

ASHIA JULKA SAFAR

WHO AM I

In reference to my academic activities, developed skills and as an energetic self-motivated young woman, I'm aimed to build my career as a goal oriented clinical nutritionist and wellness professional focused on conducting detailed nutrition consultations and creating personalized meal plans to meet the needs of each client.

CONTACT



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WORK EXPERIENCE

- Interned as dietician trainee at **AMRITA INSTITUTE OF MEDICAL SCIENCES, AIMS**, Kochi – (2nd -31st May 2018)
- Conducted an assessment of the **Nutritional Status of Policemen in the Chavakkad Police Station.**
- Undertook a study on **Health Status of the Children enrolled in Kunjery Anganwadi** as part of the Community Nutrition Survey.
- Interned as dietician trainee at **AMALA INSTITUTE OF MEDICAL SCIENCES**, Thrissur – (3rd November 2018 - 18th March 2019)
- Took awareness classes for the students of VIMALA COLLEGE, AUTONOMOUS, in association with UGC Sponsored WOMEN'S STUDIES CENTRE on "**Significance and Importance of Breakfast**".
- Conducted a study on "**EFFECT OF B-COMPLEX VITAMIN SUPPLEMENTATION ON PMS SUBJECTS**" as a part of MSc. Dissertation.
- Attended 50th Annual National Conference of **INDIAN DIETETIC ASSOCIATION, IDA**, organized by Bengal Chapter.
- Completed the certificate course in **Gender Sensitization** organized by UGC Sponsored Centre for Women's Studies Centre, VIMALA COLLEGE, AUTONOMOUS, Thrissur.

EDUCATION

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|------------------|---|----------------|
| 2017-2019 | MSc. Nutrition and Dietetics VIMALA COLLEGE (AUTONOMOUS), Thrissur | 91.5% |
| 2014-2017 | BSc. Family and Community Science University of Calicut, Kerala | 89.25 % |
| 2012 | PLUS TWO Little Flower G.H.S.S. Guruvayur | 89 % |
| 2010 | SSLC Little Flower G.H.S.S. Guruvayur | Full A+ |

MY ACHEIVEMENTS

- **College topper** for **MSc.** Nutrition and Dietetics and Received the **Best Outgoing Student Award**, Department of Home science (VIMALA COLLEGE, AUTONOMUS) - (2017-2019)
- **Calicut University First Rank Holder** for BSc. Family and Community Science - (2014-2017)
- **UGC NET Holder (twice)**
 - i) Roll No: 36025100
 - ii) Roll No: KL1805503364
- Declared by ASSOCIATION OF FOOD SCIENTISTS AND TECHNOLOGISTS (INDIA), **AFST (I)**, Thrissur Chapter, as the Best Outgoing graduate in BSc. Family and Community Science degree programme.
- Received the **Best Outgoing Student Award** in **BSc.** Family and Community Science, Department of Home Science - (2014-2017)
- Awarded by District Panchayat, Thrissur, for excellent performance in the **S.S.L.C** Examination conducted by Govt. of Kerala in obtaining **grade A+ in all subjects.**

Bagged **A+** grade in the **D.C.L. National Level I.Q Development Examination** conducted at high school and higher secondary school levels

REFERENCES

1. Dr. Karuna M S

Former head of the department and Associate professor, Department of Home science, Vimala college (Autonomous), Thrissur, Kerala

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2. Dr. Thomas Ruby Mariamma

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