

NAMITHA PRASTHEENA JOSEPH

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CAREER OBJECTIVE

To obtain a position that challenges me and provides me the opportunity to reach my full potential professionally and personally. My ultimate goal is to inspire students by sharing my knowledge, skills and experience on the subject and guide them toward the path of excellence.

EDUCATIONAL QUALIFICATION

- 2020 : Completed Post Graduation in Food Science and Nutrition from St. Teresa's College (Autonomous), Ernakulam.
- 2019 : Qualified UGC-NET for eligibility for Assistant Professor in the subject Home Science.
- 2018 : Completed Graduation in Home Science from St. Teresa's College (Autonomous) Ernakulam.
- 2015 : Completed Senior secondary from Assisi Vidyaniketan Public School, Chembumukku, Kakkanad, Kochi.
- 2013 : Completed higher secondary from Assisi Vidyaniketan Public School, Chembumukku, Kakkanad, Kochi.

PERSONAL QUALITIES

I am hard working person who can handle all tasks with full potential and with utmost perfection.

ACADEMIC PROFILE

Examination	Year of Passing	University/ Board	Name of Institution	Course	Marks Obtained
X	2013	CBSE	Assisi Vidyaniketan Public School, Chembumukku, Kakkanad, Kochi.	English Hindi Science Social Science Mathematics	8.2 (CGPA)
XII	2015	CBSE	Assisi Vidyaniketan Public School, Chembumukku, Kakkanad, Kochi.	Science with Home Science	80.4%
Graduation	2018	MG University	St. Teresa's College (Autonomous), Ernakulam	B. Sc. Home Science	8.4 (CGPA)
Post-Graduation	2018- 2020	MG University	St. Teresa's College (Autonomous), Ernakulam	M. Sc. Food Science and Nutrition	8.72 (CGPA)

INTERNSHIP

- Completed one month **Internship Programme** at Department of Dietetics, Christian Medical College Vellore from 1st May 2019 to 30th May, 2019.

CERTIFICATE COURSES COMPLETED

- Certified with a career oriented add-on programme in **Guidance and Counselling** sponsored by University Grant Commission and approved by MG University which was conducted by St. Teresa's College (Autonomous), Ernakulam in August, 2016.
- Certified with diploma in a career oriented add-on programme in **Guidance and Counselling** sponsored by University Grant Commission and approved by MG University which was conducted by St. Teresa's College (Autonomous), Ernakulam in November, 2017.

- Completed a short online course on **Prevention of type 2 Diabetes** conducted by International Diabetic Federation accredited by EACCME on 6th May, 2020.
- Completed a short online course on **Diabetes and CVD** conducted by International Diabetic Federation accredited by EACCME on 7th May, 2020.
- Completed a short online course on **Diabetic Retinopathy** conducted by International Diabetic Federation accredited by EACCME on 8th May, 2020.

ACADEMIC PROJECT AND THESIS

- Submitted a project on “**Knowledge and Practices of Using Food Label Information among Adolescents**” under the Department of Home Science, St. Teresa’s College (Autonomous), Ernakulam in March, 2018.
- Submitted a Thesis entitled “**Development and Quality Evaluation of Vegetable Incorporated Pasta**” at St. Teresa’s College (Autonomous), Ernakulam affiliated to Mahatma Gandhi University, Kottayam as partial fulfilment of the requirement for the Award of Degree of Master of Science in Food Science and Nutrition on May, 2020.

