# CURRICULUM VITAE

**AVOOSHMOL K A**

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# CARRIER OBJECTIVE

Aspiring to work in a stimulating environment where I can utilize my knowledge and potential to the full extent and contribute to the success of the organization. Passionate about nutrition as well as dietetic activties and would like to have a career in the field of both.

# EDUCATIONAL QUALIFICATIONS

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| **Course** | **Year of completion** | **Percentage / points /****grades of marks obtained** | **Institution** |
| ***MSc -Food Science and Nutrition*** | **2018** | **80%** | **St. Teresa’s College (Autonomous),****Ernakulum** |
| ***BSc Zoology Model******2,Medical Microbiology*** | **2016** | **7.79 CCPA** | **St Xavier’s college For****Women , Alva** |
| ***Class XII*** | **2013** | **75%** | **Hidayathul Islam****Higher Secondary School, Edavanakad** |
| ***Class X*** | **2011** | **86%** | **Hidayathul Islam HigherSecondary****School,Edvanakad** |

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| **WORK EXPERIENCE*** 3 Years experience as dietitian at SREYASS HOSPITAL,Edavanakad.
* 2 years of experience as a dietitian in fitness company
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| * One month Dietetic internship at PSG Hospital, Coimbatore (07.05.2017 to 07.06.2017), Tamil Nadu.
* Training in “microbiological and chemical analysis of food and water” at FOODQUALITY

LABORATORY AND RESEARCH CENTRE, Marine Drive, Cochin, Kerala. |

**ACHIEVEMENTS**

* Have involved in the conduct of nutrition health education for school children in the selected urban wards of kochi which included Nutrition survey of school children and nutritional education of NATIONAL HEALTH MISSIONduring the period of2017-2018.
* Have the food supervisor qualification certificate from FSSAI.
* Participated in creating the WORLD RECORD ON THE LONGEST LINE OF EGG SALAD on the occasion of the world egg day celebration at Marine Drive, Cochin,Kerala.
* Got third prize on cookery competition conducted by agro food product ,kerala 2018 atPalakkad.

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| **PROJECTDETAILS** |
| * MSc. Project on Microbial and Biochemical Quality Analysis of different fresh fishes available in ErnakulumMarket.
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# LANGUAGES KNOWN

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| **Languages** | **Speaking** | **Writing** | **Reading** |
| English | Good | Good | Good |
| Malayalam | Good | Good | Good |
| Hindi | Good | Good | Good |
| TamilArabic | GoodAverage | -Good | -Excellent |

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| **TECHNICAL SKILLS** |
| * MS OFFICE (Excel, Word&PowerPoint)

**TRAINING AND SEMINARSATTENTED** |

* One month Dietetic internship at PSG Hospital, Coimbatore.
* Parcipated in the continuing on nutrition education session on nutrition in the critically III organized by the society of clinical nutrition and metabolism (IAPEN),Kochi regional chapter , department of clinical nutrition and dietetics, lakeshore hospital ,Ernakulum , Kerala on14th.
* UGC- Sponsored programme on “RESEARCH DATA ANALYSIS AND SPSS TRAINING” under capacity building initiatives for students and teachers, conducted by Home Science Department, St.Teresa’s (Autonomous) college, Ernakulam on 20th-22ndFebruary,2017.
* UGC-Sponsored national workshop on “CAPACITY BUILDING ACADEMIC WRITING AND PUBLISHING” organized by golden jubilee memorial library, St.Teresa’s College, Ernakulam on March15th,2017.
* Participated in the UGC sponsored National Seminar on INTEGRATING TAXONOMY TO DNA BARCODING organized by the department of zoology ,St xaviers college for women,Aluva on 10 th and 11thSeptember2015.
* ICMR and NSI sponsored International conference on “ADVANCES IN NUTRITION AND HEALTH COMMUNICATION” at Avinashilingam University,Coimbatore.

# DECLARATION

I here by declare that all the information given above is true to the best of my knowledge.

AVOOSHMOL K.A