

BIODATA

SIULI KAR
C/O- SANKAR KAR
VILL- KULTHA JAGANNATH CHAK
P.O- AJOYA
P.S- KHEJURI
DIST- PURBA MEDINIPUR
STATE- WEST BENGAL
PIN- 721430
MOBILE- 9593927944
E-MAIL: siulikar99@gmail.com



Siuli Kar

CARRIER OBJECTIVES:

To become an indispensable part of a renowned organization in the field of Nutrition/Dietetics/Food Science/Dairy Science and prove myself as a valuable asset to the organization.

CURRENTS STATUS:

Now I am Assistance Professor (Contractual) dept. of Food Processing, Ramnagar College

EDUCATIONAL QUALIFICATION:

Examination	Passing year	Board/College /University	Subject/Discipline	%Marks obtained	Grade/ Division
B.Ed	2024	Vidyasagar Basic college (Affiliated to Baba Saheb Ambedkar Education University)	Life science	81.25	1 st class
Post-Graduation (M.Voc)	2022	Mugberia Gangadhar Mahavidyalaya (Affiliated to Vidyasagar University)	Food Technology, Nutrition & Management	95.75%	1 st class
Graduation on Nutrition Honors (B.Sc)	2020	Mugberia Gangadhar Mahavidyalaya (Affiliated to Vidyasagar University)	Nutrition (Hons), Zoology(Gen), Physiology (Gen), English, Bengali, Environmental Studies.	86.20	1 st class

10+2 (Higher Secondary)	2017	West Bengal Council of Higher Secondary Education	Bengali, English, Biology, Nutrition, Chemistry, Geography, Environmental Education.	79.2	Grade A (Star)
10 th (Madhyamik)	2015	West Bengal Board of Secondary Education	Bengali, English, Mathematics, Physical Sci., Life Sci., History, Geography.	77.28	Grade A (Star)

COMPUTER LITERACY:

- Well running of MS Office (Word, Excel, Power point), having the knowledge about internetsurfing, MS access 2003
- Microsoft visual basic (program no 1 e.g.- coding, digital calendar/ clock, program no3 e.g.-temperature conversion)
- HTML.
- Typing, Networking

* Certificate on completion of Diploma in Computer Application duration 1year from BIIT

TRAINING/ VISIT/ WORKSHOP:

1. Training on “Diet Survey of Patients” in Mugberia Hospital for 8 days.
2. Visit on “Kharagpur IIT Agriculture & Food engineering laboratory” in Kharagpur for 1 day

INDUSTRIAL VISIT/ TRAINING :

• Industrial visit:

Name of the Industry	Location	Date
Red Cow Dairy	Purba Burdwan, Bardhaman, WestBengal, 713102	04/09/2019
Tasty confectionary	Kumarpur, Contai, Purba Medinipur, 721401	09/04/2021

• Industrial Training:

Name of the Industry	Location	Duration
Bera Food Products	Khasjungal, Abash, Kotwali, Paschim Medinipur, 721102	From 25 th October to 24 th November 2021
Gujrat Co-operative Milk Marketing Federation Limited	Sada Bypass Road, Moti Jheel, Gwalior-474 001 (M.P)	From 01 st March to 30 th March 2022

COURSES:

• Workshops/ Short Courses Attended:

1. Training program on ‘Mushroom cultivation’ at Swamiji Sarvodaya Sangha, birulia under Ramakrishna Mission Samaj Seva Ksikshan Mandir, Belurmth for 1 months (2nd November to 28th November, 2020)

2. Course of carrier-oriented program certificate course on uses of vermin compost in agriculture at Mugberia Gangadhar Mahavidalaya, regular course for 6 months (2019 to 2020).

• **Online Courses Attended:**

Course Name	Organization	Duration
Functional Food: Concept, Technology and Health Benefits	agMOOCs	Four Weeks, 19 th November 2018
National Innovation and Startup Policy for Students and Faculty	Institution's Innovation Council (Ministry of HRD Initiative) & MHRD's Innovation Cell (Government of India)	28 th April to 22 nd May 2020

