



# SANJANA . J

## Profile

As a UGC-NET qualified postgraduate in Food Science and Nutrition with experience in quality control in the food industry, I am enthusiastic about pursuing a career as an Assistant Professor. I aim to combine my academic knowledge with practical experience to provide students with valuable insights. I am passionate about teaching, mentoring, and contributing to the growth of the food science field. I am currently pursuing RD internship at Madras Medical Mission , Chennai.

## Education

### Mount Carmel College ( Autonomous) , Bengaluru

2022-2024

Percentage – 78 %

Masters in Food Science and Nutrition

### Bishop Heber College ( Autonomous) , Tiruchirapalli

2019-2022

CGPA – 9.3

Bachelor of Science in Nutrition and Dietetics

## Internship Experience

### Madras Medical Mission Hospital , Chennai ( July – September , 2024)

- Providing personalized dietary advice tailored to cancer, cardiac, and gastrointestinal patients, ensuring that their nutritional needs are met for better health outcomes.
- Offering counseling to help patients manage their conditions through diet and improving their quality of life by supporting their treatment plans.
- Utilizing a deep understanding of nutrition to guide patients in making informed dietary choices that aid in recovery and disease management.

### Modern Foods Private Limited , Chennai

- Checking critical parameters like  $p^h$ , moisture , ash content , water absorption power , which are detrimental in determining the quality of bread.
- Ensuring that the quality related parameters are met during every stage of production from raw material acquisition to finished product.
- Ensured that the packaging material used have met the specific criteria and are reliable.

### Trichy Diabetes Specialty Centre , Tiruchirapalli

- Involved in counselling patients and planning diets for diabetic patients
- Gained hands on experience in conducting blood glucose tests , and operation of other machinery and equipment related to testing for diabetes.
- Managing the Food and Beverage department and ensuring that food was prepared and distributed to patients depending on the specific condition.

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## Address :

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## **SKILLS**

- Strong communication skills
- Teamwork and Collaboration
- Diet planning
- Time management
- Nutrition education
- Recipe formulation
- MS Excel , Word and PowerPoint

## **ACTIVITIES**

- Was engaged in FSSAI EAT RIGHT CAMPUS AUDIT which was a part of Community Development Programme where I worked in providing training to food handlers in the canteen regarding maintaining hygiene and following the principles in producing safe food .
- Was a part of “ CHRISTEL HOUSE PROJECT” at Bellahalli Road , Bengaluru where I worked towards improving the nutritional status of school children aged 6-18 years by making modifications in their menu plan and incorporating recipes that met the nutritional adequacy of their diets . I also provided nutrition education to food handlers at the school based on the FSSAI checklist

## **CERTIFICATIONS**

- UGC – NET (June-2024)

## **PROJECTS**

- Developed seed-based cookies utilizing sunflower seeds, flaxseeds, pumpkin seeds, and sesame seeds, with focus on addressing hormonal imbalances in women
- Conducted a study to assess the satiety index of millet-based recipes including puttu, malt, and dosa, with implications for developing strategies in preventing lifestyle diseases in future research.

## **CONFERENCES AND WORKSHOPS ATTENDED**

- Participated in one day workshop on “Bakery and Confectionery”
- Attended Hands on Training on “Biochemical Techniques”
- Participated in the awareness programme on” EAT RIGHT INDIA” at IIFPT
- Attended International Conference on” Emerging Trends , Growth , Opportunities and Future in Food Processing Sectors”
- Participated in awareness programme entitled “General Wellness and Preventive Healthcare” through AYUSH during National Nutrition Month
- Attended International Conference on “Retrofitting Strategies for Sustainability Development Goals”
- Attended two day Capacity Building International Webinar on “Food – Genome Interface in Treating Diseases”

I hereby declare that all the information provided in my resume is true to the best of my knowledge and belief.

(Sanjana.J)