

Christina Clifford



Contact

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Languages

- English
- Malayalam
- Hindi

Hobbies

- Reading
- Writing
- Sketching
- Design

Objective

I consider myself a responsible and orderly person. I am seeking a Dietician Trainee position to gain practical experience and develop my skills in clinical nutrition and dietetics. I aim to develop my career by obtaining valuable experiences and skills while utilizing my potential and knowledge to serve the organization to the best of my abilities.

Skill Highlights

- Recipe Development
- Communication and Teamwork Skills
- Computer Literacy
- MS Office Suite (Word, Excel, PowerPoint)
- Educational Poster, Video Making, and Editing Skills
- Observation and Management Skills
- Diet planning and counseling
- Teaching and Development of Educational Aids
- Research Skills

Internship Experience

Dietetics Internship

Medical Trust Hospital, Ernakulam

Duration: 1 Month

Microbiological & Chemical Analysis of Food and Water Internship

FQ Labs Pvt Ltd, GCDA Complex, Ernakulam

Education

M.Sc. Food Science and Nutrition

St. Teresa's College (Autonomous), Ernakulam

Academic Year: 2022-2024

- **Project:** Nutritional Status, Dietary Habits, and Health Status of Adolescent School Children in Coastal Area of Vypin Island

B.Sc. Home Science

St. Teresa's College (Autonomous), Ernakulam

Percentage: 7.64

Academic Year: 2019-2022

- **Project:** Influence of Parents and Siblings on the Mental Health and Well-being of Adolescents

Higher Secondary Education

Assisi Vidyaniketan Public School, Perumpilly

Percentage: 66%

School Year: 2017-2019

Secondary Education

Assisi Vidyaniketan Public School, Perumpilly

Percentage: 8.4

School Year: 2017

Add-On Courses

Certificate Course in Desktop Publishing

Grade: A+

Duration: 3 Months

Year: March 2021

Activites and Achivements

- **Digital Poster Making Competition:** Secured First Prize at Onco Nutrition, Medical Trust Hospital, Ernakulam
- **Millet-Based Recipe Cooking Contest:** Secured Second Prize, Department of Home Science
- **Research Advancement Programme (REAP 2023):** Participated, presented a poster, and published a paper in an edited book on Bridging Industry and Academia for Catalyzing Innovation
- **Volunteer:** Jaiva Karshikolsavam 2023 at Townhall, Ernakulam
- **Attendee:** Organic Kerala Millet Fest, FSSAI Millet Mela
- **Conference:** Nutrition for Sports and Exercise, Albertian Knowledge Summit 2023, St. Albert's College, Ernakulam
- **Workshop:** Millets-for the Palate, Millet Cookery Workshop in association with Kerala Institute of Entrepreneurship Development (KIED)
- **Participant:** District Level ICDS Cell, Poshan Pakhwada 2023

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[1-06-24, Saturday]