

ANISHA A.N

Thrissur, Kerala.

+91-9048439626

anishanarayanan2000@gmail.com

CAREER OBJECTIVE

To work in a challenging environment to enhance my knowledge and contribute my skills and knowledge in the field of Home Science

AREAS OF SPECIALISATION

Nutrition, Dietetics, Public health nutrition, Food science, Food service management, Food safety, Food Microbiology, Developmental psychology & Counselling, Extension education, Human development, Family resource management, Environment & Human resource management

INTERNSHIP EXPERIENCE

- **Public health Nutrition (Pursuing)**
Skill development internship including diet counseling to the different areas such as non-communicable diseases, lactation, adolescent nutrition etc. And diet planning, nutritional assessment & data collection at ICDS, schools, hospitals and PHC
 - **Home baking with fine dining etiquette (17-12-2021 to 06-01-2022)**
Study on baking & preparation of bakery items and learning in fine dining etiquettes
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EDUCATION:

- **M.Sc. Family and Community science (2022)**
Completed & be waiting for result
- **B.Sc. Family and Community science (2020)**
With an aggregate of 71 % marks from Morning Star Home Science College, Under Mahatma Gandhi University.

➤ **DHSE (2017)**

With an aggregate of 82% marks under HSE-KERALA.

➤ **SSLC (2015)**

With an aggregate of 94% marks under Kerala Govt.

PROJECT WORKS UNDERTAKEN

➤ **Dietary fiber intake among adolescent girls.**

Survey on dietary habit of dietary fiber rich foods among adolescent girls and associated health problems

➤ **Nutritional composition of Coconut apple and Development of recipes suitable for young women**

Nutritional composition of Coconut Apple, Survey on Consumption of Coconut Apple among young women, Awareness on Health benefits of Coconut apple and Development of recipes suitable for young women

CERTIFICATIONS:

- Home baking with fine dining etiquette
 - Fashion designing
 - NSS
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ACADEMIC ACHIEVEMENTS

- Participated in FSSAI program related to certificate in food safety supervisor.
 - Organizing awareness classes for community (Counseling).
 - Event management and organization of program.
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COMPUTER PROFICIENCY

- Microsoft PowerPoint
 - Microsoft Word
 - Microsoft Excel
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PERSONAL INFO:

- **DOB:** 17 May 2000
 - **Gender:** Female
 - **Nationality:** Indian
 - **Address:** Aluvakkaran (H) Kunnappilly P. O Chalakudy, Thrissur, Kerala. Pin :680311
 - **Marital Status:** Single
 - **Languages Known:**
 - English
 - Malayalam (Native)
 - **Hobbies:**
 - Clicking the moments and things
 - Spending time with nature
 - Socializing
 - **Strengths:**
 - Self-Motivated
 - Leadership
 - Time management
 - Good listener
 - Teamwork
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REFERENCES

- **Dr. Lizmitha Godwin**
HOD (Home Science)
Morning star home science college, Angamaly 9947007789
 - **Dr. Sr. Shemi George**
Asst. Professor
Morning star home science college, Angamaly 9526888962
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DECLARATION:

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

Date:

Place: Chalakudy

Anisha A. N