

## CURRICULUM VITAE

Name: LALREMRUATI  
Father's Name: R.LALTHAKIMA  
Address: H/no. C-6/1, Chhing veng Bethany  
Phone number: 8014018535  
e-mail : [rpdarkim@gmail.com](mailto:rpdarkim@gmail.com)  
Profile : Efficient, focused and hardworking  
DOB : 13<sup>th</sup> January 1990  
Educational Qualification: M.Sc (Foods and Nutrition) , UGC NET



<b>THESIS and PAPER PUBLICATION</b>	
Paper published	<ol style="list-style-type: none"><li>1. Topic: A study on food taboos that prevails among women in Aizawl District, Mizoram, India Journal: Journal of Emerging Technologies and Innovative Research.</li><li>2. Topic: A comparative study on the dietary pattern of urban and rural women in Mizoram. Journal: International Journal of Creative Research Thoughts.</li></ol>

<b>EXPERIENCE</b>			
<b>Post</b>	<b>Place</b>	<b>Duration</b>	<b>Years</b>
Nutrition Instructress	Anganwadi Workers Training Centre, Laipuitlang, Aizawl. Department Of Women and Child Development, Government of Mizoram.	1 <sup>st</sup> August 2014 to 31 <sup>st</sup> January 2020.	5 years and 5 months.
Nutrition counsellor	Karma Health care and National Health Mission, Mizoram.	2020 to 2022 (During covid)	2 years
Nutrition consultant (Part time)	PM Poshan, School Education Department, Mizoram.	2022 to 2025	3 years
Visiting Faculty (Applied Nutrition and Dietetics)	Regional Institute of Paramedical and Nursing Sciences (RIPANS), College of Nursing and Department of Optometry.	6 <sup>th</sup> Oct 2022 – December 2024	2 years and 2 months
Resource Person/Guest lecturer (Nutrition and Dietetics)	Government Zirtiri Residential Science College (Skill Enhancement Course, SEC), Department of Biochemistry, IIIrd Semester.	III Semester (July to December)	6 months
Visiting Faculty	Regional Institute of Paramedical and Nursing Sciences (RIPANS), Nutrition and Dietetics Department.	8th August 2025 till date	6 months till date