

**Name – Dr. Aniksha Varoda**  
**Designation - Research Assistant**  
**Address – Centre for Women's Studies Pt. Ravishankar Shukla University,**  
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## ACADEMIC DETAILS

Year	Course	Board/ University	Division
2003	All Subject	C.G. Board	2 <sup>nd</sup>
2005	Science Group	C.G Board	2 <sup>nd</sup>
2008	B. Sc Honors (Anthro, Zoology, chemistry )	Pt. Ravishankar Shukla University, Raipur	2 <sup>nd</sup>
2010	PGDCA	Pt. Ravishankar Shukla University, Raipur	2 <sup>nd</sup>
2010-12	M. Sc (Anthropology)	Pt. Ravishankar Shukla University, Raipur	1 <sup>st</sup>
2019	Certificate Course on Community Based Participatory Research (CBPR)	Pt. Ravishankar Shukla University, Raipur	1 <sup>st</sup>
2020	Certificate Course on Women Law and Gender Justice	Pt. Ravishankar Shukla University, Raipur	1 <sup>st</sup>
2022	PhD (Anthropology)	Pt. Ravishankarshukla University, Raipur	Awarded

## Research/Fieldwork Experience

1. Field work experience for minor dissertation work in Gond tribal and banjara caste of Podki village of Anuppur district of M.P. as a part of compulsory paper of M.A/M.Sc.

Semester II 2011.(paper- IV: Field work & Field work report) and prepared field work report on " ग्राम पोड़की में 3-10 वर्ष के बच्चों में कुपोषण स्तर का मानवशास्त्रीयअध्ययन

2. Field work experience for major dissertation work in Chhattisgarh state as a part of compulsory paper of M.A/M.Sc.(2012) Semester IV (paper- IV: Field work & Field work report) and prepared field work report on "**CHILD RIGHT**"
3. Worked as a field investigator in an Baseline Survey of "Chhattisgarh Election Commission 2013".
4. Worked as a field investigator in an project of "Chhattisgarh Women and Child Development 2015"
5. Worked as a Research Assistant of Centre for Women's Studies Pt. Ravishankar Shukla University, Raipur, Chhattisgarh (August 2013- till date).

#### **RESEARCH TITLE OF PH. D.**

**Nutritional Status and Health Related Physical Fitness of Baiga adolescent girls of Chhattisgarh.**

#### **RESEARCH PAPERS PUBLISHED IN SCOPUS & UGC CARE LIST APPROVED JOURNALS:**

1. **Varoda**, Venugopal , Srivastava (2019). Impact of body mass index and age on Mental Health of Adolescents Girls. *Indian Journal of Public Health Research & Development*. 0976-0245, 11(1): 849-852.
2. **Varoda**, Venugopal , Srivastava (2020). Comparative Study of Dietary Nutrition Index of Home Diet of Players Enrolled in SAI and Tribal Schools of Kanker Chhattisgarh India. *Current Research in Nutrition and Food Science*. ISSN: 2347-467X, 09 (1), 300-307.
3. **Varoda**, Chakravarty, Venugopal (2022). A Study of Nutritional Status and Prevalence of Anaemia among the Adolescent girls and Women of Reproductive age of Baiga tribe accessing Antenatal Clinic in Public Health Sector in Chhattisgarh, India. *Research Journal of Pharmacy and Technology*. 15(2), 598-604. ISSN 0974-3618 (Print)
4. **Varoda**, Venugopal, & Sharma (2023). Growth and Nutritional Status of The Gond Tribe of Chhattisgarh India. *International Journal of Innovative Research in Technology*. Volume 9 Issue 12. PP- 1456- 1463

5. **Varoda**, Venugopal, Singh & Verma (2023). Anthropometric Indicators Among Adolescent Female Players After Soy Supplement in Chhattisgarh India. IJFANS International Journal of Food And Nutritional Sciences. Volume 12, Issue 01, PP 3215-3222.
6. **Varoda**, Chakravarty, Venugopal . (2023). Awareness and Utilization of The Kishori Shakti Yojana among Baiga Tribal Adolescent Girls in Chhattisgarh. IJFANS International Journal of Food And Nutritional Sciences. (paper Accepted)

