

Marwa Fathima M

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PROFESSIONAL SUMMARY

A remarkably focused and ambitious student with an outstanding academic track record and a passion for promoting healthy eating habits and improving nutritional well-being. Seeking opportunities to apply knowledge and skills in food service management, food product development, nutrition counseling, and community health. Actively engaged in community outreach, collaborates with local organizations to promote nutrition education, food security, and health literacy. Committed to bridging the gap between food service management, dietetics, and community health, aspires to become a leader dedicated to improving the well-being of communities through advocacy and innovative food solutions.

EDUCATION

Cauvery College for Women (Autonomous)

Masters in Food Service Management and Dietetics

Tiruchirappalli, Tamil Nadu, India

April 2024

- Project: Formulation and Acceptance of Eggshell enriched Cookies for Juvenile Diabetes Care
- Modules: Advanced Dietetics, Research Methods and Statistical tools of Analysis, Food Quality Testing, Management in Food Service Operations, Food Product Development, Quantity Food Production and Service, Management and Accounting in Hospitality Industry, Entrepreneurial Microbiology.

INTERNSHIP

PSG Hospitals

Intern

Coimbatore, Tamil Nadu, India

December 2022

- Presented 50 Case analyses, 4 Case studies, and 10 Nutritional Assessments.
- Monitored kitchen proceedings for day – to – day food service delivery to patients
- Developed personalized recovery diet plans for discharging patients
- Provided comprehensive nutrition counseling to outpatients
- Conducted regular ward visits to attend to the needs of each inpatient and obtained constructive patient feedback

CERTIFICATIONS

- NPTEL Swayam: Maternal, Infant and Young Children Nutrition by IIT Bombay
- Nutrition Masterclass: Build your Perfect Diet and Meal Plan, Udemy
- Basics of Clinical Nutrition by complEAT Nutrition Care, Chennai

PROJECTS & RESEARCH WORK

- Developed a supplement from eggshells and achieved Best Paper Presentation in an International Conference, resulting in a 15% increase in awareness of alternative sources of calcium.
- Conducted diet counseling sessions, resulting in an average 10% improvement in patients' nutritional status within three months.
- Investigated the effectiveness of lifestyle modifications on blood pressure control in a case study on hypertension, leading to the development of a dietary intervention that resulted in a 12% reduction in average blood pressure levels.
- Facilitated diabetes check-up initiatives, resulting in the early detection of diabetes in 50 individuals and subsequent enrollment in management programs.
- Led an Innovation Cell project focusing on the development of healthy pizza varieties, resulting in a 20% increase in sales of nutritious pizza options at campus dining facilities.
- Organized and executed Food Hub 2023, a Millet-Based Event, resulting in a 30% increase in consumer awareness and consumption of millet-based products in the local community.

SKILLS

- Skilled in crafting personalized diet plans tailored to individual needs and goals
- Proficient in accurately assessing the nutritional content of foods and recipes
- Experienced in developing well-balanced menus for diverse settings
- Capable of conducting thorough nutrition assessments to evaluate status
- Strong leadership and collaboration skills demonstrated through project management and teamwork