

Resume



PERSONAL INFORMATION: -

Name	:- Dr. Sonal Tuljaram Kame
Permanent Address	:- C/o. Ravindra C. Ambere 17, Sandhya Colony, Gayatri Nagar, Near S.T. Workshop, Kaulkhed Road, Akola, Tq.& Dist. Akola. Maharashtra
Date of Birth	:- 21st July 1982
Contact No.	:- 9371114621
E-mail ID	:- sonalambere@gmail.com, kame_sonal@rdgakola.ac.in
Marital Status	:- Married
Caste	:- Hindu Beldar NT(B)
Nationality	:- Indian
Languages Known	:- English, Marathi & Hindi
Designation	:- Assistant Professor and HOD
Department	:- Home Science
Institute	:- Smt. Radhadevi Goenka College For Women, Akola
Date of joining	:- 01/02/2017
Orientation course attended	:- 01
Refresher Course	:- 01
Faculty Development Program	:- 04
Swayam MOOC	:- 03
MSFDA Course	:- 02
ORCID ID	: https://orcid.org/0000-0002-2792-4196
Google Scholar	: https://bit.ly/3HuUU7K
Web of Science Researcher ID: WOSUID	: AEC-6623-2022 URL:-https://www.webofscience.com/wos/author/record/AEC-6623-2022
Vidwan ID	:https://vidwan.inflibnet.ac.in/myprofile#personal_information_panel
Research gate	: https://www.researchgate.net/profile/Sonal-Kame
Academia	:https://sipnaengg.academia.edu/DrSonalTuljaramKame
College ID	:http://rdgakola.ac.in/admin_app/public/profile/single/MjExNTIONzk5OA==

EDUCATIONALQUALIFICATION:-

Sr. No	Exam Passed	Year of Passing	Board/University	Percentage
1	Ph.D. (Home Science)	2022	JJTU, Rajasthan	
2	NET(Home Science)	2019	UGC	---
3	B.A (Add)English Literature	2016	Amravati	60.70%
4	SET(Home Science)	2014	Pune	---
5	M.Sc.(Food Science & Nutrition)	2014	Amravati	83.75%
6	B.Sc.(Home Science)	2012	Amravati	79.00%
7	H.S.C	2000	Nashik	75.50%
8	S.S.C.	1998	Nashik	82.80%

TECHNICALEDUCATIONALQUALIFICATION:-

Sr. No.	Exam Passed	Year ofPassing	University	Percentage
1	ITI(Dressmaking)	2006	Amravati	85.50%
2	CTI(AdvanceDressMaking)	2007	RVTI Mumbai	75.25%
3	POT(PrinciplesofTeaching)	2007	RVTI Mumbai	86.00%
4	MS-CIT	July 2010	Akola	84.00%
5	MS Office	Mar.2006	Akola	

Title of Ph.D.

“Comparative Study of Nutritional Status of Rural and Urban Preschool Children”

Title of M.Sc. Dissertation

“Nutritional Profile of Pre-Adult Rural and Urban Female Students”

Special Achievements

- Gold Medalist with First Merit in S.G.B. Amravati University in B.Sc (Home Sci.) 2012.
- First Merit in R.D.G. College for Women Akola in M.Sc (Food Sci. & Nutrition) 2014.
- SET Qualified in June 2014.
- As a resource person in the National seminar on 25th March 2017 organized by Shahzada Nand College, Amritsar.
- Young Scientist award in 3rd International Young Scientist Congress (IYSC2017) organized by International Science Community Association in collaboration with Mehsana Urban Institute of Sciences, Ganpat University, Mehsana, Gujarat, India.
- As a resource person in the workshop organized by Police department of Akola on Fake News in August 2018.
- As a resource person in the YIN Summit organized by Sakaal group on 6th June 2018.
- Certified Trainer of Sant Gadge Baba Amravati University, Amravati in SOFT SKILLS and conducted more than 50 sessions in different schools and colleges in all 5 districts under SGBAU Amravati.
- NET qualified in December 2019.
- Resource person for Face book live session by Divyang Social Foundation Akola on 8 March 2020
- Completed online course on COVID 19 by WHO with 94.5%
- Completed online course on Communication and interpersonal skills at workplace by University of Leeds, London with 80%
- President of Shikshan Manch of Akola women wing.
- Resource person for short term course on Soft skills and Personality Development organized by Department of Extension Education SGB Amravati University from April to June 6 2020.
- Resource person for National webinar organized by Lokmanya Tilak Mahavidyalaya Wani, Yawatmal on Diet Management during COVID on June 6 2020.
- Delivered Guest lectures on nutritional awareness and soft skills development in many schools and colleges under Amravati University.
- Resource person for National training program organized by Krishi Vidyan Kendra Kolhapur under ICDS on Importance of Bio- varieties in diet and Nutritional during Nutrition week on 17 September 2020.
- Resource person for International webinar organized by Saksham Society Jaipur, Rajasthan and Nepal Youth: United Youth for World Peace on topic How to spend days fruitfully during National Lockdown on 8 October 2020.
- Resource person for National webinar organized by Shri Kumarswami Mahavidyalaya Latur on Nutritional Empowerment of Women on 25 December 2020.
- Resource person for National webinar organized by Department of Psychology The American College Madurai, Tamilnadu on Time Management A way to combat stress on 7 February 2021.
- Coordinator for the FIP organized by Ramanujan College New Delhi under PMMMNMTT.