#### RESEARCH PAPERS PUBLISHED IN PEER REVIEWED & REFERRED JOURNAL:

1. **Varoda**, Soni, & Mitra, (2016). Ethnomedicinal Practices among Gond & Halba Tribe of Chhattisgarh, India. *International Journal of Science and Research (IJSR)*. 5(9), 955-958. ISSN (Online): 2319-7064 Index Copernicus Value (2013): 6.14 | Impact Factor (2015): 6.391.
2. **Varoda**, Srivastava, Venugopal (2016). Menstrual Cycle Pattern among Adolescent School Girls in Chhattisgarh. *The International Journal of Indian Psychology*. ISSN 2348-5396 (e) | ISSN: 2349-3429 (p) 3(3), 91-98.
3. **Varoda**, Venugopal , Srivastava (2016). Growth Pattern and Nutritional Status of Adolescent Girls of Chhattisgarh. *International Journal of Current Research* : 8(8), 34525-34527. ISSN: 0975-833X
4. **Varoda**, Venugopal , Sharma (2018). A Comparative study of Anthropometric variable and Physical Fitness variables of residential and non- residential tribal players of Bastar, Chhattisgarh, India. *IOSR Journal of Humanities and Social Science (IOSR-JHSS)*, Volume 23: Issue 7, Ver. 9: 06-12.
5. **Varoda**, Venugopal , Srivastava (2019). Comparative Study of Pre Menstrual Syndrome in Sports Women and Non-Sports Women of different age group. *International Journal of Scientific Research and Reviews*. 8 (2), 40-46.
6. **Varoda**, Venugopal, Singh (2020). Effect of soy supplementation on hand grip and back strength of tribal female players. *International Journal of Physiology, Nutrition and Physical Education*. 5(2), 5-9. ISSN: 2456-0057.

7. **Varoda**, Venugopal (2020). Growth and Nutritional Status of the Baiga Adolescent girls Primitive tribe of Chhattisgarh, India. *Indian Journal of Physical Anthropology and human genetics*. 39(2), 109-117.
8. **Varoda**, Chakravarty, Venugopal, & Kumar (2021). Prevalence of Anaemia among Adolescent girls of Baiga (PVTGs) of Chhattisgarh, India. *Human Biology Review*. ISSN 22774424, 10(2), 129-139.
9. **Varoda**, Yadav, Venugopal, & Srivastava (2021). A Study on Sexual Harassment Among women Players. *Quest Journals Journal of Research in Humanities and Social Science*, ISSN(Online):2321-9467, Volume 9 Issue 9, PP-8-13
10. **Varoda**, Venugopal, & Srivastava & Nishad, (2023). Physical Activity Level And Obesity Among University Teachers of CG. *International Journal of Fitness Health Physical Education & Iron Games*. ISSN – 2349-722X. Volume 10, Issue 01, PP-10-16
11. **Varoda**, Venugopal, & Sharma (2023). Growth and Nutritional Status of The Gond Tribe of Chhattisgarh India. *International Journal of Innovative Research In Technology*. ISSN – 2349-6002, Volume 9 Issue 12. PP- 1456- 1463
12. **Varoda**, Venugopal, Tiwari.(2024). Skill test battery in Kho-Kho for women. *International Journal of Applied Research*, ISSN Print: 2394-7500, ISSN, Volume 10, Issue 05, PP. 140-144.

## RESOURCE PERSON, EXPERT AND COMMITTEE MEMBERS

1. State Level Conclave on Rights of PVTGs organized by Oxfam India held on 2<sup>nd</sup> December, 2019.
2. National Seminar on Bio-Psycho-Social Issues Of Sports Women organized by CWS, Pt. Ravishankar Shukla University, Raipur (C.G.) and National Commission for Women held on November 14<sup>th</sup> -15<sup>th</sup> 2022.
3. Workshop on Gender Equality, organized by Chhattisgarh State Rural Livelihoods Mission (Bihan) held on 24<sup>th</sup> December, 2022.
4. Mentor of Community Based Participatory Research of CBPR Sangwari Hub India

## RESEARCH PROJECT DETAILS

- Worked as research assistant in "Base line survey on physical and Psychological health related issues in adolescent female." (CWS, Pt. RSU)
- Worked as research assistant in "Prevalence and Awareness of Chronic Disease among Women of different Professions in relation to Life Style and Activity Level." (CCOST)

- Worked as research team member in UNESCO Chair project entitled “Study of Maternal Health Care: A Community Perspective” SSHRC, Bridging Knowledge Cultures Partnership Development Grant.

