

## STAFF PROFILE



**Miss. S. Sulochana M. Sc., M. Phil., M.A., B.Ed., TET paper II**

Department of Food Science and Nutrition

Holy cross home science College

Thoothukudi.

**Mail I.D:** [sulochanasundar14@gmail.com](mailto:sulochanasundar14@gmail.com)

Cell no : 8940443208

Date of joining : 01.12.2021

Education Qualification : M.Sc.,M.Phil.,M.A., B.Ed

Speacialization : Home science Extension Education

Degree	College	Specialization	Year	Class obtained
M.Phil	Mother Teresa Women's University, Kodaikanal.	Extension education in Home science	2009	First class
M.Sc	Gandhigram Deemed University	Extension education in Home science	2004	First class
B.Sc	Home Science	Holy Cross Home science College.	2002	First class

M.Sc Dissertation Title : Development of functional Educational Materials On Welfare schemes for Rural Woman

Internship : Amar Seva Sangam. Thenkasi  
Physically and mentally challenged people home

**Additional Qualification** : M.A ., B.Ed in English

TET passed : 2017 TET paper II

**Extracurricular activities** :

- NSS Keelamudiman 10 days
- Certificate course on personality development
- Certificate course on computer concepts
- P.G.C.D.A

**Training Cum Work shop Participated:**

- ◆ Participated in Trama Care Counselling Workshop in Madurai Meenakshi Machine Hospital on 09.02.05 to 11.02.05  
(3 days) organized by Christian Medical Association of India.
- ◆ Participated in the National Symposium on "Role of Women Empowerment in India". Organized by Alagappa University Karaikudi
- ◆ How to Face the Career interview
- ◆ Participated in the National Symposium on "Role of Women Empowerment in India". Organized by Alagappa University Karaikudi.

## Training Conducted for Rural SHG Members

Name of the training Programme	No of days	Period	No of Participants	Venue
Entrepreneurs development programme	7	6.10.04 to 13.10.04	37 Members	Sempatti Union office

2.Training provided to the St. Mary's college , Skill Development programme to 75 students .

### WORKING EXPERIENCE:

1. Teacher in Nursery and primary school .Peyanvillai . Thoothukudi dt.
2. Lecturer in holy cross homescience college . Thoothukudi
3. Project Coordinator in Vilathikulam . Viruthunagar dt.
4. Teacher in AKT Matric Higher Secondary School

### SERVICE:

Service in TSUNAMI Relief work in Kanyakumari District in one Month

### Academic position:

1. Academic committee (2021-2022)
2. Placement committee (2021-2022) (2022-2024)
3. Cultural committee (2022-2023)
4. Health and Fitness committee (2023-2024)

### E- LECTURE:

1. Popular Lecture 2 on "ROLE OF BIOTECHNOLOGY IN FUNCTIONAL FOODS TO CURE DISEASES" sponsored by DBT-CTEP, Ministry of Science and Technology, Government of India, New Delhi, organized by the Department of Home Science, V.V.Vanniaperumal College for Women, Virudhunagar, Tamil Nadu via virtual mode on 02.02.2022.

## **SEMINAR :**

1. One day seminar on “Hepatitis can’t Wait” in commemoration with world Hepatitis day on 28.07.2022 at subbalakshmi Lakshmi pathy college of science, Madurai.
2. Participated in the International Seminar on Opportunities and challenges in Nutrigenomics” on 22.09.2023 organized by department of Food Science and Nutrition at Holy Cross Home Science College, Thoothukudi.

## **PAPER PRESENTED:**

1. Presented a Paper on “Lifestyle modification and a preventive measure to overcome Gouty Arthritis” organized by Department of Food Science and Nutrition at Holy Cross Home Science College, Thoothukudi.

Presented a Paper on “Health benefits of *Hylocereus Undatus* - A Review ” organized by Department of Food Science and Nutrition at Holy Cross Home Science College, Thoothukudi.

3. Presented a Paper on “Nutrition Status for Female Athletes” organized by Department of Food Science and Nutrition at Holy Cross Home Science College, Thoothukudi.

4. Presented a Paper on “A Review of *Cissus Quagrangularis*” organized by Department of Food Science and Nutrition at Holy Cross Home Science College, Thoothukudi.

5. Presented a Paper on “Dietary Management of Polycystic Ovary Syndrome., A Review” organized by Department of Food Science and Nutrition at Holy Cross Home Science College, Thoothukudi.

