

**PRIYANKA
TAMILSELVAN**

Hopes College, Peelamedu
Coimbatore
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Career Objective

Looking forward to be a Diet Kitchen manager or Nutrition consultant in a health care center where I can utilize my knowledge and skills in imparting healthy nutritional plans for wellbeing of the patients with various acute diseases and to achieve the goals and objectives of the organization with full loyalty and zeal.

Academic Qualification Post Graduate (2016-2018)

M.Sc (Food and Nutrition) (80%),
PSG College of Arts and Science, Bharathiar University, Coimbatore.

Graduate (2013-2016)

B.Sc (Nutrition and Dietetics)
Seethalakshmi Ramaswamy college of Arts and Science , Trichy
2013 - 2016

Intermediate

Biology (85%)
KAPGHS School, Muthupet.

HSC(2013)

SSLC(2011)

(94%)
KAPGHS School, Muthupet.

Technological Skills

- ✓ Microsoft Office
- ✓ Photoshop

- ✓ Diet/Health tip designing
- ✓ Content Writing
- ✓ Blog writing

Other skills

Links for Reference

<https://drive.google.com/drive/folders/1-e9e7YCaV9ghCFFP-Sa543yAv9bs39>
<https://www.welcareindia.com/fitness>

Achievements

- ✓ Awarded as best outgoing student in the year 2016 by Defence Minister Nirmala Sitharaman.
- ✓ Winner in TOP NOTCHER'15 conducted by Rotary club of Rockcity.
- ✓ Gave an interview and debate in N Tv related to social issues.
- ✓ Winner in Breast Feeding week celebration on Apollo Hospitals.
- ✓ Volley ball player in Bharathidhasan University.

Presentation

✓ Gave a speech on social issues in Swatch Bharat mission, Rotary club, Tamil mandram, Chamber of Commerce

✓ Presented a paper in national Training Program on **“RECENT TRENDS ADOLESCENT NUTRITION AND REPRODUCING HEALTH CARE”**.

✓ Presented a paper in **“INTERNATIONAL CONFERENCE ON CLINICAL RESEARCH (ICCR – 2016)”**

✓ Presented a paper in **“EMERGING SYNERGIES IN AGRICULTURE FOOD PROCESSING ENGINEERING AND BIOTECHNOLOGY”**

Working experience

(2.5 years)

✓ Worked as a part time teacher in Coimbatore Cultural Academy and CRE in VETA Spoken English institute, Coimbatore

✓ Worked as a Consultant dietitian in fitness center references.

✓ Worked as a Consultant dietitian in Welcare Fitness Equipments Head office, Singanallur.

✓ Working as a Consultant dietitian (Diabetes Specialist) and Nutritionist in Harvey Specialist Clinics, Coimbatore.

Roles

✓ Working as a Diet Counselor in White Cross Clinics, India

✓ Common diet counseling for group of people and Individuals

✓ Personalized diet chart planning

✓ Meal planning, menu planning, Calorie Count for Specific Diets

Success Stories

✓ Diet counseling to diseased people like Diabetic, Thyroid, Allergies, Kidney disease and Cardiac complaints

✓ Goal setting and health care monitoring for the individual.

✓ Diet counseling to more than 700 people. In that 100 people were under diseased condition.

Projects

✓ Trained more than 100 individual people for weight loss and make them fit

✓ Health Events and Stress busting Programmes in Corporate companies.

Training

✓ Three months “Fat to Fit” Weight loss programme in S and T Engineers, Coimbatore (April’19 to July’19)

✓ Ongoing Programme – “STRESS BUSTER” in corporate Offices for relief the people from stress and the conduction will be at every week Saturday in Welcare Fitness, Coimbatore

Strength

✓ International workshop on **“PRINCIPALS OF CLINICAL TRIAL MANAGEMENT”**.

Personal details

✓ Participated in “**ENTREPRENEURSHIP AWARENESS CAMP**”.

- ✓ Self Confidence
- ✓ Hard Working
- ✓ Willing to learn

Declaration

Father Name : **G.Tamilselvan**

Mother Name : **T.Suseela**

Date of Birth : **02/02/1996**

Languages Known : **Tamil, English**

I hereby declare that the details given above are true to the best of my Knowledge and belief.

PLACE : Coimbatore

Yours faithfully,

DATE :

(T. Priyanka)