



PERSONAL STATEMENT

Goal oriented Dietitian and wellness professional focused on conducting detailed nutrition consultant and creating personalized plan to meet the need of each client.



EDUCATION

- 2021 – 2023: **M.Sc. Nutrition and Dietetics**
– **7.55(cgpa)**
Lovely Professional University
Jalandhar, Punjab 144411
- 2017-2020: **BSc Nutrition and Dietetics**
– **7.9(cgpa)**
Empire College of Science
(Bharathiar University affiliated)
Kuttipuram, Kerala :659571 }
- 2016-2017: **AISSCE (12th Class Board Exam)**
– **9.12(cgpa)**
Blooming Buds Bethania
English School, Vellithiruthy, Kunnankulam,
Kerala :680501
- 2014-2015: **AISSE (10th Class Board Exam) –**
8.4 (cgpa)
Blooming Buds Bethania
English School, Vellithiruthy, Kunnankulam,
Kerala :680501
- **ADDITIONAL COURSE CERTIFICATE:**
COURSERA Certified certificate on
'**Science of Exercise**'
Authorized by University of Colorado
Boulder 2020



EXPERIENCE

- ❖ **FREELANCE PERSONAL TRAINER AND NUTRITIONIST**
Perinthalmanna, Kerala – 8/2020-12/2020
 - Consulted with clients to understand their present lifestyle conditions
 - Designed diet modifications as required
 - Monitored clients for a session of 1month and gave feedbacks as needed
- ❖ **TRAINING**
FOOD ALLERGY ONLINE TRAINING, 04/2020
Food Standards Agency (food.gov.uk)
- ❖ **INTERNSHIP**
Ms. Arfa Samreen – Senior Dietitian, **Vikram Manipal Hospital (Bengaluru)Pvt. Ltd.**
Timeperiod – 1st August 2019 to 31st August 2019
 - Assisted in planning meals for patients in various sections of hospital
 - Studied the different forms of Hospital diets practically
 - Interacted with daycare chemotherapy patients and analyzed their tolerability to the given diet
 - Conducted counselling sessions for discharging patients
- ❖ **INDUSTRIAL VISIT**
A very informative industrial visit to **Eastern Condiments Pvt. Ltd. No:34/137**, Adimali, Kerala 682024 was conducted as to understand current market scenarios and to study about the field processes of a food industry.
- ❖ **INTERNATIONAL CONFERENCE ON SURGICAL NUTRITION (ICSN-2019)**
22ND AND 23RD November 2019
Bengaluru Regional Centre
Conducted by *The Indian Association of Parenteral and Enteral Nutrition (IAPEN)*



WORKS

- ❖ **NUTRITIONAL INTERVENTIONS IN SICKLE CELL ANEMIA**
ATTAPADI, KERALA
- ❖ V N Meghana, Rasane Prasad*, Singh Jyoti, Kaur Sawinder, Avinash Harshal, Gunjal Mahendra, Kaur Jaspreet and Bhadariya Vishesh, **Beetroot bioactive and its associated health benefits: considerations for utilization of beetroot in value-added products**, Recent Advances in Food, Nutrition & Agriculture 2023; 14(). <https://dx.doi.org/10.2174/2772574X14666230725110541>



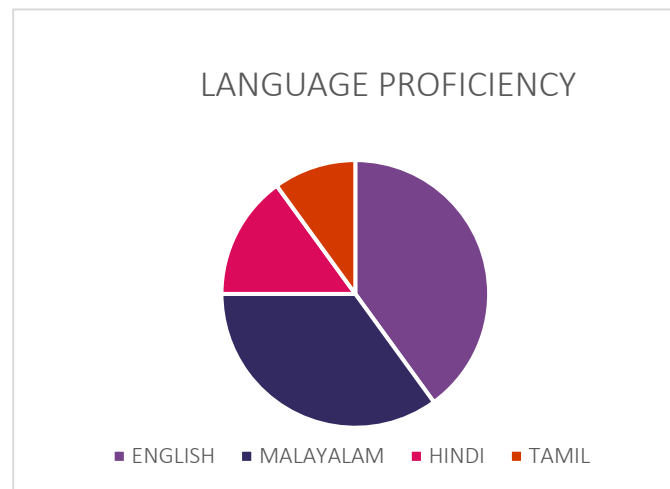
SKILLS

- Exceptional interpersonal and associative skill
- Self-researcher in the field of nutraceuticals and organic nutrition
- Keen interest in promoting healthy lifestyle
- Expertise in Microsoft office
- Excellent written and verbal communication skills



LANGUAGES

- ENGLISH
- MALAYALAM
- HINDI: NOT EXPERT
- TAMIL: NOT EXPERT



ACTIVITIES

- ❖ I love doing **blogs** about the facts and fads of diets in social media platforms.
- ❖ Selected as the **Nutrition and Dietetics Department Students Representative 2019** in Empire college of science.
- ❖ Volunteering for **palliative work surveys** in the community areas
- ❖ Coordinated many Food Fest programs in college as the **Students Head Coordinator**
- ❖ Helped in conducting various **diet related counselling** in the university as a part of wellness awareness