

CURRICULUM VITAE



NAME: Dr. Tara Devi

DATE OF BIRTH: 19 Jan, 1982.

PRESENT POSITION: Assistant Professor of Botany at Vallabh Government College Mandi.

PROFESSIONAL EXPERIENCE

1. Assistant Professor, Department of Botany, Sardar Patel University Mandi H.P for two years (Sept 2020 to Aug.2023).
2. Facilitator in Mid Himalayan Watershed Project (2006 – 2009)
(Worked for upliftment of both human and non-human resources (Animals, Water, Land, Forest) of watershed. Four department **Agriculture, Horticulture, Animal husbandry and Forest** worked as a unit under an umbrella for upliftment of community, flora and fauna, Played a pivotal role in framing SHGs, User Groups for biodiversity conservation, sustainable utilization of resources and livelihood promotion.

ACADEMIC QUALIFICATIONS:

- ✓ *Ph. D from* Department of Botany, Kumaun University Nanital, Uttarakhand (2014)
- ✓ *M.Sc in Environment science* from Sikkim Manipal University (2008)
- ✓ *M.Sc in Botany* from Jiwaji University Gwalior (2004)

RESEARCH EXPERIENCE:

AREA OF INTERST & RESEARCH:

Ethnobotany and Biodiversity conservation with special focus on wild Food Plants.

Activities undertaken:

1. Community awareness programme for women (Mahila Mandal & SHGs) and school children for sustainable utilization of free & easily available wild nutritional & medicinal Food plants by field visits to schools & remote areas of district Mandi HP India.
2. Community awareness through print and social media.
3. PBR preparation: Actively involved in People Biodiversity Preparation of 5 blocks of Mandi District of Himachal Pradesh India.
4. Nursery raising plantation & distribution of important wild food plants.
5. Revived traditional dishes of wild food items with a modern twist.
6. Exhibition and Workshops on Wild Food Plants.

RESEARCH PROJECTS:

1. Completed a Research Project (Rs. 6,40,000/ only) **as a PRINCIPAL INVESTIGATOR** entitled "Traditional Processing of Wild Edible Plants of Six Tehsils

viz. Kotli, Mandi Sadar, Sunder Nagar, Padhar, Joginder Nagar, Thunag & Chachoit of Mandi District of Himachal Pradesh, their “Medicinal Nutritional & Economic Potential Plus Value Addition by Analyzing Scope for Latest Processing Techniques.” Allotted and funded by DST (Department of Environment and Sciences), Govt. of Himachal Pradesh.

2. Received project (Rs. 18,90,000/ only) entitled “***Withania somnifera*: Awareness for Cultivation and Optimum Utilization in Mandi District of Himachal Pradesh for boosting health and Immunity,**” from National Medicinal Plants Board, Ministry of AYUSH, Govt. of India, Indian Red Cross Society (IRCS).

3. PI of Ministry of Aayush funded project on Ashwagandha.

WEBSITE:

Host of popular website www.himalayanwildfoodplants.com. This website contains articles on 235 wild-growing plants eaten by local people, their traditional processing, season of availability and indigenous uses. It recieved more than 11,00,000 hits & more than 4,00,000 encouraging comments from around the world.

YOUTUBE CHANNEL:

YouTube channel **Dr. Tara Sen Thakur** is uploaded with 500 plus videos related to Plant science, awareness for sustainable use and cultivation of Wild Edible Plants and recipes for wild food plants.

RESEARCH PAPERS PUBLISHED:

Published **18** research paper in various national or international Journals.

