

# CLARA TANIYA K.S

Age : 23

Date of birth : 19/12/1995

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## OBJECTIVES

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

## EDUCATION

- **POST GRADUATION**

Pursuing final semester in M.Sc FOOD SCIENCE AND NUTRITION at St.Teresa's College (Autonomous), Ernakulam, Kerala  
Year -2018

- **GRADUATION**

B.Sc HOME SCIENCE at ST.Teresa's College (Autonomous) Ernakulam, Kerala  
Year -2016

- **12<sup>TH</sup>**

Government Girls Higher Secondary School, Mattancherry  
Year- 2012

- **MATRICULATION**

O.L.C.G.H.S, Thoppumpady  
Year- 2010

## ACHIEVEMENTS

- 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.
- NCC under 21 KERALA BN NCC, with 'B' grade in certificate 'C' Examination.

## **WORK EXPERIENCE AND TRAINING**

- 6 month working experience from PVS memorial Hospital, kaloor. From 3/9/2018 till to the date.
- Had undergone one month Dietetic Intership at PSG Hospitals,Coimbatore.
- 3 days internship programme on “General awareness in analytical procedures of Heavy Metals, Pesticide residues, Antibiotic residues, Water analysis and Microbiological parameters in food products” at SEA LAB (Seafood Park (India) Limited), Aroor, Keral
- 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.
- Presented a paper entitled “Food skills and healthy living” in the Research Advancement Programme (ReAP) conducted by the Department of Home Science, St.Teresa’s (Autonomous) College, Ernakulam on 17th November 2016.
- Completed Training In Catering- Food Safety, under *fssai*

## **SEMINARS & CONFERENCES 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.
- Two day national workshop on “ RESEARCH METHODOLOGY, LANGUAGE SKILLS & WRITING PRACTICES” organized by school of computer science-PG, De Paul Institute of Science and Technology, Angamaly.
- 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.

- Continuing Nutrition Education session on “NUTRITION IN THE CRITICALLY ILL” organized by The Society of Clinical Nutrition and Metabolism (IAPEN) Kochi regional chapter, Department of home science and Department of clinical nutrition and dietetics, Lakeshore hospital Ernakulam.

## **SKILLS**

- Languages known: English, Malayalam (read, write and speak)
- Other languages known : Tamil, French and Hindi
- Guidance and counselling
- MS OFFICE(Excel,Word&PowerPoint)
- General application (OS – Windows)
- DTP
- Drawing

## **THESIS /PROJECT**

- M.sc thesis on “**Standardisation and evaluation Raw Banana Powder in Baked, Breakfast Recipes**”.
- Degree project on **Food Skills And Healthy Living**

## **DECLARATION**

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

CLARA TANIYA K.S