

## ***CURRICULUM VITAE***

### **PERSONAL DETAILS**

Name: Varsha Clara Varghese

Email: [varshaclare@teresas.ac.in](mailto:varshaclare@teresas.ac.in)

Gender: Female

Age and DOB: 23, 26/04/1997

Address: Cheeroth (H), 4<sup>th</sup> Mile, Amaravathy P.O. Kumily, Idukki. Pin: 685509.

Name of Father: C.C. Varghese

Name of Mother: Shiny Varghese

Nationality: Indian

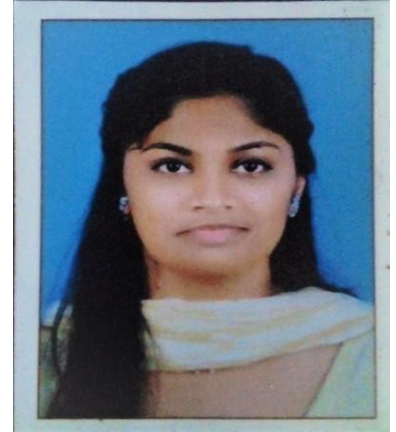
Marital Status: Single

Education Qualification: 2018-2020: M.Sc. Food Science and Nutrition at St. Teresa's College (Autonomous), Ernakulam.

2015-2018: Completed Graduation in B.Sc. Family and Community Science from Assumption College, Changanacherry.

Language Known: English, Malayalam

Leisure Activities: Painting, Stitching, Craft Making, Reading and Cooking



## **PERSONAL QUALITIES**

I can work with absolute accuracy in every task that I'm assigned and complete my work with utmost professionalism, determination and willingness to succeed.

## **CAREER OBJECTIVE**

To pursue a career where I can utilize my skills, knowledge and experience, and I would like to relish this job opportunity.

## **PERSONAL ACHIEVEMENTS:**

- Certified with a career oriented add-on programme in **Interior Designing** sponsored by University Grant Commission and approved by MG University which was conducted by Assumption College, Changanacherry in November, 2016.
- Certified with diploma in a career oriented add-on programme in **Interior Designing** sponsored by University Grant Commission and approved by MG University which was conducted by Assumption College, Changanacherry in July, 2017.
- Submitted a project on **Influence of Mobile Phones among College Students** under the Department of Family and Community Science, Assumption College Changanacherry, MG University, Kottayam in March, 2018.
- Participated in the **Aster Nutricon 2018 CNE** conducted by Aster Clinical Nutrition and Dietetics on 18<sup>th</sup> November, 2018.
- Participated in the Launching of **Healthy Food Plate Initiative as part of Obesity Control Programme** in the district held on 2<sup>nd</sup> February, 2019 at Vanchi Square, Ernakulam jointly organized by the District Medical Office (Health), National Health Mission, Ernakulam and Department of Home Science, St. Teresa's College (Autonomous), Ernakulam.
- Participated in the one day seminar on **Probiotic- Way Forward to Wellness** jointly organized by the Department of Microbiology, College of Dairy Science and Technology and Probiotic Association of India at Verghese Kurien Institute of Dairy and Food Technology, Mannuthy, Thrissur on 2<sup>nd</sup> March, 2019.
- Completed one month **Internship Programme** at Department of Dietetics, Christian Medical College Vellore from 1<sup>st</sup> May 2019 to 30<sup>th</sup> May, 2019.

- Participated in **World Breast Feeding Week activities of 2019**, jointly organized by District Medical Office (Health), National Health Mission, Ernakulam and Department of Home Science, St. Teresa's College (Autonomous) Ernakulam on 8<sup>th</sup> August, 2019 at CHC Edapally.
- Participated in **Nutrition Awareness Exhibition** organized by State Nutrition Bureau, Thiruvananthapuram at St. Teresa's College (Autonomous) Ernakulam on 3<sup>rd</sup> and 4<sup>th</sup> December, 2019.
- Participated in a National Seminar on **Enriching Research Horizon** organized by Department of Home Science, St. Teresa's College (Autonomous), Ernakulam on 5<sup>th</sup> and 6<sup>th</sup> December, 2019.
- Participated in the International Seminar on **Obesity and Weight Management** hosted by the Department Home Science, St. Teresa's College (Autonomous) Ernakulam on 18<sup>th</sup> December, 2019.
- Participated in a short Online Course **Prevention of type 2 Diabetes** conducted by International Diabetic Federation accredited by EACCME on 6<sup>th</sup> May, 2020.
- Participated in a short Online Course **Diabetes and CVD** conducted by International Diabetic Federation accredited by EACCME on 7<sup>th</sup> May, 2020.
- Participated in an Online Course **Diabetic Retinopathy** conducted by International Diabetic Federation accredited by EACCME on 8<sup>th</sup> May, 2020.
- Participated in a short Online Course **Diabetes and Ramadan** conducted by International Diabetic Federation accredited by EACCME on 11<sup>th</sup> May, 2020.
- Participated in an Online Course **Management of Diabetic Macular Edema (DME)** conducted by International Diabetic Federation accredited by EACCME on 11<sup>th</sup> May, 2020.
- Submitted a Thesis entitled "**Development of Paneer Using Coconut Milk and Evaluation of Its Quality Characteristics**" at St. Teresa's College (Autonomous), Ernakulam affiliated to Mahatma Gandhi University, Kottayam as partial fulfillment of the requirement for the Award of Degree of Master of Science in Food Science and Nutrition on May, 2020.
- Participated in the National Webinar on **Nutrients to Boost Immune Function- Fight COVID- 19** on 20<sup>th</sup> May, 2020 organized by the Department of Homes Science, Morning Star Home Science College Angamaly.

- Participated in a National Webinar on **Thy Food...Thy Medicine** organized by the Department of Home Science and Centre for Research in Association with IQAC, St. Teresa's College (Autonomous) Ernakulam on 22<sup>nd</sup> May, 2020.
- Participated and presented a topic “**Development of Paneer using Coconut milk and Evaluation of its Quality Characteristics**” on **RICERCA 2020** organized by the Research Committee, St. Joseph's College for Women, Alappuzha in Association with Kerala Sasthra Sahithya Parishath on 21<sup>st</sup> August, 2020.

**ACADEMIC PROFILE**

<b>Examination Passed</b>	<b>Year of Passing</b>	<b>University/ Board</b>	<b>Name of Institution</b>	<b>Specialization</b>	<b>Marks Obtained</b>
Post Graduation	2018- 2020	MG University	St. Teresa's College (Autonomous), Ernakulam	M.Sc. Food Science And Nutrition	74.4%
Graduation	2018	MG University	Assumption College, Changanacherry	B.Sc. Family And Community Science	72.57%
XII	2015	Board Of Higher Secondary Examination	St. Thomas E.M.H.S.S Attapallam, Kumily, Idukki	Science With Mathematics	81.5%
X	2013	ICSE	Amalambika Convent English School, Thekkady, Idukki	English 1 & 2 Malayalam History And Civics Geography Mathematics Physics Chemistry Biology Computer Application (Java)	70%

## **DECLARATION**

I hereby assure that the above mentioned details are true to the best of my knowledge and belief.

Place: Kumily, Idukki

Date: 5/06/2020



Signature

## **REFERENCE**

Dr. Betty Rani Isaac  
Associate Professor  
Department of Home Science  
St. Teresa's College (Autonomous), Ernakulam