

SONA T Y

Post Graduate Student
M. Sc. Nutrition & Dietetics



PROFILE

Completed Masters in M.Sc. Nutrition & Dietetics. I consider myself as a responsible and orderly person. Ability to maintain good relationship with colleagues. Highly motivated and energetic student. Effectiveness in working independently or part of a team.

EDUCATION

- M.Sc. Nutrition & Dietetics Kerala University (2021-2023).
- Bachelor Degree in Home Science, 81% Mahatma Gandhi University (2018-2021).
- Higher Secondary Education, 87% DHSE Kerala (2016-2018)
- High School Education. 93% Kerala SSLC (2016).
- Currently doing diabetic educator course at Jodev Diabetic Centre

RRESEARCH INTERN

- 45 days of working experience at Albio Technology Kalamaserry as product developer & Analyst
- 45 days of working experience at Madras Medical Mission Chennai as a dietetics trainee.

PERSONAL SKILL

- Dedicated adaptable and able to work independently and as a part of team.
- Able to encourage and motivate the patients.
- Good communication Skills, Hardworking, selfmotivated, Dedicated.
- Ability to organize medical camp and diet clinic organization skill
- Teaching aid and e - content development skill for nutritional education.
- IT expertise to obtain and record patient records.
- Nutrient calculation using Nutricals.

ACHIEVEMENTS

- Aspire Scholarship award winner for PG Research topic.
- Subject topper of Home Science during the academic year of 2016 & 2018.
- Has been awarded for the best Red Cross cadet for the year of 2015 & 2016.

PROFESSIONAL DEVELOPMENT

- Food safety supervisor certificate of competence – Catering (level 2) and COVID – Food safety supervisor held at Department of Family & Community Science CMS College Kottayam Kerala conducted by Food Health and Environment Management Solutions.
- CNE on clinical nutrition and practise - Conducted by IDA, KERALA CHAPTER and PG Department of Home Science, St. Joseph's College for Women Alappuzha in collaboration with VPS LAKESHORE HOSPITAL ERNAKULAM on 22nd December.
- Aster Nutricon 2022 - Aster Nutricon CNE on "Type 1 Diabetes Mellitus and Celiac Disease" conducted by Aster Clinical Nutrition and Dietetics.
- Training course on Coconut Food Products held on 14th march 2019 in CBD Institute of Technology (CIT) Under the Coconut Development Board.
- Participated in the PG students interactive session of the 34th Kerala Science Congress held online during 10-12 February 2022.
- Participated as a student coordinator for different programs held by PG department of Home Science in association with different organisation like pepsico IDA Kerala chapter, Community health club & Inner wheel club Alleppey food safety Alappuzha AFSTI Kollam chapter.

PROJECTS

- Formulation of sugar free healthy cakes and frosting (B. Sc.)
- A study on dietary and physical activity of online and offline fitness enthusiast (M. Sc.)

LANGUAGE

- Malayalam
- English
- Tamil

CONTACT ME



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DECLARATION

I hereby declare that the above mentioned information is true to the best of my knowledge and I bear the responsibility for the correctness of these particulars.

Place :- Kanjiramattom

Yours Faithfully

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