

RESUME

POTSANGBAM TONDONBALA

Address: Kwakeithel Thokchom Leikai, Imphal West - 795001, Manipur

Date of Birth: 13-04-1976 (13th April 1976)

Father's Name: P. Brajabidhu Singh

Marital Status: Married

Nationality: Indian

Language Known: English, Hindi & Manipuri.

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CAREER OBJECTIVE:

To work effectively and efficiently where my knowledge and abilities grow along with the institution.

WORK EXPERIENCE:

- 1) **High School Teacher** (April 2005 to December 2009, 4 and half years), **Albert English School** (Singjamei, Manipur).
- 2) **Assistant Teacher** (September 2011 to March 2012, 7 months), **Kendriya Vidyalaya** (Langjing, Manipur).

ACADEMIC QUALIFICATION:

Education:

- 1) **Matriculation:** Kendriya Vidyalaya, Langjing in 1992.
- 2) **Intermediate:** S.Kula Women College (Manipur University) in 1996 (Subjects – English, Alternative English, Home Science, Zoology, Chemistry).
- 3) **Graduation:** G.P Women College (Manipur University) in 2000 (Subject – Home Science Honors).
- 4) **Post-Graduation:** Avinashilingam Deemed University (Tamil Nadu University) in 2003 (Subjects – Home Science – Child Development).
- 5) **M Phil:** Avinashilingam Deemed University (Tamil Nadu University) in 2005 (Subjects – Home Science – Child Development).

Professional Courses:

- 1) Completed **Bachelor of Education (B.Ed)** from **Manipur University**, Session 2010-2011.
- 2) Passed **TET I & II**, Manipur in 2011.

SEMINARS, WORKSHOPS & ORIENTATION PROGRAMME ATTENDED:

- 1) One week training course on **“Domestic Method of Fruits and Vegetable Preservation”** conducted by Community of Food & Nutrition Extension Unit, Imphal at GP Women’s College from 6th Sept to 10th Sept 1999 under Ministry of Human Resource Development, Govt. of India.
- 2) National Seminar on **“Rights of the Child With Special Focus On Infanticide”** held during August 9th-10th, 2002 at Sri Paramakalyanin College, Alwarkurichy, Tamil Nadu, sponsored by Department of Women and Child Development, HRD Ministry, Government of India and Sri Paramakalyanin College, Alwarkurichy, Tamil Nadu.
- 3) The **25th Biennial HSAI conference** held in Nagpur from 10th to 12th Oct, 2003 organized by The Home Science Association of India.
- 4) Three days Orientation Programme on **“Adolescence Education for University Students”** held at Avinashilingam University, Coimbatore from 26th to 28th March, 2002 organized by Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore and University of Madras.
- 5) International Conference on **“Sustainable Development and North East India in the Globalized Era”** held in Imphal Hotel, Imphal, Manipur from 29th to 30th December 2017.
- 6) **The 105th Indian Science Congress** held at Manipur University, Imphal from 16th to 20th March 2018.
- 7) National Seminar on **Optimal Diet and Lifestyle Strategies for Management of Diabetes Mellitus** on 6th September 2018.
- 8) **Summer School on Home Science** from 14th to 26th October 2019 organized by UGC, Human Resource Development Centre, Manipur University.
- 9) Faculty Development Programme on **“Issues on Implementation of Choice Based Credit System in Higher Educational Institution”** held on 29th November 2019 at Oriental College, Takyel, Imphal, Govt. of Manipur.
- 10) Ten day Faculty Development Program on **“Research Methodology”** organized by Department of Business Management, RBVRR Women’s College in association with ICSSR, from 28th December 2020 to 6th January 2021.
- 11) The National Level Webinar on **“Educational Transformation Through National Educational Policy 2020”** organized by the Department of Education and the IQAC on 13th January 2021.
- 12) The National Webinar on the theme **“Protect Breastfeeding: A Shared Responsibility”**, jointly organized by Home Science Association, Manipur (HSAM) and Breastfeeding Promotion Alliance of Manipur (BPAM), Manipur on 6th August 2021.

- 13) **“World Food Day”** on the theme **“Our Actions Are Our Future - Better Production, Better Nutrition, A Better Environment And A Better Life”** held on 16th October 2021 organized by Home Science Association, Manipur.

COMPUTER PROFICIENCY:

- ✓ MS Word, MS Excel, Internet Browsing, Windows.

EXTRA CURRICULAR ACTIVITIES:

- ✓ Had been an active member of the college cultural team.

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