

Asiffa Jabeen

8072294269

asiffajabeen22@gmail.com

www.linkedin.com/asiffajabeen703449139

OBJECTIVE

- To enhance the knowledge of those aspiring to learn with interactive sessions in an educational atmosphere where every individual has an opportunity to develop and attain intellectual growth.
- 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

4 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

Good Shepherd Mat.Hr.Sec. School, Trichy

SSLC

Graduated – 2013

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)
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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

Completed Hindi course (prathmic to Visharadh Poorvadh)- **DDBHPS**

Completed spoken hindi course (8 levels)- **DDBHPS**

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%)

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
- Organised and participated in the Nutri- Millet Mela-2022 in the Department of Nutrition and Dietetics
- Participated in one-week faculty development programme on Road map for intellectual property rights

- Participated in one-week faculty development programme on “Recent advances in food system”
- Participated in 5-Day National Level virtual faculty development programme on “Emerging trends in therapeutic Nutrition” organised by Bishop Heber college , Trichy.
- Participated in World Breastfeeding week celebration-2023
- Participated in two-day national seminar on “The Role of Microbiome in Nutrition& Health: Emerging Research and Clinical Applications”
- Organised and participated in “Poshan Utsav”- an Intra Collegiate Competition celebrating national nutrition week 2024.
- Participated as a Resource person in the Department of Tamil,Jamal Mohamed College,Trichy
- Participated as Resource person for Anti Dowry Association,Jamal Mohamed College,Trichy
- Participated as Resource person for Leo club ,Jamal Mohamed College,Trichy

ACADEMIC PROJECTS/PUBLICATIONS

- **Title :** A Study On Nutritional Status And Eating Habits Among Girls During Menstruationm And Educating Them Through Educational Tool - International Journal For Multidisciplinary Research, Volume 6, Issue 3 (May-June 2024)
- Proof Reading and Editing Participant Hand books in Hindi for FICSI (Sector Skill Council for Food Processing Industries)
- **Title :** Assessment of Nutritional status and other risk factors of type 1 diabetes mellitus among individuals

REFERENCE

Dr. M.Ghouse Basha
 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.