

## CURRICULUM VITAE

**Mrs. S. Subbulakshmi**  
9159595676  
athithi\_shambavi@yahoo.co.in

280/1, Poonga Nagar  
Civil Aerodrome Post, Avinashi Road  
Coimbatore - 641014

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### Career Objective

Seeking forward to Nutrition and Dietetic counsellor opportunity with clinical internship experience in an organisation where I can utilize my knowledge and skills to serve patients with empathy and wisdom. Organised, dedicated, research – driven to assist the progress of the organisation with a desire to develop new skills and deepen my knowledge of nutrition

### Educational Qualification

Examination Passed	Month & Year of Passing	Institution / University	Percentage/ Grade	Class/ Rank
<b>M.Sc.</b> <i>Food Science and Nutrition</i>	May 2008	Avinashilingam University for Women, Coimbatore	80 % CGPA-8.59/10	First with Distinction
<b>Diploma</b> Bioinformatics	May 2006	Avinashilingam University for Women, Coimbatore	71 % CGPA-7.73	First Class
<b>B.Sc.</b> <i>Major I- Food Science and Nutrition</i> <i>Major II – Biochemistry</i>	May 2006	Avinashilingam University for Women, Coimbatore.	Major I - 78.78 % Major II - 68.90 % CGPA - 8.12/10	First with Distinction
<b>Higher Secondary</b> <i>Mathematics and Computer Science</i>	May 2003	Jaivabai Municipal Girls Higher Secondary School, Tirupur.	81.41 %	-
<b>High School</b>	May 2001	Jaivabai Municipal Girls Higher Secondary School, Tirupur.	92.60 %	-

### Thesis/Projects Done

M. Sc. thesis on Integrating Nutrition and Health Education in Primary School Curriculum (8-10 years) and its impact on KAP (12/2007 – 05/2008)

- Prepared Booklet (32 pages) on Food, Nutrition and Health.
- Prepared pamphlet on Importance of vitamins and Minerals.
- PowerPoint Presentation on Healthy Life.

## Online Courses

- Completed workshop on Conversational English conducted by “Thee Better Me” on 22<sup>nd</sup> April 2022.
- Completed five days’ workshop on Structured Query Language (SQL) conducted by Skill Nation from 01- 06<sup>th</sup> February 2022.
- Completed Jolly Phonics (Britain) online training workshop (10 days) and certified as Professional Jolly Phonics Trainer - 25<sup>th</sup> April, 2022.
- Certificate course on Pregnancy (2 Days Workshop) organised by Neha’s Diet Mantra, New Delhi -14<sup>th</sup> September, 2022.
- Certificate course on Eating Disorder and Their Nutritional Management (2 Months – 10<sup>th</sup> September to 10<sup>th</sup> November) organised by Neha’s Diet Mantra, in collaboration with Navast Institute of Nutrition and Dietetics, New Delhi.
- Certificate course on PCOS and Lifestyle Management (3 Months 10<sup>th</sup> July to 10<sup>th</sup> October) organised by Neha’s Diet Mantra, in collaboration with Navast Institute of Nutrition and Dietetics, New Delhi.
- Attended webinar on Step Up for Lactation: Educate and Support conducted by Department of Food Science and Processing Management, Subbulakshmi Lakshmipathy College of Science, Madurai on 5<sup>th</sup> August 2022.

## Certification program in Progress (Online)

- Certificate course in Women’s Health (3 months) Navast institute on Nutrition and Dietetics, New Delhi.

## Computer Proficiency

- Front End Tools - MS Office, HTML; Visual Basic; C; C++; Java; Perl; OS – MS Windows 10

## Working as diet counsellor in kmch hospital, and **Work Experience**

- ~~October 2016 – October 2019.~~  
• Worked as **Cataloguist in an E-commerce platform** for Aykya Online Boutique from October 2016 – October 2019.
- Worked as **Dietician in VLCC slimming and Beauty Fitness, Tirupur** from December 2010 – December 2009.

## Membership in Professional Bodies

- Life member of Nutrition Society of India (NSI)

### **Other Activities**

- Investigator in the Evaluation of Nutritious Noon Meal Program of Tamil Nadu (February 2008).
- Worked as an investigator in the Evaluation of Nutritious Noon Meal Program of Tamil Nadu the district of Thiruvannamalai sponsored by Government of Tamil Nadu.

### **Personal Details**

Name	: Subbulakshmi S.
Gender	: Female
Age and Date of birth	: 37, 01/03/1985
Marital Status	: Married
Community	: General - OC
Native Place	: Tirupur
Mother Tongue	: Tamil
Languages known	: Tamil, English - Read, Write and Speak Hindi - Read and Write
Father's name	: Mr. K. Sivam
Occupation	: Priest - Gurukkal

### **Interpersonal Skills**

- Good logical, analytical and innovative thinking
- Energetic, ability to work under time and accuracy pressure
- Positive attitude, ability to effectively work in team and to take the lead as and when required.
- Cooking, Listening music, Net surfing and Reading Books, Mehendi, Interior designing, Fashion Designing.

### **Referees**

#### **1. Dr. S Radhai Sri**

Head, Department of Food Processing and Technology

Co-ordinator, Food Processing Centre

PSG College of Arts and Science, Coimbatore.

Mobile – 98422 78775

Email ID – radhaisris@yahoo.com

**2. Dr. Sylvia Subapriya M.**

Professor & Head

Department of Food Science and Nutrition

Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore

Mobile – 99443 84137

Email ID - sylvia\_fsn@avinuty.ac.in

**Declaration**

I hereby declare that the entries in this curriculum vitae are true to the best of my knowledge and belief.

Place: Coimbatore.

Date: 02/01/2026

Subbulakshmi S.

Coimbatore

/12/2022

From

Mrs. S. Subbulakshmi  
280/1, Poonga Nagar  
Civil Aerodrome Post  
Avinashi Road  
Coimbatore - 641014  
Mobile - 9159595676

To

The Chief Dietitian  
Department of Dietary  
PSG Institute of Medical Sciences and Research (PSGIMSR)  
Coimbatore

Respected Madam,

I would like to bring to your kind notice that I have been passionate to be a Dietitian since my graduation and worked as a Dietitian at VLCC Fitness, Tirupur. Due to family circumstances, I could not continue my career. However, I have been constantly engaged in updating myself with current trends.

In this regard, I would like to apply for the post of Dietitian in your reputed hospital. Herewith, I have attached my curriculum vitae for your kind perusal.

Kindly consider my application for the post of Dietitian.

Thanking you

Yours Sincerely,

Mrs. S. Subbulakshmi