

EDUCATION

- MSc Applied Nutrition, **ICMR-National Institute of Nutrition with 8.21 CGPA**, 2021-2023.
- BSc Home Science, Institute of Home Economics, **University of Delhi with 8.15 CGPA**, 2018-2021.
- Class XII (Biology) CBSE, Saraswati Vidya Mandir with **75.3%**, 2017-2018.
- Class X, CBSE, RSS International School with **9.0 CGPA**, 2015-2016.

TEST SCORE

- **AIR 2** in **Delhi University** Entrance Test for MSc Food and Nutrition (**DUET**), 2021.
- **AIR 5** in **NCET** (National Common Entrance Test) for PG (MSc in Applied & Sports Nutrition), **ICMR-National Institute of Nutrition**, 2021.

EXPERIENCE

NatFirst

Research Expert & Clinical Nutritionist |

Hyderabad

Oct, 2024 - Present

- QAed **20,000+** packaged foods for **compliance, label accuracy, and nutrition claims**.
- Handled **end-to-end content operations** - social media, LinkedIn articles, and nutrition communication.
- Collaborated with cross-functional teams to ensure **accurate data mapping** and personalization within the platform.

ICMR-National Institute of Nutrition, ILRI

Research Associate (Nutrition & Food Microbiology) |

Hyderabad

May 2024 - Sep 2024

- Worked on **UKRI GCRF Action Against Stunting Hub Project** with focus on food safety & nutrition.
- Conducted **microbiological analysis** of food samples and correlated contamination with undernutrition risk.
- Delivered food safety & **nutrition education** sessions to **30+** students.

The INCLEN Trust International

Research Assistant (Nutrition) |

Delhi

Feb 2024 - Apr 2024

- Worked on the project '**Anemia Mukht Bharat Diet Diversity Assessment**' funded by **PATH, GOI & NITI Aayog**
- **60+** 24-hour dietary recall & Anthropometric assessments
- **50+ Nutrition education & consultations**

TagTaste Foods Pvt. Limited

Sensory Analyst & Research Associate |

Noida

Aug 2020 - Jan 2024

- Conducted Sensory evaluations for a diverse range **40+ food products**.
- Working as a **TagTaste Captain**, to guide **20+ people** all around India about the platform.

Yashoda Hospitals

Dietetic Intern |

Hyderabad

May 2023 - Jul 2023

- Collected **anthropometric data** of **100+ patients** in ICU & Wards.
- Provided one-to-one Nutrition Education & Counseling to **30+ patients**.

CONFERENCE

Presented MSc dissertation work at the National Seminar of **Association of Food Scientists & Technologists (India) (AFSTI)**, CSIR-Indian Institute of Chemical Technology (**CSIR-IICT**), Hyderabad, 2024.

CERTIFICATIONS

- **FSSAI Regulations for Food Labelling and Display**, 2025 (*Food law & compliance*)
- **Introduction & Engaging in Codex**, FAO, 2025 (*International food standards & trade*)
- **Creative Writing Training**, Internshala, 2021 (*Science communication & content writing*)
- **Certificate Course in Food and Nutrition**, IGNOU, 2021 (*Fundamentals of food & nutrition*)

HONORS & AWARDS

- Secured **1st rank (Gold Medal)** in **National Food Pyramid Contest** organized by **TagTaste & FSSAI**, 2021.
- Secured **1st position** in **National Level Online Quiz** conducted by **Hindu Girls College**, 2021.
- Achieved distinction among **Top 15 winners** in the **National Smelling Olympiad, TagTaste & IFCA**, 2021.
- Secured a position among the distinguished **Top 45 winners** of the **Flavor Champion**, hosted by **TagTaste, Compass Group, IFCA & Eat Right India**, 2022.
- Won **3rd prize** in **Hindi GK Quiz** with a team of 3 members, **ICMR-NIN**, 2022.
- Won **3rd prize** in **Hindi Elocution Competition**, **ICMR-NIN**, 2023.