- Resource person for Addon course on soft skills development organized by Sipna College Chikhaldara on 31 July 2021.
- Resource person for Career guidance for Adivasi students organized by Gopalrao Khedkar College Telhara on 1 August 2021.
- Resource person for Research Methodology course organized by St. Thomas College Bhillai and Smt RDG College Akola for topic Sampling Techniques on 8 August 2021.
- Resource person for National webinar organized by St. Thomas College Bhillai and Smt RDG College Akola for Management of personal health and hygiene on 31 August 2021
- Resource person for National webinar organized by St. Thomas College Bhillai, BMV College Bhillai and Smt RDG College Akola for Nutrition and Diet on 31 August 2021
- Resource person for Facebook live session by Kshitij Foundation Akola on 28 September 2021
- TIP Community Brand Ambassador 2021 Award.
- Resource person for National webinar organized by School of Management Studies KBC North Maharashtra University Jalgaon on 28 October 2021.
- Appreciated by District Collector, District Civil Surgeon, and Joint Director Health for corona awareness initiatives and vaccination drive.
- Resource person for National level workshop and Interactive session on Nutritional Empowerment during Covid Pandemic organized by RLT College Akola on 12 Jan 2022
- Resource person for National level AICTE FDP organized by Dayalbagh Educational Institute Agra (Deemed University) during 23/11/2021 to 27/11/2021
- Resource person for Global Women Empowerment Series by Saksham Society Jaipur on Nutritional Empowerment of Women for betterment of Society on 23 January 2022.
- Resource person for Problem Solving and Ideation Workshop by Rabindranath Tagore University Bhopal on 29 January 2022.
- Successfully Completed DOPT Government of India Sponsored DTS (Direct Training Skills) at ATI Nainital, Uttarakhand.
- Successfully Completed DOPT Government of India Sponsored MOT (Management of Training) at ATI Nainital, Uttarakhand.
- Successfully Completed DOPT Government of India Sponsored DOT (Design of Training) at YASHDA, Pune, Maharashtra.
- Successfully Completed DOPT Government of India Sponsored DTS 2 (Experiential Learning Skills) at YASHDA, Pune, Maharashtra.
- Awarded Ph.D by Shri. JJT University, Rajasthan on 7 February 2022.
- As Akola Career Katta Taluka Coordinator, Maharashtra Information & Technology Support Center.
- As a Coordinator of the E book SOF 10 published by SGB Amravati University, Maharashtra
- Appreciated as Corona warrior by Shri Shivaji College Akola and Radio Orange 91.9 FM Nagpur.
- Successfully Completed DOPT Government of India Sponsored Online Facilitation Course by Haryana Institute of Public Administration Gurugram.
- As a resource person in one day National Webinar on “Approach and readiness of teachers for NAAC” organized by NAAC & IQAC, Govt. Degree College, Baruva, Srikakulam district, Andhra Pradesh.
- As a member for the State level Financial Literacy Committee for teaching and non teaching staff under SEBI and Maharashtra Information & Technology Support Center.

- As a President for the State level Financial Literacy Committee for students under SEBI and Maharashtra Information & Technology Support Center.
- Successfully Completed DOPT Government of India Sponsored Mentoring skills at YASHDA, Pune, Maharashtra.
- Successfully Completed DOPT Government of India Sponsored Evaluation of Training (EOT) at MGSIPA, Chandigarh, Punjab.

