

# Wafa Navas

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## PROFESSIONAL SUMMARY

Food Technology graduate with first-rank distinction and hands-on R&D experience in flavour, functional ingredients, and plant-based innovation. Proven ability in lab-scale formulation, oxidative stability testing (Rancimat, Oxitest), and analytical testing. Well-versed in product matching, % solids, pH analysis, and applying HACCP and ISO 22000 safety standards. Eager to contribute to pilot-scale product development and consumer-driven innovation.

## EDUCATION

B.Tech in Food Technology

Vergheze Kurien Institute of Dairy and Food Technology, KVASU, Kerala

OGPA: 8.75 (First Rank)

## CERTIFICATIONS

- HACCP Level 3 – Highfield
- ISO 22000:2018 – Highfield
- ISO 22000:2018 Food Safety Management System – Udemy
- Food Safety Training & Certification – FSSAI (Advanced Manufacturing)
- GATE XL Qualified – 2025

## PROFESSIONAL EXPERIENCE

### Intern – New Product Development and Research (NPD&R)

Synthite Industries Pvt. Ltd, Oct 2024 – Mar 2025

- Executed lab-scale formulation and extraction trials to develop natural brown flavors (vanilla, cocoa), optimizing yield and sensory quality for potential scale-up.
- Conducted sensory evaluations on 10+ vegan protein prototypes weekly, using feedback to improve flavor profiles and texture, resulting in 2 formulations advancing to pilot production.
- Assisted in the development of vegan protein-based products by supporting 20+ formulation trials, contributing to improvements in flavor, texture, and overall sensory acceptability
- Performed oxidative stability and shelf-life evaluations using Rancimat and Oxitest, generating data to support product formulation and shelf-life extension strategies.
- Participated in pilot trials and assisted with process improvements.

- Worked cross-functionally with QA and R&D teams to validate product quality, ensure regulatory compliance, and support safe, consistent product launches
- Followed SOPs, HACCP, and ISO 22000 protocols during lab activities.

## **PROJECTS**

- Frozen Dessert Development from Hemp Milk – Explored dairy-free dessert innovation.
- Credit Seminar – 'Oleogels as Novel Fat Replacer in Meat Products'

## **CONFERENCES & SEMINARS**

- Presented: 'Effect of Millet Incorporation on Nutritional Quality of Yoghurt' – Indian Dairy Association (2024)
- Presented: 'Stimulated Growth of Lactococcus lactis in Blueberry Millet Probiotic Drink' – 9th International Food Convention (2023)
- Participant: Eat Right Seminar on Fortification of Food – Thrissur (2023)
- Attendee: Interaction with R.S. Sodhi, Former MD of AMUL

## **PUBLICATIONS**

- 'Exploring Consumer Acceptability of Lab Grown Meat' – Food Infotech, July 2023
- 'Probiotics and Its Therapeutic Effects: A Review' – International Journal for Multidisciplinary Research, Vol. 5, Issue 6, 2023

## **TECHNICAL SKILLS**

- Food Product Development & Formulation
- Sensory Evaluation & Organoleptic Testing
- Analytical Instruments: Rancimat, Oxitest, Rotavapor
- SOPs, GMPs, HACCP & ISO 22000 Compliance
- pH, Total Acidity, % Solids Testing
- Pilot-Scale & Lab-Scale Trials

## **ACHIEVEMENTS**

- First Prize – Case Study Competition, AMUL (2023)
- First Prize – English Essay Writing, Synthite Industries Pvt. Ltd. (2024)
- Second Prize – Essay Writing, Verghese Kurien Institute (2022)
- Intercollege Champion – Versification & Mime, KVASU (2023)

## **LANGUAGES**

- English
- Hindi
- Malayalam