

# SUJIRTHA NADARAJAH

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## Profile

A committed Lecturer (Probationary) at Department of Biosystems Technology, Faculty of Technology, South Eastern University of Sri Lanka where teaching students from various social and cultural backgrounds. I have completed M.Sc in Food Science and Technology at Postgraduate Institute of Agriculture, Peradeniya. and a Bachelor of Science degree in Agriculture with Honors at Eastern University Sri Lanka.

## Summary of Academic Skills

- In-depth knowledge of various techniques and approaches applied at a research project
- Perfect knowledge about the common job duties of a lecturer and ability to perform them efficiently
- Highly innovative in depicting the subject matter to the students/audience, using traditional methods as well as modern aids
- Proficient in English communication and comprehension
- Superb proficiency at computer aided teaching and research tools and the web search engines
- A little familiarity with the general administrative environment at educational institutes and idea about their practices

## Experiences

1. **LECTURER** (probationary) – Department of Bio Systems Technology, Faculty of Technology, South Eastern University of Sri Lanka since 1<sup>st</sup> February 2019 to date.
2. **LECTURER** (Contract basis) – Sri Lanka School of Agriculture, Palamunai  
1<sup>st</sup> January 2016 – 31<sup>st</sup> January 2019  
Conduct Lectures on:
  - a. Agro meteorology and soil science
  - b. Workplace Communication Management
  - c. Plant science and technology
  - d. Agricultural Extension Education
3. **TEMPORARY ASSISTANT LECTURER** – Department of Agricultural Biology, Faculty of Agriculture, Eastern University, Sri Lanka  
1<sup>st</sup> December 2014 to 31<sup>st</sup> December 2015

## Educational / Academic Qualifications

### MSc in Food Science and Technology

Postgraduate institute of Agriculture, University of Peradeniya (2016-2018)

## Subjects:

### First Semester:

- Food Biotechnology
- Food Physics
- Quality Management System  
Food regulation
- Food Chemistry
- Food preservation
- Biochemistry
- Food Microbiology
- Seminar

### Second Semester:

- Sensory Evaluation
- Non-Parametric Statistics
- Food Process Engineering and Unit Operation
- Production & Marketing Operations in Food  
Manufacturing Organizations
- Food Analysis
- Industrial Exposure
- Directed study

## BSc in Agriculture with First class

Eastern University, Sri Lanka (2009-2014)

**Area of Specialization in Final year:** Food Science and Technology

### Specialized Subject areas:

- Food Chemistry
- Livestock Production Technology
- Food Preservation

**G.C.E (A/L) - 2008 with 2B & 1S** (Index No : 9229833)

BT/ St.Cecilia's Girls' National College.

Z-Score : 1.1601

District rank : 89

**G.C.E (O/L) - 2003 with 9A & 1B** (Index No : 34454543)

BT/ St. Cecilia's Girl's National College.

## Awards and Honours

**Best Presenter Award – 2015** for presenting at the International Conference on Agriculture and Forestry - 2015 organized by the International Institute of Knowledge Management in the session of "Food and Animal Science".

**Best Presenter Award - 2015** for presenting at the National Symposium on Agriculture organized by the Faculty of Agriculture, Eastern University, Sri Lanka.

## Professional Qualifications

**University Students' Competency Test of Information Technology (UCTIT)** - Organized by Ministry of Higher Education under HETC project. University Students' Competency Test of Information Technology (UCTIT) – 2014, Ministry of Higher Education under HETC project

**University Students' Test for English Language (UTEL)** - organized by Ministry of Higher Education under HETC project.

