PARVATHI P.K.

Assistant Professor | Food Science & Nutrition | Food Technology

Phone: 9744343289
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Location: Kerala, India

PROFESSIONAL PROFILE

Dedicated and enthusiastic educator with a postgraduate degree in Food Science and Nutrition and professional experience in teaching, clinical dietetics, and online nutrition counselling. Experienced in undergraduate teaching, academic content preparation, therapeutic diet planning, and food product development. Interested in research, innovative teaching methodologies, and promoting food and nutrition education.

EDUCATIONAL QUALIFICATIONS

M.Sc. Food Science and Nutrition
Nehru Arts and Science College, Coimbatore
2022–2024

- Academic Score: 83%

B.Sc. Food Science and Nutrition
CMS College, Coimbatore
2019–2022

M.A. English Literature – Pursuing
Bharathiar University (Distance Education)

PROFESSIONAL EXPERIENCE

Guest Lecturer – Food Technology
Sree Narayana College, Nattika, Kerala
July 08, 2026 – Present

- Deliver lectures on Food Technology and related subjects to undergraduate students.
- Prepare lecture notes, presentations, and academic learning materials.
- Develop question papers, assignments, and internal assessment materials.
- Facilitate interactive and practical learning.
- Mentor students and support departmental academic activities.

Senior Dietitian – PB Health (Fitterfly)
April 2026

- Provided online nutrition counselling and dietary guidance.
- Supported clients with weight management, diabetes, and lifestyle-related health concerns.
- Developed personalized dietary recommendations.
- Guided clients towards sustainable dietary and lifestyle modifications.
- Worked as part of a multidisciplinary healthcare team.

Assistant Professor – Food Technology
MES Arts and Science College, Pattambi, Kerala
March 2025 – March 2026

- Delivered undergraduate lectures in Food Technology.
- Prepared lesson plans, presentations, and academic resources.
- Conducted assessments and supported student learning.
- Assisted with academic and departmental activities.

Clinical Dietitian
Sree Ramakrishna Hospital, Coimbatore
One Year

- Conducted nutritional assessments and dietary counselling.
- Prepared therapeutic diets for patients with diabetes and renal disorders.
- Provided weight management diet plans.
- Educated patients about healthy eating habits and lifestyle modifications.
- Coordinated with healthcare professionals in patient care.

RESEARCH AND PROJECT WORK

Postgraduate Research Project

Development of Diabetic Dosa Mix Using Sweet Potato and Sorghum Millet

- Focused on developing an innovative dosa mix using sweet potato and sorghum millet.
- Applied food formulation and product development principles.
- Explored the nutritional potential of millet-based food products for individuals with diabetes.

Research Publication

Published research work in the *Asian Journal of Food Science and Nutrition*.

CORE COMPETENCIES

- Teaching and Classroom Management
- Lesson Planning and Curriculum Delivery
- Student Mentoring and Guidance
- Food Processing and Preservation
- Food Product Development

- Food Science Laboratory Practices
- Clinical Nutrition and Dietetics
- Therapeutic Diet Planning
- Diabetes Nutrition Management
- Nutrition Counselling
- Research Methodology
- Academic Documentation

TECHNICAL SKILLS

- Microsoft Word
- Microsoft PowerPoint
- Microsoft Excel
- Preparation of Academic Presentations
- Question Paper and Study Material Preparation

LANGUAGES

- English
- Malayalam
- Tamil

DECLARATION

I hereby declare that the information furnished above is true and correct to the best of my knowledge and belief.

Place: Kerala
Date: _____

Signature:
Parvathi P.K.