CONFERENCES:-

Sr. No.	National/International/Virtual	Research Paper/Article	Venue	Attended / Presented
1	National	Nutritional profile of young adult urban female students.	Dept. of Home Science Smt. Radhadevi Goenka College for Women, Akola.(M.S.)20 Sept.2014	Attended /Presented
2	International	Nutritional Profile of Young Adult Rural Female Students	Home Eco. Dept. and Physical Education & Sports Smt. VNMMV. Pusad (M.S)	Attended /Presented
3	International	Empowerment of Women for Community Upliftment.	Mahila Mahavidyalaya Banaras Hindu University Varanasi(U.P.)13 th -15 th Feb2015	Presented
4	International	Correlation studies in nutritional intake health status and clinical examination of Young adult girls.	Dept. of Home Science Shri. Padmavati Mahila Visvavidyalayam (Woman's University) Tirupati (AP.) 20-21Feb.2015.	Attended /Presented
5	19th World Congress on Clinical Nutrition	Role of functional foods for health promotion and disease prevention.	Institute of Medical Science Banaras Hindu University Varanasi (U.P.) 13-15 March 2015	Attended / Presented
6	19th World Congress on Clinical Nutrition	Food security: Need of the hour	Institute of Medical Science Banaras Hindu University Varanasi (U.P.) 13-15 March 2015	Attended /Presented
7	19th World Congress on Clinical Nutrition	Community based nutrition education.	Institute of Medical Science Banaras Hindu University Varanasi (U.P.) 13-15 March 2015	Attended /Presented
8	Three days National Conference	National Education Policy-2020 for Skilled and Digital India	SNDT University, PUNE, Maharashtra in collaboration with ICSSR, 10 to 12 Oct 2022	Attended /Presented

Oral Presentation: 02

1: Community Based Nutrition Education in 19th World Congress on Clinical Nutrition, Institute of Medical Science Banaras Hindu University, Varanasi (U.P.) 13-15 March 2015.

2: Nutritional knowledge and Nutritional intake of Young Adult Rural and Urban Girls in Akola city, Maharashtra. In 3rd International Young Scientist Congress (IYSC 2017) organized by International Science Community Association in collaboration with Mehsana Urban Institute of Sciences, Ganpat University, Mehsana, Gujarat, India

Poster Presentation: 03

1: Role of Functional Foods for Health Promotion and Disease Prevention in 19th World Congress on Clinical Nutrition, Institute of Medical Science Banaras Hindu University, Varanasi (U.P.) 13-15 March 2015.

2: Food security: Need of the hour in 19th World Congress on Clinical Nutrition, Institute of Medical Science Banaras Hindu University Varanasi (U.P.) 13-15 March 2015.

3. Nutritional knowledge and Nutritional intake of Young Adult Rural and Urban Girls in Akola city, Maharashtra in 3rd International Young Scientist Congress (IYSC2017) organized by International Science Community Association in collaboration with Mehsana Urban Institute of Sciences, Ganpat University, Mehsana, Gujarat, India.

Publications :

1. Research Article titled: "Food Wastage: Effect, Reduction and Prevention" in IJRSSIS---Online Journal ISSN No: 23478268 VOL: 1, ISSUE: III,MONTH:JAN 2015.
2. Research Article titled: "Correlation Studies in Nutritional Intake Health Status and Clinical Examination of Young Adult Rural Female Student Studying in Akola City". ISSN No. 2278-9308 in Aadhar Social Research & Development Training Institute, Amravati Special Issue on 20th July 2015. (Published in Sanshodhan Samiksha)
3. Research Article titled: " Gestational Diabetes: Diagnosis and Dietary Recommendations "IJRSSIS (ISSN No. 2347-8268 (online), ISSN No. 2347-8209 (Print), IJBAT (ISSN No.2347-517X (online) on 4th October 2015.
4. Research Article titled: "Women Empowerment for Betterment of the Society" ISSN No.2348-2702 in Apoorv Publication Aurangabad.
5. Research Paper titled "Nutritional Status of Young Adult Rural and Urban Girls in Akola city, Maharashtra" in Golden Research Thought Journal with ISSN 2331-5063, Impact Factor 3.4052 (UIF) Volume5, Issue8, and Feb2016.
6. Research Paper titled: "Functional Foods: Beneficial effects on Health" in Royal-ISSN-2278-8158- Impact Factor 4.42 March 2017
7. Research Paper titled: " Gestational Diabetes : Women Health and Nutrition" Apoorv Knowledge International Journal of Multidisciplinary Research Impact Factor: 2.4772, ISSN 2378-2702 March 2017, Vol I, Issue XIV
8. Research Paper titled "Nutritional knowledge and Nutritional intake of Young Adult Rural and Urban Girls in Akola city, Maharashtra." In IRJMST with ISSN-2250-1959(0)2 348-9367(P) volume8, issue 5, May 2017, Impact factor3.14
9. "Effect of Yoga Practices on Muscular Endurance & Flexibility of Young Adult Girls"presented in Virtual conference ISCA- IVC 2018 and paper published in November 2018 issue of Research journal of Recent Sciences.
10. Research Paper titled "Dimensions of parenting and adolescent behavior" in International Research Fellows Association's Research Journey Multidisciplinary International E- research journal, peer reviewed, Indexed and Refereed Journal. Special issue- 229(B) February 2020 ISSN- 2348-7143, impact factor- 6.625