**Grade 9 Spoken and Written Examination** in English Language conducted by CALSDA.

## Language Proficiency

Tamil - Native speaker

English – Proficient

Able to speak, write and type Tamil and English

## Research/ Publications

### Full Research Paper in Journal

1. Mahendran, S. and **Sujirtha, N.** (2015). The Growth Responses of Selected Tomato (*Solanum esculentum* Mill.) Cultivars to Sea Water Salinity. *International Journal of Innovative Research in Science Engineering and Technology (IJIRSET)*. 4(9): 8364 - 8368.
2. Jeyaprabha, J., Mahendran, S. and **Sujirtha, N.** (2015). Growth Physiology and Membrane Permeability of Okra (*Abelmoschus esculentus* L.) Seedlings as Affected by Salinity. *International Journal of Plant and Soil Science*. 9(5): 1-5.
3. **Sujirtha, N.** and Vishnukumar, S. (2016). Analytical Study of Associated Risk Factors of Type 2 Diabetes Mellitus among the Population in Batticaloa District, Sri Lanka. *International Journal of Health Sciences and Research (IJHSR)*, 6 (1), 392-400.
4. Jeyaprabha, J., Mahendran, S. and **Sujirtha, N.** (2015). Leaf Water Content and Biochemical Parameters as Affected by Salinity and their Impacts on Yield of Selected Okra (*Abelmoschus esculentus* L.) Cultivars. *International Journal of Multidisciplinary Research and Development*. 2(11): 397-401.
5. **Sujirtha, N.** and Mahendran, T. (2015). Influence of Storage Conditions on the Quality Characteristics of Wheat – Defatted Coconut Flour Biscuits Packed in Metalized Polypropylene, *International Journal of Engineering Research and Technology (IJERT)*. 4(7): 948 - 951.
6. **Sujirtha, N.** and Mahendran, T. (2015). Prevalence of Type 2 Diabetes and Associated Risk Factors in Batticaloa District, Sri Lanka. *International Journal of Innovative Research in Science Engineering and Technology (IJIRSET)*. 4(9): 8059 - 8064.

7. **Sujirtha, N.** and Mahendran, T. (2015). Use of Defatted Coconut Flour as a source of Protein and Dietary Fiber in Wheat Biscuits, *International Journal of Innovative Research in Science Engineering and Technology* (IJIRSET). 4(8): 7344 -7352.
8. **Sujirtha, N.**, Vishnukumar, S. and Ramesh, R. (2016). The Effect of Breakfast on Academic Performance and Behaviour in School Children from Batticaloa District. *The Journal of Nutrition*. Manuscript ID: D-8525.
9. Kaluarachchi, A., Vishnukumar, S. and **Sujirtha, N.** (2016). Knowledge and Practice of Menstrual Hygiene among Adolescent Girls in Selected Kattankudy area, Batticaloa District. *The Journal of Public Health*. Manuscript ID: D-8527.

### Extended Abstracts in Proceeding

1. Mahendran, S. and **Sujirtha, N.** (2015). Effects of soil moisture stress on the Indole-3-Acetic Acid (IAA) Oxidase activity of selected chilli (*Capsicum annum* L.) cultivars during the flowering stage and the impact on yield. *Third International Science and Technology Conference* (RISTCON 2016), Faculty of Science, University of Ruhuna, Matara, Sri Lanka. 28th January 2016.
2. Mahendran, S. and **Sujirtha, N.** (2015). Effects of soil moisture deficit stress on the “free proline” and “chlorophyll a” contents of selected tomato (*Solanum esculentum* Mill). Cultivars in the sandy regosols. *Third International Science and Technology Conference* (RISTCON 2016), Faculty of Science, University of Ruhuna, Matara, Sri Lanka. 28th January 2016.
3. Mahendran, S. and **Sujirtha, N.** (2015). Effects of soil moisture stress on the nitrate reductase activity of selected chilli (*Capsicum annum* L.) cultivars during the flowering stage and the impact on yield. *International Symposium on the Agriculture and Environment* (ISAE 2016) Faculty of Agriculture, University of Ruhuna, Matara, Sri Lanka. 13th January 2016.
4. Puvanitha, S., Mahendran, S. and **Sujirtha, N.** (2015). Effects of salinity on the growth of selected rice (*Oryza sativa* L.) cultivars at different growth stages and the impact on yield. 6th Research Symposium, Uwa Wellasa University, Sri Lanka. 28th – 29th January 2016.
5. Sujirtha, N. and **Mahendran, T.** (2014). Evaluation of the Nutritional and Organoleptic Properties of Wheat Biscuits Substituted with Defatted Coconut Flour. *Proceedings of the International Symposium on Agriculture and Environment* (ISAE), Faculty of Agriculture, University of Ruhuna, Sri Lanka. 27th November 2014. Pp.219-223.
6. Geretharan, T. and **Sujirtha, N.** (2015). Integrating Farming System: An Approach to Achieve Household Food Security, *Proceedings on National Symposium on Agriculture* (NSA), Faculty of Agriculture, Eastern University, Sri Lanka, 5th August, 2015. Pp 32-34.
7. **Sujirtha, N.** and Mahendran, T. (2015). Production, Quality Assurance and Shelf life Evaluation of Protein – Rich Biscuits Made from Blends of Wheat and Defatted Coconut Flours. 2nd International Conference on Agriculture and Forestry, *The International Institute of Knowledge Management* (TIKM), Colombo, Sri Lanka. 10th – 12th June, 2015. Pp. 16

