



Susama Mondal

Nationality: Indian

Gender: Female

CONTACT

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ABOUT ME

M.Sc in food science | 3+ years teaching experience as nutrition educator. HACCP Level 3 | ISO 22000:2018 | FSSC 22000 : version 6 certified. Empowering healthier choices through science-backed nutrition proven track record in teaching nutrition, driving food safety, and ensuring quality control. Skilled in crafting engaging education programs and implementing food safety standards ready to inspire and educate the next generation of food and nutrition professionals.

WORK EXPERIENCE

● **Shailaja's organic products privet limited** Bhubeneswar odisha, India

Production assistant

06/04/2026 – Current

Operations: Batch mixing, portion control, high-speed packaging, assembly line operation.

Safety & Compliance: HACCP guidelines, Good Manufacturing Practices, food allergen protocols, sanitization.

Logistics: Inventory tracking, FIFO rotation, raw material sorting, heavy lifting.

Soft Skills: Speed, physical stamina, teamwork, precision measurement.

● **Negua Sundar Narayan high school** Kolkata , India

Nutrition and food science teacher

15/07/2022 – 31/03/2026

Planned and delivered engaging lessons in Nutrition and food Sciences. Designed and implemented classroom activities to enhance learning outcomes.

Evaluated students' academic performance and provided constructive feedback

CERTIFICATIONS

Aspire training and research consulting

● **HACCP LEVEL 3**

Equips leaders to build and maintain HACCP systems, ensuring teams understand their roles.

Teaches how to practically apply the 7 Codex HACCP Principles and the 12-step process.

Covers creating process flow diagrams, conducting detailed hazard analyses, and establishing CCPs

Those seeking deeper knowledge to work in high-risk food sectors.

Food managers, supervisors, and team leaders in food manufacturing, catering, and retail.

● **Aspire training and research consulting , 12/2025**

● **FSSC 22000 Version 6 and ISO 22000:2018**

Terminology and concepts-ISO 22000:2018, relevant PRPs and additional requirements

Interpretation of requirements of ISO 22000:2018, relevant PRPs and additional requirements

Methodology of internal auditing based on ISO 22000: 2018

● **FOSTAC Trainee, FSSAI (2022)**

Manufacturing (Level-2), COVID-19

Management, Catering & Food Safety Supervisor.

● **Indian Dietetic Association Certifications**

Nutrition Evolution (2018)

Frontiers in Nutrition (2019)

Food safety level 4

Advanced food safety management and HACCP implementation
Food safety legislation and regulatory compliance
Risk assessment and hazard control
Food safety management systems (FSMS)
Internal food safety audits and inspections
Staff training and supervision in food hygiene
Allergen management and cross-contamination prevention
Temperature control, cleaning, and sanitation procedures
Food safety incident investigation and corrective actions
Continuous improvement of food safety standards
Write here the description.

EDUCATION AND TRAINING

India

M.Sc. in Food Science and Nutrition Raja Narendra Lal Khan Women's College
(Autonomous 2020-2022)

India

B.Sc. in Nutrition and Dietetics Raja Narendra Lal Khan Women's College (2017 - 2020)

India

B. Ed in Life Science W.B.U.T.T.E.P

Higher Secondary (W.B.C.H.S.E) - (2017)

Madhyamik (Secondary, W.B.B.S.E) - (2015)

PROJECTS

B.Sc. Project

Effect of Orally Feeding Volavetki (Panna microdon) Fish Oil on
Blood Glucose Levels in Streptozotocin-Induced Diabetic Male Rats.

M.Sc. Project

Identification of Urinary Proteomics in Type-II Diabetic Patients.

SKILLS

Computer basic | Nutrition Education & Training | Food Safety Management | HACCP Implementation | ISO
22000:2018 & FSSC 22000 | Quality Control in Food Industry | Food Science Research & Application | Food Safety
Auditing & Training

LANGUAGE SKILLS

MOTHER TONGUE(S): Bangali

OTHER LANGUAGE(S): English | Hindi

INTERNSHIP

Intern, Park Clinic (Kolkata)

Designed and prepared personalized diet charts for patients.

Collaborated with Registered Dietitians to analyze diverse patient conditions. Hospital Visit, Health Point (Kolkata)

Observed hospital kitchen operations and Nephroplus Dialysis Unit.
Gained insights into practical applications of nutrition in healthcare.

PASSPORT

Passport details

Date of Birth :14/03/2000

Place of Birth : Bindhya, West Bengal

Date of Issue :09/07/2025

Date of Expiry :08/07/2035