SEMINARS/WEBINARS/WORKSHOP/TRAINING ATTENDED

- Participated in the two day state level workshop on “**Research Methodology, Writing Practices, Language and Soft Skills**” organised by the Department of Home Science, St. Teresa’s College (Autonomous), Ernakulam in association with KSCSTE on 12th and 13th July, 2018.
- Participated in the **Aster Nutricon 2018 CNE** conducted by Aster Clinical Nutrition and Dietetics on 18th November, 2018.
- Participated in the CME on **Nutrition Management in Critically Ill Surgical Patients: Myth to Evidence** organized by the Department of Clinical Nutrition and Dietetics, Believers Church Medical College Hospital, Thiruvalla on 19th January, 2019.
- Participated in the National Seminar on **The Keto Fad: A critical approach to the phenomenon** organized by Department of Clinical Nutrition and Dietetics, St. Teresa’s College (Autonomous), Ernakulam on 18th February, 2019.
- 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 2nd March, 2019.
- Completed training in **Manufacturing (Level-2)-Food Safety Supervisor** held at Hotel Span International Rajaji Road, Ernakulam on 15th June, 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 8th August, 2019 at CHC Edapally.

- Participated in **Nutrition Awareness Exhibition** organized by State Nutrition Bureau, Thiruvananthapuram at St. Teresa's College (Autonomous) Ernakulam on 3rd and 4th December, 2019.
- Participated in a National Seminar on **Enriching Research Horizon** organized by Department of Home Science, St. Teresa's College (Autonomous), Ernakulam on 5th and 6th 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 18th December, 2019.
- Participated in the National Webinar on **Nutrients to Boost Immune Function - Fight COVID- 19** on 20th May, 2020 organized by the Department of Homes Science, Morning Star Home Science College Angamaly.
- Participated in International e-Conference on **Novel Nutrition Approach and Emerging Opportunities to Sustain in Pandemic Scenario** organized by the Department of Nutrition and Dietetics, Mount Carmel College, Autonomous, Bengaluru in association with IITB Remote Centre, Women's Polytechnic College, Puducherry from 15th – 18th June, 2020.
- Participated in the National Webinar on **Diet, Epigenetics and Cognitive Performance** organised by the Department of Food Service Management and Dietetics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 14th July, 2020.
- Participated in International Webinar on **Food and Well Being Challenges of the 21st Century (A fit body, a calm mind, a house full of love)** organized by the Department of Home Science and Psychology, Sophia Girls' College (Autonomous), Ajmer (Rajasthan) on 17th and 18th July, 2020.
- Participated in the International Webinar on **Food Safety Policies and Regulation** organized by the Department of Food Science and Nutrition, College of Community Science in collaboration with the National Agricultural Higher Education Project (NAHEP), Assam Agricultural University, Jorhat-13, Assam on 27th and 28th July, 2020.
- Participated in the webinar on **Grains for gut microbiome health - A dietary perspective** organized by Nutrition Society of India, Mumbai Chapter in collaboration with Kellogg Nutrition on 28th July, 2020.
- Participated in the National Webinar on **Nutrition: Recent Trends & Challenges** organized by the Department of Home Science, Assumption College (Autonomous), Changanassery on 5th September 2020.
- Participated in the International webinar on **Dietary Cholesterol: Current State of Evidence** organized by the Department of Home Science and Centre for Research, St.

Teresa's College (Autonomous), Ernakulam in association with NetProFan and NSI, Kochi Chapter to commemorate World Heart Day on 29th September, 2020.

- Participated in the webinar on “**Recovery Nutrition for Sports Performance**” organized by the Department of Home Science and Centre for Research, St. Teresa's College (Autonomous), Ernakulam in association with NetProFan, Kochi Chapter on 30th January, 2021.
- Participated in the National Webinar on “**Paradigm Shift in Home Science Education**” organized by the Home Science Association of India (Kerala Chapter) from the 18th to the 20th of February, 2021.

PRESENTATIONS

➤ PAPER PRESENTATION

- Presented a paper entitled ‘**Knowledge and Practices of Using Food Label Information among Adolescents**’ in the two day state level workshop on “**Research Methodology, Writing Practices, Language and Soft Skills**” organised by the Department of Home Science, St. Teresa's College (Autonomous), Ernakulam in association with KSCSTE on 12th and 13th July, 2018.
- Presented a paper entitled ‘**Development and Quality Evaluation of Beetroot incorporated Pasta**’ at **RICERCA 2020 (National Online Research Project Presentation Competition)** organized by Research Committee of St. Joseph's College for Women, Alappuzha in association with Kerala Sasthra Sahithya Parishath.

