

SOMA SAHA

E-mail ID: - saha.soma14@gmail.com

CAREER OBJECTIVE

Seeking a challenging **position in the field of teaching** where I can inform and educate the people of different age and health condition about the importance of maintaining a healthy diet and life style with my knowledge and skills about Diet & Nutrition.

SCHOLASTICS

- **M.Sc in Food & Nutrition from University of Calcutta (Viharilal College of Home & Social Science)** (Result published in feb 2014)--- Securing **72.6%(1st class)**
 - **B.Sc in Food & Nutrition (HONS) from University of Calcutta (S.A Jaipuria College)** in 2011 --- Securing **69.62% (1st class).**
 - **Higher Secondary (XII) Examination** (science: - Biology, Chemistry, Nutrition, Computer application) from **West Bengal Council of Higher Secondary Education,(Baghbazar Multipurpose Girls' School)** in 2008 with **82.25%** (according best of 4).
 - **Secondary Examination (X) from West Bengal Board of Secondary Education (Sree Ramkrishna Sarada Sanghya Balika Vidyalaya),** in 2006 with **84.25% (1st division with *).**
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EXTRAMURAL ENGAGEMENTS & ACCOLADES

- Secure **10th** position in **B.Sc examination 2011** of **Calcutta University** in Food & Nutrition.
 - Secure **2nd** position in **B.Sc part II exam 2011** of **Calcutta University** in Food & Nutrition at college level.
 - Secure **5th** position in **class X** in **W.B.B.S.E examination 2006** at school level.
 - **Best student of the year – 2007** at **Introduction Computer Centre, Paikpara.**
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OTHER ACADEMIC MERITS:-

Qualified **UGC NET** for lectureship in 2013 june.

PROFESSIONAL EXPOSURE :-

➤ **Vidyasagar college :-**

Designation :- Guest lecturer of food and nutrition department

Tenure :- August 2015 to August 2016

➤ **Hiralal Mjumder Memorial college for Women :-**

Designation :- Assistant Professor of food and nutrition department

Tenure :- 10.11.2016 to present

Publications :-

1. Soma Saha, Dr. Binata Nayak ,Evaluation of Organoleptic Properties and Storage Capacity of Green Gram Dhal Flour (*Vigna Radiata*) Fortified with Iron and Its Absorption Promoters , American International Journal of Research in Formal, Applied & Natural Sciences, ISSN (Online): 2328-3785, 14(1), March-May, 2016, pp. 26-29
2. Soma Saha, Black Rice: The New Age Super Food (An Extensive Review), American International Journal of Research in Formal, Applied & Natural Sciences, ISSN (Online): 2328-3785, 16(1), September-November, 2016, pp. 51-55
3. Soma Saha, Oxalis corniculata Linn. (Amrul): The Magical Plant, American International Journal of Research in Formal, Applied & Natural Sciences, ISSN (Online): 2328-378518(1), March-May 2017, pp. 16-19
4. Soma Saha, Moringa Oleifera: The Miracle Tree, International Journal for Scientific Research & Development| Vol. 5, Issue 04, 2017 | ISSN (online): 2321-0613,pp 509-512
5. Soma Saha, Iron Fortification On Different Food Vehicle, International Journal of Current Research , Vol. 9, Issue, 08, pp.55421-55426, August 2017

6. M.P Sing and Soma saha, "CYBERCRIMES AND MATRIMONIAL FRAUD" , IJRAR, vol5, issue 3, (E-ISSN 2348-1269) pp427-428, august 2018
7. Soma Saha, "population explosion as a danger to food security in India" IJRAR, VOL 5, ISSUE 3, PP 801-805, AUGUST 2018

Book chapters :

1. BASIC IMPORTANCE OF MINERALS ON HUMAN HEALTH. CHAPTER-4 Importance of Selenium 19-25 , Taurean Publications, New Delhi, E-Book ISBN: 978-93-86330-34-5, 2020 May
2. BASIC FOOD CHEMISTRY. CHAPTER-10 Role of water on human health 174-184 OCEAN PUBLISHING HOUSE, New Delhi, E-Book ISBN: 978-93-86330-40-6, 2020.

Poster presentation:-

1. At state level seminar on population growth and environmental degradation –present status and future measures on 8th September 2017 at HMM college with World Wild Life Fund (WWF)
2. At UGC -CPE funded national seminar "modern approach in the field of nutritional sciences" by BARRACPUR RASTROGURU SURENDRANATH COLLEGE on 13.2.2020
3. At two days National seminar "DIVERSITY IN THE ERA OF GLOBALIZATION" funded by **Department of Higher Education, Govt. of West Bengal**, at Bidhannagar college on 22nd and 23rd February 2020

Seminar/workshop attended: -

A. Oral Presentation: -

- Speaker at WBUFAS on "food and nutritional management of rural household "held on 25.1.16
- Speaker on "low cost supplementary food" at Health literacy programme organized by NSS unit of HMM college for women. On 24.08.17
- Speaker at Two Days Webinar Sessions ("Covid 19 - A New Challenge, Fall Outs, Experiences, Lessons, And Future Actions") Were Organised By IQAC In Collaboration With Department Of Food And Nutrition And Department Of Physiology On 29th June 2020.

