science Congress, 15th Feb.'09).

2)Taxonomic account of ornamental fishes of Surat City (Poster presented at National Symposium on Entrepreneurship in Microbial Technology & Comp. Sci., organized by SRKI & SGCCI, Surat (9th-10th Feb.'2013).

3) Status of acidification of Gulf of Khambhat, Gujarat (Poster presented at International Workshop on Ocean Acidification – Coonsequences for Marine Ecosystem by SCAR, SCOR, IISER, Kolkata (20th – 21st Sep.'2013)

4) Fishes of India – The source of functional foods for chronic diseases (poster presented at National seminar on nutrigenomics: A promising tool for combating chronic diseases, S P University & PG Dept. of Home Science, Vallabh Vidyanagar (13-14th Feb.'2014).

5) Metabolomics: An emerging discipline of Nutrigenomics (poster presented at National seminar on nutrigenomics: A promising tool for combating chronic diseases, S P University & PG Dept. of Home Science, Vallabh Vidyanagar (13-14th Feb.'2014).

6) Chitosan Nanoparticles Synthesis from Shrimp Waste for Application in the pharmaceutical Industry poster presented & **won 3rd prize** in Post graduate category at National Conference on Innovtions & Recent Trends in Drug Discovery Techniques, Radio labeling & Applied Science Research, organized by UKA Tarsadia University, Depart. Of Chemistry & Maliba Pharmacy College, Bardoli (23-24th January'2015)

7) Role of Plankton in Balancing Carbon Cycle with Vidhyavati Vasawa at One Day Seminar on environmental Protection for Sustainable Development organized by Bhagwan Mahavir College of Science & Technology and Bhagwan Mahavir College of M.Sc. Bioechnology, Surat on 4th March 2015.

8) Review on Molecular Diagnosic of Hepatitis C Virus Infection (Review Poster with Daryani Khusbhoo at National seminar on Present Day Biology: Impact of Research at Molecular & Cellular Level organized by Depart. Of Biochemistry- Biotechnology, St Xavier's College, Ahmedabad, Jan. 3rd & 4th 2020)

9) Review on Role of Molecular Cytogenetic Techniques in Diagnosis of Diseases Review Poster with Mithu Ezhuthachan at National seminar on Present Day Biology: Impact of Research at Molecular & Cellular Level organized by Depart. Of Biochemistry- Biotechnology, St Xavier's College, Ahmedabad, Jan. 3rd & 4th 2020)

10) Production of Rhamnolipid Biosurfactant from Animal Waste by Pseudomonas aeruginosa with Sharma Khushi S. (CH019) (atGSBTM-Sponsored National Conference on Academia-Industrial Interactions on Surfactants, Nanomaterial, Biosciences & Environmental Remediation Organized by PP Savani University in Association with Society for Industrial Chemistry February 9th 2020, Surat)

11) (poster presented at International Conference on Ecohealth & Enviornmental Sustainability organized by Navrachna Unversity, Vadodara, Gujarat in association with University of Calgary, Canada, 24th to 26h Feb. 2020).

WEBINAR & ONLINE TRAINING PROGRAMS

1) Online Summer School on Sustainability BLISS 2015 organized by Teri University, New Delhi, 16 to 20th March 2015.

2) Webinar for Educators (with topics Stress Management during COVID, Use of Google Classroom & Forms of online Learning, Develop Inter-disciplinary Projects) organized by Dept. of Training, Center of Training, IITE , 20 to 22nd April 2020.

3) Systematic Literature Review- S.R.A. M. Model by Dr. Hiren Patel from 23 to 26th April 2020.

4) National Level Webinar Sarvagyan-2020 hosted by Kadi Sarva Vishwavidyalalay, Gandhinagar & Sarva Kadavni Mandal, Kadi in collaboration with Pramukh Swami Science & H D Patel Arts College, Kadi, Dipan Foundation- Patan from 27 to 29th April 2020.

5) Webinar on Citizen Science organized by Gujarat Council of Science & Technology, DST, Gov. of Gujarat on 27th to 2nd May 2020.

6) 2 Days Workshop on Professional Leadership & management organized by Christ Institute of Management, Rajkot on 6th & 7th May 2020.

7) 3 Days Workshop on Adobe Indesign Newspaper/ Tabloid Layout Design organized by Dept. of Communication Media, Auxilium College, Vellor from 14th May to 16th May 2020.

