

## CURRICULUM VITAE

**CHAITRA, H. M**

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**Permanent Address:**

Chaitra, H. M.  
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Bengaluru-79

**Personal information:**

Date of Birth : 20, April, 1993  
Sex : Female  
Nationality : Indian  
Marital Status: Single  
Father's Name : Mallikarjun, H. J  
Mother's Name: Leelavathi, H. M

**Languages Known:**

Kannada (RWS), English (RWS) &  
Hindi (RS)

**Interests and Hobbies:**

Surfing. Playing shuttle and  
Listening music.

### Career Objective

To work for an organization which provides me the opportunity to improve my skills and knowledge to grow along with the organization objective

### Academic Record

Certificate/ Degree	College / Board / University	Year of Passing	Percentage of Marks Obtained / Class
M.Sc. (Agri) Food Science & Nutrition	College of Agriculture, UAS, GKVK, Bengaluru.	2017	91.60% (9.10/10)
B. Sc (Home Science)	University of Agricultural Sciences, Dharwad, College of Agriculture, Dharwad.	2015	84.00% (8.40/10)
PUC	Sree Siddaganga Pre University Science College Davangere- 577002	2011	60.83%
SSLC	St. Paul's Convent High School,P J Extension, Davangere- 577002	2009	68.80%

(\* - Pursuing)

### Awards & Scholarship Received

- Awarded **IWSA'S Nanik Gurunai Award for Best Poster presentation**, at the XIV Triennial National conference of IWSA on "Women Led Science & Technology, December 2019. Title of presentation: Food and Nutrient intake of Pre-Schoolers from an Anganwadi and a Private institution in Kadajji village.
- Awarded **(URMS) - University Resident Merit Scholarship** to pursue M. Sc (Agri) Food Science & Nutrition during 2015-2017 at UAS, Bengaluru.
- Participated as a **Resource Person** in two day seminar conducted during National nutrition week 2019 september.

### Computer skills

- Basic MS office - Word, PowerPoint and Excel
- Working knowledge in Internet browsing and web content development.

### Area of Interest

- Teaching
- Nutritionist
- Food & Diet counselor
- Dietician
- Food processing
- Food Product Development

### Competencies

- Proper time management.
- Ability and adaptability to work as individual as well as in group.
- Communication Skills.
- Self confidence and dedication
- Reliable and hard working.
- Friendly nature

### Projects

- Project Title- "Factors affecting Nutritional Status of Pre School Children with Special reference to ICDS"
- Project Title- "Development and standardization of Moro khakra from Moringa Olifera"

### Co-curricular activities.

- Completed the Certificate course in **Nutraceuticals and Food Processing under Biotechnology skill enhancement programme(BISEP) Jan-April 2021.**
- Completed **FSSAI FOSTAC training in catering level II-COVID Food Safety Supervisor2021.**
- Participated in two day **International virtual conference on Role of Micronutrients; Immunity and Health 2021**
- Completed **POSHAN ABHIYAN E-Learning ICMR Modules** Nutrition Education Programme on :
  1. Anaemia
  2. Basic Nutrition
  3. Food Fortification
  4. Immunization
  5. Infant and Young child feeding

6. Mother Health & Nutrition
7. Non- communicable diseases
8. WASH
9. Physical Activity -Yoga

- Completed **ECMEC'S IDF short course on Preventing Type II Diabetes Mellitus 2020.**
- Completed **IIFPT online training on Processing and value addition of seasonal fruits 2020.**
- Worked as a **organizing committee member MASK IS THE MANTRA TO FIGHT COVID-19.**
- **Guided a student for the Project Development and standardization of Moro khakra from Moringa Olifera**
- Participated in online quiz COVID-19 Awareness quiz-2020.
- Participated in Food Safety Awareness quiz2020.
- Participated in online International quiz Nutritional Nectar 2020.
- Participated **International webinar on Metbolomics; A novel research tool to examine mechanism underlying diet disease association 2020.**
- Participated **National webinar on "Diet Epigenetic and cognitive performance2020.**
- Attended a **DRDO course on "Nutraceuticals for health and performance improvement; Development to field applications.2020**
- Participated in **International webinar :Public health epidemiology strategies for health and nutrition.2020**
- Participated in **webinar and virtual workshop n Grow your Greens 2020.**
- Participated in **two day national webinar on addressing the challenges of health and nutrition during COVID-19,A Holistic approach 2020.**
- Participated in **webinar on" Grains for gut micro biome health-A Dietary perspective 2020.**
- Participated in **webinar "Intellectual property rights and innovation 2020.**
- Participated a **webinar A Fascinating world of edible mushrooms 2020.**
- Participated in **webinar and virtual workshop n " A holistic approach to mental wellness"2020.**
- Presented poster on **'Food and nutrient intake of children from Anganwadi and Private Pre- Schools in Kadajji village".25<sup>th</sup> may 2017.**
- Attended **Seminar on Changing Profile of Malnutrition in India** Organized by Department of Studies in Food Science and Nutrition at Rani Bhadur Auditorium Manasa Gangagotri

Campus, University of Mysore, Karnataka on 9<sup>th</sup> January, 2015.

- **Work Experience in Apollo BGS hospital 1<sup>st</sup> January to 4<sup>th</sup> march 2015 .**
- **Completed Diploma in Rural development(DRD) 2014.**
- **Assisted under the project Value added products from foxtail millet. 2016**
- **Developed pamphlet on foxtail millet recipes 2016-17.**
- **Attended RAWE Programme for 3 months in a village of Haveri district in Karnataka and got practical experience in educating home science technologies 2015.**
- **Undergone Experiential learning on preparation of healthy and Therapeutic foods for 5months 2015.**
- **Attended various online courses, seminar, and workshops and gained certificates.**
- **Attended Development of value added products from fruits from NIFTM.**

**Past Work Experience:**

- **Worked as Nutritionist in British Biologicals 2017.**
- **Worked as a Expert counselor in Nutrition and Vaccination in Sanofi Pasteur February 2018-July 2019.**
- **Working as a Assistant Professor in Padmashree Institute of Management and Sciences from August 2019.**

*I hereby assure you that the above given information are true to best of my knowledge. If I get an opportunity to work in your esteemed organization, I assure that I will perform to best of my ability.*

*Thanking you,*

**Chaitra**