## **NATIONAL WEBINAR :**

1. One Day National Level Webinar on “IMPORTANCE OF TRENDS, TECHNOLOGIES AND INDUSTRY EXPECTATION “ organized by “KAYPEEYES COLLOEGE OF ARTS AND SCIENCE” the Department of Computer Science on 19<sup>th</sup> March ,2022.
3. .National Level webinar on Medicinal values of Indian traditional Foods organized by V.V.V College, Viruthunagar on 30th March 2022.
4. One day webinar on “INNOVATION IN FOOD REGULATION AND PLANT MANAGEMENT” organized by the Department of Food Science and processing Management of at subbalakshmi Lakshmipathy college of science, Madurai on 18.11.2022
5. 2 days webinar on Biomanufacturing of fermented milks a step towards health status and social well-being” organized by SMC college of Dairy science, Kamdhenu University, Annd ( Gujarat) in association with Biotechnology industry Research Assistance Council (BIRAC) DBT, Government of India during 18-19 January, 2024.
6. One day Webinar on Relevance of Intellectual property Rights in Reasearch and Academia organized by Department of Food Science and Nutrition, Holy Cross Home Science College , Thoothukudi-3 on 15.02.2024

## **STATE LEVEL WEBINAR :**

- 1.State level webinar entitled ”Holistic Approach Towards Anemia” organized by “KAYPEEYES COLLOEGE OF ARTS AND SCIENCE” the Department of Food Science and Nutrition on 20/03/2022

**FACULTY DEVELOPMENT PROGRAMME :** 1.Faculty development programme in “Insight” organized by “RAMA DEVI WOMEN”S UNIVERSITY” PG department of Home Science .funded by IDP,OHEPEE, from 14<sup>th</sup> Feb to 19<sup>th</sup> Feb 2022.

- 2 .National Level Five Day Online Faculty Development Programme on NEP 2020. Organised by the Internal Quality Assurance cell, V.V. Vanniaperumal college for Women, Virudhunagar from 09.12.2022 to 14.12.2022.

- 3 . Five Days Faculty Development Programme titled “FOOD FACETS” organized by Department of Food Processing Technology & Management from April 11<sup>th</sup> to 15<sup>th</sup>
- 4 . A Five day National Level Virtual FDP on “ SKILLS REENGINEERING IN BUSINESS MANAGEMENT ” Organized by the Department and Technology , Vijayavada from 23<sup>rd</sup> to 27<sup>th</sup> May 2023.
5. 8 Days International Faculty Development programme on “A Tutelage Forum on Teaching, Learning and Research” organized by the Department of Food Processing Technology & Management from 27.01.2024 to 04.02.2024.
6. The Seven days National Level Faculty Development Program on “ **Farm To Fork-enhancing Food Quality Through Post-harvest Handling** ” from 17.05.2024 to 23.05.2024, organized by the Department of Food Technology, Hindusthan College of Engineering and Technology, Coimbatore, Tamil Nadu

**ONLINE COURSE ATTENDED:** “ Microscopy - An Overview ( Phase II)’  
Organized by Department of Microbiology, sacredheart College ( Autonomous)

**CONFERENCE:** 1. One Day National Virtual Conference on “ CONSUMER RIGHTS IN INDIA, CHALLENGES AND OPPORTUNITIES” organized by Consumer Club of Population Education Club of St. john’S college and federation of Consumer organization of Tamilnadu and Pondicherry on 15<sup>th</sup> March 2022.

**WORKSHOP :** 1. One day National Intellectual property Awareness Training programme was under NATIONAL INTELLECTUAL PROPERTY AWARENESS mission on August 17,2022 organized by Intellectual property office , India.

2. Attended two days laboratory techniques for food analysis organized by Department of Food Science and Nutrition, Holy Cross Home Science College Thoothukudi in Association with XCELLOGEN BIOTECH INDIA PVT.Thiruvananthapuram on 14<sup>th</sup> - 15<sup>th</sup> February 2023

3. One day National level workshop on processing and preservation “Preserve today serve tomorrow” Held on 7<sup>th</sup> sep.2023 Organised by the Department of Food science and Nutrition Sarah Tucker College ,Tirunelveli.

**DECLARATION**

I Declare that the information given above are true to my conscience

Yours Faithfully ‘

**(S.Sulochana)**