1. Research Paper Titled **“Diversity, Endemism and Economic Potential of Wild Edible Plants in Rissa khad Watershed of District Mandi, Himachal Pradesh.”** Published in Journal of Non-Timber Forest Products, Vol. 20 (2) : 155-164, 2013.2.
2. Research Paper Titled **“Diversity, Distribution and Indigenous Uses of Medicinal Plants in Rissa Khad, Watershed of District Mandi, Himachal Pradesh.”** Published in Journal of Non-Timber Forest Products, Vol. 20 (3).
3. Research Paper Titled **“ Diversity, Nativity and Sustainable Use of Forest Flora of Watershed Rissa Khad”** Published in Asian Journal of Advanced Basic Science 5(2), 74-84, 2017.
4. Research Paper Titled **“ Fuel Resource of Watershed Rissa-Khad in H.P. India, Their Diversity, Assessment and Utilization Pattern for Conservation and Management”** Published in International Journal of Recent Scientific Research, Vol. 8, Issue, 11, pp. 21580-21586, November, 2017. ISSN: 0976-3031.
5. Research Paper Titled **“ Ethnobotany plus Nutritional, medicinal, economical potential and sustainable use of Rhododendron arboretum spp. *arboreum* in watershed Rissa-khad of Distt, Mandi, Himachal Pradesh, India.** Published in IOSR Journal of Pharmacy and Biological Sciences (IOSR-JPBS) Volume 12. pp 64-68;e-ISSN:2278-3008, p-ISSN:2319-7676; 2017.
6. Research Paper Titled **“Threat Categorizations and Conservation Prioritization of Floristic Diversity of Watershed Rissa-khad for Socio-economic Development”** Published in Published in International Journal of Recent Scientific

Research, Vol. 8, Issue, 12, pp. 22516-22522, December, 2017. ISSN (Print): 2454 – 7492, ISSN (Online): 2347 – 4114.

7. Research Paper Titled “Diversity, Distribution, **Nativity and Utilization Pattern of Fodder Species in Watershed Rissa- khad, H.P. India**” Published in International Journal of Current Advanced Research, Vol 7, Issue 1(D), pp 8974-8978, January 2018. ISSN: O: 2319-6475, ISSN: P: 2319-6505.

8. Research Paper Titled “**Nutritional, Medicinal and Economic Potential of Khanor (Aesculus Indica) for Socio-Economic Development of Tehsil Thunag of District Mandi, Himachal Pradesh, North West Himalaya**” in IOSR Journal of Environmental Science, Toxicology and Food Technology (IOSR-JESTFT) e-ISSN: 2319-2402,p- ISSN: 2319-2399.Volume 14, Issue 2 Ser. II (February. 2020), PP 15-20.

9. Research Paper Titled “ **Economic, Edible and Medicinal Potential of *Tinosporara Cordifolia* for Socio-Economic Development of Watershed Rissa-Khad, District Mandi of Himachal Pradesh**” Administrative development ‘ A Journal of HIPPA, Shimla” Vol 7No1 (2020). pp,319-333.

10. Research Paper Titled “ **Traditional use and role of wild edible fern *Diplazium esculentum* and *Pteridium aquilinum* in the socio-economic development of District Mandi of Himachal Pradesh, North Western Himalaya**, in International Journal of Scientific Research in Biological Sciences, Vol.7, Issue.6, pp.44-50, 2020.

11. Research Paper Titled: **“Role of Wild Food Plants in Culinary Tourism Development of District Mandi Himachal Pradesh,”** International Journal of Scientific Research in Biological Sciences, Vol.7, Issue.6, pp.14-38.2020.
12. Research Paper Titled **“Diversity, Distribution, Nativity and Indigenous Uses of Crop Wild Relative of District Mandi Himachal Pradesh and Their Potential in Crop Improvement Programme.”** International Journal of Scientific Research in Biological Sciences, Vol.8, Issue.1, pp.108-121, 2021
13. Research Paper Titled **“The Role of Wild Food Plants of Himachal Pradesh in Boosting Immunity to Combat COVID-19”**. *Journal of Scientific Research in Medical and Biological Sciences (SRMBS)*, vol. 2, no. 2, pp. 23-62, May 2021.2(2), 23-62 <https://doi.org/10.47631/jsrmb.v2i2.238>.
14. Research Paper Titled **“ Some Ethnomedicinal Plants of Western Himalayas Useful in Making Local Alcoholic Drinks”**. *Journal of Scientific Research in Medical and Biological Sciences*, 2(3), 75-103. <https://doi.org/10.47631/jsrmb.v2i3.309>.
15. Research Paper Titled **“ Threatened Plants of Tungal Valley. Northwestern Himalayas: Their Diversity, Distribution, Indigenous Uses and Need of Conservation** in *World Journal of Pharmaceutical and Life Sciences wjpls*, 2021, Vol. 7, Issue 10, 120 – 132.
16. Research Paper Titled **“ Past and Present Status of *Dioscorea Deltoidea*; A Highly Threatened Wild Medicinal Plant in Nihri Tehsil of Himachal Pradesh, Northwestern Himalayas”** *World Journal of Pharmaceutical and Life Sciences wjpls*, 2021, Vol. 7, Issue 12, 14 – 25. ISSN 2454-2229.

