

2023-24

# PLACEMENT

BROCHURE



**Institute of Home Science**

**University of Kashmir**

**Hazratbal Srinagar- 190006**

## Message from the Director

We the team at Home Science are delighted to welcome our students, scholars, faculty members and all those associated with our Institute. The Institute offers supportive and academic environment that prepares our young students to pursue their carrier in this modern world of technology. Established in 1982, the Institute of Home Science has emerged as the only Female Institute in J&K catering to the female education at P.G and Ph. D, level.



As the Director of Institute of Home Science, I shall put all efforts to make Home Science subject more Job oriented for females. As the largest female Department at the University, it trains the students in such a way which makes a difference in their lives. We do ensure that our programmes are practically relevant. The Institute of Home Science is equipped extensively with good library, well established Laboratories, learning resources, information technology equipment etc. We look back with pride at our achievements. During the last 30 Years, Home Science has produced experts working as Academicians, Nutrition Educationists, Dieticians in various hospitals and Health clinics, Social Welfare Department, Administrators, NGOs, etc. We have produced M. Phil and Ph. D's in various specialisations, i.e. Food Science and Nutrition, Dietetics and Clinical Nutrition, Extension and Communication, & Human Development. The Alumni of the Institute are now working as University and College faculty as well. The Institute is very much involved in Gender sensitisation programmes. The Institute also has a functional Day Care Center for the children of the University employees.

Dr. Hummera Azim

**Director**

## Vision

We aspire to attain the status of reputed institute of par-excellence in teaching, research and extension; and building a dynamic and responsible learning community of high-quality societal orientation.

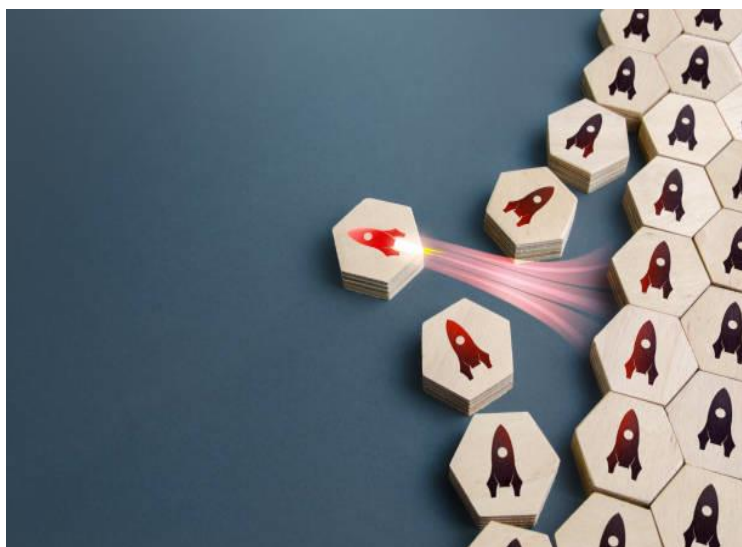


## Mission

We commit ourselves to the participatory engagement of teachers, scholars and students in educational and research programmes aimed at intellectual enlightenment and emancipation at individual and societal levels.

## Thrust Area

1. Community Outreach
2. Gender and Development
3. Early Childhood Care and Education
4. Participatory Community needs and assessment
5. Special Population groups: Elderly & Children with disabilities
6. Experimental Cookery





## The University

The University of Jammu and Kashmir was founded in the year 1948. In the year 1969 it was bifurcated into two full-fledged Universities: University of Kashmir at Srinagar and University of Jammu at Jammu. The University of Kashmir is situated at Hazratbal in Srinagar. It is flanked by the world-famous Dal Lake on its eastern side and Nigeen Lake on the western side. The Main Campus of the University spread over 247 acres of land is divided into three parts – Hazratbal Campus, Naseem Bagh Campus and Mirza Bagh Campus (serving residential purpose). Additional land has been acquired at Zakura near the main campus for further expansion of the University. The tranquil ambience of the Campus provides the right kind of atmosphere for serious study and research.

Over the Years University of Kashmir has expanded substantially. It has established Satellite Campuses at Anantnag (South Campus), Baramulla (North Campus) and Kupwara (Kupwara Campus) to make higher education more accessible to people living in remote areas of Kashmir valley. The University has also established a Sub-Office at Jammu to cater to the needs of the candidates enrolled with the University from outside Kashmir.

