

SHILPA B NAIR

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shilpakodoth1996@gmail.com

Challenging and determined Post-graduate with good communication skills and ready to work independently as well as a team player, utilizing the skills acquired during my course and experience.

CAREER OBJECTIVE

To take up a challenging career in an organization which utilize my skills and thereby grow personally and professionally

TRAINING EXPERIENCE

- Internship from Dhanalakshmi Hospital Kannur for 2 months
- Internship from Indiana Hospital and Heart Institute Mangalore for 3 months.

WORKING EXPERIENCE

Nutritionist at ICDS Parappa Block for 8 months

- Nutrition and parenting clinic.
- Nutrition assessment as well as monitoring weight and height of anganwadi beneficiaries.
- Conducted webinars on below topics:
 - Importance of exercise in preventing vitamin D deficiency.
 - Nutrition and Health Education for Adolescence
 - Importance of Greenleafy vegetables
 - Ways to prevent Nutritional deficiencies and Importance of Balanced diet in a Healthy Life style.
- Provided Nutritional counselling.

ACADEMIC QUALIFICATIONS

Degree/ Qualification	Name of the Institution	Board	Year	Grade
Msc Food Science Nutrition and Dietetics	St. Aloysius College, Mangaluru	Mangalore University	2020	64%
Bsc plant Science	Nehru Arts and Science College, Padnakkad, kerala	Kannur University	2018	76%
HSC	Little Flower girls higher secondary school, kanhangad	Higher Secondary Education Board	2015	75%
SSLC	Little Flower girls higher secondary school, kanhangad	State Board	2013	80%

ACHIEVEMENTS & AWARDS

- Successfully completed 25 hours online course of "SPORTS NUTRITION" authorized by St.Aloysius College Mangaluru in July 4th 2020.
- Completed "Nutrition And Lifestyle in Pregnancy" an online non-credit course authorized by Ludwig Maxmillians-university-Munchen(LMU) and offered through Coursera in May 20th 2020.
- Attended webinar on "Nutrition for Growth"Organized by Unilever in July 7th 2020.
- Participated in ASSRM webinar series-Future is Now on "Herd Immunity and Does an Athlete have a better immune system due to fitness capabilities" in May 2020
- Participated in data collection and compilation of a mini project on nutritional assessment of the residents of Mundgod and Hungal Taluks,North Karnataka in Nov 2018.
- Completed the Food Allergy And Online training on 03/04/2020, course organised by FSA
- Completed "Healthy practices: Nutrition, Physical Activity and Community and Family participation " an online non-credit course authorized by University of Colorado offered through Coursera in July 2nd 2020.
- Awarded with the "Nutrition, Food Security and Livelihoods: Basic concepts" digital badge. Course conducted by FAO

PERSONAL DETAILS

Age/Gender :25/F

Father's Name : Balachandran C

Status :Married

Address : Sivakripa, Near Vinayaka theatre, Hosdurg , Kanhangad