

Haritha EH

NUTRITIONIST



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07356526296

Malappuram, India

WORK EXPERIENCE

NUTRITIONIST

INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS) SCHEME

01/2021 - 08/2021

Kozhikode

The Integrated Child Development Services (ICDS) Scheme is one of the flagship programmes of the Government of India and represents one of the world's largest and unique programmes for early childhood care and development.

Achievements/Tasks

- Advising and presenting a balanced nutritional strategy
- Discussing and advising on weight-management plans
- Assisting clients with nutritional goals and offering a sound nutritional plan for optimizing health
- Recognizing appropriate behavioral-change modifications and dietary approaches for different ages and populations

DIETITIAN

HEALTHY DIET, Kochi

08/2021 - Present

KOCHI

Contact: Sangeeth - 9495009595

PERSONAL PROJECTS

FORMULATION AND STANDARDISATION OF JAMUN SEED POWDER INCORPORATED MASALA RUSK (10/2019 - 10/2019)

FORMULATION, STANDARDISATION AND SHELF - LIFE STUDY OF SPROUTED MOTH BEAN POWDER INCORPORATED DEEP FRIED SNACKS AND POPULARISATION (04/2020 - 04/2020)

EDUCATION

M.Sc Foods and Nutrition

RVS COLLEGE OF ARTS AND SCIENCE, SULUR, COIMBATORE, TAMIL NADU

07/2018 - 03/2020

B.Sc Food Technology

SAFI INSTITUTE OF ADVANCED STUDIES, VAZHAYUR, MALAPPURAM, KERALA

07/2015 - 03/2018

SKILLS

Keen interest in the impact of diet on health

Good interpersonal skills

Communication skills, including the ability to explain complex things simply.

An understanding of science.

MS office

Able to motivate others.

ACHIEVEMENTS

HACCP FOR FOOD MANUFACTURING, LEVEL 3

CERTIFICATES

NATIONAL SYMPOSIUM ON BIOSCIENCE AND TECHNOLOGY - REASON TRENDS AND FUTURE PROSPECTS (02/2016 - 02/2016)

KSCSTE SPONSORED NATIONAL SEMINAR ON "RECENT TRENDS IN FOOD TECHNOLOGY - PROCESSING, PRESERVATION AND BYPRODUCT UTILIZATION (01/2018 - 01/2018)

ORGANIZATIONS

PANDA FOODS PVT LTD, WAYANAD, KERALA (12/2017 - 01/2018)

Project

AMRITA INSTITUTE OF MEDICAL SCIENCES (11/2018 - 12/2018)

Internship

LANGUAGES

English
Professional Working Proficiency

Malayalam
Native or Bilingual Proficiency

Tamil
Limited Working Proficiency

INTERESTS

NUTRITIONIST

DIETITIAN

FOOD QUALITY CONTROLLER