The University is committed to provide an intellectually stimulating environment for productive learning to enhance the educational, economic, scientific, business and cultural environment of the region. The University offers programmes in all the major faculties; Arts, Business & Management Studies, Education, Law, Applied Sciences & Technology, Biological Sciences, Physical & Material Sciences, Social Sciences, Medicine, Dentistry, Engineering, Oriental Learning and Music & Fine Arts. It has been constantly introducing innovative/ new programmes to cater to the needs and demands of the students and the society.

Over the years, the University has marched towards excellence in its programmes and activities. It has been re-accredited as Grade-A+ University by the National Assessment & Accreditation Council (NAAC) of India. This is recognition and reflection of the high standard of quality in teaching and research at the University of Kashmir.



## Institute of Home Science

Established in the Year 1982, the Institute is actively involved in Teaching, Research and Extension activities. It has active academic and research collaborations with SKIMS, GMC, SKUAST and other Departments of the University. It has already conducted research on issues like Women Empowerment, Domestic violence against women, Nutritional Status of the Adolescent girls, Pregnant Women and Menopausal Women, Assessment of ICDS Programmes, Growth and Development of Children, Feeding Practices amongst Infants etc. The Institute has started campus placement and is involved in Gender Sensitization programmes. It plans to enhance its research capacities in Nutraceuticals & Functional foods, Therapeutic Nutrition, Community Nutrition, Child Psychology, Gender and Development etc. It plans to establish Mobile Extension Education Unit which will be involved in Demonstration of new technology to women at grass root level and organise workshops and Seminars not only in the University but also at the Community level.



## CORE FACULTY

Dr. F.A. Masoodi

Professor (D.A.A)

masoodi\_fa@uok.edu.in

Dr. Hummera Azim

Associate Professor (Director)

drhumaira@uok.edu.in

Dr. Shafia Nazir

Associate Professor

shafianazir@uok.edu.in

Dr. Muzamil Jan

Sr. Assistant Professor

muzamiljan@uok.edu.in

Dr. Naila Irshad

Sr. Assistant Professor

nailairshad@uok.edu.in

Dr. Gazala Nisar

Assistant Professor

nisargazala@gmail.com

Dr. Shafia Jan

Assistant Professor

mshafia@uok.edu.in

## VISITING FACULTY

Prof. Sabiya Hussain

Professor and Director

Centre for Women Studies, Jamia Millia University

Prof. Parveena Pandit

Professor and Principal

Institute of Advance Studies, Kashmir

Prof. Sarita Sharma

Professor and Head

Department of Food Science and Technology, Punjab Agriculture University

Prof. Sudha Katyal

Professor and Principal

Government Home Science College, Chandigarh

Prof. S. K. Bawa

Professor and Dean

School of Education, Central University of Punjab, Bathinda

Prof. Narpinder Singh

Professor

Department of Food Science and Technology

Prof. Paramita SenGupta

Professor

Department of Community Medicine, Christian Medical College, Ludhiana

Prof. Jatinder Jeet Kaur Gill

Professor and Head

Department of Family Resource Management, Ludhiana

Dr. Apparna Khanna

Associate Professor

Department of Development Community and Extension. Lady Irin Collge, University of Delhi





Prof. Pam Raj Put

Professor Emiratus

Punjab University, Chandigarh



# Masters in Home Science

<b><u>M.Sc. SPECIALIZATIONS:</u></b>	<b><u>Course Code</u></b>
 FOOD SCIENCE AND NUTRITION	F. Sc. N
 DIETETICS AND CLINICAL NUTRITION	D. Cl. N
 EXTENSION AND COMMUNICATION	E. C
 HUMAN DEVELOPMENT	H. D

