



Rose Catharin

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Objective

To secure a position where I can efficiently contribute my skills and abilities to improve the health and well-being of the patients, to improve the growth of the organization and build my professional career.

Experience

- Welcare Hospital, Vytilla, Ernakulam** 05-04-2022 - 05-05-2022
Dietetic Intern
- Believer's Church Medical College, Thiruvalla, Pathanamthitta** 10-01-2023 - 10-01-2023
Dietetic Intern
- Apollo Adlux Hospital, Angamaly, Ernakulam** 01-06-2023 - Present
Dietitian trainee

Education

- Assumption College, Changanasherry** 2021-2023
MSc Dietetics and Food Service Management
A grade
- St Teresa's College, Ernakulam** 2018-2021
Bsc. Home Science
81.64%
- St. Augustine's HSS, Aroor** 2016-2018
12th Grade
83.17%
- Assisi Vidyaniketan Public School, Chembumukku, Kakkanad** 2016
10th Grade (CBSE)
90%

Skills

- Strong knowledge of nutrition and dietary principles
- Ability to create meal plan and analyse dietary needs
- Communication and interpersonal skills
- Strong organizational and time management skills
- Ability to work well independently and as a part of a team
- Knowledge of cultural dietary needs and restrictions
- Problem solving

Projects

- **Dietary and lifestyle habits of Type 2 diabetes patients.**
 - Dietary and lifestyle habits of 100 samples of type 2 diabetic patients were collected and found out the effect of these habits on the occurrence of type 2 diabetes.
- **Development and nutritive value analysis of papaya seed incorporated recipes.**
 - Papaya seeds which are usually discarded as a food waste is tested for its nutritional value and different recipes are prepared by adding them.

Activities

- Participated in the International conference on the topic - Nutrition in sports and exercise at St Albert's College, Ernakulam
- Participated in the 34th biennial national conference of Home Science association of India (HSAI) at St Teresa's College, Ernakulam
- Won 1st prize for the breast feeding week quiz competition conducted by CMS College, Kottayam in association with
- Participated in Nutritia quiz competition conducted by Assumption College, Changanacherry

Declaration

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