• **PROJECT WORK:**

1. B.Sc. Project work was on 'A Comparative study on Health Status between Rural and Urban Boys (16- 17 years of age)'.

• **DISSERTATION WORK:**

1. M.voc. Dissertation work was on 'Development of Functional Smoothie'.

• **COURSES STUDIED:**

M.Voc	SEM 1	<ul style="list-style-type: none"> • Fundamental of Food Technology-1 • Fundamentals of Food Technology-2 • Mechanical Operation & Chemical Engineering Fundamentals • Advances in Food Microbiology and Food Biotechnology • Advances in Food Bio-chemistry & Nutrition • Functional Foods and Nutraceuticals • Library and Information Services • Basic Concepts in Laboratory Techniques
M.Voc	SEM 2	<ul style="list-style-type: none"> • Advances in Food Processing-1 • Advances in Food Processing-2 • Food Quality Management Systems • Research Methodology, Statistics • Food Plant Layout & Management & Food entrepreneurship • Address in Food Packaging • Research Ethics and Rural Development Programmed • Technical Writing and Communications Skills (General)
M.Voc	SEM 3	<ul style="list-style-type: none"> • Industrial Training & its Report /Research • Sensory Evaluation • Food Emulsions, Foams, Gels & Food Rheology & Microstructure • Instrumentation in Nutrition • Comprehensive Viva-Voce • Software packages for statistical computing
M.Voc	SEM 4	<ul style="list-style-type: none"> • Research Project/ Thesis/Dissertation • Intellectual Property and its Management
B.Sc	SEM 1	<ul style="list-style-type: none"> • Basic Nutrition

		<ul style="list-style-type: none"> • Food Science & Food Commodity / Nutritional Biochemistry • Blood, immune & Cardiovascular System (GENERIC ELECTIVE) • English (ABILITY ENHANCEMENT COMPULSORY)
B.Sc	SEM 2	<ul style="list-style-type: none"> • Nutritional Biophysics & Biochemistry • Human Physiology • Development Biology / Embryology (GE) • Environment Studies (AEC)
B.Sc	SEM 3	<ul style="list-style-type: none"> • Family Meal Management & Meal Planning • Community Nutrition and Nutritional Epidemiology • Basic Dietetics • Aquatic Biology (GE) • Biostatistics and Bioinformatics (SKILL ENHANCEMENTCOURSE)
B.Sc	SEM 4	<ul style="list-style-type: none"> • Diet and Diseases • Food Microbiology • Food Processing and Preservation • Environment and Public Health (GE) • Women Health & Nutrition (SEC)
B.Sc	SEM 5	<ul style="list-style-type: none"> • Public Health & Hygiene • Research Methodology • Food Sanitation and Hygiene (DISPLINE SPECIFIC ELECTIVE) • Food Quality & Sensory (DSE)
B.Sc	SEM 6	<ul style="list-style-type: none"> • Dietetics & Counseling • Entrepreneurship Development, Enterprise Management & Entrepreneurship for Small Catering Units • Nutrition Communication for Health Promotion (DISPLINESPECIFIC ELECTIVE) • Sea Food & Dairy Technology (DSE)

HANDS ON EXPERIENCE OF INSTRUMENT:

1. Anthropometric Rod
2. Skin Fold Caliper
3. Sphygmomanometer
4. Hemoglobin meter
5. Microscope
6. Centrifuge
7. Hot Air Oven
8. Microwave Oven
9. Water Bath
10. Micro Pipette
11. Pipette pump
12. pH meter
13. Lactometer
14. Milk analyzer

SEMINAR/ WEBINARS/ SYMPOSIUM/ CONFERENCE ATTENDED:

National:

1. National Seminar on “Recent Innovations in Food and Nutritional Sciences”, organized by Dept. of Nutrition and Internal Quality Assurance Cell (IQAC),Mugberia Gangadhar Mahavidyalaya, Bhupatinagar-721425, Dist- Purba Medinipur, West Bengal, on 31thAugust, 2018.
2. National level seminar on “environmental hazards and waste management” organized by dept. of Zoology, Mugberia Gangadhar Mahavidyalaya, Bhupatinagar–721425, Dist- Purba Medinipur, West Bengal, on 28th August 2018.
3. National nutrition month celebration 2019, theam- Har Ghar Poshanvyavahar, organizes by dept. of nutrition health institute of health sciences, on 24th September 2019, HIHS campus, Haldia, 721657, west Bengal

International:

1. International Webinar on “Strategies to Boost Immunity by Functional Foods to Combat COVID-19” organized by Dept. Of Food Processing, in collaboration with Dept. Of Nutrition and Research Cell of Mugberia Gangadhar Mahavidyalaya, Bhupatinagar-721425, Dist- Purba Medinipur, West Bengal, on 15th July, 2020.
2. Three days international seminar on “Environmental history and sustainable: The black white. Journey of sustainable development in reality and education” organized by dept. Of history (UG&PG) & geography (UG&PG), Bajkul Milani Mahavidyalaya, Kismatbajkul, purbo,medinipur, west Bengal, 721655.
3. Two days international conference on “green engineering and sustainable development” organizes by dept. of chemistry, in collaboration with Indian chemical society, Mugberia Gangadhar Mahavidyalaya, Purba Medinipur, west Bengal, 721425.