11. Research Paper titled “Modern Eating practices and prevalence of obesity in adolescents” in Ajanta, an International Multidisciplinary Quarterly Research Journal, Peer Reviewed Refereed and UGC Listed Journal (Journal No. 40776) ISSN 2277-5780, Volume IX, Issue I, Jan-March 2020 English Part II, Impact factor /Indexing 2019-6.399
12. Research Paper titled “Impact of Lockdown on Dietary Intake” in Computational Studies, An UGC care listed Journal, ISSN No.1462-6063, Volume II, Issue V, May2020.
13. Research Paper titled “Use of ICT by PG students” published in VIDYAWARTA researchjournal, ISSN 2319 9318, March 2020 Special Issue.
14. Research Paper titled “Problems and Challenges Faced in E-Learning Platform In Higher Education” in UPA National Peer-Reviewed Interdisciplinary e-Journal June – 2020 Special Issue–I
15. Research article titled “Role of yoga, physical exercise during menopausal stage for physical and nutritional empowerment of women” An International, Online Peer Reviewed, J-Indexed Research Journal “Research Nebula” for Interdisciplinary Studies, ISSN 2277-8071, J-GATE INDEXED and Impact Factor 7.399.DOI PREFIX 10.22183 JOURNAL DOI 10.22183, 30/09/2021
16. Research Paper titled, “Role of Education in Sustainable Development for Better and Secured Human Life” International Multidisciplinary E- Conference On Contribution of Various Aspects In Nation Building In Association with International Journal of Scientific Research in Science and Technology Volume 9 | Issue 5 | Print ISSN: 2395-6011 | Online, 13/09/2021
17. Research paper titled, “Post Pandemic World of Migrant Workers: Path to prosper and flourish at Native land” Shaishik Manthan, ISSN 2581-4133 April 2020
18. Research paper titled, “Impact of new strain of corona virus on education” Galaxy Link Peer Reviewed Refereed and UGC Listed Journal No. 47023, Impact factor/ Indexing 2019-6.571, ISSN 2319-8508
19. Research paper titled, “Dietary intake and Anthropometric measurements in preschool children” B. Adhar peer Reviewed & Referred Indexed Multidisciplinary International Research Journal ISSUE No- (CCCI) 301 July 2021
20. Research paper titled, “ Comparative Study of Parents and Peers on children’s food choices” International Research Journal of Humanities and Interdisciplinary Studies” DOI No. 03.2021-11278686 DOI Link :: <https://doi-ds.org/doi/10.2022-91942438/IRJHIS2201004>www.irjhis.com ©2022 IRJHIS | Volume 3 Issue 1 January 2022 | ISSN 2582-8568 | Impact Factor 5.71
21. Research paper titled, “ Impact of anxiety on academic achievement among school going students”International Research Journal of Humanities and Interdisciplinary Studies” DOI No. 03.2021-11278686 DOI Link :: <https://doi-ds.org/doi/10.2022-38917197/IRJHIS2205017> www.irjhis.com ©2022 IRJHIS | Volume 3 Issue 5 May 2022 | ISSN 2582-8568 | Impact Factor 5.71
22. Research paper titled, “Socioeconomic status and role of parents in children food habits”in ADHAR publication June 2022
23. Research paper titled, “Study of the clinical observations and personal hygiene of rural and urban preschool children” published in VIDYAWARTA research journal, Volume 10, Issue 42, ISSN 2319 9318, June 2022.

