

# CURRICULUM VITAE

## Dr. Kirtima Sachan

Assistant Professor | Home Science

Lucknow, Uttar Pradesh, India

☎ +91-8765776454/8736976454

✉ kirtima.sachan@gmail.com



### PERSONAL PROFILE

|                |  |
|----------------|--|
| Date of Birth  | 16 May 1987  |
| Father's Name  | Mr. Suresh Chandra Sachan  |
| Address        | Type III-94, GSI Colony, Sector-Q, Aliganj, Lucknow – 226024, Uttar Pradesh, India |
| Marital Status | Married  |
| Nationality    | Indian   |

### CAREER OBJECTIVE

To contribute effectively to the field of education and research by utilizing my academic expertise, professional skills, and dedication, while continuously striving for excellence and assuming positions of responsibility.

### ACADEMIC QUALIFICATIONS

- **Ph.D. in Home Science (Family Resource Management)**  
Chandra Shekhar Azad University of Agriculture & Technology, Kanpur, 2016  
Secured **84.7%**
- **M.Sc. in Home Science (Family Resource Management)**  
Chandra Shekhar Azad University of Agriculture & Technology, Kanpur, 2009  
Secured **79.8%**
- **B.Sc. in Home Science**  
Chandra Shekhar Azad University of Agriculture & Technology, Kanpur, 2007  
Specialized in core areas including **Family Resource Management (FRM), Food and Nutrition (FSN), Textiles and Clothing (TCL), Extension and Communication Management (ECM), and Human Development (HUD)**, with an elective specialization in **Textiles and Clothing**. Secured 75.5% marks. Intermediate (Science Stream) Uttar Pradesh Board, Allahabad, 2003 Secured **58.8%**
- **High School**

Uttar Pradesh Board, Allahabad, 2001  
Secured **63.5%**

### **SKILLS**

- Working knowledge of AutoCAD and other Computer-Aided Design (CAD) applications.
- Qualified the Course on Computer Concepts (CCC) certification examination in 2016.

### **PROFESSIONAL EXPERIENCE**

- Assistant Professor, Department of Home Science, Khwaja Moinuddin Chishti Language University, Lucknow (19 September 2022 – Present).
- Lecturer in Home Science, Smt. Shivdulari Singh Mahila Degree College, Gungwachh, Amethi, Sultanpur (July 2019 – September 2022).
- Guest Faculty, Chandra Shekhar Azad University of Agriculture and Technology, Kanpur (January 2019 – May 2019).
- Guest Faculty, Chandra Shekhar Azad University of Agriculture and Technology, Kanpur (July 2018 – December 2018).
- Lecturer, Chandra Shekhar Azad University of Agriculture and Technology, Kanpur (January 2015 – June 2015).
- Lecturer in Home Science, Arya Kanya P.G. College, Barua Jalaki, Tanda, Faizabad (July 2010 – May 2011).

### **RESEARCH PUBLICATIONS**

- Background Information of Rural Women Based on Personal Profile Involved in Kitchen Activities. Progressive Research: An International Journal, 12(Special), 96–98 (2017).
- Assessment of Existing Physical Features of Rural Kitchen in Kanpur Dehat. International Journal of Advanced Research, 5(1), 1514–1517 (2017).
- Satisfaction from Labour Saving Kitchen Tools and Equipments among Rural and Urban Homemakers. Progressive Research: An International Journal, 10(2), 199–200 (2015).
- Environmental Condition and Angle of Deviation among Chikankari Workers in Lucknow City. Progressive Research: An International Journal, 10(4), 425–426 (2015).

### **SEMINARS AND CONFERENCES**

- International Conference, Babasaheb Bhimrao Ambedkar University, Lucknow (18–19 February 2014).
- International Symposium on Peri-Urban Agriculture for Improving Livelihood Opportunities, Lucknow (25–26 November 2014).

- National Seminar on Stress and Coping Strategies, DAV College, Kanpur (12–13 December 2011).
- National Workshop on Consumer Awareness and Protection, Allahabad (17–18 October 2012).
- National Conference on Technological Empowerment of Women at the Grass Roots, C.S.A.U.A.&T., Kanpur.
- National Conference on Emerging Challenges and Opportunities in Biotic and Abiotic Stress Management, Meerut (13–14 December 2014).
- National Seminar, Krishna College of Science and Information Technology, Bijnor (15–16 September 2014).

### **FACULTY DEVELOPMENT PROGRAMMES AND WORKSHOPS**

- Faculty Development Programme on "NEP 2020: Orientation and Sensitization," organized by UGC-Malaviya Mission Teacher Training Centre at NIEPA, in collaboration with Khwaja Moinuddin Chishti Language University (27 August – 4 September 2025).
- Three-Day National Workshop organized by Khwaja Moinuddin Chishti Language University on the occasion of the 40th National Science Day (26–28 February 2025).
- One-Day Training Programme on First Aid and Basic Life Support (BLS), jointly organized by Max Super Speciality Hospital and Faculty of Pharmacy, KMCLU (31 January 2026).

### **BOOKS AND BOOK CHAPTERS**

- Accepted for publication: "Future Directions in Vitamin D Science" in the edited volume Vitamin D: Sunshine Nutrient.
- Authored Chapter 10, "Time Management: Techniques and Tools," in Primitive of Community Science, Elite Publishing House, First Edition, 2024. ISBN: 978-93-58996-18-0.

### **Declaration**

I hereby declare that all the information provided above is true and correct to the best of my knowledge and belief.

Place: Lucknow

Date: \_\_\_\_\_

**(Dr. Kirtima Sachan)**