

## Summary

At this juncture, I'm keenly looking forward to use my knowledge and skills to reach the desired goals of the organization. To work in a competitive environment that effectively utilizes my technical, interpersonal, leadership and organizational skills to conceive and achieve solutions. The solutions which help the organization in not only meeting its targets, but also allowing it to grow, thereby, enhancing my own skills as an individual and as a key player in the organization's development.

## Current Education

**University of Reading,**  
**MSc: Food Technology: Quality Assurance**

Sept 2019 to Sept 2020

Food Composition and Quality, Sustainable Food Manufacturing and Process Design, Food Control Management, Food Product Reformulation, Risk Analysis in the Food Chain.

### Dissertation:

Effect of sugar reduction on the physicochemical and sensorial properties of cereal bars.

Attended the 10<sup>th</sup> Food Industry Symposium at University of Reading UK-2020

## Experience

**Discovery info labs Pvt Ltd (DIL)- Parentlane,**

May 2018 to July 2019

Parentlane is India's first AI powered connected care digital health platform empowers parents & doctors to monitor key indicators, get insights and proactive care solutions right from pregnancy till 5 years for a healthy development

**Associate- content research & development**

BENGALURU, KARNATAKA

- Provided content on nutritional guidance and consultation services for child health, child nutrition, pregnancy and lactation.
- Developed, planed and supervised nutrition and diet charts and service programs in paediatric, pregnant women and lactating mothers, ensuring the right kind of nutrition.
- Supervised training of research dietetic interns while conducting research
- Engaged in current research looking at nutrition for new mothers, instrumental publications- in and play an important role in paper-writing and handling publications.
- Provided telephone consultations to premium users of the digital application.

**Rainbow Children's Hospital,**

November 2017 to May 2018

Rainbow Hospitals is an Indian chain of Paediatric Hospitals. Its main focus is on paediatric and maternal healthcare services.

**Executive nutritionist**

BENGALURU, KARNATAKA

- Developed, regulated and supervised high quality nutritious food to admitted patients in the hospital and monitor service management in the hospital.
- Provided - Nutritional guidance, consultation services and motivational counselling to OPD patients.
- Assessed and evaluated nutritional status of the patients and aid in the prevention and/or treatment of inadequate nutrition by suggesting diet plans and offering counselling on diet modifications.
- Planed, Arranged and conducted nutrition education programs at corporate events/sites and develop educational materials on nutrition related topics to create awareness and train various audiences.

**HealthifyMe wellness products & services private limited,**

April 2017 to November 2017

HealthifyMe is an Indian digital health and wellness platform that provides services such as calorie tracking, one-on-one nutrition and fitness coaching, and diet and workout plans. Developed for both Android and iOS platforms, the app takes a holistic lifestyle tracking approach to keep users engaged and motivated.

**Medical Nutritionist**

BENGALURU, KANKARTAKA

- Developed, modified and supervised nutrition/ dietary intake of the clients for the smooth functioning of their programme.
- Evaluated strengths and weaknesses of clients, considering their medical conditions to aid progression through prevention and treatment programs, and implementing protocol changes to overcome inadequate nutrition.
- Furnished nutrition guidance according to their requirement considering their eating habits, likes and dislikes and lifestyle as well as, providing consultation services to in-patients and out patients in the hospital.
- Practiced on an individual's requirement to determine their nutritional needs and to plan, implement and evaluate normal and therapeutic menus to maintain and improve general health.
- Managed/Moderated group coaching on chat groups by motivating clients towards fitness.
- Conferred with various other health professionals and stakeholders to provide consultation and advice them in the domains of nutrition intervention and policies.

## Previous Education

**Mount Carmel College**

2017, INDIA

**MSc: FOOD SCIENCE AND NUTRITION**

Nutrition Counselling, Nutrition

Biochemistry, Public Health Nutrition & Nutritional Epidemiology, Biochemistry, Advances in Food Microbiology & Preservation, etc

**Mount Carmel College**

2015, INDIA

**BSc: HOME SCIENCE**

### **Professional Training and Certificates**

RSPH Level 2 Award Food Safety for Manufacturing-Issued on November 2019- By Royal Society of Public Health- (RSPH)

EFSET (European Food Systems Education and Training) programme- certification of participation- 2019-20

### **Technical skills**

Research and Development Marketing Business, Quality control, Sensory Science, Food reformulation

### **Project**

Paper Publication - IJARSET –International Journal of Advanced research in Science, Engineering and technology (Development and analysis of Nutri bar enriched with Zinc by incorporating pumpkin seeds for sports athletes) 2018

### **Co-curricular - Achievements/Workshops**

- School Representative for School of chemistry, food and pharmacy, University of Reading- 2019-2020
- Course Representative for MSc. Food technology: Quality assurance, University of Reading- 2019-2020
- Participated in Poster presentation on Development and Analysis of Nutri - bar enriched with Zinc For Sports Athletes.
- Interned at Maiya's Food Pvt.Ltd specially in the area of R&D, Biochemistry lab, Microbiology lab. in the year 2016
- Earned Scholarship for securing highest in Extension education in mount Carmel college - Bangalore in 2015

### **IT skills**

Proficient in using -Microsoft Power point, Microsoft word, Microsoft Excel

### **Languages**

English, Hindi, Telugu, Kannada, Tamil

References available on request.

### **Appendix:**

Additional professional/qualification training:

### **E-Certifications-**

Diabetes and Ramadan- IDF School of Diabetes-11<sup>th</sup> May 2020

Food Allergy online training- Food Standard Agency 11<sup>th</sup> May 2020

Stanford medicine- Introduction to Food and Health- 13<sup>th</sup> May 2020

An introduction to Root cause analysis course for Food Businesses- Food Standard Agency 16<sup>th</sup> May 2020

Food Standards Agency- The vacuum packing and modified atmosphere packing of food – 16<sup>th</sup> May 2020

Food safety and Quality Management- University Teknologi Mara-16<sup>th</sup> May 2020

Principles of hygiene for the food processing industry- Krohne: measure the facts -16<sup>th</sup> May 2020

Prevention of Type 2 Diabetes- IDF School of Diabetes-17<sup>th</sup> May 2020

Management of Diabetes Macular Edema (DME)- IDF School of Diabetes-18<sup>th</sup> May 2020

Diabetes and CVD - IDF School of Diabetes-19<sup>th</sup> May 2020

Diabetes Retinopathy - IDF School of Diabetes-21<sup>th</sup> May 2020

Food safety preventive controls alliance course- Food Defense awareness- 28<sup>th</sup> May 2020

### **Attended Webinar on**

Nutrivigilance against COVID-19 on 20<sup>th</sup> April,2020

Nutrivigilance against COVID-19 on 28<sup>th</sup> April,2020

Nutrition Therapy COVID-19 patient: Worldwide experience from ICU to discharge 12<sup>th</sup> May 2020

4<sup>th</sup> International diabetes experts conclave digital meeting 2020 - 9<sup>th</sup> & 10<sup>th</sup> May 2020