

SALWA NUSREEN

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Clinical Nutrition Graduate with a strong academic foundation in BSc Food Science, Nutrition, and Dietetics, complemented by hands-on exposure to nutrition assessment, therapeutic diet planning, and food quality systems. Trained in patient-centered nutrition care, diet counseling, and evidence-based dietary interventions for health promotion and disease management. Possesses working knowledge of food safety standards, quality documentation, and interdisciplinary coordination. Seeking entry-level opportunities in Clinical Nutrition, Dietetics, Hospital Nutrition Services, or Health & Wellness settings.

PROFESSIONAL EXPERIENCE

Intern – Quality Department

Dec 2024 – Feb 2025

Britannia Industries Limited, Bidadi Factory, India

- Conducted basic nutrition assessments using anthropometric, dietary, and lifestyle data.
- Assisted in developing individualized therapeutic diet plans under supervision.
- Supported nutrition counseling sessions focusing on lifestyle modification and disease prevention.
- Educated patients on balanced diets, portion control, and nutrition label interpretation.
- Maintained patient diet records, follow-up notes, and nutrition progress reports. Collaborated with healthcare teams to support patient care plans.

Event Coordinator (Volunteer)

National Nutrition Week 2024 – Nutri Gene, Dept. of Food Science & Nutrition

- Coordinated nutrition awareness and academic programs focused on health, diet, and food safety.
- Facilitated collaboration between students, faculty members, and external nutrition professionals. Supported event planning, scheduling, and participant engagement activities.

EDUCATION

Bachelor of Science (B.Sc.) – Food Science, Nutrition & Dietetics - Yenepoya Deemed-to-be University, Mangalore | 2022 – 2025

Higher Secondary Education – Science (PCMB) - DHRHSS Women, Kandanakam | 2020 – 2022

CERTIFICATIONS & PROFESSIONAL DEVELOPMENT

- Certificate in Introduction to Industrial Bioprocess Development
- Certificate in Science of Exercise
- Certificate in Inspiring and Motivating Individuals
- Continuous Nutrition Education Program – Nutrition in Oncology (April 2023)
- Participant – National Conference “My Nutricon 2022”, JSS Medical College, Mysore

ACHIEVEMENTS & ACTIVITIES

- Program Coordinator – National Nutrition Week 2024
- Active participant in national-level conferences, workshops, and academic nutrition programs Demonstrated leadership and organizational skills in academic and volunteer initiatives

KEY SKILLS

- Clinical Nutrition & Dietetics
- Nutrition Assessment & Screening
- Therapeutic Diet Planning
- Patient Nutrition Counseling
- Nutrition Education & Awareness
- Diet Modification & Lifestyle Guidance
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- Analytical & Critical Thinking
- Attention to Detail
- Patient Communication
- Time Management
- Team Collaboration
- Problem Solving
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TECHNICAL SKILLS

- Data Collection & Progress Tracking
- Report Preparation & Documentation
- MS Word, MS Excel, MS PowerPoint
- Email & Digital Communication Tools

Public Health Nutrition Basics
Monitoring

Food Safety & Hygiene Standards Nutrition Compliance

LANGUAGES

English | Malayalam