## Programme Outcomes (PO)

### Food Science and Nutrition

Provide quality education to make the students technically competent to face the challenges in the field of food science and nutrition. Train on innovative product/process development applying the science of food and to be able to serve in core industry, which leverages diverse food science and nutrition domains including, disease prevention, product development, safety & quality control. Harness the skills required to be an efficient entrepreneur and to be able to build competent nutrition professionals to address the health-related community issues. Perform in applied nutrition fields including public health and diet therapy and enable students to confidently pursue higher studies and research in nutrition and interdisciplinary areas. To apply technical skills, knowledge of food science and nutrition, critical thinking, and decision-making skills in research and development. The students will also be able to know and understand the basics and principles relating to food, nutrition and the relationship of food to human health. Identify the conditions, including sanitation practices, under which the important pathogens and spoilage microorganisms are commonly inactivated, killed or made harmless in foods. Gain knowledge on nutritive value of different foods, cooking methods, factors influencing and changing cooking quality and also home scale processing and storage skills to retain nutrients. Identify food-based strategies for alleviating nutritional problems to achieve nutrition and health security. Also, recognise government regulations required for the manufacture and sale of food products. Further to know the major chemical reactions that limit shelf life of foods and to explain the basic principles of sensory analysis. Students would be able to calculate and interpret nutrient composition of foods, modify recipes and recipe proportions for individuals and groups. Provide and equip students with knowledge and critical thinking in understanding the recent developments of nutritional science and novel food usage with evidence-

based approach.

## Dietetics and Clinical Nutrition

Utilize knowledge from the physical and biological sciences as a base for understanding the role of food and nutrients in health disease processes. Provide nutrition counselling and education to individuals, groups and communities throughout the lifespan using a variety of communication strategies. Evaluate nutrition information based on scientific reasoning for clinical, community, and food service application. Apply technical skills, knowledge of health behaviour, clinical judgment, and decision-making skills when assessing and evaluating the nutritional status of individuals and communities and their response to nutrition intervention. Implement strategies for food access, procurement, preparation, and safety for individuals, families, and communities. Perform food management functions in business, health-care, community and institutional arenas. Practice state-of-the-art nutrition care in collaboration with other health-care providers in interdisciplinary settings within the bounds of ethical, legal and professional practice standards. Provide culturally competent nutrition services for individuals and communities. Accurately interpret data and research literature to solve complex problems. Critically evaluate information on food science and nutrition issues appearing in the popular press. Analyze the environmental dimensions of issues facing professionals. Demonstrate creativity in the discipline in ways that have practical benefits. Competence in the skills of assessment, planning, management and evaluation of food service, nutrition and dietetic services in institutional food, community nutrition, and clinical dietetics settings. Students will utilize advanced principles of health literacy, including critical thinking skills, literature searches, data collection and interpretation, necessary for the implementation of food and nutrition services in professional settings. The course equips students with ability to manage a healthy society and country. This goes a long way in progress of entire nation and thus world. Students can work at both national and international level after completion of higher studies in this course. The course gives an opportunity to willing students to establish an enterprise of their own in health and food sectors.

## Extension and Communication

The Programme Extension and Communication integrates this broad-based knowledge and focuses on community development with special focus on rural area, women and children. It combines the study of social, emotional, and physical aspects of community development considered within cultural contexts and relevant to social policies. It includes theories of Development which give points of reference to explain what to observe and how to understand the developmental process. This Programme is also useful source of behaviour and trends, and account for the path that individuals follow, whether these can be called paths of growth or lack of progress. It helps us understand social issues, welfare programmes, women empowerment, education and gender studies. The Programme of Extension and Communication also help students in understanding conservation, development and use of natural resources; proper farm and home management; better

family living; youth development; leadership development; community and rural development; improving public affairs for all round development; raise the standard of living of the rural people by helping them in right use of their resources; help in planning and implementing the family and village plans for increasing production in various occupations; and provide facilities for better family living. Extension programs are service to extend research-based knowledge to the rural sector in order to improve the lives of rural people. Extension includes components of technology transfer, broader rural development goals, management skills, and non-formal education. It also includes women studies and child welfare. In this Programme students get opportunities to work with different kinds of leaders such as: innovators, opinion, community, or traditional leaders. The extension workers act as guide and educate them how to use new knowledge, skills and attitudes in solving their problems. The extension education helps all classes of people men, women and youth to solve their present and future economic, social and cultural problems. Extension Professionals they have witnessed serving their local communities. Extension and Communication Programme help you stay on top of those ever-changing demands so you can better serve your community. The subject aligns the curriculum with the professional competencies, such as program planning, evaluation, communications, volunteer leadership, and other competencies that are essential for Extension professional success. The Extension and Communication Programme also prepares for Extension careers and beyond. The Subject brings forth academicians, in addition to master's and doctoral degrees. "Extension professionals have challenging and rewarding careers as they engage with their communities. Under the programme students are taken to field surveys so that they interact with stakeholders and get practical training of what they are learning. The experience goes beyond reading about a concept. Students are able to see, manipulate and participate physically. Students are able to see elements with their eyes rather than reading about it and believing what they are told in classrooms. It takes students from the book learning in the classroom and extend it to life situations. Students often question the importance of topics they study in class. Field visits answer their questions of how learning can be applied in life. Students incorporate the field survey experiences back into classroom activity after returning to department. The Subject has a unique outcome as public agency because the programme advances the environment, human health and well-being, youth, and communities while creating prosperity for all. The Programme helps the public and private sector to recruit and retain a high-performing workforce that helps individuals, families, farmers, and communities to innovate. Extension professionals provide solutions that improve the quality of life for families, women, children, youth, and communities.

