

JESNET SEBASTIAN

MSc. FOOD SCIENCE AND NUTRITION

Kannur District

Iritty, Kerala



WILLING TO RELOCATE: ANYWHERE

OBJECTIVE

Aspiring to work with an organization to realize my potential in a challenging and creative environment and work towards achieving organizational goals.

PERSONAL DETAILS

Date of Birth : 17th December 1998
Nationality : Indian
Phone Number : +91 9645136625
Mail ID : jesnetsebastian@gmail.com
Languages known : Malayalam, English, Tamil
Marital Status : Single
Hobbies: Writing, Travelling

EDUCATION

MSC. FOOD SCIENCE AND NUTRITION

St Teresa's College, Ernakulum

BSC HOME SCIENCE

Nirmalagiri College, Kannur

12TH GRADE

Sacred Heart Higher Secondary School, Kannur

10TH GRADE

Sacred Heart Higher Secondary School, Kannur

QUALITATIVE SKILLS

- Ability to accept and learn from constructive feedback.
- Excellent interpersonal skills with an ability to deal with people diplomatically.
- Quick learner with strong problem solving ability.
- Good time management ability.
- Strong motivational and leadership skills.
- Excellent communication skills.
- Ability to work as individual as well as in a group.
- Highly motivated and eager to learn.
- Good analytical-research skills.

CERTIFICATIONS/LICENCES

CERTIFICATE IN DIABETES EDUCATOR

January 2022

- Online course conducted by NDEP

INTERNSHIP PROGRAM

July 2021

- Two-week internship with Prime Health Consultants & nourish ME

CERTIFICATE ON PREVENTION OF TYPE 2 DIABETES

March 2021

- Online course conducted in IDF School of Diabetes

CERTIFICATE OF LEVEL 3 AWARD IN HACCP FOR FOOD MANUFACTURING (RQF)

February 2021

- Conducted by High field Learning

CERTIFICATE OF FOSTAC (FSSAI) TRAINING IN MANUFACTURING (LEVEL 2) & COVID - FOOD SAFETY SUPERVISOR

February 2021

- Conducted by Kerala Food Technologists Association (KEFTA)

CERTIFICATE ON MORALITIES OF EVERYDAY LIFE

August 2020

- An online non-credit course authorized by Yale University and offered through Coursera

CERTIFICATE ON NUTRITION AND LIFESTYLE IN PREGNANCY

May 2020

- An online non-credit course authorized by Ludwig-Maximilians-Universität München and offered through Coursera

CERTIFICATE ON DIABETES - A GLOBAL CHALLENGE

May 2020

- An online non-credit course authorized by University of Copenhagen and offered through Coursera

CERTIFICATE ON WEIGHT MANAGEMENT: BEYOND BALANCING CALORIES

May 2020

- An online non-credit course authorized by Emory University and offered through Coursera

CERTIFICATE ON POSITIVE PSYCHIATRY AND MENTAL HEALTH

May 2020

- An online non-credit course authorized by The University of Sydney and offered through Coursera

CERTIFICATE IN FOOD AND NUTRITION

June 2018

- Conducted by IGNOU

PUBLICATIONS / PROJECTS

“IMPROVING DIETARY DIVERSITY AMONG ADOLESCENTS THROUGH KITCHEN GARDEN” IN KANNUR

March 2019

- A Nutrition Education Package for Adolescents

SKILLS

FLEXIBLE, FAST LEARNER, PUNCTUALITY, GOAL ORIENTED, CRITICAL THINKING, EMOTIONAL INTELLIGENCE, MULTI TASKING, CREATIVE, FRIENDLY, COMMUNICATION SKILLS, QCAD, MICROSOFT OFFICE, PRESENTATION SKILLS, CASE MANAGEMENT, RESEARCH,

ADDITIONAL INFORMATION

Declaration: I hereby declare that the information furnished above is true to the best of my knowledge

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