

CURRICULUM VITAE

KEERTHANA J NAIR

keerthanajnair@gmail.com

7902704490



Career objective

An organized and dedicated professional looking to work for an organization that provides the opportunities to fulfil personal, professional and organizational goals.

Educational qualifications

Course	Name of institution	Name of the board/ university	Percentage	Year of completion
M.Sc. Foodservice management & Dietetics (in progress)	Assumption College, Changanacherry	Mahatma Gandhi University	91%	2022
B.Sc. Nutrition, Food service management & Dietetics	Ethiraj college for women, Chennai	University of Madras	73%	2020
HSC	HSS Thiruvampady School, Alleppey, Kerala	Kerala State Board	91%	2017
SSLC	HSS Thiruvampady School, Alleppey, Kerala	Kerala State Board	86%	2015



Certification

Dakshina Bharat Hindi Prachar Sabha - Praveen Utharardh

Career edge – Knockdown the Lockdown course offered by TCS iON

Experiences

- Assistant Professor- Nutrition in Critical Care- Padmashree Institute of Management and Science, Bangalore (20-04-2023 - till date)
- Dietitian Trainee - Believers Church Medical College Hospital, Thiruvalla, Kerala (September 2022-April 2023)
- Confidential assistant of Chairman– PMC Group of Institutions, Alappuzha (21st July 2022-31st August 2022)
- Believers Church Medical College Hospital, Thiruvalla, Kerala – One-day counselling
- Travancore Medical College Hospital, Kollam, Kerala (03/05/2021 to 03/06/2021)
- Believers Church Medical College Hospital, Thiruvalla, Kerala (02/05/2019 to 02-06-2019)

Description on internship: I witnessed the importance of assessing, counselling and planning the diets for clients. I have experience in the departments of Cardiology, Pulmonology, Psychiatry, Orthopaedics, Ophthalmology, Neurology, Nephrology, General Medicine, General Surgery, Paediatrics, Obstetrics and Gynaecology. I have also worked along with the physicians in Surgical Intensive Care Unit, Medical Intensive Care Unit and High Dependency Unit.

Technical skill

- Proficient in MS Office
- Event management

Soft skills

- Decision making
- Time management



- Positive thinking
- Problem solving
- Teamwork
- Adaptability
- Leadership qualities
- Creative thinking
- Coordinator

Achievements

- SMA Abacus State Level Winner, Ernakulam, Kerala – 2014
- Volunteer in Guinness world record for longest play (Kaalakooru), Ethiraj College for women, Chennai- 2019
- Conducted National webinar on World Hepatitis Day, organized by Assumption College in collaboration with IDA Kerala chapter- 2021
- Conducted webinar on Breastfeeding week, by Assumption College in collaboration with ICDS Vazhoor unit, Kerala- 2021
- Conducted Food Fest 'Sangathi Choodanu'- Assumption College, 2021

Extra-Curricular activities

- Class prefect, Assumption College PG 2020-2022
- Member of Rotaract Club
- Member of Entrepreneurship Cell
- Member of Youth Red Cross
- Involvement in the works of NAAC

Personal profile

Name : Keerthana J Nair
Date of birth : 19-08-1999
Nationality : Indian



Religion : Hindu, Nair

Languages known : English (R/W/S)
Malayalam (R/W/S)
Hindi (R/W/S)
Tamil (R/W/S)

Interests : Listening Indian classical music, Carnatic songs, Pop songs
Reading fictions, Non-fictions, Auto-biography
Playing violin (classical)
Travelling
Gardening
Free style dancing
Social helper
Enjoying traditional art forms like kathakali

Address : GCRRA 48, Chittappanezhathu house,
Sanathanapuram.P.O, Kalarcode, Alappuzha-3, Kerala

References:

1. Vineetha Antony
Associate Professor
Assumption College for Women
9400907465
2. Maya Vasudevan
HSS Thiruvampady
Alappuzha
9446556213