### **TOOL DESIGNED & PATENTS**

- MAINSTREAMING GENDER IN HIGHER EDUCATION INSTITUTIONS A Gender Audit Tool Designed for use by teachers, students & staff for gender audit of their institution. (Under process).
- A high Protein Nutritional Composition and Method of Preparing the same. Application no. 202121025775 A .Publication Date 09/07/2021 (Patents)

### **PAPER PRESENTATION IN NATIONAL/INTERNATIONAL SEMINAR AND CONFERENCE:**

1. Paper presented in National Conference on “Role of Women in National Development in the New Millennium” (11-13 January 2013) organized by at Pt. Ravishankar Shukla University, Raipur (C.G).
2. Paper presented in National Seminar on “Health Psychology: Indian Perspective” (01 - 03 February 2014 ) organized by School of Studies in Psychology , Pt. Ravishankar Shukla University, Raipur (C. G)
3. Paper presented in National Symposium on “Women As Leaders: Roles, Issues” ,(13-14 February 2014) organized by at Pt. Ravishankar Shukla University, Raipur (C.G).
4. Paper (Poster) Presented in SFEC – 2016 3rd International Congress Society for Ethnopharmacology “ethnopharmacology & Evaluation of Medicinal Plants – Global Perspective” (19-21 February, 2016) organized by National Center for Natural Resources (NCNR), Pt. Ravishankar Shukla University, Raipur (C.G) & Society for Ethnopharmacology (SFE), India. Title of the research paper (poster) was “Traditional Health Care Practices among Gond Tribe of Chhattisgarh, India
5. Paper Presented in University Grants Commission, Sponsored National Seminar on Relevance of Mahatma Gandhi in 21st Century and Second Session, Chhattisgarh Itihas Parishad (25-27 February, 2016) organized by School of Studies in History, Pt. Ravishankar Shukla University, Raipur (C.G).

6. Paper Presented in National Seminar on Gender Norms and Gender Equality " (6-8 February, 2018) organized by Oxfam India and Centre for Women's Studies, Pt. Ravishankar Shukla University, Raipur (C.G).
7. Paper Presented in University Grants Commission, Sponsored National Seminar on Relevance of Medical Anthropology and tribal health care systems in the Globalization world" (16-18 March, 2018) organized by School of Studies in Anthropology , Pt. Ravishankar Shukla University, Raipur (C.G).
8. Paper Presented in University Grants Commission, Sponsored National Seminar on Sustainable Development: Concern & Issues (With Special Reference to Gandhian Approaches) organized by SoS in Anthropology , Pt. RSU, Raipur from 6<sup>th</sup> to 8<sup>th</sup> March, 2020.
9. Paper Presented in International Webinar on Preparing the next generation of researchers: Story of Sangwari Hub” organized by UNESCO Chair in Community Based Research and Social Responsibility of Higher Education and PRIA and Centre for Women's Studies, Pt. Ravishankar Shukla University on 23<sup>rd</sup> June 2020.
10. Paper Presented in 21<sup>st</sup> Biennial Conference of International Society for Comparative Physical Education and Sport, organized by State of the Art in Physical Education, Sport and Physical activity in the International Context hosted by the Sports Authority of India, Lakshimibai National College of Physical Education, December 16<sup>th</sup> – 18<sup>th</sup> 2021.
11. Paper Presented in World Congress Sports Science and Sports organized by Presidency University, Bangalore, India From 19 to 22 December, 2022.

#### **PARTICIPATION IN WORKSHOP, SEMINAR, CONFERENCE AND TRAINING PROGRAMME:**

1. Participated in the National School of Adventure Run & Managed by Everest Foundation “Attended the one week Adventure & Leadership Course “ 10<sup>th</sup> to 16<sup>th</sup> September 2013.
2. Participated in the One-Day Workshop cum State level multi-stakeholder consultation on “Education for combating Violence against women and girls for creating lasting Peace within Home and Society” organized by Centre for Women’s Studies, Pt. Ravishankar Shukla University, Raipur (C.G.), Oxfam, India and Indraprastha Public Affairs centre (IPAC), Delhi.

