

CURRICULUM VITAE

SHABNAM JAHAN

Lucknow (U.P.)

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Career objective:

Interested in Teaching position that will allow me to offer others the benefit from my expertise & experience, & to expand my experience in Computer applications.

Professional Work Experience:

- Six months Teaching experienced In Delhi Montessori school in Sultanpur.
- 1 year experience as a teacher in coaching center sultanpur.

Functional area: teaching/education

Highest Degree : M. Sc. in Food & Nutrition

Date of Birth : 14th April, 1997

Educational Qualification:

- M.sc. (Food and nutrition) passed with 79%
- B.Sc.(Home Science) passed with 69%
- Intermediate passed with 75.5%
- Matricular passed with 66%

Research Area:

Standardization and development of **Spirulina** as a super food.

Teaching Experience:

Microsoft word, PowerPoint, MS excel,algorithm, database, internet, social media etc.

Key Skills :

Teaching supervision, Seminar participation.

Summary Of Skills & Experience :

- ✓ Motivated, qualified professional with experience in teaching.
- ✓ Educate & advise a wide range of Students And on the practical ways in which they can improve their Skills by adopting Teaching.
- ✓ Translate the science of Computer into everyday information about Computer.
- ✓ Constantly active in promoting to the students choices & Career by increasing awareness of their interest.

Professional Qualification:

- Diploma in computer application(DCA-3 year)
- Basic knowledge in Computer.
- Certificate in Office Automation

Personal strength:

- Good communication and analytical skill.
- Ability to work under pressure.
- Self-confident enough to provide leadership and direction.
- Creativity

Extracurricular Activities :

- Participated in extracurricular activities like cuisine competition, Rangoli competition, poster competition.
- Organized seminars & give presentations regarding diet & health in the college

Achievements:

Central library Best user Award-2016

Professional certifications:

- Certificate of Computer Honor (During theExhibition & the participated in student forum 2014)
- Nutrition for Health program and diet chart workshop (Nutrition for health ,2018)
- 4rth world congress on chronomedicine (WCC 2018)
- National seminar

Hobbies:

- Reading books
- Making Paintings
- art and craft

Personal Information:

- Spouse name : Mohd. Qasim
- Mother's name : Bilkis Jahan
- Date of Birth : 04/04/1997
- Nationality : Indian
- Gender : Female
- Language Known : English, Hindi
- Permanent Address : 433/609 ramnagar balaganj Lucknow 226003

Declaration:

I hereby declare that all the information written above is true to the best of my knowledge.

Date: 11/02/2026

Place: Lucknow

Dt Shabnam Jahan