24. Research paper titled, “Shift in Academic Quality and Teaching Framework during Covid 19” published in Asia Pacific Quality Network (APQN) and Edvalue Pte. Ltd. Singapore June 2022.

Chapter in Books :

SN	NAME OF CHAPTER	EDITOR	PUBLISHED BY
1	Nutritional Profile of Young Adult Rural Female Students	Prof. Rajani Bhoyar (HOD) Physical Education & Sports. Prof. Ranjana Jiwane (HOD) Home Eco. Dept. Smt. VNMMV. Pusad (M.S)	Success Publication, Radha Krishna App. 535, Shaniwar Peth Opp. Prabhat Theatre, Pune.
2	Meal Pattern & Nutritional Status of Young Adult Rural And Urban Girls In Akola City Maharashtra	Dr. Daisy John Dominic Goa College Of Home Science Campal, Panaji, Goa.	Broadway Publishing House, for Goa College Of Home Science.
3	Ahaaratun Arogyakade	Dr.Vandana Bankar (HOD) Dept. of Home Science Arts And Science College Chincholi, Aurangabad	Apoorv Publication Aurangabad
4	Impact of Nutrition Education In Anaemia Control among N.S.S.Girls	Dr.Vandana Bankar (HOD) Dept. of Home Science Arts And Science College Chincholi, Aurangabad	Apoorv Publication Aurangabad
5	Annasanskara as an important dimension of garbhasanskara from ancient times	Bhartiya Vicharwant, ISBN 978-93-90532-20-9	Ajinkya Publications
6	Current issues in public speaking	SOF 10, ISBN 9788194757009	SGB Amravati University
7	Nutritional Empowerment of Women for betterment of Society	Dr. Anil Wadkar, Shri Kumarswami Mahavidyalay, Ausa, Latur	Aruna Prakashan

Peer Review:

Sn	Title of Paper	Journal Name	Dates	Manuscript No.
1	Exploring the therapeutic effect of yoga to enhance psychological well-being among adolescent girl students https://www.sdiarticle5.com/review-history/83797	Journal of Education, Society and Behavioural Science , UK	Feb 2022	Ms_JESBS_83797
2	Impact of Nutrition Intervention among Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) Women Beneficiaries in Salem District, Tamil Nadu, India	Journal of Biosciences, Biotechnology Research Asia .	July 2022	--
3	Effects of LNU student’s mental health mental with the implemented online learning amidst pandemic of social studies	Asian Journal of Education and Social Studies	June 2022	Ms_AJESS_89283

4	Functional food in management of COVID-19	Asian Journal of Food Research and Nutrition	Aug 2022	Ms_AJFRN_91033
5	Some Factors affecting the Consumption of Edible Mushrooms in South-East Nigeria	Journal of Basic and Applied Research international	Aug 2022	Ms_JOBARI_10983
6	Proximate analysis of wheat flour biscuits fortified with soy protein after Baking	International Journal of Environment and Climate Change	Aug 2022	Ms_IJECC_91306
7	Improvement of the Nutritional Value of Rice Biscuits with Rich Natural Sources of Some Vitamins and Minerals	Asian Food Science Journal	Aug 2022	Ms_AFSJ_91338
8	Physico-chemical analysis of fresh persimmon (Diospyros kaki L) fruit pulp from Jammu region	International Journal of Environment and Climate Change	Aug 2022	Ms_IJECC_91307
9	Evaluation of the dietary profile of basketball players in the senior first division teams of cote d'ivoire	European Journal of Nutrition & Food Safety	Aug 2022	Ms_EJNFS_91513
10	Isolation of wine yeast from sugar rich sources	International Journal of Environment and Climate Change	Aug 2022	Ms_IJECC_91397
11	Potentials of cassava, bambara groundnut and tigernut in biscuit production: a review	European Journal Of Nutrition & Food Safety	Sep 2022	Ms_EJNFS_91654
12	The Development of Digital Books Aided Augmented Reality (AR) to Improve Self Efficacy in Favor of Distance Learning	Journal of Scientific Research and Reports	Sep 2022	Ms_JSRR_91598
13	Response of ten winged bean accessions on nutritional quality and nutrient uptake in the guinea savannah zone of north central, nigeria	Asian Journal Of Food Research And Nutrition	Sep 2022	Ms_AJFRN_91695
14	Knowledge, Attitude and Practice (KAP) on Nutrition among Rural Farm Women of Chickballapur District of Karnataka	Current Journal of Applied Science and Technology	Sep 2022	Ms_CJAST_92192
15	Response Surface Modelling of Effects of Extrusion Conditions on some Anti-nutritional composition of Water yam based Noodles Analogue. https://www.sdiarticle5.com/review-history/92284	Asian Journal of Food Research and Nutrition	Sep 2022	Ms_AJFRN_92284
16	An insight into the Biomechanics and other details of Vrikshāsana, one of the standing Yoga āsanās	Asian Journal of Advanced Research and Reports	Dec 2022	Ms_AJARR_94260
17	Comparative study on quality of life and psychological well-being in two human settlements in a district of Peru	Asian Journal of Education and Social Studies	Dec 2022	Ms_AJESS_94529

