

CURRICULUM VITAE

SHEBHA WILLIAMS



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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

Qualification : Master of Science
Specialization : Clinical Nutrition and Dietetics
Name of the Institute : St. Teresa's College, Ernakulam
University/Board : Mahatma Gandhi University
Year of Passing : 2018
Percentage/Grade : 83 % (Grade- A, CCPA- 8.25)

Qualification : Bachelor of Science
Specialization : Home Science
Name of the Institute : St. Teresa's College, Ernakulam
University/Board : Mahatma Gandhi University
Year of Passing : 2016
Percentage/Grade : 71 % (Grade- B, CCPA- 7.12)

Qualification : Plus Two
Specialization : Science
Name of the Institute : Balikamatom GHSS, Thiruvalla
University/Board : Kerala Board of Higher Secondary Examination
Year of Passing : 2012
Percentage/Grade : 70%

Qualification : S. S. L. C
Specialization : General
Name of the Institute : Balikamatom GHSS, Thiruvalla
University/Board : Kerala Board of Public Examination
Year of Passing : 2010
Percentage/Grade : 72%

ADDITIONAL QUALIFICATIONS

Qualification/Certificate : Post Graduate Diploma in Health Care Management
Name of the Institute : United Skill Development Organisation, Kerala

Name of the Institute : First Aid Course
Qualification/Certificate : Indian red Cross Society, St. Johns Ambulance, New Delhi

Name of the Institute : Certificate Course in Guidance and Counselling
Qualification/Certificate : St. Teresa's College Department of Home Science

Name of the Institute : Desktop Publishing Course
Qualification/Certificate : Teresian Institute of Computer Studies, Ernakulum

Name of the Institute : Advanced Diploma in Office Automation
Qualification/Certificate : Fast rack Computer Academy, Ernakulum

WORK EXPERIENCE

LISIE HOSPITAL, ERNAKULUM

Position : Dietician Trainee
Nature of Work : Diet Counseling, Kitchen Supervision, Seminar Presentation
Duration : 2 Months
Supervisor Name : Anitha Johnson, Senior Dietician, Lisie Hospital, Ernakulum

PSG HOSPITALS, PEELAMEDU, COIMBATORE

Position : Registered Dietitian Trainee
Nature of Work : Nutritional assessment, nutrition prescription, diet counseling, diet setting
Duration : 6 Months
Name of the Guide : 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, Ernakulam
2. B.Sc. Project: Organoleptic Attributes of Millet Incorporated Cookies
Name of Supervisor: Rashmi Poojara, Assistant Professor, Dept. of Home Science, St. Teresa's College, Ernakulam
3. Sports Nutrition Program, Medical Trust Hospital, Kochi
4. State level Seminar on 'Climate is Challenging, Food and Agriculture Must too', St. Teresa's College, Dept. of Clinical Nutrition and Dietetics
5. Seminar on 'Healing the Ozone Layer- Protecting Life on Earth', Kerala State Council for Science, Technology and Environment
6. International Conference on 'Advances in Nutrition and Health Communication', Avinashi lingam University, Coimbatore
7. Workshop on 'Chronic Liver Disease', Nutrition Education of Ernakulam Dieticians
8. Voluntarily Donated Blood at Blood Donation Camp (2013), Kerala State Aids Control Society.
9. Voluntarily Donated Blood at Blood Donation Camp (2015), Kerala State Blood Transfusion Council
10. National Seminar, 'Home Science a Kaleidoscope of Life', Govt. College for Women, Trivandrum
11. Participated in the 'Continuing Nutrition Education (CNE) Session on Nutrition in the Critically III', organized by IAPEN and Lakeshore Hospital, Ernakulam.
12. Participated in the 'Modernist Cuisine Workshop', South Indian Chef's Association, Kerala Chapter.
13. Won 2nd Prize, Poster Competition, National Nutrition Week on 'Optimal Infant & Young Child Feeding Practices: Better Child Health', Believers Church Medical College Hospital, Thiruvalla

DECLARATION

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

SHEBHA WILLIAMS