8) Abhivyakti: Webinar on recent Perspective of Science in Line of Covid-19 pandemic jointly organized by Gujarat University, Gujarat Science academy & Essencetech from 17th to 20th May 2020.

9) National Webinar on Mental Health & Positive Attitude During Lockdown jointly organized by Thakorshi Mulvaji Arts College, Kotdasangani & Gov. Arts & commerce College, Babra on 21st May 2020.

10) One Day International FDP on AI based Proctoring in Next Generation Education organized by IQAC & School of Computational Science, Chennai on 23rd May 2020.

11) STC: Online Course Design organized by Dept. of Training, Center of Training, IITE, Gandhinagar, 25th May to 29th May 2020.

12) Virtual Lecture Session on Psychological Effects of COVID 19 Pandemic on Students due to Closure of Educational Institutions during Lockdown organized by Himachal Pradesh University on 26th May 2020.

13) Webinar on Stress Management organized by Psy Lens Center, Surat on 9th & 16th June 2020.

14) Attended International Yoga Day Online Event 2020 conducted by Heartfulness Institute on 21st June 2020

15) Webinar on IPR & Patenting organized by Dept. of Chemical Sciences, Maharaja Ranjit Singh College of Professional Sciences, Indore, MP on 24th June 2020.

16) International Conference on Healthy Ageing 2020 organized by Geriatric Care & research Organization, Quality of Life , Res & Dev foundation, Institute of Insight, UK on 8th Aug. 2020.

17) International Webinar on Integrated Risk Management organized by IFRC & Indian Red Cross Society with Netherlands Red Cross & many more on 28th Aug. 2020.

FELICITATIONS/ AWARDS/ APPRECIATIONS

1) Appreciation by Society of Cancer Awareness & Redemption (SCAR), for Mass Awareness of students regarding Cancer in the year 2004.

2) Felicitated by Lions Club of Surat as BEST TEACHER (college category) on 10th Sept. 2014.

3) Felicitated by Heartfulness Institute, Surat Center, Gujarat on 5th Sept. 2018 as BEST TEACHER.

4) Appreciation Certificate by JCI Surat Metro Zone VIII, India for Coordinating FUTURE Training Program named R.I.S.E. (Rejuvenate Individual Student Enhancement Training Program) Module 1 (24 to 28th Aug. 2020) & Mod. 2 (31st to 4th Sep.2020) for B.Sc. students of SRKI

5) Eklavya Awards 2021 by International Council for Education, research & training (ICERT), New Delhi Branch during 2 days Web conference on Jan.22-23rd 2022.

OTHER ACHIEVEMENTS:

- 1) Visited Finland under Rotary International Group Study Exchange Program.
- 2) Diploma in Naturopathy from IAMR, Kolkata, India.
- 3) All India Radio Vani Certificate (FM Radio, Delhi) for working as announcer in Radio station.
- 4) Gujarat Government Trained Nodal Teacher for AIDS Awareness & SAEP (School adolescence education program) at school level.
- 5) Certificate course in Herbal Recipes from Vallabh Seva Mandal, Surat, Gujarat
- 6) CCC from DOEACC
- 7) Has delivered 3 live television lectures from BISAG, Gandhinagar
- 8) Is Science Expert for Secondary & Higher Secondary (9-12th STD), selected by GUJCOST for Live MSQ BISAG SATCOM Television Series, Gandhinagar
- 9) Has learnt Vipasana Meditation Technique & Reiki
- 10) Has independently done 2 glass painting exhibitions successfully in Surat – Gujarat.
- 11) Is trained in Yognindra & Guided Relaxation techniques by Dr Palan, at Vadodara, Gujarat
- 12) Trained Menstrual Educator from Menstrupedia
- 13) Had cleared IELTS with overall 8 BANDS (8.5,9,7,7.5) ON 20TH November'2008.

EDUCATION & TRAINING IN MENTAL HEALTH/ PSYCHOLOGY

1) A Collaborative National Level Workshop on Cognitive Behavioural Therapy for Depression organized by Sheth P. T. Mahila College of Arts & Home Science & Psy Lens Center for Psychological Services, Surat from 27-28th Sept. 2004.

2) Theoretical & Experiential Training of 14 hours on Fundamentals of CBT conducted by Dr. Dipti Joshi, Certified Psychologist & Supervising CBT from Beck Institute, USA on 4th & 5th April 2015 at Surat.