8. Jeyaprabha, J., Mahendran, S. and **Sujirtha, N.** (2015). Effects of Salt Stress on the Relative Water Content, Biochemical Parameters and Yield of Selected Okra (*Abelmoschus esculentus* L.). 12th Annual Research session, Faculty of Arts and Culture, Eastern University, Sri Lanka, 01st December 2015.
9. **Sujirtha, N.**, Vishnukumar, S. and Ramesh, R. (2016). The Effect of Breakfast on Academic Performance and Behaviour in School Children from Batticaloa District. *Second international conference on health and medicine (ICHM)*, Colombo, Sri Lanka. 16<sup>th</sup> December 2016. Pp 14.
10. Kaluarachchi, A., Vishnukumar, S. and **Sujirtha, N.** (2016). Knowledge and Practice of Menstrual Hygiene among Adolescent Girls in Selected Kattankudy area, Batticaloa District. *Second International Conference on Multidisciplinary Research (MR2017)* Colombo, Sri Lanka. 07-08 January, 2017.
11. **Sujirtha, N.** and Mahendran, S. (2017). Effects of Salt Stress on the Growth and Yield of Selected Tomato (*Solanum lycopersicon* Mill.) Cultivars in the Sandy Regosols. *Proceedings of the International Symposium on Agriculture and Environment (ISAE)*, Faculty of Agriculture, University of Ruhuna, Sri Lanka. January 2017.
12. **Sujirtha, N.** and Mahendran, S. (2017). Effects of Salt Stress on the Growth and Yield of Selected Rice (*Oryza sativa* L.) Cultivars. *Proceedings of the International Symposium on Agriculture and Environment (ISAE)*, Faculty of Agriculture, University of Ruhuna, Sri Lanka. January 2017.
13. **Sujirtha, N.** and Vishnukumar, S. (2017). Prevalence of anemia among school children in selected rural schools of Batticaloa district. Annual Scientific Sessions 2017 of the Nutritional Society of Sri Lanka. 28<sup>th</sup> – 29<sup>th</sup>, Kandy, Sri Lanka
14. Vishnukumar.S., Prasanna.L.N., Sivakanesan.R., **Sujirtha, N.** . Arulpragasam. (2017). Sensitivity of waist circumference and waist height ratio in predicting the future cardiovascular risk factors in overweight and obese children. 10<sup>th</sup> International Conference on Childhood Obesity and Nutrition. June 12-13, 2017 Rome, Italy
15. **Sujirtha, N.** and Vishnukumar, S. (2017). From mouth to mind: The emotional toll of an obese child. 3<sup>rd</sup> International Conference on Mental Health and Human Resilience. June 21-23, 2017 London, UK.
16. **Sujirtha, N.** and Mahendran, S. (2018). Effects of Salt Stress on the Growth and Yield of Selected Rice (*Oryza sativa* L.) Cultivars. *Proceedings of the International Symposium on Agriculture and Environment (ISAE)*, Faculty of Agriculture, University of Ruhuna, Sri Lanka. January 2018.

