



SOFIYA THOMAS

DIETITIAN | NUTRITIONIST | CDE

CONTACT

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EDUCATION

- 2021-2023**
St. Joseph's College for Women
Alappuzha, Kerala
Msc . Nutrition & Dietetics
Grade - 82 %
- 2018-2021**
BCM college for women Kottayam
Bsc. Family & Community Science
Grade - 80 %
- 2016-2018**
SXHSS Chemmannar, Idukki, Kerala
Higher secondary - Homescience
Grade - 85 %
- 2015- 2016**
SXHSS Chemmannar, Idukki, Kerala
High School - SSLC
Grade - 91 %

CERTIFICATE COURSE

- Diabetes Educator
Jyothydev's Diabetes and Research centre
and hospital, Trivandrum, Kerala

LANGUAGES

- English (Read, write, spoke)
- Malayalam (Read, write, spoke)
- Tamil (spoke)
- Hindi (Read & write)

OBJECTIVE

I am seeking a role which allows me to continue learning and Perfecting my skills as i Provide high quality work and encourage me to flourish as a Dietitian or Nutritionist

WORK EXPERIENCE

- Clinical Dietitian Trainee** **PRESENT**
Rajagiri Hospital Aluva, Ernakulam
Joined on September 2023
- Dietetics Internship**
Bangalore Baptist hospital , Hebbal, Bangalore, Karnataka
1 November 2022 to 15 December 2022
1 ½ months
- Research internship**
Albio Biotechnology Research Labs, Muvattupuzha,
Ernakulam
4 May 2022 to 7 July 2022
1 ½ months
Novel food product development , Nutritional and
Microbiological Analysis

SKILLS

- Effective communication
- Work under pressure
- Time management
- Patience
- Active listening
- MS word, MS excel, MS power point
- Editing, content creation

PROJECTS

- PG project- Food anthropology , dietary diversity and assessment of nutritional profile of Gujaratis and Keralites
- UG project- The impact of online shopping and peoples behaviours towards it

DECLARATION

"I hereby declare that all the information furnished in this resume is true to the best of my knowledge and belief. I understand that any false statements may results in disqualification from employment opportunities."