## Human Development

Human development is a multidisciplinary study of the psychological, biological, and sociological factors that impact people from infancy through adolescence to adulthood. The program is devoted to understanding the nature of human development across the lifespan in a culturally diverse, changing and complex world. Our effort is to apply contextual and systemic frameworks to the study of development and relationship processes through research, teaching and application. It is a fascinating and intriguing subject primarily because it is about people. It helps the students to understand the changes that take place in our lives: in our

bodies, personalities, thinking, feelings, behaviour, relationships and in the roles that we play during different periods of our lives. We seek to describe the changes that take place from conception through adulthood. Information about these changes comes primarily from scientific research that accurately observes, measures, records and interprets so that objective data are obtained. Human development seeks to describe, explain, predict and influence the changes. The program helps to promote competence in scientific study, research in the field, and the use of relevant assessment measures for children. It helps to develop sensitivity and skills in working with children and families. Students are able to acquire working knowledge in counselling children and families. The ability to plan and implement programmes for children and create awareness about children and families living in difficult circumstances is also encouraged. The curriculum values and supports interdisciplinary perspectives and combines classroom learning with field opportunities. It makes the students able to understand the domains of Human development from the life span perspective. On the successful completion of the Programme the students may demonstrate the sound theoretical knowledge regarding theories of human development, family studies, advanced human development, psychological testing, research methods, statistical applications, early childhood education, child and family rights disabilities, family guidance and counselling and creativity.

## Semester I

S. No.	Title of the Course/ Course Code.	Specialization	Hours/Week			Marks	Credits
			L	T	P		
1	Applied Physiology HSC22101CR	<b>Both Food Science &amp; Nutrition/ Dietetics &amp; Clinical Nutrition</b>	4	0	0	100	4+0+0=4
2	Nutritional Biochemistry HSC22102CR		4	0	0	100	4+0+0=4
3	Lab Techniques in Physiology & Nutritional Biochemistry (Lab Course) HSC22103CR		0	0	8	100	0+0+4=4
4	Communication Techniques HSC22104CR	<b>Extension &amp; Communication</b>	4	0	0	100	4+0+0=4
5	Methods for Community Participation HSC22105CR		4	0	0	100	4+0+0=4
6	Communication Techniques & Methods for Community Participation (Lab Course) HSC22106CR		0	0	8	100	0+0+4=4

7	Methods of Studying Human Development HSC22107CR		<b>Human Development</b>	4	0	0	100	4+0+0=4
8	Early Childhood Care & Education HSC22108CR			4	0	0	100	4+0+0=4
9	Methods of Studying Human Development & Early Childhood Care & Education ( <b>Lab Course</b> ) HSC22109CR			0	0	8	100	0+0+4=4
10	Food Microbiology HSC22110DCE	<b>Food Science &amp; Nutrition/Dietetics &amp; Clinical Nutrition</b>	4	0	0	100	4+0+0=4	
11	Community Health Management HSC22111DCE	<b>Extension &amp; Communication</b>	4	0	0	100	0+0+8=4	
12	History & Theories of Human Development HSC22112DCE	<b>Human Development</b>	4	0	0	100	4+0+0=4	
13	Indian Socio-Economic Environment HSC22113DCE	<b>Extension &amp; Communication</b>	4	0	0	100	4+0+0=4	
14	Study of family in Society HSC22114DCE	<b>Human Development</b>	4	0	0	100	4+0+0=4	
15	Nutritional Disorders & Diseases HSC22001GE	<b>Dietetics &amp; Clinical Nutrition</b>	2	0	0	50	2+0+0=2	
16	Gender Equity and Society HSC22001OE	<b>Extension &amp; Communication</b>	2	0	0	50	2+0+0=2	