## Accepted for full length paper

1. **Sujirtha, N.** and Mahendran, S. (2019). Net Photosynthetic Rate, Relative Water Content and Yield of Selected Chilli (*Capsicum annum L.*) *Journal of plant and soil science*

## On - Going Researches

1. Vishnukumar.S, **Sujirtha.N**, Nafeela F, Jayatunge MTR. Breast feeding practices among mothers in Batticaloa, Sri Lanka
2. Vishnukumar.S, **Sujirtha.N**, Knowledge and attitude on Complementary Feeding practices among mothers from Batticaloa District.
3. Vishnukumar.S, Sivakanesan.R, **Sujirtha.N**, Arulpragasam.A. Childhood obesity and overweight surveillance in Batticaloa district. Submitted for Ethical approval to Faculty of Healthcare sciences, Eastern University, Sri Lanka.

## Published Books and Articles in Magazines

1. **Ms.N.Sujirtha**. (2018). Pasumaichirahu. It's time to de-stress. Sri Lanka School of Agriculture, Palamunai. ISBN 978-955-9282-40-2. Pp.17-18
2. **Ms.N.Sujirtha**. (2017). Pasumaichirahu. Genetically Modified (GM) Foods and Ethical eating. Sri Lanka School of Agriculture, Palamunai. ISBN 978-0-7801-5678-6
3. **Ms. N. Sujirtha** and Dr.Elakumaran, A. (2015). Preventing Childhood Obesity. ISBN 978-95-42600-3-0. *Published by Pattakannu foundation.*
4. **Sujirtha, N.** (2015). Real Essays for School Students. ISBN 978-955-42600-1-6. *Published by Pattakannu foundation*
5. **Ms.N.Sujirtha** and Dr.A.Elankumaran (2015). Neerilivu Noi Varaamal Thadupathu Eppadi (How to prevent Diabetes?). ISBN 978-955-42600-0-9. *Author Publications.*
6. **Sujirtha, N.** and Prasanth, A. (2015). Manitha posanai. (Guide book for Agriculture Technology Students in Advanced Level). ISBN 978-955-42600-2-3. Author Publications.
7. **Sujirtha. N.** (2010). Science behind dowsing. "Yermunai". Annual Magazine of Students.

## Workshops and Training Programs

Successful completion of **Training course** in the title of "**OPERATION AND MAINTANACE OF FARM MACHINERY**" organized by Department of Agriculture, Sri Lanka- West German, Farm Mechanization Training Centre, Anurathapura, Sri Lanka from 18<sup>th</sup> of March 2013 to 22<sup>nd</sup> of March 2013.

Successful participation in the workshop on **“THE FINAL STEP”** Soft skills workshop at the Eastern University of Sri Lanka. Held on 11<sup>th</sup> – 13<sup>th</sup> March 2014.

Successful participation in the **workshop** on **“TRAINING FOR TRUSTEESHIP”** annual residential workshop organized by Weeramantry International Centre for Peace Education and Research (WICPER). Held on 4<sup>th</sup> – 11<sup>th</sup> September, 2011. And was a member of group that was placed first at the group presentation, CREATE SLUM FREE COUNTRY.

Successful participation in the **workshop** on **“PEOPLE FRIENDLY INTERPERSONAL SKILLS”** organized by Career guidance unit, Eastern University, Sri Lanka. Held on 06<sup>th</sup> October 2010.

## Community Development Programs

Successful participation as **resource person** for **Developing Landscaping programme** at Mental Care Unit, Base Hospital Palamunai in 2016.

Successful participation as **resource person** for **Plant disease and control measures** in the workshop conducted by faculty of Agriculture, Eastern university of Sri Lanka for Advance level students for the new technology stream subjects in 2015.

Member of **Youth Service Council**, Batticaloa District.

Key details:

- Shramadhana campaign at the surrounding areas of Arasady Pillayar Temple.
- Shramadhana campaign at ward No 6 Arasady Junior School to clean environment.
- Assisting sports activities in the G.S Division of Arasady 177A.
- Organizing blood donation campaigns to fill the shortage of blood bank in the Batticaloa Teaching Hospital.
- Conducting workshops on “Developing soft skills and leadership ability” to newly recruited youth club members.