3) Workshop on Rational Living for 7 hours organized by Rationally Yours Center & Sheth P. T. Mahila College, Urja Counseling Center, Surat on 26th Feb.2016

4) Workshop on Basic Counselling Skills of 7 hours organized by Rationally Yours Center & Sheth P. T. Mahila College, Urja Counseling Center, Surat on 23rd July .2016

5) Basic Practitioner Course in Cognitive Hypnotic Coaching conducted by Institute of Clinical Hypnosis & Related Sciences on Sept, 8 to 10th 2017.

6) 2 Days workshop on Basic Rational emotive Behaviour therapy of 14 hours organized by Sparsh Self Enrichment & Research Center , Surat on 11th -12th March 2017.

7) 3 Days Workshop on Rational Emotive behavioue Therapy Level –II of 21 hours organized by Sparsh Self Enrichment & Research Center, Surat & Urja Counseling Center Surat on 17th to 19th March 2017.

8)One Day training in Motivational Interviewing (MI) & Partners for Change Outcome Management System (PCOMS) organized by West Texas A & M University, Psylen Center & Sir P. T. Mahila College, Surat on 16th Dec. 2017.

9) 20 Hours Online Course on Understanding Mental Health Disorders in Adults organized by Psy Lens Center Surat from 11th May to 19th May 2020.

10) Yoga in Mental Health Certified Comprehensive Online Educational Course of 10 points organized by WPA in association with Indian Psychiatric Society & NIMHANS, Bangalore , on 30th Nov. 2021, 7th Dec. 2021, 11th Dec. 2021 & 18th Dec. 2021.

INVITED SPEAKER / RESOURCE PERSON / SUBJECT EXPERT/ PUBLIC LECUTURES

1) Invited as a resource person to deliver a talk on Role of Nodal teachers for AIDS education & Awareness on 3rd Nov.' 2004 for Nodal Teachers & PEs students of 30 schools under school AIDS Education Program managed by Gujarat State AIDS Control Society (GSAC) at V. N. Godhani Kanya Vidhyalya, Katargam, Surat- Gujarat.

2) Invited as Subject Expert by Jaybharati Community Science Center, Surat in coordination with GUJCOST, on 29th Feb. 2008 for National Science Day Celebration.

3) Invited as Resource Person for Bridge Course in Zoology for Under Graduates at Sir P.T. Sarvaj. College of Science, Surat on 30th June 2014.

4) Invited as a resource person to deliver a talk on Premenstrual Syndrome 19th July' 2014 in FEMICON-2014 Conference organized by DAMINI NGO in partnership with Veer Narmad South Gujarat University, at VNNGU convention Hall, Surat- Gujarat.

5) Invited as Guest Speaker by Lions Club of Surat to deliver a talk on Music that Heals on 10th Spet.'2014.

6) Invited as an Expert for Panel Discussion entitled Science Policy: Preparing a Roadmap for Improving Science Education & Research as a part of National Science Day Celebration at Inst. Of Science, Nirma University, Ahmedabad on 28th Feb.'2015.

7) Invited for Public lecture on Women Mental Health & Mentality at Lions Club of Surat on 4th March 2015.

8) Invited as an Expert for Maths Science Questionnaire Program, organized by Gujarat Council on Science & Technology (GUJCOST). Gandhinagar, Gujarat at Science Center, Ahmedabad on 27th March 2015.

9) Invited as Speaker for Bridge Course in Botany organized by Biology Department, Government Science College, Chikhli , Navsari- Gujarat during 18th May to 21st May 2015.

10) Invited as a Resource person for expert talk in Crash Course Program organized by Shree Ramkrishna Inst. Of Comp. Edu. & App. Sciences in partnership with Gujarat State Biotechnology Mission (GSBTM), Gandhinagar from 11th May to 15th May 2015.

11) Invited as Guest Speaker at Veer Narmad South Gujarat University Girls Hostel during the year 2015 & 2016 to deliver talks on Menstrual Disorders, Breast Cancer & Breast Feeding.

12) Invited for an expert lecture on Biological sample collection & preservation, list of scheduled-I animals & endangered species of Gujarat & India for M.Phil/ PhD course work at Bioscience Department, Veer Narmad South Gujarat University, Surat- Gujarat on 23rd Jan. 2016.

13) Invited for guest lecture in One Day Workshop on Awareness & Conservation of Local Biodiversity organized by Government Science College, Vankal in partnership with Gujarat Biodiversity Board on 10th May 2016.

14) Invited for Expert Lecture on Beyond the Boundaries in National Seminar organized by Faculty of Education, Kadi Sarva Vishwavidyalaya, Gandhinagar on 7th Jan.'2017.