18	Formulation and Evaluation of Nutritional, Rheological, Microstructural Parameters and Shelf Life of Instant Buckwheat Soup Mix	Journal of Biosciences, Biotechnology Research Asia.	Dec 2022	
19	An Integrated Approach of Yoga and Ayurveda in Cancer Rehabilitation – A Systematic Review	Journal of Complementary and Alternative Medical Research	Dec 2022	Ms_JOCAMR_94955
20	<i>Anethumgraveolens l.</i> Microgreen incorporated pulse-based gluten-free crackers: a potential functional snack	Journal of Biosciences, Biotechnology Research Asia.	Dec 2022	
21	Being a good person: discussing human nature as good and its impact on education	Research Aspects in Arts and Social Studies	Dec 2022	Ms_BP_17968D
22	Bioanalytical Studies on Fungal Pathogens Originating from Spoiled Alpan Banana (<i>Musa Paradisiaca</i>)	Journal of Biosciences, Biotechnology Research Asia.	Dec 2022	

Workshops Attended:

- Nutrition week from 2014 till date in Smt. RDG College Akola.
- Breast feeding week 2016 till date in Smt. RDG College Akola
- Disaster management 2018 in RLTCollegeAkola
- Cyber crime and safety 2018 in RLT College Akola Swayam Siddha in Amravati
- Ganpati making 2017 till date in Smt. RDG College Akola.
- Scientific Writing 2017 in Ganpat University, Mehsana, Gujarat & Personality development 2018 in Virtual conference
- SWAS (Soldier for Women and Safety) by Akola Police
- Train the trainer in Sant Gadge Baba Amravati University, Amravati.
- Google Classroom 2019 in RLT College Akola.
- Swayam Prabha in Amravati.
- Many Workshops at National and International level.

Articles in Newspapers: -More than 30 Articles published in Newspapers for nutritional awareness creation.

Experience:

- One month on Job Training from 1st April 2007 to 30th April 2007 at Texport Syndicate, Mumbai.
- 25th March, 2010 to 30th June, 2010, for Alpasankhayank batch as an Instructor for the Course Tailor (Basic Sewing Operator) in ITI Girls, Akola.
- 5th April, 2010 to 31st July, 2010 in I.M.C. for ITI Girls, Akola as an Instructor in FashionTechnology Trade.

- CHB Lecturer in Home Science Department of RDG College for Women, Akola for Undergraduate level (B.Sc. Home Science) and Post graduate level (M.Sc. Food Science and Nutrition) from Oct. 2014 till 2017, MSc (Human Development) for 2017.
- Nutritional Counseling of Pregnant Women in Matru Seva Mandal, Akola from Dec. 2014 till date.
- Nutritional counseling as a dietician in camps sponsored by Novartis Pharmaceuticals through freelance recruiters Kartavya Healthon Pvt. Ltd. in various hospitals of Akola district from September 2015 till 2017.
- HOD & CHB lecturer in Home Science Department of Ghulam Nabi Azad Arts , Commerce & Science College , Barshitakli, Akola for undergraduate level (B.Sc. Home Science) for the session 2015-2016.
- Assistant Professor in Department of Home science of Smt RDG College Akola from Feb 2017 and onwards.
- Member of several committees of the college.

