

CIYA ANN BENNY

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Address: Eravimangalam P.O
Kottayam, Kerala - 686613



DETAILS

Nationality Indian
Date of birth 13-08-1998

SKILLS

Hard skills

- Meal planning
- Exercise
- One-on-one consultations
- Recipe development
- Food preparation

Soft Skills

- Interpersonal Skills
- Time Management
- Communication Skills
- Adaptability
- Organization Skills
- Attention to detail Skills

Possesses a strong understanding of how nutrition and food affect health, weight, and lifestyle. Aiming to contribute to the health and wellness of teens and young adults by providing food education and empowering underserved people and communities.

EDUCATION

Master of science: Food and Nutrition – Women's Christian College, Chennai

April 2020 – June 2022
74.45 %

Bachelor of Science: Nutrition, Food Service Management and Dietetics Women's Christian College, Chennai

June 2017 – April 2020
68 %

Higher Secondary Education, Grade 12 - ST. Anne's Girls HSS

July 2015 – March 2017

Central Board of Secondary Education, Grade 10 - ST. Therese ENG. MED. SCHOOL

March 2015

WORK EXPERIENCE

Jai Hind Public School, Science Teacher

Aug 2022 – Mar 2023

Madras Medical Mission, Dietetic internship

May 2021 – June 2021

- Conducted in-depth nutritional assessments and developed individualized diet plans for assigned patients.

- Instructed patients about the need for alteration in current diets.
- Developed meal plans, taking both cost and clients' preferences into account

S.H Medical Centre, Training in Dietary Department

May 2019 – June 2019

- Counseled patients on nutrition issues and healthy eating habits.
- Evaluated the effects of meal plans and change the plans as needed
- Assessed patients' and clients' health needs and diet

COURSES

Medical Coding, Swins i Fosys

Jan 2022 to Jun 2022

Fashion designing, Apparel Training & Design Centre

Sep 2018 to Mar 2019

WEBINARS AND PARTICIPATION

- Mindful Eating** on 3rd September, 2021
- Gut-Brain Connection: Secret Revealed** on 2nd October, 2021
- Front Of Pack Labelling: It's Relevance to A Healthy Environment** on 21st October, 2021
- Today's Safe Food, Tomorrow's Secured Health** on 7th July, 2021
- National Statistics day: E-quiz** – 72%
- EK Bharat Shrestha Bharat Quiz** – 75%
- Breastfeeding Quiz** – 76%

LANGUAGES

Malayalam	Native Speaker
English	Highly proficient
Tamil	Very good command
Hindi	Working Knowledge

PROJECT

A review on optimal duration of breastfeeding, barriers to exclusive breastfeeding and factors behind early cessation of breastfeeding