B. Participation: -

1. Two-Day Workshop on Research Methodology through SPSS at HMM College for Women, Kolkata with IARA, W.B. Wing, on 25-26 November 2016
 2. State level Seminar On Population Growth & Environmental Degradation: Present Status & Future Measures by HMM College for Women, Kolkata with World Wild Life Fund on 8th September, 2017.
 3. National Level Faculty development programme 2017 on “GST & student employability” organized by IARA on 4.2.17
 4. Seminar on “cybercrimes” at HMM college for women 6.2.17
 5. National science day celebration at HMM college for Women on 28.2.17
 6. Attended workshop on “introduction of CBCS SYSTEM” at BKC College on 8.11.17
 7. Attended workshop on “introduction of CBCS SYSTEM of food and nutrition” at WBSU on 18.1.18
 8. Attended science fair at Barasat as a guide teacher with students of HMM college (Model name:- Anemia and its Prevention) 2018
 9. World diabetes day celebration at HMM college ,participation in rally at dakshineswar 2019
 10. Inauguration of diet center at HMM College for women 4/12/19
 11. Organized a Nutrition Awareness programme in collaboration with IQAC of HMM college on 6th March 2020.
 12. Participated a webinar “nutrition and diet perspective- covid 19 pandaemic scenario ” on 6th June 2020 organized by Asansol Girls’ College.
 13. Participated a webinar “parenting/caregiving in a pandaemic situation” on 10th June 2020 organised by HMM college for women in collaboration with Bondhu Foundation.
 14. Participated a webinar “Precautions and Awareness in Unlock -1 Period_- steps ans strategies” on 16th June 2020 by Sree Chitanya Mahavidyalaya.
 15. Participated a 2 days webinar “ covid -19 Global Health Calamities” on 19th and 20th June 2020 by HMM COLLEGE FOR WOMEN and APC college.
 16. Participated a webinar “ Women in Lock Down” by Department of Women studies HMM COLLEGE FOR WOMEN on 18.6.2020.
 17. Participated a webinar “ Implication of YOGA in era of pandaemic” by HMM college department of Education on 21st June 2020.
 18. Participated a webinar “ MIND BODY EXERCISE AND LIFE STYLE MANAGEMENT IN CHANGING ENVIORONMENT on 21st June 2020 by Midnapore College.
 19. Organizer of 2days webinar on (“Covid 19 - A New Challenge, Fall Outs, Experiences, Lessons, And Future Actions”) Were Organised By IQAC In Collaboration With Department Of Food And Nutrition And Department Of Physiology On 29th June 2020.
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University assignments:-

1. Internal of WBSU practical examinations of paper VII & VIII of food and nutrition honours IIIrd year (2016-17)
2. Examiner & scrutineer of B.SC IIIrd year FOOD AND NUTRITION paper VI ,Unit II 2017
3. Examiner& scrutineer of B.SC IInd year Honours FOOD AND NUTRITION paper III 2017
4. Examiner & scrutineer of B.SC IInd year general FOOD AND NUTRITION paper II 2017
5. Examiner & scrutineer of B.SC Ist year Honours FOOD AND NUTRITION paper I 2017
6. Attended UG -BOS meeting at WBSU (8.6.17)
7. Internal of WBSU practical examinations of paper VII of food and nutrition hons 3rd year (2017-18)
8. Examiner of FNTG paper IV 2017-2018
9. Examiner of FNTA IIIrd paper IInd year 2017-2018
10. Examiner of FNTG paper II 2ND Year 2017-2018
11. Question setter of B.SC (H) FNTA 3rd sem CBCS core 6 2019
12. Head examiner of B.SC 3RD sem (H) core 6 2019
13. Internal examiner of WBSU practical exam 3rd sem CC5 2020
14. Internal examiner of WBSU Practical exam 1st sem cc2 2020
15. Question setter of B.SC H 3RD year paper VI 2020

PERSONAL SNIPPET

Father's name : Sri Sudhangsu Kumar Saha
Husband name : sri Manoranjan prasad sing
Date of birth : 14th August 1989
Marital status : married
Linguistic Abilities : Bengali, Hindi, English.

DECLARATION:

I hereby declare that the information furnished above is true to the best of my knowledge.

Soma Saha.

Date: - 10.7.2020

Signature

