

Asiffa Jabeen

8072294269

asiffajabeen22@gmail.com

www.linkedin.com/asiffajabeen703449139

OBJECTIVE

To help individuals to gain the knowledge, skills, tools, and confidence to take responsibility for their diet and lifestyle, enabling them to reach their health goals.

ACADEMIC EXPERIENCE

2 Years of experience as Assistant professor in the department of Nutrition & Dietetics, Jamal Mohamed college.Tamil Nadu

EDUCATION

M.Sc. Dietetics and Applied Nutrition

Manipal Academy of Higher Education

Manipal

B.SC. Nutrition and dietetics

Graduated – April 2018

Jamal Mohamed College, Trichy

HSSLC

Graduated – 2015

Marks- 60.5%

Good Shepherd Mat.Hr.Sec. School, Trichy

SSLC

Graduated – 2013

Marks -84%

Good Shepherd Mat.Hr.Sec. School, Trichy

SKILLS AND ABILITIES

COMMUNICATION

- English (full professional proficiency)
- Tamil (full professional proficiency)
- Hindi (full professional proficiency)
- Urdu (bilingual proficiency)
- Kannada (elementary proficiency)

TECHNICAL SKILLS

- SPSS version 16.0,21.0
- Diet Cal

EXPERIENCE- INTERNSHIP

INTERN DIETICIAN-2019

APOLLO HOSPITALS, TRICHY

Completed a one month internship at Apollo Hospitals, Trichy.

- Gained a hands on training on how a dietary department and the dietary kitchen works.
- Managed to execute the nutrition care plan for different health conditions using appropriate software in the hospital
- Accomplished knowledge on counselling patients on dietary and lifestyle management.

INTERN DIETICIAN-2020

COMPLETED 11 WEEKS OF INTERNSHIP AT MEENAKSHI MULTISPECIALITY HOSPITAL, TANJORE

- As an Intern dietician, I have gained knowledge elaborately on how a hospital works, what are the roles and responsibilities of the dietary department along with dietary kitchen in the hospital
- I have also obtained experience on ways to handle patients with different mind-sets for dietary counselling and Nutritional management
- Hands-on experience on mass counselling to various patients visiting the OPD
- Gained knowledge on executing Nutritional care plan and management for various medical conditions.
- Skilful in developing cost efficient menu plans, documentation of case studies and medical conditions.
- Presentation and communication skills

CERTIFICATIONS

- Nutrition and Lifestyle in Pregnancy-**LMU-München**
- Diabetes –The essential facts (online non-credit course)-**University of Copenhagen**
- The arts and science of Relationships: understanding human needs- **University of Toronto**
- Stanford Introduction to Food and Health- Stanford University (Grade Achieved: 92.85%)
- How to teach online: providing continuity for students – **Future Learn**

SEMINAR/WORKSHOP ATTENDED

- Attended women entrepreneurship seminar conducted by POWER summit, Udupi.
- Attended an international conference on “Innovation Techniques and Nutritional Demands in Food Security at Alva’s College, Moodbidri
- Participated in the Nutrition Update -2018 conducted by Kasturba Hospital, Manipal.
- Participated in the second International NIN Centenary Conference on ‘Aligning Food Systems for Healthy Diets and Improved Nutrition’, Hyderabad

- Was a part of the one day National Conference on 'Futuristic Research In Nutrition and Dietetics at Jamal Mohamed College.
- Participated in the National Seminar on "Nutrition and Health Trends, Challenges and Strategies" Organized by the PG and Research Department of Nutrition and Dietetics, Jamal Mohamed College.
- Organised and participated in the Nutri Millet Mela-2022 in the Department of Nutrition and Dietetics

ACADEMIC ACHIEVEMENTS

- Appointed as a Member of Board of Studies in the Department of Nutrition and Dietetics, Jamal Mohamed College for the Academic year from 11th February 2020
- Abstracts in proceedings
- Proof Reading and Editing Participant Hand books in Hindi for FICSI (Sector Skill Council for Food Processing Industries)

ACADEMIC PROJECT

Title :Assessment of Nutritional status and other risk factors of type 1 diabetes mellitus among individuals.

REFERENCE

Dr. M.I Fazal Mohamed
Head of the Department
Department of Nutrition and Dietetics
Jamal Mohamed College

DECLARATION

I hereby declare that all the above information given are true to the best of my knowledge.