

AMEENA SABEER

Dietitian-Nutritionist/Food
Quality Controller

To obtain a position that will enable me to use my skills, educational background, and ability to work harmoniously with people while improving my abilities and promoting health and well-being.



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📍 India

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EDUCATION

M.Sc. in Food Science and Nutrition

ST. TERESA'S COLLEGE

06/2019 -04/2021,

Ernakulam

B.Sc. in Food Science and Quality Control

ST. GEORGE'S COLLEGE

06/2016 - 05/2019,

Kottayam

INTERNSHIPS

Clinical Nutrition

**Institute of Health Intelligence and
Research**

05/2020 - 06/2020,

Nellore,AndhraPradesh

Achievements/Tasks

- The scientific basis of nutrition. Understanding nutritional requirements from the molecular through to the population level.
- Food in a social or behavioral context, at all stages of the life-course.
- The food chain and its impact on food choice. Integrating the food supply with dietary intake.
- How to apply the scientific principles of nutrition for the promotion of health and wellbeing of individuals, groups and populations

Techniques in Microbiology,

Biotechnology and Biochemistry

Merit Biolabs

09/2019 - 10/2019,

Vennala,Ernakulam

Achievements/Tasks

- Constructing, working with, and standard operating procedures for laboratory instruments
- Practical procedures used in molecular biology, microbiology and biochemical analysis experiments

**Kerala Co-operative Milk Marketing
Federation**

05/2017 - 06/2017,

Vadavathoor,Kottayam

Achievements/Tasks

- Chemical and microbiological analysis were carried out on raw milk samples randomly collected to evaluate the sanitary condition of raw milk consumed.
- The keeping quality tests which depend on the increasing amount of acidity revealed the pH value and the acid percentage with the titrable acidity.

**Adhyaya - Virtual Hospital Internship
program**

RD Board Indian Dietetic Association

2/8/2021-31/8/2021

Achievements/Tasks

- Gathering an understanding of the working of the kitchen, the food service systems and the standardization process
- Understanding the flow of nutritional care process
- Understanding the assessment protocols and diagnostic tools used in IPD and OPD set up
- Diet planning and case study Documentation
- Counselling and Community nutrition education
- Research skills

SKILLS

PROBLEM SOLVING

OFFICE TOOLS

COMMUNICATION

LEADERSHIP

RESEARCH

PERSONAL PROJECTS

Development and standardization of Pasta incorporating Coconut Flour and evaluation of its nutritional characteristics (02/2019- 03/2019)

CDB INSTITUTE OF TECHNOLOGY, COCONUT DEVELOPMENT BOARD

Development and Standardization of Multi Millet Rusk for Diabetes (05/2021)

St. Teresa's College (Autonomous)

CERTIFICATES

Certificate of Appreciation for World Breastfeeding activities by District Medical Office, National Health Mission (08/2019)

Prevention of Type II Diabetes by IDF School of Diabetes accredited by European Accreditation Council for Continuing Medical Education (EACCME) (04/2020)

Diabetes and Ramadan by IDF School of Diabetes accredited by European Accreditation Council for Continuing Medical Education (EACCME) (04/2020)

Highfield Level 3 Award in HACCP for Food Manufacturing(RQF) (22/02/2021)

Diabetes Educator by the National Diabetes Educator Program (NDEP)

Certificate of Competence for Food Safety Supervisor (05/02/2021)

Certificate of recognition for the role Script writer and Designer in the project Beyond the bell for Kerala state syllabus students in lower primary school level initiated by Ernakulam MLA,TJ, Vinod

INTERESTS

ART

GARDENING

COOKING

TRAVELLING

LANGUAGES

ENGLISH

FULL PROFESSIONAL PROFICIENCY

MALAYALAM

NATIVE/BILINGUAL PROFICIENCY