➤ POSTER PRESENTATION

- Presented e-poster entitled ‘**Development and Quality Evaluation of Raw Plantain and Carrot incorporated Pasta**’ at International e-Conference on “**Novel Nutrition Approach and Emerging Opportunities to Sustain in Pandemic Scenario**” organized by the Department of Nutrition and Dietetics, Mount Carmel College, Autonomous, Bengaluru in association with IITB Remote Centre, Women's Polytechnic College, Puducherry from 15th – 18th June, 2020.
- Presented an e-poster entitled “**Development and Quality Evaluation of Vegetable Incorporated Pasta**” in the National Webinar on **Paradigm Shift in Home Science Education** organized by the Home Science Association of India (Kerala Chapter) from the 18th to the 20th of February, 2021.

PUBLICATION

- Published a paper entitled ‘**Knowledge and Practices of Using Food Label Information among Adolescents**’ in the proceedings of KSCSTE sponsored two-day state level workshop on 'Research Methodology, Writing Practices, Language and Soft Skills', published by Teresian Publishing House, St. Teresa's College (Autonomous), Ernakulam. ISBN-9788172551032. pp. 157-170.

- Published abstract entitled ‘**Development and Quality Evaluation of Raw plantain and Carrot incorporated Pasta**’ in the Souvenir, published by Mount Carmel College, Autonomous, Bengaluru Department of Nutrition & Dietetics in association with Women’s Polytechnic College IITB Remote Centre, Puducherry.
- Published abstract entitled ‘**Development and Quality Evaluation of Beetroot incorporated Pasta**’ in the proceedings of **National Online Project Presentation-RICERCA 2020**, published by Ideal International E-Publication Pvt. Ltd. ISBN: 978-93-89817-41-6. pp. 79.

PERSONAL ACHIEVEMENT

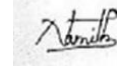
- Participated in the launching of **Healthy Food Plate Initiative as part of Obesity Control Programme** in the district held on 2nd February, 2019 at Vanchi Square, Ernakulam jointly organized by the District Medical Office (Health), National Health Mission, Ernakulam and Department of Home Science, St. Teresa’s College (Autonomous), Ernakulam.
- Awarded **Special Prize** for securing the highest marks in Food Science and Nutrition in the M. Sc. first semester examination by St. Teresa’s College (Autonomous), Ernakulam.
- Successfully completed an online quiz on **Breastfeeding Awareness** organized by the Department of Home Science and Centre for Research in collaboration with Nutrition Society of India, Kochi Chapter, as part of World Breastfeeding Week celebrations 2020.
- Participated in the National level online quiz on the occasion of **National Nutrition Week-2020 (01 September to 07 September)**, organized by Department of Food Microbiology and Safety, Saikrupa College of Food Technology, Ghargaon.
- Successfully completed an online quiz on **Severe Acute Malnutrition** organized by the Department of Home Science and Centre for Research in collaboration with Nutrition Society of India, Kochi Chapter, as part of National Nutrition Month, 2020.
- Awarded **Dr. C. M. Joseph Prize** for securing the highest marks in Food Science and Nutrition in the M. Sc. fourth semester examination by St. Teresa’s College (Autonomous), Ernakulam.

PERSONAL DETAILS

Date of Birth	: 16/08/1997
Age	: 23
Gender	: Female
Name of Father	: Joseph T. T.
Name of Mother	: Vineetha
Nationality	: Indian
Marital Status	: Single
Language Known	: English, Malayalam

DECLARATION

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

A small, square image containing a handwritten signature in black ink. The signature is cursive and appears to read 'N. Smith'.

Signature