**RESUME**



**HIMA**

Email: hima.379594@2freemail.com

**Career objective**

My professional interests are on the manufacturing, quality control, research and development, materials and testing areas. However I’m always open to challenges and eager to learn new things. It would be my never-ending dedication to maintain the spectrum of integrity, honesty and character.

**Strength**

Willingness to work hard, quick learning ability in any situation.

**Qualifications**

* ***Post Graduate in Food & Nutrition***
* ***Graduate in Microbiology***

**Areas of Expertise**

* Quality Controller, Food processing and Food service delivery.
* Food Safety and Quality Management Systems including their related Pre-Requisite Programs.
* HACCP (Codex Alimenterious Standards & Guidelines for Food Hygiene & Safety).
* Food Safety&Hygiene Trainings.
* Have adequate knowledge of food safety, organizational, communication skills and interact in a professional and motivational manner.
* Thorough knowledge to make the process flow from raw material receiving to final waste clearance.

**Professional experience**

* work experience as a quality controller in Dinesh foods, Kannur, Kerala.
* 1 month internship training in vital cashew industries, Kasaragod, Kerala.
* 15 days training in KMCH Hospital, Coimbatore.

**Achievements**

* HACCP for food manufacturing LEVEL 4 Training programme ((RSPH, UK Approved Centre).
* RSPH, UK offered HACCP for Food Manufacturing LEVEL 3 Certificate Awarded.
* ISO 22000:2005 Food Safety Management Systems (FSMS)Awareness Training Programme completed.
* One week training on FRUIT AND VEGETABLES PRESERVATION AND NUTRITIONconducted by Community food and nutrition extension unit.
* Two days’ workshop on “Sports Nutrition” conducted by QUA Nutrition.
* Present a paper presentation in jfinagles-2k’15 on “Comparative study on glucose response of coconut neera and cane sugars based traditional sweets.
* Present a poster presentation in National level student symposium on “Efficacy of Nutrienriched laddu among nutritionally deprived adult tribal women workers” in Tamil Nadu Agricultural University.
* Participated in Dr. Purani endowment Seminar on “Ethical and Legal Issues in Healthcare Documentation in Dr.NGP Arts and Science College, Coimbatore, Tamilnadu.
* Attended National symposium on perception of microbes in human health and environment PSPM- 2013 conducted by Dr. N.G.P arts and Science College, Tamilnadu.
* Participated one day workshop on “Bioethics in research” conducted by Avinashilingam institute, Tamilnadu.

**Project work**

**MSc project:Comparative Study on Glucose Response of Coconut Neera Sugar and Cane Sugar Based Traditional Sweets.**

The traditional sweets were prepared from normal cane sugar and coconut neera sugar and compare both product storage, sensory evaluation, microbial growth and Nutrient content.The coconut neera sugar is health benefited. Coconut neera sugar can maintain normal glucose level compared to normal cane sugar. Because of the important features of coconut neera sugar in our day to day life, I chose this topic for my MSc project.

**Computer knowledge:**

* **MS Office**
* **Excel**
* **PowerPoint**

 **Language Proficiency:**

* **English**
* **Malayalam**
* **Tamil**
* **Hindi**

**Passport Details:**

Date of issue: 03/02/2016

Date of Expiry: 02/02/2026

**Personal Details:**

Age : 24

D.O.B :04/04/1993

Sex : Female

Marital Status

 : Married