

# FATHIMATH LABEEBA P A

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## CAREER OBJECTIVE:

Seeking a challenging position in a reputed organization where I can learn new skills, expand my knowledge, and Improve my learnings.

## SKILLS:

M.S Word, Excel, Powepoint, Access and Visual basic 6.0

## HOBBIES:

- Crafts making - Explosion box, Chalk art, etc
- Baking - Cake, Bread, Wheat Biscuit, Pudding, etc
- Listening Music - Malayalam Album songs, Tamil songs, etc

## LANGUAGE KNOWN:

English - Read, Write & Speak  
Malayalam - Read, Write & Speak  
Tamil - Read, Write & Speak  
Arabic - Read, Write & Speak

## ACADEMIC QUALIFICATION:

M.Sc Foods and Nutrition - 78% 2021 - 2023

PSG College of arts and science, Bharathiar University.

B.Sc Food Service Management and Dietetics - 82% 2018 - 2021

Avinashilingam Institute for Homescience and Higher Education for Women, Avinashilingam University.

HSC- 70% 2017 - 2018

Avinashilingam Institute for Homescience and Higher Education for Women.

SSLC- 84% 2015 - 2016

V.C. Subaia Meenakshiamma Matric Hr.Sec School.

## PROJECT:

### **MINI PROJECT**

Title - "A study report on Body Composition and Bone Mineral Density of Adults and Dissemination of Nutrition Education for Support staffs"

Platform - PSG college of arts and science

Description - Osteoporosis can be diagnosed and prevented with effective treatments, before fractures occur. The project carried out was effective and helpful both for the students and the support staff as the students could give diet counselling to the support staff and a detailed study on osteoporosis and osteopenia was established.

## **POST GRADUATE PROJECT**

Title - "Efficacy of Nutritional Intervention on the Nutritional Status of selected diabetics in vadakethara region of Kerala"

Platform - PSG College of Arts and Science

Duration - Jan 2023 - Apr 2023

Description - About 100 subjects were selected for the study and collected all the details from the subjects. A study involving 50 subjects who received nutrition education showed a positive impact on their diabetic knowledge and healthy lifestyle habits after one month of intervention. Nutrition education interventions can play a critical role in promoting healthy eating habits and reducing the risk of chronic diseases such as diabetes. It can be concluded that the knowledge of the particular disease will help to control or prevent the disease not only diabetes.

## **PUBLICATIONS:**

- Fathimath Labeeba P A and M Sivasakthi., 2023. NUTRITION FOR HEALTH: REVIEWS: DIABETIC KNOWLEDGE AND NUTRITIONAL INTERVENTION FOR DIABETIC PATIENTS; 42 - 55, Bhumi publishing; ISBN: 978-93-88901-46-8.
- EFFICACY OF NUTRITIONAL INTERVENTION ON THE NUTRITIONAL STATUS OF SELECTED DIABETICS IN VADAKETHARA REGION OF KERALA, Fathimath Labeeba P A, Dr Sivasakthi M. INDIAN JOURNAL OF APPLIED RESEARCH: Volume - 13| Issue - 5 | May - 2023

## **COURSES**

- Completed Co-curricular course in General Awareness from Avinashilingam University
- Value Added Course in Herbal Home Remedies from Avinashilingam University
- Completed Food microbiology and food safety in CEC from swayam portal
- Completed the six day course of "YOGA FOR YOUTH EMPOWERMENT" from Avinashilingam University

## **INTERSHIPS & TRAININGS:**

- Hotel Internship in Hash Six Hotels, (from 13th may 2019 to 24th june 2019), Coimbatore. There I learned method of serving, handling of equipments, Table arrangements, Napkin folding, etc
- 30 hours of online dietetic Internship, offered by the department of clinical nutrition and dietetics, Fernandez hospital, Hyderabad. There I learned disease conditions and their diets and diet planning method.
- Completed 3 day Training Programme on ISO 22000:2018 Food safety Management systems & Internal Auditing and associated topics- GMP, FSSAI & CODEX
- Hospital Dietetics Internship in Pondicherry Institute of Medical Science (PIMS), (from 18th July 2022 to 16th August 2022), Pondicherry. There I learned types of disease conditions, Diet counselling, Diet planning, etc.
- Completed Food Safety Training & Certification (FoSTaC) on the course "Advance Manufacturing & Covid held at PSG College Avinashi road Coimbatore TamilNadu Conducted by PARIKSHAN
- Completed Food Safety Training & Certification (FoSTaC) on the course "Advance Catering & Covid held at PSG College Avinashi road Coimbatore TamilNadu Conducted by PARIKSHAN

## **ACHIEVEMENTS:**

Received First prize for Tamil debate competition "Online Food Delivery Methods - Required Time" conducted by Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women .

## **CO- CURRICULAR ACTIVITIES:**

- Participated in the 54th Annual Conference of the Nutrition Society of India held at the ICMR- National Institute of Nutrition, Hyderabad, Telangana, India.
- Participated in the webinar on Gold from Garbage - Vermicomposting organized by the Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.
- Participated in the webinar on Insights into General Health Care and Stress Management during Covid-19, organized by Avinashilingam Institute for Home science and higher education for women,Coimbatore.
- Participated in National Webinar on Role of Antioxidants in preventing Cancer, organized by CMS College of Science and Commerce.,Coimbatore.
- Participated in the webinar entitled Food safety - everyone business, Conducted by the NetProFaN Coimbatore Chapter.
- Participated in the webinar on "Food Textural Anaysis- An introduction & Understanding", Organized by ICAR-CIAE, Bhopal.
- Participated in Mega Seed Ball campaign for the cause of "Save Water and Increasing Trees" conducted by Ver Organization at Bishop Appasamy College, Coimbatore.

## **PERSONAL DETAILS:**

- D.O.B - 13/01/2001
- Gender : Female
- Marital status : Single
- Father's Name : Abdul Khadar. P. A
- Mother's Name : Raihanath. P. Y
- Blood Group : B+ve
- Nationality : Indian
- Passport No : W5534433
- PAN Card No : AGWPF8036B