

Nova James

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Career Objective:

Looking forward to be a **Dietitian** in a reputed health care center where I can utilize my knowledge and skills in imparting healthy nutritional plans for well being of the patients with various acute and chronic diseases.

Academic Qualifications:

- **MSc. Dietetics and food service management** from CMS College Kottayam, MG University (1st semester -**90% marks**, 2nd semester-**90.5%** , 3rd semester – **91.5%** 4th semester results are awaiting)
- **BSc. Nursing** from St.Thomas College of Nursing , KUHS University with **Second class** in 2015.
- **Plus Two** from St.Stephen's Higher Secondary School, Keerampara, Kerala State Board with **80% marks** in 2011.
- **SSLC** from Kerala State Board with **85% marks** in 2009.

Skills

- Excellent interpersonal skills and building relations with staff and patients
- Good theoretical knowledge about various diseases conditions and its management
- Interest and knowledge of the scientific aspects of food
- Strong verbal and written communication skill

Projects:

- Successfully completed research project as part of the curriculum on "**Knowledge, attitude and practice of primipara mothers regarding exclusive breastfeeding**"
- Successfully completed project on "**Changing perspectives in food related beliefs and practices during various physiological conditions and health status assessment among three generations of tribal mothers residing in Ernakulam district**".

Honors and Achievements :

- Get appreciation for the best project in UG level.
- Participated in National level seminar on “ Healthy bakes” in BCM College,Kottayam
- Won first prize for Low cost recipe contest held at CMS College, Kottayam.
- Won first prize for interdepartmental Salad decoration competition held at CMS college, Kottayam
- Won 3rd prize for intercollegiate nutrition quiz held at Assumption college, Changanassery.
- Successfully completed internship in the department of Nutrition and Dietetics in Believers Church Medical College Hospital, Thiruvalla(26/03/18-25/04/18).

Personal Profile:

Nationality :Indian
DOB :09.12.1993
Gender :Female
Marital Status : Single
Languages Known : English, Malayalam
Permanent Address : Chirapparambil(H)
Pooyamkutty P.O
Ernakulam (DST),
Kerala.
Pin-686681

References:

- Prof.Miriam Mani,HOD,Dept of FACS,CMS College,Kottayam (Ph.no.90485 46392)
- Mrs. Renu Abraham ,Asst. Professor, CMS College, Kottayam (Ph.no.+91 81390 23920).

Declaration:

I hereby declare that all the above mentioned information is correct up to my knowledge and I bear the responsibility for the correctness above mentioned particulars.

(Nova James)