PRESENTATION:

Poster presentation:

National level:

1. **Kar. S**, ‘Harmful effects of agriculture pesticides on environment’ in UG category, National Seminar on “Environmental Hazards & Waste Management”, organized by Dept. of Zoology, Mugberia Gangadhar Mahavidyalaya, Bhupatinagar-721425, Dist- Purba Medinipur, West Bengal, on 28th August 2018.
2. **Kar. S, Mondal. S, Samanta. M.** ‘Hormonal regulation of Blood glucose (Diabetes Mellitus)’ in UG category, National Seminar on “Recent Innovations in Food and Nutritional Sciences”, organized by Dept. of Nutrition and Internal Quality Assurance Cell (IQAC), Mugberia Gangadhar Mahavidyalaya, Bhupatinagar-721425, Dist- Purba Medinipur, West Bengal, on 31th August 2019.
3. **Kar. S, Kamila S, Das K.** ‘Phenylketonuria’ in UG category on “National Nutrition Month Celebration” organized by Dept. of Nutrition, Haldia Institute of Health Sciences, ICARE complex, Hatiberia, Haldia 721657, dist- Purba Medinipur, West Bengal, on 24th September 2019.
4. **Kar. S, Cheterjee S, Roy M.** ‘Development of Protein Enriched Milky Bar’ in PG category, state level seminar on the occasion of celebration of world Entrepreneurs’ Day, organized by Dept. of Nutrition and Internal Quality Assurance Cell (IQAC), Mugberia Gangadhar Mahavidyalaya, Bhupatinagar-721425, Dist- Purba Medinipur, West Bengal, on 24-25th August, 2022.

5. **Kar. S, Roy M.** ‘Development of Functional Smoothie’ in PG category, state level seminar on the occasion of celebration of “world Entrepreneurs’ Day”, organized by Dept. of Nutrition and Internal Quality Assurance Cell (IQAC), Mugberia Gangadhar Mahavidyalaya, Bhupatinagar-721425, Dist- Purba Medinipur, West Bengal, on 24-25th August, 2022

International level:

1. **Kar S.** ‘Global Network on Green Energy For Sustainable Development’ in UG & PG category, three days International Seminar on “Environmental History and Sustainability”, Organized by Dept. of History & Geography, Bajkul Milani Mahavidyalaya, Kismat bajkul, purba Medinipur 721655 on 5th, 6th & 7th February 2019.

ACHIEVEMENT & AWARDS:

1. **Kar. S, Mondal. S, Samanta. M.** ‘Hormonal regulation of Blood glucose (Diabetes Mellitus)’ 3rd prize in UG category, National Seminar on “Recent Innovations in Food and Nutritional Sciences”, organized by Dept. of Nutrition and Internal Quality Assurance Cell (IQAC), Mugberia Gangadhar Mahavidyalaya, Bhupatinagar-721425, Dist- Purba Medinipur, West Bengal, on 31th August, 2019.
2. **Kar. S, Roy M.** ‘Development of Functional Smoothie’ 2nd prize in PG category, state level seminar on the occasion of celebration of world Entrepreneurs’ Day, organized by Dept. of Nutrition and Internal Quality Assurance Cell (IQAC), Mugberia Gangadhar Mahavidyalaya, Bhupatinagar-721425, Dist- Purba Medinipur, West Bengal, on 24-25th August, 2022.

EXTRA CURRICULAR ACTIVITIES:

- Cultivation
- Cooking

HOBBIES:

- Hearing song
- Playing and watching cricket etc.

PERSONAL INFORMATION:

- Date of birth: 21/05/1999
- Gender: Female
- Identification marks:
- Father’s Name: Sankar Kar
- Marital status: Unmarried
- Caste: General
- Blood group: O +ve
- Language known: Bengali, Hindi, English

DECLARATION:

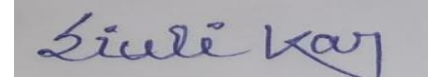
I do hereby declare that the above-mentioned particulars are true to the best of my knowledge and belief.

REFERENCES:

- Dr. Apurba Giri, Assistant Professor and Head, Dept. of Nutrition, Mugberia Gangadhar

Mahavidyalaya, Vill+P.O – Bhupatinagar, Dist – Purba Medinipur, Pin – 721425, Mobile:
9564289290, E-mail – apurbandri@gmail.com.

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A rectangular box containing a handwritten signature in blue ink that reads "Siuli Kar".

Date:

Signature