**CURRICULUM VITAE**



**SAMUEL**

Email: [Samuel-395052@2freemail.com](mailto:Samuel-395052@2freemail.com)

**DUBAI - UAE**

OBJECTIVE



I want to identify with a vibrant goal-oriented organization in order to fully utilize my knowledge and skills in contributing to the overall growth and development of the organization, even as I grow, never stop learning, contributing immensely in a vibrant

team spirit.

PROFESSIONAL EXPERIENCE



**Dietitian/Nutritionist and Fitness Enthusiast**

Since July 2017 Nutritionst in Nigeria.

* I offer a wide range of nutrition and diet counsel to individuals and family members
* We offer personalized diets and exercise plans to patients on requests according to their health status.
* We promote healthy living amongst many citizens in the internet space using the social media as a vehicle.
* We offer therapeutic nutrition counseling to diseases individuals.
* We deliver nutrition lectures and guest appearances at conferences, organization meetings, radio shows, religious gatherings, etc.
* We also have a blog where we spread the awareness of nutrition and healthy living. (www.healthynutritiongists.com)

**Food hygiene officer**

October –Nov. 2018 **in Nigeria**

* Food hygiene checks and samples collection
* Kitchen and food store hygiene checks
* Food stores and chillers proper arrangement and hygiene
* Ensure good cooking practices of chefs
* Personal hygiene of staffs and work environments



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**Health and Nutrition Educator (Volunteer)**

Sept 2017- Jan. 2018 PHC Ikosi Isheri LCDA, Lagos

* Educated nursing mothers daily on proper and friendly breastfeeding ethics.
* Counselled the pregnant and TTC mothers on healthy nutrition and wellness practices.
* Gave nutritional advice and help to nursing mothers during individual consultations
* Participated in an 8-day national vaccination against measles, held in Lagos in March,2018

**Intern Dietitian and Nutritionist**

May 2016-July 2016 Kalyani Hospital, Gurgaon, Haryana, India.

* Daily went on ward rounds with other healthcare professional teammates.
* Had dietary counselling sessions with both in and out-patients.
* Learned to interpret laboratory test results and deduce nutritional deficiencies
* Followed patients’ health and nutrition cases from admission to discharge.
* Worked out and created meal plans for diseased patients.
* Supervised kitchen staffs and preparatory methods of in-patients’ foods.
* Quantified serving portions of foods given to in-patients’
* Built a good rapport and team spirit with the nurses and doctors
* Gave orientations and hospital introduction to newer interns

**Actively participated in the Diabetes awareness camp**

* Actively participated in the testing of patients for their blood sugar levels
* Was involved with counselling patients as touching diabetic prevention and management.
* Gave demo meal plans to individuals.
* Received and analysed feedbacks from participants.

**Quality Assurance Associate, Biochemist**

**March 2013- August 2013** **Industrial training at Nigerian Bottling Company**

**(NBC), Ikeja, Lagos.**

* Carried out quality control tests and assessments in the laboratories.
* Actively participated in line quality assessments of products and materials.
* Had an in-depth training and actual participation in the water processing plant
* Was trained in the CIP process of machines and equipment.
* Was trained in GMP procedures also.
* Acquired experience in quarantining products and shelf life quality checks.
* Training on the ideal and non-harmful plant waste treatment

QUALIFICATIONS



* Master of Science (M.Sc.) in Dietetics and Applied Nutrition (INDIA), 2017
* Bachelor of Science (B.Sc.) in Biochemistry (NIG), 2014



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* Diploma in French language, 2009
* Verified Senior Secondary Certificate Examination.

INTERNATIONAL PAPER PUBLICATION:



* **Consumption of fish in stroke-risk aversion by fish and fish oil consumption: A**

**review. http://www.foodsciencejournal.com/archives/2017/** **vol2/issue1**

PROJECTS UNDERTAKEN



* Final year project (B.Sc.): **Effects of crude oil on the antioxidant status and** **weight of earthworms exposed to crude oil**
* Final year project (M.Sc.): **Development of a nutritional food supplement with** **variations of Green Leafy Vegetables, nuts, oilseeds and dried fruits.**

CONFERENCES AND WORKSHOPS



* Nutrition society of Nigeria’s 48th conference and annual general meeting. Theme: Nutrition Challenges; what action for sustainable development. EKPOMA 2018
* Nutrition society of Nigeria’s 47th conference and annual general meeting. Theme: controversies in nutrition: separating Facts from fads and fallacies. Ibadan 2017
* Association of Nigerian Dietitians conference and annual general meeting. Abuja 2017
* Amifest recipe exhibition and competition 2016, Amity University, Haryana
* Nutrients Poster making competition participation certificate, Amity University, Haryana
* Workshop on Renowned weight-loss diets; pros and cons. Amity University, Haryana
* Workshop on Advantage Happiness, Psychology department, Amity University, Haryana,India
* Workshop on Healthy munching, Amity University, Haryana
* “Salad as a whole meal” workshop participation, Amity University, Haryana

ACHIEVEMENTS AND AWARDS



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| 2018 | Excellence award for humanitarian and community service |
| 2017 | Second Best graduating student (departmental). |
| 2016 | Winner, Amity Green Horns Military training camp marathon |



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| 2016 | Complementary award winner of the debate competition at the Amity military training |
|  | camp |
| 2016 | Winner, “Amifest 2016” group dance competition |
| 2014 | Award for best student executive of the National Association of Biochemistry (NABS) |
|  | Igbinedion University, Okada, Edo state. |
| 2014 | Final year Students Award of excellence RCF, Igbinedion University Okada. |
| 2011, 2012 | Leadership Training Program, RCCG |
| 2008-2009 | Class Representatives (CR) at French diploma classes |

PERSONALITY



I am Outspoken, optimistic, disciplined, diligent, hardworking, a great team player, and God-fearing.

SKILLS



**Personal Skills:** Active learning, ability to work under pressure, easy comprehension ofbiochemical, nutritional and human sciences. Critical thinking, service oriented, team organization, public speaking.

**Soft skills:** non-verbal communications, fantastic work etiquettes, regards, and courtesy.

**Software Skills:** Microsoft Word, Microsoft Excel, Microsoft PowerPoint, adobe audition. **Language Skills:** English (excellent spoking, listening and writing abilities), French(intermediate).

EXTRACURRICULAR ACTIVITIES



Meeting people, teaching, cooking, listening to good music, dancing, and exercising in sports.

BIODATA



Date of birth 22nd June 1992

Nationality Nigerian

Marital status Single

Visa status Visit visa



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DECLARATION



I hereby declare that the information provided above are true and correct to the best of my honest ability and knowledge.

**Samuel**



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