## Semester II

S.No.	Title of the Course/ Course No.	Hours/Week			Marks	Credits
		L	T	P		
1	Life Span Nutrition HSC22201CR	4	0	0	100	4+0+0=4
2	Clinical & Therapeutic Nutrition HSC22202CR	4	0	0	100	4+0+0=4
3	Planning & Preparation of Normal & Therapeutic Diets <b>(Lab Course)</b> HSC22203CR	0	0	8	100	0+0+4=4
4	Extension Programme Planning and Design HSC22204CR	4	0	0	100	4+0+0=4
5	Extension Education System HSC22205CR	4	0	0	100	4+0+0=4
6	Extension Programme Planning and Design / Field Experiences <b>(Lab Course)</b> HSC22206CR	0	0	8	100	0+0+4=4
7	Advanced Study in Human Development-I HSC22207CR	4	0	0	100	4+0+0=4
8	Management of Programmes for Children and the Family HSC22208CR	4	0	0	100	4+0+0=4
9	Advanced Study in Human Development & Management of Programmes for Children and the Family <b>(Lab Course)</b> HSC22209CR	0	0	8	100	0+0+4=4
10	Research Methods & Statistics HSC22210CR	4	0	0	100	4+0+0=4

11	Nutrition in Emergency & Disaster HSC22211DCE	4	0	0	100	4+0+0=4
12	Women's Studies: Characteristics, Issues and Problems HSC22212DCE	4	0	0	100	4+0+0=4
13	Child and Human Rights HSC22213DCE	4	0	0	100	4+0+0=4
14	Nutrition in Health and Disease HSC22002GE	2	0	0	50	2+0+0=2
15	Introduction to Human Development HSC22002OE	2	0	0	50	2+0+0=2

### Semester III

S.No.	Title of the Course/ Course No.	Hours/Week			Marks	Credits
		L	T	P		
1	Assessment of Nutritional Status HSC22301CR	4	0	0	100	4+0+0=4
2	Advanced Food Science HSC22302CR	4	0	0	100	4+0+0=4
3	Assessment of Nutritional Status / Analytical Techniques in Food Science ( Lab Course)HSC22303CR	0	0	8	100	0+0+8=4
4	Institutional Management HSC22304CR	4	0	0	100	4+0+0=4
5	Assessment of Nutritional Status / Institutional Management (Lab Course)HSC22305CR	0	0	8	100	0+0+8=4
6	Management of Human Service OrganizationHSC22306CR	4	0	0	100	4+0+0=4

7	Extension Management HSC22307CR	4	0	0	100	4+0+0=4
8	Management of Human Service Organization/ Extension Management <b>(Lab Course)</b> HSC22308CR	0	0	8	100	0+0+8=4
9	Advanced Study in Human Development - II HSC22309CR	4	0	0	100	4+0+0=4
10	Study of Persons with Disabilities HSC22310CR	4	0	0	100	4+0+0=4
11	Advanced Study in Human Development - II/ Study of Persons with Disabilities <b>( Lab Course)</b> HSC22311CR	0	0	8	100	0+0+8=4
12	Community Nutrition HSC22312DCE	4	0	0	100	4+0+0=4
13	Women Nutrition and Health HSC22313DCE	4	0	0	100	4+0+0=4
14	Mental Health in Developmental Perspectives HSC22314DCE	4	0	0	100	4+0+0=4
15	Community Organization and Developmental Theory HSC22315DCE	4	0	0	100	4+0+0=4
16	Culture and Psychology HSC22003GE	2	0	0	50	2+0+0=2
17	Behaviour Change and Advocacy in Health HSC22003OE	2	0	0	50	2+0+0=2



## Semester IV





S. No.	Title of the Course/ Course No.	Hours/Week			Marks	Credits
		L	T	P		
1	Advanced Nutrition HSC22401CR	4	0	0	100	4+0+0=4
2	Food Processing & Technology HSC22402CR	4	0	0	100	4+0+0=4
3	Food Processing & Technology <b>(Lab Course)</b> / Dissertation HSC22403CR	0	4	4	100	0+2+2=4
4	Nutrition in Critical Care HSC22404CR	4	0	0	100	4+0+0=4
5	Internship / Dissertation HSC22405CR	0	8	0	100	0+4+0=4
6	Gender and Development HSC22406CR	4	0	0	100	4+0+0=4
7	Training and Development HSC22407CR	4	0	0	100	4+0+0=4
8	Gender and Development <b>(Lab Course)</b> / Dissertation HSC22408CR	0	4	4	100	0+2+2=4
9	Development of Creativity HSC22409CR	4	0	0	100	4+0+0=4
10	Principles of Guidance & Counselling HSC22410CR	4	0	0	100	4+0+0=4
11	Principles of Guidance & Counselling <b>(Lab Course)</b> / Dissertation HSC22411CR	0	4	4	100	0+2+2=4






