

Akshatha Kanthraj
No, 701 11th CROSS,
5th MAIN, M.C. LAYOUT
VIJAYANAGAR BANGALORE -40.

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OBJECTIVE:

To pursue and establish career in various Life sciences, Teaching/Lecture (Catering college, Allied science college, Nursing college, Pre-university college and science lecture), Research and development, Nutrition and wellness.

- Was part of Manual preparation for two consecutive years
- Good at planning during academy and better team player

EXPERIENCE:

BeatO

August 2021-March 2023

Position: Senior Nutritional and health analyst

Roles and Responsibilities

- ✓ Part of research in product development and supporting operations related works.
- ✓ Monitoring and guiding the patient with lifestyle.
- ✓ Conducting nutritional analysis and interpretation.
- ✓ Conducting and comparing market analysis of different product.

Twin Health care

July 2020- August 2021

Position: Health coach

Roles and Responsibilities

- ✓ Part of Research team in data activity and documentation of the records.
- ✓ Monitoring and guiding the patient with lifestyle.
- ✓ Mentoring new joiners in their career development.

Sagar hospital Jayanagar

November 2019-June 2020

Position: Dietitian

Roles and Responsibilities

- ✓ Monitoring and evaluating inpatient by nutritional screening and conducting assessment of patient during hospital stay.
- ✓ Providing knowledge for inpatient and outpatient as per medical and nutritional needs, modifying diet as per tolerance and in doctor's accordance.
- ✓ Gaining knowledge and getting hands on ICU (enteral and parenteral nutrition support).
- ✓ Co-ordinating with F& B preparation of recipe and sensory evaluation

Saarathi healthcare Pvt Ltd

March 2017- July 2017

Position: Field Educator-Nutritionist

Roles and Responsibilities

- ✓ Visit various doctor clinic.
- ✓ Educate mother and child about their eating habits.

Indigene healthcare company

October 2016 – Dec 2016

Position: Nutrition counselor

Roles and Responsibilities

- ✓ Counseling and suggesting diet on various health condition.

GOLDS GYM

June 2016-Feb 2017

Position: Nutritionist

Roles and Responsibilities:

- ✓ Provide diet counselling sessions to clients for various health concerns
- ✓ Handle clients who visit the center
- ✓ Visiting dietician for two branches- Indiranagar and Koramangala
- ✓ Monitoring weight loss through diet planning.

EDUCATIONAL PROFILE

<i>Course</i>	<i>Institution</i>	<i>Board / University</i>	<i>Year of Pass</i>	<i>Percentage (%)</i>
<i>M.sc (Food Science and Nutrition)</i>	<i>Yuvaraj college</i>	<i>Mysuru university</i>	<i>2019</i>	<i>Distinction class</i>

<i>B.Sc (NDCZ)</i>	<i>Mount Carmel College (autonomous)</i>	<i>Bangalore university</i>	<i>2016</i>	<i>Second class</i>
<i>PUC (PCMB)</i>	<i>K.L.E society Independent PU College</i>	<i>Department of Pre-university</i>	<i>2013</i>	<i>Second class</i>
<i>SSLC</i>	<i>NEW PUBLIC ENGLISH SCHOOL</i>	<i>Karnataka Secondary Examination</i>	<i>2011</i>	<i>First class</i>

Certification:

- ✓ Certified Halal internal Auditors
- ✓ Pre conference Karnataka state Indian academy of Pedicon
- ✓ HPLC In-house training
- ✓ (Certification in Yoga)
- ✓ Certificate of Participation in National Conference-Research and publishing

Poster:

Nutrition Society of India- 50th International conference

Topic: **Sensory evaluation of therapeutic soup developed with basil seeds**

Paper Publication:

Acceptance and publication of paper in Pharma Innovation Journal

- Akshatha, D. Shobha, R. Shekhara, B.S. Chethana and B.R. Brundha. "A Study on Nutritional, Functional and Anti-nutritional properties of Basil seeds incorporated products". Pharma Innovation Journal; 2019. 8(7): 630-637.
- Akshatha, D. Shobha, R. Shekhara, B.S. Chethana and B.R. Brundha. "Development and Quality Evaluation of Basil leaf incorporated papad". Pharma Innovation Journal 2019; 8(7): 555-559.

Hand on experience in instrumentation Handling

- Proximate analysis- Moisture, Fat, Protein, Ashing and Mineral solution.
- Storage stability Studies- Peroxide value, free fatty acid and Alcohol acidity.
- Microbial analysis- Media preparation and sample analysis.
- Anti-Nutritional analysis- Tannins and Phytic acid
- Functional Nutrients analysis- Antioxidant, Total phenol and flavonoid.

PERSONAL STRENGTHS:

- ✓ Good at cooking.
- ✓ Planning a good diet
- ✓ Good Performer
- ✓ Effective Leadership Skills- Was class prefect for 2 consecutive years
- ✓ Enthusiastic-Create an excellent Work atmosphere
- ✓ Good Communication skills, etc

PERSONAL PROFILE

Name : Akshatha
Date of Birth : 03-06-1995
Father's name : Kanthraj N
Languages Known : English, Kannada, Telugu, Hindi

DECLARATION

I hereby declare that the information furnished above is true to the best of my knowledge.

Place : Bangalore

AKSHATHA