

**S Shezna**  
**M.sc Foods and Nutrition**

Current Address: Kunnathurmedu police officers' quarters' opp. Vasan eye care hospital, chittoor road, Palakkad 678013, Kerala.

Marital Status : Single

Date of Birth : 21<sup>st</sup> July 1996

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## OBJECTIVE

To be associated with an organization where I can contribute & continue to develop my career & increase the depth & breadth of my knowledge and utilize my skill to achieve my expected goals while fulfilling organizational goals.

## EDUCATIONAL PROFILE

Year of Passing	Qualifications	University/College	Percentage / Marks
2019	M.sc Foods and Nutrition	RVS College of Arts and Science, Coimbatore	Appearing
2017	B.sc Nutrition and Dietetics	RVS College of Arts and Science, Coimbatore	80%
2014	Higher Secondary Certificate	CBSE	52%
2012	Secondary School Certificate	CBSE	6.4

## TECHNICAL SKILLS

- Good knowledge in academics
- Good in diet counselling.

## TRAINING AND WORKSHOP

- Attended and participated in national conference on challenges and sustainable approaches towards food and nutrition security- A global Perspective.
- Attended two day awareness cum implementation programme in "HACCP".
- Training in Westfort Hitech hospital for 15days.
- Training in Amala institute for medical sciences for 15 days.
- Training in PEPSICO India holdings private limited for 15 days.
- Training in Bristo foods private limited for 15 days.
- Training in Talwalkars HIFI gym and fitness center for 2 days.
- Training in gold's gym for 1 day.
- Training in moulana hospital for 15days.
- Training in bake factory for 15days.

## ACADEMIC PROJECTS

- Project based on Dietetics case study
- Project based on Fitness management case study
- Project based on Assessment of nutritional status of school going children (10-14yrs)
- Project based on Dietetics case study
- Project based on Formulation and Standardization of Watermelon Seed Powder Incorporated Wheat Rusk
- Project based on Prevalence of metabolic syndrome among early adult population and impact of intervention programmes

## COMPUTER SKILLS

- Excellent command on MS Office (Word, Excel, PowerPoint and Outlook) and Windows.
- General Basic knowledge of Computer Hardware

## PERSONAL SKILLS

- Very good in communication and building relations with people.
- Ability to work individually and as a team member.
- Positive minded
- Patience
- Adaptability
- Service minded

## EXTRA CURRICULAR ACTIVITIES AND ACHIEVEMENTS

- Participated as a social worker in spreading awareness about heart disease.
- Participated in social science exhibition
- Participated as a social worker for spreading a few smiles and happiness amongst the underprivileged children in our society.
- Participated in the MAGGI taste bhi health kitchen contest
- Participated as oral presentation in national conference on challenges and sustainable approaches towards food and nutrition security- A global Perspective.

## LANGUAGES KNOWN

LANGUAGE	READ	WRITE	SPEAK
English	✓	✓	✓
Hindi	✓	✓	
Malayalam	✓		✓

## DECLARATION

I do hereby declare that, all above information is true, complete and correct to best of my knowledge and belief.

Place: Palakkad

Signature

Date: 16/02/2019

S Shezna