Mrs. Alita Minz received her MA degree from Ramadevi Women's College, Bhubaneswar under Utkal University with human development as special paper. She has qualified National level entrance examination in the year-2016. She joined as a jr. lecturer in 2014 at Govt. Women's College Dhenkanal and worked for 3 and half years. Alita Minz has experience of OIC self-defence for girls' students in Govt. Women's Junior College Dhenkanal. She transferred from Dhenkanal to Shailabala women's (Auto) College Cuttack on the year 2017 and have 4 and half years of teaching experience as a junior lecturer and also have experience as associate member of self defence programme for Girl's students as well as associate member of YRC (youth Red Cross). She has qualified OPSC in 2022 and joined as an Assistance Professor in Home Science at Berhampur University. She is currently pursuing her Ph.D. at Berhampur University. She has attended two FDPs (faculties development programmes) from 14th to 21st feb-2023 on Advanced ICT Tools for teaching and Research and A research and Advanced data analysis with R Programme organised on dt. 26th June to 1st July 2023. She has published two review journal of Research and Analytical Reviews (IJRAR) and attended three paper in international International online workshops such as "Academic Writing: Ethical Issues" from dt. 3 to 5 September 2022, Basic statistical Analysis and its Interpretation using SPSS" from 24th to 26th September 2022 and "Academic Writing: Ethical issues" from 25th to 27th September 2023. She has organized National Conference RAHSC-2023 organised by the department of Home Science and presented paper on that. She has also experience of NSS Programme Officer, she attended orientation programme for NSS,PO,She is working as assistant superintendent of Mahendra Tanaya Ladies Hostel