

EDUCATION

Master of Science (M.Sc), MSc Food Science And Nutrition

St Teresa's College

2019 - 2021

Bachelor of Science (B.Sc), Homescience

ST TERESA 'S COLLAGE

2016 - 2019

CGPA: 7.03/10

Senior Secondary (XII), Science

S.B.O.A Public (Sr.Sec)School

(CBSE board)

Year of completion: 2016

CGPA: 7.20/10

INTERNSHIPS

E-internship Programme In Clinical Nutrition

Institute Of Health Intelligence And Research, Nellore

May 2020 - Jun 2020

Had an e-internship in Clinical Nutrition which was a different experience, had many case studies and had exam and finally received certificate too.

Food And Microbiology Lab

Merit Biolabs, Ernakulam

Sep 2019 - Oct 2019

Had a hand in experience in Microbiology, Biotechnology and Biochemistry techniques.

Dietary Department

government hospital, Ernakulam

Feb 2019 - Feb 2019

The dietary department is well set for the needs of the impatient in the hospital, under the able guidance of senior grade dieticians.

Principle of diet is considered for various disease conditions and food is thus planned and prepared.

TRAININGS

FSSAI LEVEL 3

FSSAI, Ernakulam

Feb 2021 - Feb 2021

Completed and Qualified the FSSAI Level 3 Examination conducted by Highfield. It was a good experience and gained more knowledge about the field

Diabetes Educator

National Diabetes Educator Program, Ernakulam

Sep 2020 - Mar 2021

Completed and secured certificate for the 6 month online course conducted by National Diabetes Educator Program Course run by Dr. Mohan's Diabetes Education Academy (DMDEA), Indian College of Physicians (ICP) & Indian Academy of Diabetes (IAP) for Diabetes Educator

Training For Post Graduate Students Of Public Health And Nutrition On IYCF

National Institute Of Public Cooperation And Child Development, Online
Aug 2020 - Aug 2020

Acquired A grade in the certificate course on Infant and Young Child Feeding online certificate course by Ministry of Women and Child development Government of India.

Covid-19 Fostac Training On FSSAI

FSSAI, Online

Aug 2020 - Aug 2020

Had a good experience and more informations on the handling of food and having safety practices during Covid-19.

Received FSSAI certificate for participation on online training on Covid-19 Guidelines for Food Handlers.

Adolescent Nutrition And Anaemia Course

Nutritional International, Online

Jul 2020 - Jul 2020

Completed all the 15 modules of Adolescents Nutrition and Anaemia Course and received certificate

E-learning Activity, Nutrition And Lifestyle During Pregnancy

European Accreditation Council For Continuing Medical Education & The German Medical Association, Online

May 2020 - May 2020

Completed maternal and Fetal Growth & Development and got 2 European CME Credits and 3 German CME Credits Certificate.

Prevention Of Type 2 Diabetes

IDF School Of Diabetes, Online

Apr 2020 - Apr 2020

Got 1 European CME credit Certificate

Certificate Course In Guidance And Counselling

St. Teresa's College, Ernakulam

Jul 2016 - May 2017

This is a career orientation council programme by UGC and qualified A+ in the examination conducted.

PROJECTS

Study on the consumption pattern of millets in South India

Sep 2020 - Jun 2021

The present study was carried out with the objective of determining the current trend in the consumption pattern of millets in different regions in South India, consumer acceptability and awareness on the availability and health benefits of millets.

Gadget addiction among college students and means to curb there addiction

Aug 2018 - Jan 2019

- Its about gadget addiction among college students.
- Means to curb their addiction
- How it effects in family life
- Effect in social life and academics.

SKILLS

MS-Word

Intermediate

MS-PowerPoint

Intermediate

French Proficiency (written)

Beginner

English Proficiency (Spoken)

Advanced

English Proficiency (Written)

Advanced

Malayalam Proficiency (Spoken)

Advanced

Malayalam Proficiency (Written)

Advanced

Fashion Designing

Intermediate

MS-Excel

Beginner

ADDITIONAL DETAILS

Got Record certificate for longest egg salad.

Participated in Webinar on Online resources in teaching-learning process

Participated in activity as part of World Breast Feeding Week Activities of 2019 jointly organized by District Medical Office (Health) and National Health Mission, Ernakulam

Participated in the International Seminar on Obesity and Weight Management conducted by department of Home Science, St. Teresa's College, Ernakulam.

Participated in seminar on Enriching Research Horizons organised by department of Home Science, St. Teresa's College, Ernakulam.

Participated in 2 day National seminar on Cyber Crimes Against Women- A Rising Concern sponsored by National Commission for Women conducted by St. Teresa's College, Ernakulam.

Participated in Workshop on Advanced Statistical Methods for Communicating Science- Hands on Training on SPSS Software organised by department of Home Science, St. Teresa's College, Ernakulam.

Participated in 2 days Workshop on Microsoft Excel and SPSS conducted by department of Home Science, St. Teresa's College, Ernakulam.

Participated in Webinar on Understanding Fiber and it's Clinical Uses jointly conducted by Advancing Nutrition Care in India, Mumbai Chapter, Clinical Nutrition Excellence Academy and Hexagon Nutrition.

Attended 53rd IDACON 2020 Virtual International Conference of India Dietetic Association, India Launch of Special Interest Group of Public Health Nutrition

Participated in the webinar on Recovery Nutrition for Sports Performance organised by department of Home Science, St. Teresa's College, Ernakulam.

Participated in webinar on Dietary Cholesterol: Current State of Evidence organized by the department of Home Science and Centre for Research in association with NetProFan & NSI, Kochi Chapter as part of World Heart Day 2020.

Participated in the webinar on Grains for gut microbiome health-A dietary perspective organised by Nutrition Society of India, Mumbai Chapter in collaboration with Kellogg Nutrition.

Secured 60% in the Global Food Safety Quiz conducted by School of Food Science.

Secured 96% in the International Quiz on Biodiversity organised by St. Albert's College and Albertian Foundation in association with the Nature Club to commemorate World Environment Day 2020.

Scored 85% in the Online Quiz on Bakery and Confectionery as part of World Food Day organised by Department of Hotel Management, Naipunnya Institute of Management and Information Technology.

Scored 70% in the online quiz conducted as part of World Breast Feeding Week 2020 organised by Department of Home Science, L.R.G. Government Arts College for Women, Tirupur.

I like to draw, paint, doodles, reading books, craft works, embroidery, stitching, playing both indoor and outdoor games, hearing musics