15) Invited as Guest Speaker in Ryan International School, Surat, Gujarat on 7th June 2017 on as a part of Environment Week Celebration to deliver a speech on No Plastics.

16) Invited as Guest Speaker by Senior Citizen Welfare Association, Bhatar on 1st July 2017 to deliver a talk on Healthy Ageing.

17) Invited as Guest Speaker by Junior Chamber International Surat on 5th March 2018 to deliver a talk on Health & Hygiene for secondary girls students at Shree Kanchanlal Mamavala School, Adajan, Surat.

18) Invited as a resource person to deliver talk on Laboratory Animal Care, maintenance of Germ free Animals & Basics of Nutrition of Lab Animals for M.Phil/ Phd Course Work on 26th July & 27th July 2018 at Bioscience Department, Veer Narmad South Gujarat University, Surat- Gujarat.

19) Invited for Young & Mid-Career Faculty Talk on Role of Hormones in PMS at International Conference on Reproductive Endocrinology & Development (ICRED) jointly organized by SRBCE & Navrachna University, Vadodara, Gujarat from 18-21st Jan. 2019.

20) Invited as Resource person for conducting lecture for Ph.D Course Work 2020-21 online on 23rd Feb & 6th March 2021 on topics Reproductive Disorders, Infertility, Designer baby etc organized by Dept. of Biosciences, VNSGU Surat.

21) Invited as Expert Panelist at Asia-African Summit 2021 on Menstrual Hygiene Management organized by AL2050 Foundation & Toto Africa , 10th & 11th Dec 2021

SUBJECT AREAS OF INTEREST

Animal Science, Health Science (with special emphasis for women & adolescent health & mental health), Reproductive Biology, Endocrinology, Physiology, psychology, metaphysical science, Wildlife Biology, Environmental Science , Science Education, , Psychology , Food & Nutrition, Aquaculture & Fisheries, Holistic & Alternative Medicines

HOBBIES

Music, cooking, drawing, reading, craft work, travelling

LIFE MEMBERSHIPS

- 1) Life Member of Indian Science Congress Association, India. (ISCA) (Membership No. L21901)
- 2) Life Member of Bird Conservation Society (BCSG), Gujarat - India. (Membership No. L-13/367)
- 3) Life Member of Society for Science and Environment, Jalgaon, India. (Membership No. SES-181)
- 4) Life Member of People for Animals, New Delhi- India (Membership No. GJT- 001274)
- 5) Life member of Indian Society of Geomatics (ISC) (Membership No. ISG-L: 1576)
- 6) Life member of Indian Red Cross Society (IRC)
- 7) Life member of St. Johns Ambulance
- 8) Life member of Indian Psychiatrist Association (IPS) (Membership No. LAM/N01/17)
- 9) Life member of Heartfulness Meditation (ID No. H00029330)
- 10) Life member of Society for Reproductive Biology & Comparative Endocrinology (ID No. LM 494-2019)

WORK AT RUTUJA NGO

Due to COVID pandemic, presently offline activities are not conducted.

Different Segments & Initiatives at NGO

1) **Pustak Mimansa Book Lover's Club** : Life transforming books & women oriented books are discussed.

2) Online Free Webinars for awareness related to health diseases, social issues, etc : more than 15 Guest speakers have been brought to talk on allied topics till date.

3) **Relax@ Rutuja** : Addressing Mental Health Issues- 65 guided relaxation sessions were undertaken during 2nd wave of covid.

4) **Research related to Women's health**: 3 online internships have been completed on projects like a) Pre & Post PMS effects of COVID-19 b) Guided relaxation & Stress Management c) Covid Vaccine Hesitancy Survey in Indian Population d) Covid -19 Vaccine Effects on Menstrual Cycle of Indian Women Around 3 papers have been published in reputed journals.

5) **Healthy Ageing**- An online weekend session starts from Feb.2022 where Digital Tools will be taught to old age people for day to day communication.

Social Media Handlers of Rutuja Organization

1) Instagram

https://www.instagram.com/p/CUv-NvZKFdj/?utm_medium=copy_link

2) Facebook Page

https://www.facebook.com/rutuja_women-126072432115986

3) Youtube channel

<https://youtube.com/channel/UC2VIjjZ2Bqh60bUcmJWM4Sg>

4) Facebook Account

<https://www.facebook.com/rutuja.shah.3576>