17. Research Paper Titled “**Domestication of some nutritionally important wild edible plants of Mandi Himachal Pradesh, North Western Himalayas for boosting health, immunity, rural prosperity and food security**” in International Journal of Tropical Agriculture 2021, Vol. 39, Issue 1-2, 87-108. ISSN 0254-8755.

18. Full Paper ‘in Conference Proceedings “**Distribution, Nativity and traditional uses of *Taraxacum officinale*, its Medicinal, Nutritional and Economic Potential for Socioeconomic Development**” Published by Pratibha Spandan Long View, Jutogh, Shimla 171008 Himachal Pradesh, India. ISBN 978-81-945576-2-3 (eBook).

CONFERENCES:

Paper Published in Conference Proceeding = 01

Full Paper in Conference Proceedings “**Distribution, Nativity and traditional uses of *Taraxacum officinale*, its Medicinal, Nutritional and Economic Potential for Socioeconomic Development**” Published by Pratibha Spandan Long View, Jutogh, Shimla 171008, Himachal Pradesh, India. ISBN 978-81-945576-2-3 (eBook).

Attended:

Presented papers at 16 national or international conferences.

Organized: Conference (01)

Organizing secretary of an International Conference on “**Natural resource management for socio-economic development of Western Himalayas; Opportunities and Challenges**” from 10 to 12 August 2019.

Workshops: 05

1. **Organizing secretary of one-week national-level workshop** in the botany department of Vallabh Government College Mandi; from 14 May to 21 May on “**Nursery and gardening techniques of medicinal and ornamental plants**” in collaboration with the Department of the Forest. In 2019.
2. Organized a day workshop on the **biodiversity conservation programme at Mohal-Kullu** along with **G.B. Pant Institute of Himalayan Environment and Development Himachal unit Mohal-Kullu in March 2017.**
3. Organized one day workshop on **Mushroom Cultivation technique** on 6th Feb 2020 for 3rd Year students to develop entrepreneurship.
4. Organized a Day Workshop in collaboration with RCFCNR-Joginder Nagar on the value addition of Medicinal Plants for members of Self-Help Groups working in Gohar Block of District Mandi HP, 2022.
5. Organized a Day Workshop in collaboration with RCFCNR-Joginder Nagar on cultivation, processing & marketing of Medicinal Plants for members of Self-Help Groups working in Sadar Block of District Mandi HP, 2022.

SEMINARS: 02

1. Organized one day **seminar on sustainable development** on 7th Feb. 2020.
2. Organized one day **seminar on New Education Policy** on 6th Feb. 2021.

Excursion, Educational Tour, Exhibition & Field Visits:

1. Organized **13 education tours** to various Govt and Private institutions of economic, educational and social importance for students of floriculture, ethnobotany, mushroom cultivation and plant sciences.

2. Organized **Exhibitions** of local wild growing millets and food plants at Hotel Peter hoff, Shimla on World Environment Day, 2024 with DEST; in Eat Right Fair in collaboration with Health Department and in a National Seminar on livelihood promotion along with representatives of Self Help Groups.
3. Organized a **medicinal plant distribution programme** for students and self-help groups in collaboration with RCFC NR-1 Jogindernagar National Plant Medicinal Board.
4. Displayed photo frames of Wild Food Plants at Himachal Darshan Photo Gallery for community awareness.

BOOKS: 06

1. Co-author of UG level textbook Titled " **Biodiversity**" by Trueman's Publication.
2. Co-author of UG level textbook Titled " **Plant Anatomy & Embryology**" by Trueman's Publication.
3. Author of a book titled "**Some Wild Edible Plants of Western: Volume II**" Published by Star Book Sales Mandi HP. ISBN:978-93-5526-910-2.
4. Author of a book titled "**An Illustrated Guide to Some Wild Growing Food Plants of Sub-Himalayan Region.**" Published By Narayan Art Printers 2021. ISBN:978-93-5473-475-5.
5. Author of book titled "उप हिमालयी क्षेत्र में उगने वाले कुछ विशिष्ट जंगली खाद्य एवं औषधीय पौधे। "

