

**YASMIN.M.I**

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### **CAREER OBJECTIVE**

Seeking a challenging and responsible position, to explore and utilize my strength and potential to meet the expectation of the institution.

### **ACADEMIC PROFILE**

- **M.Sc in Nutrition and Dietetics (2015)** - Jamal Mohamed College, Trichy, Tamil Nadu with 86% aggregate. (Waiting for NET result, conducted on Dec 2015 )
- **B.Sc in Food service management and Dietetics (2006)** – Anna Adarsh College for Women, Chennai, Tamil Nadu with 69% aggregate.
- **Higher secondary education (2003)** - Sacred Heart Matriculation Higher Secondary School, Chennai, Tamil Nadu with 74.08% aggregate.
- **Tenth Matriculation (2001)** – Sacred Heart Matriculation Higher Secondary School, Chennai, Tamil Nadu with 78% aggregate.

### **OTHER QUALIFICATION**

- Completed Diploma course in Teacher Training Academic (Montessori Kindergarten and Nursery Education) with 70%, 2011.
- Have Knowledge and practiced in YOGA and AEROBICS.
- Have Knowledge and practiced in the preparation of Confectionary items.

### **TECHNICAL EXPOSURE**

#### ➤ AREAS OF INTEREST

- Food Processing and Food Science
- Clinical Dietetics
- Food and Nutrition

➤ WORKSHOPS ATTENDED

- Presented Poster during the **47<sup>th</sup> NATIONAL CONFERENCE OF THE NUTRITION SOCIETY OF INDIA** held at the National institute of Nutrition, ICMR , Hyderabad.
- Presented posters in one day *National Seminar* on ‘*ART IN EVERY DAY LIFE*’ organized by the Department of Home science, **Seethalakshmi Ramaswami College**, Trichy.
- Attended the *Training program* on Processing of Ragi Milk conducted by Food Processing Business Incubation Center (**FPBIC**), Indian Institute of Crop Processing Technology (**IICPT**), Thanjavur.
- Participated as a **Delegate** in the “*CONTINUING NUTRITION EDUCATION*” conducted in **Sri Ramachandra Medical College and Research Institute, Porur**, Chennai.
- Participated in the *Annual Symposium* on Clinical Nutrition in **Alpha Hospital and Research Center**, Madurai

➤ INDUSTRIAL VISITS

- IICPT, Thanjavur.
- Food Production Area CMC Hospital, Vellore .
- Food Processing and Management in Park cherotan hotel, Chennai.
- Food Production Area in Sri Ramachandra Medical College, porur, Chennai.

➤ PROJECTS

- A study on Ragi extract, and its value added fermented and non-fermented beverages.

**ACHIEVEMENTS**

- Class *Second rank* in M.Sc. Nutrition and Dietetics, Jamal Mohamed College.
- Won *First prize* in Nutritional cooking competition conducted by the LEO CLUB (Women), Jamal Mohamed College.

- Won **First prize** in cooking competition and **Second prize** in ‘on the spot slogan writing’ conducted by the the Association of Nutrition and Dietetics, during ‘Nutricio-14’ Jamal Mohamed College.
- **Third prize** in Vegetable Carving and Herb cookery conducted by PG Department of Nutrition and Dietetics and Leo club during “Naring fest’13”, Jamal Mohamed College.
- Served as a Secretary for the association of Nutrition and Dietetics, Jamal Mohamed College.
- **Marketed** the products in my **college canteen**, to the staffs and to the students of Jamal Mohamed College and made my Project a success one.
- Presented a Paper during ‘**Nutricio-14**’ conducted by the PG Department of Nutrition and Dietetics, Jamal Mohamed College.
- Performed Anthropometric assessment for people during nutrition camps in college.

### **INTERNSHIP EXPERIENCES:**

- Trained as a dietitian for a month in **Madras Medical Mission** Hospital and Research Center, Chennai.

### **COMPUTER SKILLS**

- **Software/Tools Familiar With** : MS Office
- **Operating systems** : Windows XP till Windows 8

### **PERSONAL SKILLS**

- Ability to lead a team of people.
- Can be entrusted with responsibilities.
- Adaptability to any situation.

### **PERSONAL PROFILE**

Father’s name : A. Mohamed Ismail

Permanent Address : No: 1/44, Iqbal street, U. Ariyamangalam Trichy. 10.

Nationality : Indian

Religion : Muslim  
Blood Group : A1 positive  
Date of Birth : 1<sup>st</sup> August , 1985  
Hobbies : Cooking, Reading, Art & Craft, Drawing, Gardening.

I hereby acknowledge that all the details furnished above are true and exact to the best of my knowledge.

**Date:**

**Place:** Trichy

Signature

**(YASMIN. M.I)**