12	Project Management and Women Entrepreneurship HSC22412CR	4	0	0	100	4+0+0=4
13	Current & Emerging Concepts in Human Nutrition HSC22413DCE	4	0	0	100	4+0+0=4
14	Food Safety & Quality Control HSC22414DCE	4	0	0	100	4+0+0=4
15	Parenting In Early Childhood HSC22415DCE	4	0	0	100	4+0+0=4
16	Participatory Tools and Methods HSC22004GE	2	0	0	50	2+0+0=2
17	Introduction to Disabilities HSC22004OE	2	0	0	50	2+0+0=2



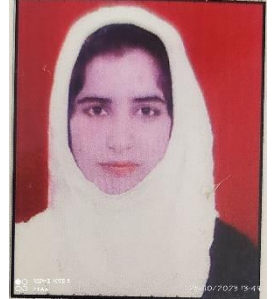



Profile of







# M.Sc. Home Science







Students

<b>Name</b>	<b>Specialization</b>	<b>Project Title</b>	<b>Email</b>	<b>Photograph</b>
<b>Mehwish Farooq</b>	Food science and nutrition	Prevalence of Hyperthyroidism among College Going Girls in Srinagar District	smehwish1998@gmail.com	
<b>Assran Fayaz</b>	Food Science and Nutrition	Lifestyle modification of adults suffering from Hypertension	asraanfayaz@gmail.com	
<b>Hurmat ul Nisa</b>	Food science and nutrition	Epidemiology of stillbirth	hurmatanga11@gmail.com	
<b>Azra Mehdi</b>	Food science and nutrition	Assessment of nutritional status among adolescent girls with special reference to District Baramulla	mehdiazra313@gmail.com	





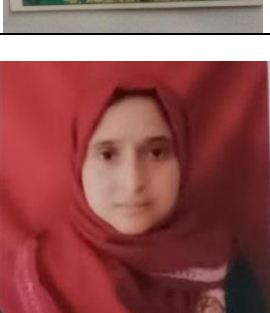

<b>Roshni jan</b>	Food science and nutrition	Awareness regarding breastfeeding among lactating mothers	Jiya4303@gmail.com	
<b>Sakeena Ashaq</b>	Food science and nutrition	Assessment of Dietary pattern of Patients suffering from Fatty liver disease	Sakinakhan55586@gmail.com	
<b>Abida Majeed</b>	Food science and nutrition	Awareness of housewives on the quality of healthy food	Abidamajid9@gmail.com	
<b>Subreena Habib</b>	Food science and nutrition	Premenstrual syndrome among girls in Kashmir	Habibsubreen@gmail.com	
<b>Shugufta Nabi</b>	Food science and nutrition	Awareness and knowledge of probiotics among college students in district Anantnag	Shuguftanabi65@gmail.com	






<b>Baazila Mir</b>	Food science and nutrition	Dietary pattern of female hostel boarders of Kashmir University	bazilamir04@gmail.com	
<b>Aiman Feroz</b>	Food science and nutrition	Consumption of millets by Kashmiri urban population.	mohammadrayyanferoz@gmail.com	
<b>Athar Zia</b>	Food science and nutrition	Fall related injuries among older adults	athamazir07@gmail.com	
<b>Bismah Mushtaq</b>	Food science and nutrition	Migraine disability assessment among working women	bismahmushtaqbaba213@gmail.com	
<b>Florey Hassan</b>	Food science and nutrition	Nutritional knowledge and Body image perception among female students of University of Kashmir.	samamu7080@gmail.com	
<b>Sauliha Showkat Khan</b>	Food science and nutrition	Epidemiology of Hypercholesterolemia in Srinagar District	saulihakhan38@gmail.com	