6. Co-author of book titled **“Some Wild Edible Plants of Western Himalayas”** by IIT Mandi Publication.

BOOK CHAPTER:

1. Contributed to a chapter **“ Boosting Health and Immunity During COVID-19 by Using Wild Food Plants as a Food and Food Supplement”** in the book titled, **“ COVID-19, HUMAN HEALTH AND NUTRITION.”** ISBN: 978-93-5473-518-9.
2. Contributed a chapter **“Medicinal effects and Tourism potential of Wild Edible Flowers of District Mandi, Himachal Pradesh”** in the book titled, **“ Local Food and Community Empowerment through Tourism(Volume1,** published by Eurika Publications. ISBN:978-93-91260-29.
3. Contributed a chapter **“ Wild Edible Plants of District Mandi of Himachal Pradesh, their resilience against stress and climate change to ensure food security, climate resilient and sustainable agriculture”** in the book titled **Environmental Issues, Challenges and Mitigation Measures In Himachal Pradesh** published by GBPNIHE, Mohal, Kullu.
4. Contributed a chapter **“ Climate Resilient Wild Edible Succulents of Mandi Himachal Pradesh, Their Indigenous Uses and Role in Socio-Economic Development of the Region’** in the book **Economics and Policy of Energy and Environmental Sustainability** published by Springer.
5. Contributed a **recipe and video clip** to the **IWSA publication, Millets for Children: Rhymes, Recipes & Resources for all ages.**

INVITED TALK:

Delivered **15 lectures as a resource person** in refresher courses, conferences, seminars and training programmes at **state and national level. Invited talk derived to some prominent platforms are as follow:**

1. Resource person for the People's Biodiversity Register training program of Balh, Sundernagar and Gohar block at BDO office Mandi, Sadar Mandi & Balh, Nerchowk Distt. Mandi H.P. from 18th to 30th July, 2020.
2. Delivered an invited talk on health & hygiene concerning wild food plants to sportspersons of Himachal Pradesh during the state youth leadership program on November 25, 2021.
3. Delivered an invited online lecture on the occasion of National Science Day, February 28, 2022, for the students of Biodiversity Studies at BGSB University, Rajouri (J&K).
4. Delivered an invited talk on "Wild edible tubers of NW Himalayan region" to faculty, students, and research scholars of the Department of Plant Sciences, School of Life Sciences, CUHP dated 9th March, 2022.
5. Delivered a keynote address as a Chief Guest to anganwardi workers in Poshan Pakhwara Programme organized by District Women & Child Welfare department.
6. Delivered a keynote lecture on "Traditional value of Medicinal Wild Food Plants" at the UGC-HRDC Shimla during a refresher course on Traditional Knowledge & Ethics on July 22, 2022.
7. Delivered an invited talk on the Importance of local medicinal plant on World Environmental Day 2023 during Mission Life organized by the Regional Ayurveda Research Institute, Pandoh, Mandi, HP.
8. Delivered an invited talk titled "Traditional Food Plants on Poshan Maah-SEP 2023" organized by the Regional Ayurveda Research Institute, Pandoh, Mandi, HP.

9. Current affairs expert or a Live Chat Show hosted by DD Shimla to raise awareness for utilization of Wild Food Plants dated July 22, 2023.
10. Delivered an invited talk on the Role of wild food plants in sustainable agriculture during a one-day seminar on sustainable agriculture organized by SPU Mandi dated 27th Dec, 2023.

NEWSPAPER ARTICLES ON WILD FOOD PLANTS:

Published **more than 200 popular** articles on wild edible plants in various Hindi and English periodicals related to sustainable utilization of Wild Edible plants their conservation and domestication.

ARTICLES IN MAGAZINES:

5 articles on wild edible plants in magazines related to tourism, nutrition and gardening.

Patent Filed: 05

1. Recipe for herbal **Burans Tea**.
2. Recipe for **Value added Sepu-badi** (With the addition of *Kalanchoe pinnata* & *Euphorbia hirta*).
3. Recipe for **Value added pasta** (With the addition of (*Tinospora cordifolia* & *Euphorbia hirta*).
4. Recipe for **Amla-lukath** (*Phyllanthus emblica* & *Eriobotrya japonica*) herbal Tea.
5. Recipe for **herbal noodles** (With addition of Ashwagandha (*Withania somnifera*), Shatavari (*Asparagus racemosus*) and Giloy (*Tinospora cordifolia*).

