CURRICULUM VITAE

KEERTHANA J NAIR keerthanajnair@gmail.com
7902704490

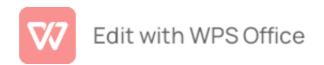


Career objective

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



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 Oneday 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)

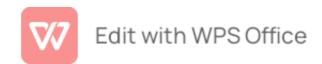
Description on internship: I witnessed the importance of assessing, counselling and planning the diets for clients. I have experience in the departments of Cardiology, Pulmonology, Psychiatry, Orthopaedics, Ophthalmology, Neurology, Nephrology, General Medicine, General Surgery, Paediatrics, Obstetrics 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

songs

: Listening Indian classical music, Carnatic songs, Pop

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