3. Participated in the UGC Sponsored National Workshop on Psychological Instruments and their Utility in Education and sports organized by SOS in Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.) on 18-20 December, 2015.
4. Participated in the One-Day Workshop on "Conference on Women and Media" at part of 16 days of activism organized by Oxfam India.
5. Participated in the One-Day Workshop on "Intellectual Property & Innovation Management" (22nd January, 2016) organized by Intellectual Property Right Cell, Pt. Ravishankar Shukla University, Raipur (C.G.) in association Internal Quality Assurance Cell (IQAC), Pt. Ravishankar Shukla University, Raipur (C.G.) and National Research Development Corporation (NRDC), New Delhi.
6. Participated in the "Self Defence Training Programme for Girls" on 1 to 6 February 2016.
7. Participated in the One-Day Workshop on "Pledge for Parity" (8th March, 2016) organized by Centre for Women's Studies, Pt. Ravishankar Shukla University, Raipur (C.G.), Chhattisgarh State Child Right Protection Commission & RRIA Organization Raipur (C.G.) on occasion of International Women's Day.
8. Participated in the Four-Day Workshop on "Capacity Building in Community Based Participatory Research" (20-23rd April, 2016) organized by Chhattisgarh State Commission, Pt. Ravishankar Shukla University, Raipur (C.G.) & PRIA Organization Raipur (C.G.).
9. Participated in the Three Day Workshop on Yoga for Women 11th to 13th May 2016.
10. Participated in the Two day Long training program " GENDER SENSITIZATION AND WOMEN EMPOWERMENT" collaboration with State Resource Centre and Oxfam India from 17th -18th February 2017.
11. Participated in the One Day National seminar on Women entrepreneurs progress, New Opportunities/ Social & Psychological Challenges & other Gender Issues organized by CWS, Govt. D.B. Girls P.G. College on 23th March, 2018.
12. Participated in the Workshop on "Three Days National Workshop on Research Methodology in Sports Science" 28th -30th March 2017.
13. Participated in the State level Mega Event "CULTURAL EVENT AND GENDER EQUALITY MELA." in collaboration with Oxfam India and 181 Women Help Line on 5th December 2018.
14. Participated in the Three Day Workshop on " COMMUNITY BASED PARTICIPATORY RESEARCH (CBPR)" in collaboration with State Planning Commission and PRIA from 6th – 8th December 2018.

15. Participated in the One day workshop on the theme "THINK EQUAL, BUILD SMART, INNOVATE FOR CHANGE " in collaboration with Oxfam, Martha Farrell Foundation and PRIA from 8th March 2019.
16. Participated in the Four days workshop on aerobics organized by SoS in Physical Education, Pt. RSU, Raipur from 26th to 29th April, 2019.
17. Participated in the Three days training programme " Implementation of Gender Champion Guidelines through tools and training" " in collaboration with Oxfam from 3rd -5th December, 2019
18. Participated in the RCI Approved CRE programme on Research Methods in Rehabilitation Psychology organized by SoS in Psychology from 25th to 29th December, 2020.
19. Participated in the National Workshop on Safe Campus: Implementation of UGC Guidelines/Regulations on Gender Champions and POSH from 22nd -23rd January 2020
20. Participated in the Cultural Event and Gender Equality "Mela" in collaboration with Oxfam India on 24th January , 2020.
21. Participated in the Celebration of International Women's Day(Feminist Short Film,) organized by Centre for Women's Studies and Oxfam India on 8th March, 2020.
22. Participated in the Webinar on National Education Policy 2020 organized by CWS, Pt . RSU, Raipur on 18<sup>th</sup> August 2020.
23. Participated in the workshop on Research & Applied statistics organized by DSW and SOS in Physical Education, Pt. Ravishankar Shukla University, Raipur (C.G.) on 20-22 Aprils, 2012.

#### **SPECIAL ACHIEVEMENTS:**

- Member, organizing committee in various Seminars, Conferences and workshops held at Centre for Women's Studies, PRSU.
- Carried out project as a part of CBPR and Women Law and Gender Justice curriculum in Centre for Women Studies, Pt. Ravishankar Shukla University, Raipur Chhattisgarh
- Member, Event Coordination Committee - SAUFEST 2019 held at Pt. Ravishankar Shukla University, Raipur.
- Member, Event Coordination Committee - various Seminars, Conferences and workshops held at Pt. Ravishankar Shukla University, Raipur.



- Certificate of appreciation for best grooming and discipline in School. Community Services:

#### OTHER ACADEMIC WORK EXPERIENCE :

1. Trainer Inspire Internship Winter Camp, Dec. 26-30, 2014 in Pt. Ravishankar Shukla University, Raipur.
2. Exam Investigator in Annual Exam, 2014 in Pt. Ravishankar Shukla University, Raipur. Exam Investigator in Annual Exam, 2014 Pt. Ravishankar Shukla University, Raipur. Exam Investigator in Annual Exam, 2015 Pt. Ravishankar Shukla University, Raipur.
3. Exam Investigator in Semester Exam, 2016 Pt. Ravishankar Shukla University, Raipur.

#### PERSONAL INFORMATION

Date of Birth	:	8 May, 1987
Father's Name	:	Mr. Shankar Lal Varoda
Mother's Name	:	Mrs. Shanta Varoda
Nationality	:	Indian
Languages	:	Hindi, English, Chhattisgarhi

#### DECLARATION

I hereby declare that the above mentioned information is true to the best of my knowledge and I bear the responsibility for the correctness of the particulars.

Date: 14.01.2025

Place: Raipur

(Dr. AnikshaVaroda)