Member of **Dengue Eradication Committee** at our jurisdiction.

Key Details:

- Recording the status of dengue at household level along with the Environmental Development committee for environmental cleanliness.
- Visiting the area temple, mosque, Vihara, school for cleaning up to prevent the spread of dengue.
- Organizing awareness programs on the effects of dengue and the needs for its eradication.

Member of **Nutritional Committee**

Key details:

- Measuring the weight and height of people between the age of 18-30.
- Making arrangements for awareness program on balanced diet for the area people.
- In conjunction with the family health officers
- Conducting seminars on the consequences on overweight and obesity.

Conducted the two training program along with the consultants for Diabetes Patients at the Batticaloa Teaching Hospital to maintain the condition of Diabetes Mellitus in the District.

Key details:

- Diabetes – causes.
- Prevention of diabetes.

- Best food choice.
- Testing for diabetes.

Working as a **volunteer teacher** at Little Buds Montessori School, Batticaloa.

- Teaching English poetry for students.
- Conducting seminars along with the Invitees for teachers.
- Participate and train students for Annual Concert.
- Participate and train students for Annual sports meet.

Participate in religious activities in Saiva Maha Sabai – Kaluwanchikudy.

## Leadership Skills

**Students Councillor** – Students, Sri Lanka School of Agriculture, Plamunai.

**Member** – Young Scientist Forum of National Science Foundation

**Life member** – Sri Lanka Nutritional Society

**Treasurer of the Student Union**, Faculty of Agriculture, Eastern University, Sri Lanka (2009/2010)

**Auditor** of the internal auditing committee – Sri Lanka School of Agriculture, Palamunai.

**Member of school Senior Band** - BT/ St.Cecilia's Girls National College, Batticaloa

**Secretary** of the School Hindu Association in Bt/.St.Ceciliias Girls National School in 2005

**Head prefect** - BT/ St.Cecilia's Girls National College, Batticaloa

**Secretary** of the Science Association (2005) BT/ St.Cecilia's Girls National College, Batticaloa

## Extra-curricular Activities

### University Level

Participated in **inter-faculty sports meet in Eastern university, Sri Lanka.**

- **Champions** in inter- faculty Elle match-2012

**Singing** in Cultural Days and Faculty level functions.

Participated *shramadana campaign* organized by Students' Union, Faculty of Agriculture, Eastern University, Sri Lanka.

### School Level

**Participated events in English day and Tamil day.**

English Day:

First place in Juinor Dialogue Drama at Provincial level in 2001

Second place in Senior Dialogue Drama at District level in 2003

First place in Dictation at zonal level in 1999.

Second place in Copy writing at zonal level in 2004.



### Tamil Day:

Second place in “Villuppaattu” at District level in 2003.

Second place in “Reading” at Zonal level in 2000.

### Participated Quiz competitions in Science, Maths and Social Studies.

First place in Science & Technology quiz competition at Zonal level in 2002.

Third place in Math & Science quiz at Zonal level in 2003.

### Personal Details

Full name: **Sujirtha Nadarajah**  
Sex: Female  
Date of Birth: 12<sup>th</sup> July, 1987  
NIC No: 876941104 V  
Marital status: Single

### Referees

#### 1. Mr. M.F.A. Zaneer B.Sc Agric. M.Sc

Deputy Director,  
Office of the DD office Ampara,  
Department of Agriculture,  
Ampara

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#### 2. Prof. (Mrs).Thevaki Mahendran

B.Sc Agric. (UPDN, SL), Ph.D (Reading, UK), Post-Doctorate Research Fellow (UK)  
Senior Professor in Food Science and Technology,  
Department of Agricultural Chemistry,  
Eastern University, Sri Lanka.

T.P. No: +94 77 6176718

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I hereby certify that the above given details are true and accurate to the best of my knowledge.

N.Sujirtha

(2019.03.25)