

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 Food industry and Healthcare

ACADEMIC SPECIALISATION:

Nutrition and Dietetics, Public health Nutrition, Food science, Food service management, Food safety, Developmental psychology & Counselling, Extension education, Environment & Human resource management, Family resource management, Entrepreneurship development, Early childhood Education

EXPERIENCE:

Cureocity healthtech LLP

Cureocity is a cutting-edge HealthTech company that offers a holistic approach to healthcare. Offer medical consultation, psychological care, fitness training, and diet with monitoring to provide a patient-centered and science-backed solutions for preventing and managing lifestyle diseases.

Role: Dietitian | Mar 2023 – Sep 2023

- Meet with clients or patients to gather information about their medical history, dietary habits, lifestyle, and food preferences and assess their nutritional needs and goals.
- Identify specific dietary issues, such as food allergies, intolerances, or chronic health conditions, that may affect dietary recommendations.
- Analyze and interpret nutritional data, including diet history, blood tests, and other relevant medical information.
- Evaluate the nutritional status of individuals and identify deficiencies or excesses in nutrients.

- Provide recommendations to address nutritional deficiencies or health concerns, such as weight management, diabetes, cardiovascular disease, or gastrointestinal disorders.
 - Educate clients about the importance of balanced nutrition and how dietary choices can impact their health.
 - Create detailed diet charts or meal plans that specify what foods and portions individuals should consume.
 - Offer guidance and support to help clients adhere to their dietary plans.
 - Regularly review and adjust diet plans as needed based on the client's progress and any changes in their health status.
 - Monitor and track clients' food intake, weight, and other relevant metrics to assess the effectiveness of the dietary recommendations.
 - Maintain accurate records of client consultations, assessments, and dietary plans.
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INTERNSHIPS:

➤ **Public health Nutrition | Oct 2022 – Mar 2023**

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 | Dec2021 -Jan-2022**

Study on baking & preparation of bakery items and learning in fine dining etiquettes

ACHIEVEMENTS:

- Life time member of Sahayata- Nutrition, Health, Education & Research Foundation
 - SET qualified
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EDUCATION:

➤ **M.Sc. Family and Community science (2022)**

With A Grade from Morning Star Home Science College, Under Mahatma Gandhi University.

➤ **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.

CERTIFICATIONS:

- Home baking with fine dining etiquette (STED Council)
 - 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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PROJECT WORKS UNDERTAKEN:

➤ **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

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

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

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