



MERSHINI S

8523993910 | mershini479@gmail.com | Tamil Nadu, India

PROFESSIONAL SUMMARY

Dedicated and passionate Foods & Nutrition postgraduate with strong academic excellence, clinical exposure, and practical experience in nutrition counseling and wellness consultation. Skilled in diet planning, food product development, public health nutrition, and lifestyle management. Aspiring to contribute as a Lecturer/Professor by delivering engaging nutrition education, mentoring students, and promoting evidence-based health practices.

EDUCATION

Degree	Institution	Year	Percentage
M.Sc. Foods & Nutrition	PSG College of Arts and Science	2023 – 2025	80%
B.Sc. Nutrition & Dietetics	Vellalar College for Women	2020 – 2023	84%

PROFESSIONAL EXPERIENCE

Diet Consultant – Wellness Centre (2025 – Present)

- Conducting health awareness programs focusing on balanced nutrition and healthy lifestyle practices.
- Providing personalized diet consultation for weight management and wellness improvement.
- Educating individuals on healthy eating habits and lifestyle modification techniques.
- Developed strong communication, counseling, and community nutrition skills through practical exposure.

INTERNSHIP & CLINICAL EXPOSURE

Intern – Aavin (Food Industry)

- Gained practical exposure to dairy processing and quality control systems.
- Observed food safety standards and hygiene protocols in large-scale food production.
- Understood industrial applications relevant to food science and nutrition education.

Volunteer – Sudha Hospital

- Assisted in basic diet planning and patient nutrition guidance.
- Observed therapeutic diet practices in clinical settings.
- Developed understanding of applied clinical nutrition and patient care.

KEY SKILLS

- Clinical Nutrition & Diet Planning
- Nutrition Counseling & Lifestyle Management
- Food Product Development
- Research & Nutritional Analysis
- Communication & Presentation Skills

CERTIFICATIONS

- NPTEL Certifications – Public Health Management, Diet Management in Health & Disease, Human Nutrition & Biochemistry
- Food Safety & Quality Training – INDOCERT
- PCOS/PCOD Nutrition Program – FERTILIA

LANGUAGES

English, Tamil