

RESUME



Aparna P.C

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PERMANENT ADDRESS

**Pongattil House,
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Pin 682307**

PRESENT ADDRESS

**Pongattil House,
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Udayamperoor.
Pin 682307**

CONTACT NO.

**+91 9526004449 (Mob)
+91 4842791985 (Res)**

PERSONAL DETAILS.

**Date of Birth : 12-12-1993
Father's Name : Chandrababu P.V
Mother's Name : Usha P.N
Sex : Female
Religion : Hindu
Cast : Veluthedath Nair
Nationality : Indian
Marital Status : Married
Mother tongue : Malayalam**

CAREER OBJECTIVE

I wish to utilize my acquired skills and also to enhance them, I aspire for a career that provides me with an opportunity to learn and grow. If given a chance to work for the institution, I will live no stones unturned to prove my worth and would be an asset to the institution.

EDUCATIONAL QUALIFICATIONS

SSLC (77%)

Year Of Pass Out :2009

Name of institution : GOVT: Girls Higher Secondary School
Trippunithura

Higher Secondary / +2 (70%)

Duration Of Course : 2009-2011

Name of Institution : GOVT:Boys Higher Secondary school
Trippunithura

Graduation/Degree : (68%)

Duration Of Course : 2011-2014

Name of Institution : ST:Teresa's College Ernakulam

Post Graduation : (68%)

Duration Of Course : 2016-2022

Name of Institution : Indhira Gandhi University

Certificate in Food and Nutrition

Duration of Course : 3 Months

Name of Institution : Indhira Gandhi University

EXPERIENCE

3 Months Internship at Indhira Gandhi Hospital Kadavanthra.

Worked as Dietitian Trainee for 6 months at Medical Trust Hospital (January 2023 to July 2023)

JOB NATURE.

- Diet Management, diet planning, Therapeutic diet counselling and health care consultancy.
- Educate and advice a wider range of patients with dietary related disorders and to give practical advise so as to improve their health by adopting healthier eating habits.

HOBBIES

- Reading Books
- Watching movies
- Cooking

KEY SKILLS

- Hard working & sincere
- Ability to work under pressure
- Observing mentality & positive thinking

COMPUTER SKILLS

- MS Office, MS Excel.

LINGUISTIC ABILITIES

- English : Read, write & speak
- Malayalam : Read, write & speak
- Hindi : Read & write

Personal Achievements

- UGC SPONSORED NATIONAL SEMINAR ON “SUSTAINABLE RESOURCE MANAGEMENT-TOOLS AND TECHNIQUES” AT ST.TERESA’S COLLEGE,ERNAKULAM ON 7th and 8th2014.
- Presented Thesis on **THE RELATIONSHIP BETWEEN STRESS AND EATING DISORDERS.**
- PARTICIPATED IN **ONCO NUTRITION** a clinical nutrition update conducted by the Department of Oncology & Dietetics, Medical Trust Hospital on 2nd July 2023 at Kochi.

DECLARATION

I hereby declare that all the above furnished details are true to the best of my knowledge and belief.

Place: Ernakulam/Udayamperoor.

APARNA P.C

Date : 11/07/2023