



AKHILA M.H

Food Safety and Hygiene / Food Quality Controller

PROFILE SUMMARY

Experienced as a sports Nutritionist with 1+ years of success in developing and implementing nutrition programs for diverse population. To oversee the application of food safety standards in the food industry especially proficient in the adherence of quality standards throughout every phase of food preparation and extensive along with appropriate knowledge that can improve safety aspect of food industry.

EXPERIENCE

Mission - Sports

Sports Nutritionist

2022 - 2024

Bangalore - Karnataka

- Thoroughly analyzed clients eating habits and dietary needs prior to creating a plan for them.
- Worked as sports Nutritionist in 8 Sports Academy.
- Assessed the nutritional needs of clients and designed personalized meal plan that meet their individual needs.
- Educated clients about the benefits of proper nutrition and lifestyle changes.
- Kept thorough and up-to-date nutritional records for each clients.

INTERNSHIP

- District Hospital Coorg
29 / 11 / 2018 to 29 / 12 / 2018
- Aster Mims research foundation, Calicut
07 / 06 / 2019 to 13 / 07 / 2019
- Unity Hospital , Mangalore
08 / 11 / 2019 to 08 / 13 / 2019
- J.S.S Hospital Mysore
12 / 10 / 2021 to 12 / 12 / 2021
- Fortis Hospital , Bangalore
14 / 03 / 2022 to 14 / 05 / 2022

CONTACT

+971 54 243 6421

akhilaharis81@gmail.com

<https://www.linkedin.com/in/akhila-m-h-84100a247>

Visa Status - visit visa valid till
April 8th 2024

EDUCATION

J.S.S University

J.S.S Academy of Higher
Education and Research, 2019 - 2022
Mysore, India
Master of Nutrition and Dietetics

Mangalore University

Alva's Degree College 2017 - 2019
Moodbidri, Mangalore
Bachelor of Food Nutrition and
Dietetics

12th

2015 - 2017
Higher school
St.Joseph Convert PU College, Coorg
Madikeri

10th

2004 - 2015
High school
Sri Rama Trust English Medium
School, Coorg

SKILLS

- Food safety and sanitation
- Communication Skill
- Products knowledge
- Sensory Evaluation
- Food Processing
- Organisation

LANGUAGE

- English
- Hindi
- Kannanda
- Malayalam

PROJECT

Case study on Hyperlipidemic Patients - Fortis Hospital Bangalore

- Study was carried out on 30 subjects of both gender aged between 31 – 80 years.
- Studies have shown how dietary intake of fat mainly affects on hospitalized patients. The dietary intake data of the subjects showed a pattern of high calorie, carbohydrate and fat intake thus resulting in high lipid concentration in blood

CERTIFICATATIONS

Basics of Hotel Management

- Completed Certificate course with First class with distinction on 18th April 2018 from Alva's College, Mangalore.

Esculant Gala, an Inter collegiate Fest

- Has been a part of Inter collegiate Fest held on 25th of February 2020 at Alva's College Mangalore.

International conference of innovative techniques and Nutritional Demands in Food Security

- Participate as a delegate in the Inter College Fest held on 8th and 9th of February 2019 at Alva's College Mangalore

PARTICIPATION

Professional Training

- Participated in sale and personality training to ascertain positive changes in the sales pitch leading to greater conversion rate which was held on 14th November to 19th November.

Nimhans Convection Centre, Bangalore

- Participated in the event held on 26th August 2023 and 27th August 2023. Gave nutritional knowledge, explained about healthy eating habits and lifestyle changes to be done by the subjects.