Co curricular Activities:

- Guest lecturer in Shri Shivaji College on Communication skills 2020.
- Guest lecturer in Shri Shivaji College on Character ethics and moral 2020.
- Guest lecturer in SA College on Natural resources 2020.
- Guest lecturer in Government ITI Girls Akola on CorelDraw 2020.
- As subject expert twice for the recruitment of faculty in government ITI girls Akola.
- Developed e -lecture on How to spend days fruitfully during National lockdown being viewed by more than 2000 people till date.
- Developed 7 e-lectures during National lockdown for mental health of students.
- Paper setting, moderation and valuation of college level and University level exams and PET exam from 2017 till date.
- External examiner for practical of UG and PG level in different colleges.
- Paper Evaluator for IGNOU Bhubaneshwar Center From 2020 till date
- Guest lecturer in Shri Shivaji College on Group Discussion for the short term course in 2022.

Academic Activities:

- Active participation in NSS camp of RDG College in December 2014 & 2015 at Geetanjali School, Kanheri Sarap, Akola.
- External examiner in ITI girls Akola for Dress making and Fashion technology trades from 2010 till date.
- Nutritional counseling of adolescent and young adult girls for Anemia in RDG College Akola between 1st-7th Sept. 2015.
- Participant in the 7 Day's Training course Nutrition & Health Empowerment in RDG College Akola.

- Subject Expert Examiner for I.T.I recruitments.
- Organizing committee member of Nutritional Week in RDG College, Akola from Sept. 2016 till date.
- Participant in Avishkar 2016 in Shivaji College, Akola till date.
- Organizers of National level quiz competition on corona awareness.
- Organizer of National level Essay competition on environmental awareness.
- Organizer of National level webinar on eight fold path and yoga.
- Organizer of National level webinar on Relevance of nutrition and food security before and after covid etc
- NAAC criteria 6 in charge at RDG College Akola.
- External and Internal examiner in University level Practical exams for UG and PG Home Science from 2017 till date.
- Paper setter, Moderator and Evaluator for University level exams for UG and PG Home Science from 2017 till date.
- PG dissertation guide for MSc (Home Science): Food Science and Nutrition and Human Development students.

Social Activities:

- Attended Workshop on “Enhancement of Personality & Life Skills” in RDG College for Women, Akola on 21st November 2014.
- Attended 3 days Self-Empowerment workshop “SHAKE HANDS WITH SUCCESS” conducted by ICAN Foundation, Akola on 16-18 August 2014.
- Active participation in social gatherings of RDG College, Akola.
- Newspaper Article Author of Nutritional awareness articles.
- Nutritional Counseling of Pregnant Women in Matru Seva Mandal, Akola.
- Radio Talks for Prasar Bharati (All India Radio) Broadcasting Corporation of India, from 2015 till date.
- Speech on importance of TILGUL in RDG College on the occasion of Makar Sankranti on 24th January 2016.
- Guidance Lecture on Nutrition in NSS camp of GNA College at Redwa in Jan 2016.
- Nutrition Lecture on importance of Fruits in Z.P. School no.7, Ramdas Peth Akola in April 2016.
- Compiler of the 2nd session and Nutritional quiz contest of Nutritional Week celebration in RDG College, Akola on 3rd Sept. 2016.
- NSS Coordinator from July 2017 to July 2020 in Smt. RDG College for Women Akola.
- Judge in District level poster Competition in Shri Shivaji College Akola.
- As a team manager of Sant Gadge Baba Amravati University at Savitribai Phule Pune University for Dr. P. C. Alexander Inter-University Elocution Competition on 6th Oct. 2022

Radio Talks: For Akola Akashwani under 30 Topics related to Nutrition

Extension Activities:

- Newspaper Article Author of Nutritional awareness articles.
- Nutritional awareness in camps organized by Novartis in various hospitals of Akola, Murtizapur, Malkapur.
- Diabetes modem at Akot and IMA Akola.
- Lecture on Balanced diet in Prabhat kids school for sports coach organized by DSO Akola.
- Various activities under NSS.
- SWAS team member.
- Janani and Morna river cleaning
- Voterawarenesscampaign.
- Counseling in orphanage home in Buldhana.
- Paramedicon 2019 in IMA Akola.
- Unnat Bharat Abhiyaan.
- As a resource person in Kothari convent in physical workshop for students on 11/04/2019.
- Developed 2 e- posters to create awareness of coronavirus.
- As a resource person for covid awareness workshops organized by RLT college Akola

Others:

Participated in quiz on my gov

- Fit India
- Padma awards
- Vaccines save life
- Ek Bharat Shrestha Bharat
- Naarishakti
- Certificate of commitment
- Pledge
- Attended many National and International webinars on online learning and teaching.

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

Date: -
Place:-

(Dr. Sonal T. Kame)