

# KM. SNIGDHA THAKUR

MBA Candidate

"Dynamic educated professional with a robust education background in both Nutritional expertise and Business Administration with a focus on business strategy and operations. Proficient in market research, and management. Experienced in leveraging consumer insights to develop effective marketing strategies. Eager to apply my unique combination of skills to drive business growth and innovation in the dynamic realm of business."



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## EDUCATION

### Pursuing MBA

Institute of Co-operative and Corporate Management, Research & Training, Lucknow

10/2023 - Present

Lucknow

### Master of Science (Nutrition)

Isabella Thoburn College Lucknow

05/2019 - 09/2021

### Bachelor of Science ( Home Science)

Isabella Thoburn College Lucknow

05/2016 - 09/2019

### Intermediate

Sacred Heart Inter college Sitapur

06/2015 - 05/2016

## WORK EXPERIENCE

### Intern Dietitian

HCG Cancer Hospitals

06/2022 - 08/2022

Ranchi

Achievements/Tasks

- Provided Oncology specific diet plans. Monitored patients during treatments, assessment progress and adjusting plans. Educated patients, families and medical practitioners on nutrient balance and macronutrient intake.

### Intern Dietitian

Medanta Hospital

09/2021 - 03/2022

Ranchi

Achievements/Tasks

- Investigated reported illnesses and treated root causes or symptoms. Supported operations teams with site visits, presentations and events in support of programe objectives.

## SKILLS

Communication skills

Team Leadership

Motivational Ability

Problem-solving

Holistic health coach

## PUBLICATIONS

"Assessment of Stress and Change in Dietary Habits During Examination Among College Students (10+2) Along With Nutritional Intervention "

*International Journal of Creative Research Thoughts (IJCRT). April 28, 2023*

"A Cross Sectional Observation Study for Assessing the Knowledge of Mothers on Child Nutrition( 0- 24 months)"

*International Journal of Pharmaceutical Science Review and Research. Aug 26, 2022*

## CERTIFICATES

Certificate of Uttar Pradesh International Business Conclave- 2024

*Contributed my service as protocol officer at ASSOCHAM*

Certificate of internship in FSSAI, IIP (08/2021 - 09/2021)

*EMERGING TRENDS & INNOVATIVE FOOD PACKAGING TECHNOLOGIES IN FOOD INDUSTRIAL PRACTICES*

Nutritional Intervention for Community Health and Education (NICHE). (05/2020 - 09/2021)

## LANGUAGES

Hindi

*Full Professional Proficiency*

English

*Full Professional Proficiency*

## INTERESTS

Reading books

Yoga

Mediation