

# RESUME

## CHARU JOSEPH

Date of birth: 04/03/1995

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## OBJECTIVES

Passionate about nutrition and would like to have a career in the field of nutrition.

## EDUCATION

- **Master of science** - M.Sc Food Science and Nutrition at St.Teresa's college (Autonomous) Ernakulam -2018 (Result awaiting).
- **Bachelor of Science** –Home Science , St.Joseph's college for women Alappuzha-2016
- **Senior Secondary (XII) CBSE** - Science, Panickaveetil S.S.P.S. Cherthala – 2013
- **Higher Secondary (X) CBSE** – Panickaveetil S.S.P.S Cherthala – 2011

## ACHIEVEMENTS

- Secured first position in poster presentation in the Research Advancement Programme (ReAP) conducted by the Department of Home Science, St.Teresa's (Autonomous) College, Ernakulam on 17th November 2016.
- Participated in creating the WORLD RECORD ON THE LONGEST LINE OF EGG SALAD on the occasion of the world egg day celebration at Marine Drive, Cochin, Kerala.
- Won 2 silver medals for arts at Alappuzha district Sahodhya Kaloltsave.

## WORK EXPERIENCE AND TRAINING

- Had undergone one month Dietetic Internship at PSG Hospitals Coimbatore.
- Had undergone 3 day training in chemical analysis of food and water at SEA LAB (Seafood Park (India)Limited), Aroor, Kerala.
- Had undergone 6 day training in microbiological and chemical analysis of food and water at FOOD QUALITY LABORATORY AND RESEARCH CENTRE, Marine Drive, Cochin, Kerala.
- Had undergone one day training on Food Safety Supervisor conducted by FSSAI at St. Teresa's College Ernakulam.

- Did School Health Campaign and Nutrition Health Education for school children in collaboration with National Health Mission during 2017-2018.

## **AREA OF INTEREST**

Dietitian, Nutritionist and Food Safety Supervisor.

## **SKILLS**

- Microsoft Office (Excel, Word and Power point )
- Languages known: English and Malayalam(read, write and speak)
- Other languages known : Hindi and Tamil
- Guidance and counseling

## **SEMINARS ATTENDED**

- 48th National Conference on Nutrition risk management and communication at St.John's Research Institute, Bangalore.
- ICMR and NSI sponsored International conference on 'Advances in Nutrition and Health Communication' at Avinashilingam University, Coimbatore.
- Participated in Entrepreneurship Awareness Camp conducted by KITCO on behalf of Entrepreneurship Development Institute of India, Ahmedabad
- Participated in the one day State Level Seminar on 'Advances In Research' organized by Department of Home Science, St.Teresa's (Autonomous) College, Ernakulam in association with KSCSTE on 6th December, 2017.
- Participated in the two day National workshop organized by School of Computer Science-PG, De Paul Institute of Science and Technology, Angamaly, Kerala on September 30th and October 1st, 2016

## **DECLARATION**

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

CHARU JOSEPH