REVIEWER:

Reviewer of 3 International Journals

1. Journal of Environment Development and Sustainability from November 2019.
2. Journal of Pharmaceutical Research International.
3. Asian Journal of Agricultural Extension & Sociology.

CONSULTANCY SERVICE:

Free consultant/Expert to various NGOs, Government and Private organizations for issues like Biodiversity conservation/Wild Food Plants/ Forestry.

POLICY DOCUMENT SUBMITTED TO STATE GOVERNMENT:

1. **Submitted PBR of Two Panchayat Bhanward & Barto at BDO Sunder Nagar in August, 2020.**
2. **Submitted proposal** to HP Government through DEST and Rise-up Mandi foundation regarding **capacity building and livelihood opportunities for members of SHG/Mahila Mandal working in the Mandi district of Himachal Pradesh by utilizing wild herbs.**

GUIDANCE:

Guided 15 projects of UG & PG level (Inspire & IGNOU)

ORIENTATION PROGRAMMES:

Attended four weeks **Orientation Programme** at UGC-HRDC HPU Shimla, From 8th May 2017 to 3rd June 2017.

REFRESHER COURSES:

1. Attended two weeks refresher courses on **Plant Taxonomy and Ethnobotany** at MDU Rohtak from 7th Oct 2018 to 21st Oct 2018.
2. Attended three weeks of an interdisciplinary refresher course on Women's **Empowerment** at UGC-HRDC, Bangalore, from 26th Feb 2018 to 19th August 2018.

TRAINING PROGRAMMES:

Attended two weeks of **Induction Training Programme** from 17th August 2013 to 31st August 2013.

MEMBERSHIP OF SCIENTIFIC & COMMUNITY WELFARE BODIES:

1. Member, Him Science Congress Association
2. Executive member of Rise-up Mandi Foundation.
3. Guide of Vallabhian Rotract Club Mandi, under Rotary International.
4. Member of the editorial board of the International Journal on Environment, Development and Sustainability

HONOUR: (08)

1. Received honour from Rural Development and Panchayati Raj Minister of HP Shri Virender Kanwar on 19th Sept. 2020 for active involvement in the preparation of **People's Biodiversity Registers** during the Corona period.
2. **DIG Mandi HP Madhusudan Sharma** honeyed as a **Corona Warrior for awaking community to use and sustainably harvest immunity-boosting WEPs** on 23 Foundation Day Celebration of ABVP 2021.

3. **Child welfare department Mandi ranked at no. 13** in the annual calendar of most powerful women on **International Women's Day 2021** and displayed posters in the opening ceremony of the **International Shivaratri Fair Procession, 2022** in their special Van titled **Beti Hai Anmol**.
4. **INTACH Mandi honoured for conservation of TK** related to WFPs of Mandi on Nov. 14, 2021.
5. **Art of Living Women Club Mandi** honoured for extraordinary work on nutritional upliftment of rural women on International Women's Day 2022.
6. Renowned writer of Mandi **Shri Dinesh Dharmpal** dedicated his 65th book "**Pratihar**" for **social work in 2022**.
7. Received honour from Hon'ble Governor of **HP Shri. Shiv Pratap Shukla ji** organized by **Sunil Upadhyay Education Trust** for conservation, awareness and sustainable utilization of Wild Food plants on 18 Nov 2023.

AWARD: (07)

1. Special Jury Mention in **Indian Biodiversity Award 2021 in Sustainable Use of Biological Resources Individual Category**.
2. **Real Super Woman from Forever Star India Award 2021**.
3. **2nd position in HP State Leadership Award 2021- 22**.
4. **Young Scientist Award 2021** from **The Society of Tropical Agriculture New Delhi, India**.
5. **India Prime, Woman Icon Awards 2022** from **Fox Clues** for being a role model by instilling faith in the community.
6. **Focus Himachal Women Power Award 2023 in the field of education**.
7. Received **National Sarvepalli Radhakrishnan Teachers Award 2023** at Bhiwani from **Yuva Jagriti Evam Jan Kalyan Mission Trust Bhiwani**.

PRIZE:

Got **first prize in poster presentation** at the International Conference on " **Natural Resource Management for Socio-economic Development of Western Himalayas; Opportunities and Challenges**.

CONTACT DETAILS:

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