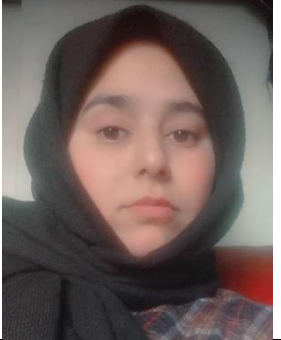
<b>Bilquis Ara</b>	Food science and nutrition	Diet quality and nutritional intake of athletes of University of Kashmir	bilquisara9@gmail.com	
<b>Mehbooba Safdar</b>	Food science and nutrition	Effect of Ramadan fasting on Weight and Body mass index Healthy adults of Kashmir	mehboobasafdar@gmail.com	
<b>Lubana Noor</b>	Dietetics and clinical nutrition	Dietary pattern and lifestyle among college students	lubanan82@gmail.com	
<b>Tabasum Shahban</b>	Dietetics and Clinical Nutrition	A study of elderly patients: Problems and risk factors associated with Alzheimer's Disease with special reference to District Srinagar of Kashmir	tabasumshaban463@gmail.com	
<b>Salica Mushtaq</b>	Dietitian and Clinical Nutrition.	Identification of Anorexia Nervosa among Adolescents in Srinagar.	saleeqazaz@gmail.com	
<b>Syed Sibgat-ul-ain Geelani</b>	Dietetics and Clinical Nutrition	Fast food consumption among university hostel girls	Syedsibgatgeelani@gmail.com	

<b>Shagufta Bashir</b>	Dietetics and Clinical Nutrition	Assessment of health status of osteoporosis among Adults	Wanishugufta781@gmail.com	
<b>Nahida Farooq</b>	Dietetics and Clinical Nutrition	Prevalence of hypertension among and its associated risk factors among employees of university of Kashmir Srinagar	nahidafarooq48@gmail.com	
<b>Tahleel Nabi</b>	Dietetics and clinical nutrition	A study on prevalence and risk factors of gestational diabetes mellitus	tahleelnabi14@gmail.com	
<b>Soulat-un-Nisa Malik</b>	Dietetics and Clinical Nutrition	A study on knowledge and consumption of millets with specific reference to District Jammu	Soulatmalik1507@gmail.com	
<b>Beenish Bashir</b>	Dietetics and clinical nutrition	Eating habits among students of Kashmir University	beenishbashir1234@gmail.com	
<b>Saima Shabir Malik</b>	Dietetics and Clinical Nutrition	Comparison of dietary habits and psychological outcomes in Hostelites and Non-Hostelites	saimamalik7021@gmail.com	



<b>Shifa Zahoor</b>	Dietetics and Clinical Nutrition	Health and Nutritional Assessment of Adolescents studying in Model High School, University of Kashmir	zahoorzargar1234@gmail.com	
<b>Romisa Farooq</b>	Extension & Communication	Social Media Addiction Among University Students	bhatroomisa@gmail.com	
<b>Dilafroza</b>	Extension and communication	Perception of women towards ageing in Kashmir	afrozamajeed125@gmail.com	
<b>Benish Mehraj</b>	Extension and Communication	Psychological stress among working women.	benishmehraj1@gmail.com	
<b>Shahida Maqbool</b>	Extension and communication	Perception of death among women who have lost their family member during past one year	bhatshahii88@gmail.com	
<b>Imza Ashraf Raina</b>	Extension and Communication	Quality of life among elderly women in Kashmir	imzaashraf@gmail.com	

<b>Mehak Shabir</b>	Extension and communication	Attitude of working women towards menopause	muskaanbeigh555@gmail.com	
<b>Mayasar Yousuf</b>	Extension and communication	Body shaming among teenagers	mayasirmayu@gmail.com	
<b>Tafzeela Gul</b>	Extension and communication	Mental well-being among University students	sofitafzeela77@gmail.com	
<b>Sabahat ul Islam</b>	Extension & Communication	Self-esteem among adolescents (boys and girls)	maliksaika08@gmail.com	
<b>ASMAT RASOOL</b>	HUMAN DEVELOPMENT	Peer bullying and depression in early adolescents (12-14 years).	asmatrasool8980@gmail.com	

<b>Uzma jan</b>	HUMAN DEVELOPMENT	Peer pressure among adolescents 12- 18 years	uzmaismaielkulgam@gmail.com	
<b>Aaliya bashir</b>	HUMAN DEVELOPMENT	Marital Adjustment Among Adult Couples	zeelzuha@gmail.com	

## CONTACT US

**Dr. Hummera Azim**

**Director**

Institute of Home Science

University of Kashmir

Hazratbal Srinagar

190006 J&K

Phone: 0194 - 2429870, 2424152, 2421346

Email: [homescience@uok.edu.in](mailto:homescience@uok.edu.in)

