**CURRICULUM VITAE OF SHEBHA WILLIAMS**

**SHEBHA WILLIAMS**

**BELIEVERS CHURCH CAARMEL ENGINEERING COLLEGE (CAARMEL HOUSE)**

**KOONAMKARA P. O, RANNI-PERUNAD, PATHANAMTHITTA - 689711**

**KERALA**

**Mob: 7012636872 Email: rockybrother6@gmail.com**

**OBJECTIVE** To pursue the career of a Dietitian that will offer others a healthier lifestyle and to expand my horizon in Nutrition and Dietetics

**STRENGTHS**

* Strong sense of Discipline, Dedication, Duty and Responsibility
* Get along with people in a pleasing and friendly manner
* Hardworking and Target oriented

**PERSONAL PROFILE**

**Father’s Name**  : Williams B Lonan

**Mother’s Name** : Jessy Williams

**Date of Birth** : 14/07/1993

**Sex** : Female

**Marital Status** : Single

**Nationality** : Indian

**Religion** : Christian

**Languages Known** : Malayalam, Tamil & English (Spoken & Written)

**EDUCATIONAL DETAILS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sl. No.** | **Qualification** | **Specialization** | **Name of the Institute** | **University/Board** | **Year of Passing** | **Percentage/****Grade** |
| 1 | Master of Science | Clinical Nutrition and Dietetics | St. Teresa’s College, Ernakulam | Mahatma Gandhi University | 2018 | Sem I- 71%Sem II-84%Sem III- 88%Sem IV- 86% |
| 2 | Bachelor of Science | Home Science | St. Teresa’s College, Ernakulam | Mahatma Gandhi University | 2016 | 72% |
| 3 | Plus Two | Science | Balikamatom GHSS, Thiruvalla | Kerala Board of Higher Secondary Examination | 2012 | 70% |
| 4 | S. S. L. C | General | Balikamatom GHSS, Thiruvalla | Kerala Board of Public Examination | 2010 | 72% |

**ADDITIONAL QUALIFICATIONS**

|  |  |  |
| --- | --- | --- |
| **Sl.No.** | **Qualification/Certificate** | **Name of the Institute** |
| 1 | Post Graduate Diploma in Health Care Management | United Skill Development Organisation, Kerala |
| 2 | First Aid Course | Indian Red Cross Society, St. Johns Ambulance, New Delhi |
| 3 | Certificate Course in Guidance and Counselling | St. Teresa’s College Department of Home Science |
| 4 | Desktop Publishing Course | Teresian Institute of Computer Studies, Ernakulum |
| 5 | Advanced Diploma in Office Automation | Fast rack Computer Academy, Ernakulum |

**WORK EXPERIENCE**

1. **Lisie Hospital, Ernakulum**

**Position** : Dietician Trainee

**Nature of Work** : Diet Counselling, Kitchen Supervision, Seminar Presentation

**Duration** : 2 Months

**Name of the Supervisor** : Anitha Johnson, Senior Dietician, Lisie Hospital, Ernakulum

1. **PSG Hospitals, Peelamedu, Coimbatore**

**Position :** Registered Dietitian Trainee

**Nature of Work**  : Nutritional assessment, nutrition prescription, diet couseling, diet setting

**Duration** : 6 Months

**Name of the Guide** : M. Vijayalakshmi, Senior Dietitian, PSG Hospitals, Coimbatore

**PROJECTS/CONFERENCES/SEMINARS/CAMPS**

1. **M.Sc Project *:*** Health Profile of Diabetic Nephropathy Patients and Dietary Approaches

 Undertaken for its Management

***Name of Supervisor :*** Smt. Rajni Nair, Assistant Professor, Dept. of Clinical Nutrition and Dietetics,

 St. Teresa’s College, Ernakulum

1. **B.Sc Project *:*** Organoleptic Attributes of Millet Incorporated Cookies

***Name of Supervisor :*** Dr. Rashmi Poojara, Assistant Professor, Dept. of Home Science, St. Teresa’s

 College, Ernakulum

1. **Sports Nutrition Program,** Medical Trust Hospital, Kochi
2. **State level Seminar on ‘Climate is Challenging, Food and Agriculture Must too’**, St. Teresa’s College, Dept. of Clinical Nutrition and Dietetics
3. **Seminar on ‘Healing the Ozone Layer- Protecting Life on Earth’**, Kerala State Council for Science, Technology and Environment
4. **International Conference on ‘Advances in Nutrition and Health Communication’**, Avinashilingam University, Coimbatore
5. **Workshop on ‘Chronic Liver Disease’**, Nutrition Education of Ernakulam Dieticians
6. **Voluntarily Donated Blood at Blood Donation Camp (2013)**, Kerala State Aids Control Society.
7. **Voluntarily Donated Blood at Blood Donation Camp (2015)**, Kerala State Blood Transfusion Council
8. **National Seminar, ‘Home Science a Kaleidoscope of Life’**, Govt. College for Women, Trivandrum
9. Participated in the **‘Continuing Nutrition Education (CNE) Session on Nutrition in the Critically III’,** organized by IAPEN and Lakeshore Hospital, Ernakulam.
10. Participated in the **‘Modernist Cuisine Workshop’**, South Indian Chef’s Association, Kerala Chapter.
11. **Won 2nd Prize**, Poster Competition, National Nutrition Week on *‘Optimal Infant & Young Child Feeding Practices: Better Child Health’*, Believers Church Medical College Hospital, Thiruvalla.

I hereby declare that the above mentioned details are true to the best of my knowledge and belief

**SHEBHA WILLIAMS** **DATE: 15/10/2018 PLACE: ERNAKULAM**