

# RESUME



**Athira Babu**  
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## Career Objective:

To become globally competent, socially responsible and value driven social professional, and to showcase exceptional skills & competency for the betterment of the society and also want to contribute to overall development of the vulnerable cross section of the people across the globe.

## Educational Qualifications

Course	Institution/ University	Year of Passing	Percentage/ Division
MSc Food & Nutrition	University of Kerala	2019	85 %
BSc Clinical Nutrition & Dietetics	Mahatma Gandhi University	2017	83 %
Plus Two	Kerala Higher Secondary Board	2014	92%
Tenth	Board of Public Examination, Kerala	2012	99 %

## Additional Courses & Certifications

- ✚ Passed the **Diabetic Educators Training Programme** of CMC Hospital, Vellore, India
- ✚ Passed **IELTS** Exam with Overall Score 7 in 2017

## Areas of Interest

- ✦ Nutrition Education
- ✦ Clinical Nutrition And Health
- ✦ Women And Child Nutrition

### Technical Skills

- ✦ Basic Computer Skills
- ✦ MS Word
- ✦ Excel
- ✦ PowerPoint
- ✦ Internet Application Skills
- ✦ Computer tools for Research

### Skills and Competencies

- ✦ Communication Skills
- ✦ Positive Thinker
- ✦ Open to Learning New Things
- ✦ Leadership Skills
- ✦ Team Player
- ✦ Organizing Skills
- ✦ Interpersonal Relations & People Skills
- ✦ Capable of Learning, Unlearning and Re-learning,
- ✦ Willing to participate in Social activities

### Seminars Attended

- ✦ Participated at the three-day International Seminar on “Development Communication and Endo-Nutrition: The Current Drift” Sponsored by “Directorate of Collegiate Education” which is organized by Department of Home Science in Govt. College for Women, Trivandrum, Kerala.
- ✦ Participated at the continuing education programme on “Medical Nutrition Therapy in the management of obesity” at Amrita Institute of Medical Science, Kochi.
- ✦ Participated at the national seminar on “Strategies for Preventing Hypokinetic diseases” sponsored by University Grand Commission which is organized by Department of Clinical Nutrition and Dietetics in Alphonsa College, Pala, Kottayam, Kerala.
- ✦ Participated at the national seminar on “Functional Foods: The current Perspective in Preventive Nutrition” sponsored by University Grand Commission which is organized by

Department of Clinical Nutrition and Dietetics in Alphonso College, Pala, Kottayam, Kerala.

### Achievements and Awards

- ✚ **UNIVERSITY FIFTH RANK** in Masters degree from Kerala University in 2019
- ✚ **FIRST PRIZE** in the poster presentation at the International Seminar on Development communication and Endo Nutrition: The Current Drift organized by Department of Home Science, Govt. College For Women, Thiruvananthapuram on 13<sup>th</sup> to 15<sup>th</sup> November 2018 for the poster “Standardisation and sensory quality analysis of nutritious product from an indigenous fruit (annona muricata)”
- ✚ **UNIVERSITY FIRST RANK** in Bachelors degree from Mahathma Gandhi University in 2017
- ✚ **FIRST PRIZE** in quiz competition conducted by St. Terease’s College, Ernakulam in relation to National Breastfeeding Week 2016.
- ✚ **THIRD PRIZE** in quiz competition conducted by Assumption College, Changanassery in relation to National Nutrition Week, 2016.

### Journal Publications

- ✚ Athira babu, Drishya M S and Saranya S, ‘Standardisation and sensory quality analysis of nutritious product from an indigenous fruit (Annona muricata)’, International Journal of Home Science, Vol: 5, Issue: 1, 2019. Pp: 197-200.

### Projects and Internships

- ✚ Done a Study on the topic “Nutritional Assessment and Effectiveness of Diet counselling on women with Gestational Diabetes Mellitus”.
- ✚ Done a One month Dietetic Internship in the Department of Dietary, Christian Medical College, Vellore, Tamil nadu, India.
- ✚ Done a Study on the topic “Standardisation and sensory quality analysis of nutritious product from an indigenous fruit (Annona muricata)”.
- ✚ Done a Project on the topic “Assessment of Nutritional Status of Pregnant Women (20-35 yrs)”.
- ✚ Done a One month Dietetic Internship in the Department of Dietary, PSG College of Medical Sciences and Research, Coimbatore, Tamil nadu, India.

### Extra-Curricular Activities

- Selected for L<sup>3</sup> (Lab for Learning and Life Skills) Activities (2018) in Govt. College for Women, Trivandrum, Kerala.

### Participation in Nutrition Activities

- Conducted and handled classes on Pregnancy, Dietary problems, Complications & Nutritional Management during pregnancy for pregnant women at the Medical College Hospital, Kottayam, Kerala.

### Languages Known

Languages	Read	Write	Speak
English	✓	✓	✓
Malayalam	✓	✓	✓
Hindi	✓	✓	-

### Hobbies

Reading, Writing, Listening to Music, Travelling.

### References:

**Dr. Mini Joseph**

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Department of Home Science  
Govt. College for Women,  
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