

# TAMANNA TASNIM

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## Personal Statement

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I am a student of Food & Nutrition, Home Economics College, just completed my MS final exam. I'm seeking to develop my skills in a new role to help people develop healthier diets and lifestyles. I'm a positive and dedicated person who loves helping people look and feel the best they possibly can.

## Career Objectives

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I desire for developing my career as a professional dietitian and work dedicatedly to improve my capability and provide healthy lifestyle to people.

## Key Skills

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- Language skill: Good in English writing and speaking
- Team leading capability
- Good Communication skill with people
- Counselling and good interaction with patients

## Education

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### **Masters of Science (M.Sc.)**

Institute : Home Economics College  
Subject : Food & Nutrition  
Passing Year : 2019  
Grade : Second Class

### **Bachelor of Science (B.Sc.)**

Institute : Home Economics College  
Subject : Food & Nutrition  
Passing Year : 2018  
Grade : First Class

### **Higher Secondary Certificate (H.S.C)**

Institute : Viqarunnisa Noon College  
Board : Dhaka  
Group : Science  
Grade : GPA 5.00  
Passing Year : 2011

### **Secondary School Certificate (S.S.C)**

Institute : Viqarunnisa Noon School  
Board : Dhaka

Group : Science  
Grade : GPA 5.00  
Passing year : 2009

## **Professional Activities**

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- Certificate course on Diabetic Education from Birdem General Hospital in 2019
- Certificate course on Clinical Nutrition and Dietetics from Bangladesh Academy of Dietetics and Nutrition on following major topics
  - Haematological disorders
  - Obesity and Dietetics
  - Diabetes and Nutritional Management
  - Macrovascular diseases and Nutrition
  - Nutritional Management of Hormonal Disorders
- Completed academic internship from Birdem General Hospital
  - Patient interaction and counselling
  - Practical diet chart on different type of patient cases
- Served as Volunteer Nutritionist in National Nutrition Fair 2017 on Topic “Women's Nutrition”
- Certificate Workshop on Nutrition and Dietary Management of Cardiovascular Disease and Hypertension at Dr.Azmal Hospital Ltd
- Served as a freelance Nutritionist in product marketing of Abul Khayer Group
- Research activities on ‘Low Birth Weight and Its Associated Risk Factors’ in 2017

## **Personal Information:**

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Father's Name : Khondoker Atiar Rahman  
Mother's Name : Irin Rahman  
Date of Birth : 11 March,1994  
Marital Status : Married  
Spouse Name : Shakibul Islam  
Country of Citizenship : Bangladeshi (by birth)  
Permanent Address : Karshob Para, District: Meherpur  
Present Address : Flat no A7, Dominno Pascolo; 353 Elephant road, Dhaka

## **External Activities**

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- Microsoft office word and power point expertise
- Certification on Robindro Sangeet course from Chhayanaaut Sangeet Viddyatan

## **Personal Interests**

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Travelling, Singing & Crafting