**RESUME**

**REKHA SIBIN**

**Kuplikkattu**

**33/3401J, Unity Park Lane**

**Vennala**

**Ernakulam District**

**Kerala , India.**

**Phone: (+91) 9446201351, 9061984127**

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**CAREER OBJECTIVE**

Making a career oriented position with a progressive organization where my professional experience and academic background will enable me to make a significant contribution and provide me an opportunity for personal growth and advancement.

**QUALIFICATIONS AND STRENGHTS**

* Highly skilled in planning and implementing appropriate programms.
* In depth knowledge of Arts and Oil painting.
* Hands on experience in managing nutrition related to clinical applications.

**PROFESSIONAL EXPERIENCE**

**1. Dietitian – PNVM HOSPITAL ERNAKULAM – 3 YEARS**

* Perform assessment and development of care plans.
* Instruct patients about the need for alteration in current diets.
* Work closely with patients and physicians to devise and implement individual appropriate diet and nutrition plans.
* Counsel patients about the need to alter diets in order to bring about health and vitality.

**2. Voluntary Dietitian – Kottayam Medical College – 3 Months**

* Counsel patients about the need to alter diets in order to bring about health and vitality.

**3. Dietitian : West Fort Hospital, Thrissur – 3 Months (Internship)**

* Counsel patients about the need alter diets in order to bring about health and vitality.

**4. ICDS Nutritionist ; Currently working as a ICDS nutritionist at Edapally main and Mulanthuruthi Additional.**

In ICDS nutritionist, a nutrition clinic is conducted by the govt. We assess the beneficiaries who were malnourished or other through a type of criteria. If it is malnourished, we give nutrition council and diet chart to the beneficiaries. In children we categories them into SAM, MAM, MUW, SUW, Normal and we give appropriate nutrition counseling and diet chart according to the condition.

**ACADEMIC QUALIFICATIONS**

**COURSE BOARD/UNIVERSITY**  **% OF MARKS**

MSc Home Science (FRM) MG University 65%

BSc Home Science MG University 75%

Plus Two State Board of Higher Secondary 45%

S.S.L.C State Board 59%

**TECHNICAL QUALIFICATION**

* Computer – MS Office

**ADDITIONAL SKILLS**

* Good communication skill
* Excellent ability to work with a diversity of populace
* Outstanding patient service skills
* Ability to work in stressful situations
* Working knowledge of current diet trends and diseases affecting diet.

**PERSONAL INFORMATION**

Age and Date of Birth : 36, 04/05/1983

Gender : Female

Nationality : Indian

Marital Status : Married

**HOBBIES**

* Painting, Travelling, Cooking, Stitching

**LANGUAGES KNOWN**

* English
* Malayalam

**DECLARATION**

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

Place:

Date: **REKHA SIBIN**