

## RACHELLE CHAMMA

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### EDUCATION

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**American University of Beirut (AUB)** | Beirut, Lebanon **Sept. 2015 –June 2018**

Bachelor of Science in Nutrition & Dietetics

**Lycee Abdallah Rassi** | Akkar, North Lebanon **2000 - 2015**  
French Baccalaureate, Natural Sciences Track

### INTERNSHIP |WORK & VOLUNTEER EXPERIENCE

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**EasySlim, IQS** | Beirut, Lebanon **Aug. – Dec. 2019**  
**Part-time Dietician**

- Consulting with clients that required diets
- Managed social media accounts of EasySlim and IQS
- Operated EasySlim & IQS machines used for diet and quitting smoking

**Faculty of Agricultural & Food Sciences, AUB** | Beirut, Lebanon **Apr. – Jun. 2019**  
**Volunteer**

- Assisted in data collection for projects of Dr. L. Nasreddine

**Clemenceau Medical Center (CMC)** | Beirut, Lebanon **Sept. 2018 – Mar. 2019**  
**Intern**

- Collaborated with dietitians, physicians, and nurses to achieve optimal health outcomes for patients by implementing nutrition-related interventions
- Participated in oncology, OBGYN, CCU, Medicine, surgery, RCU, BMT, ICU, renal, and pediatrics rounds
- Monitored food service operations to ensure conformity to nutritional, safety, sanitation & quality standards.

### PROJECTS AND EXPERIMENTS

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• Booth related to Cardiovascular Diseases at CMC part of Community Nutrition Course **March 2019**  
*Under the supervision of Ms. Darine Hachem (NFSC/FAFS/AUB)*

• Final Year Project: Knowledge about Dietary Fat :assessed attitudes **May 2018**  
and beliefs of 60 people in different supermarkets in Beirut through a questionnaire.

*Under the supervision of Dr. Lara Nasreddine*

- Project presentation in Food Service Management: **December 2017**  
planned and organized a coffee shop and managed all the details from location to structure to service.
- Project presentation in Nutrition Status Assessment: **March 2017**

In a clinical setting, collected and analyzed anthropometric and history data on different students on campus to assess their health and nutritional status.

## **AWARDS AND CERTIFICATIONS**

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- Licensed Dietician Certification – Lebanese Colloquium **July 2019**
- FAFS Dean’s Honor List **Fall 2017-2018, Spring 2017-2018**
- French Baccalaureate Distinction **June 2015**
- Accredited Certificate in Digital Marketing from Google **Nov. 2020**
- Accredited Certificate in Social Media Management from Facebook **Nov.2020**
- Eating Psychology Coach Diploma from Centre of Excellence **Nov.2020**

## **EXTRACURRICULAR ACTIVITIES**

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- AUB Outdoors Committee - Member **AY 2017-2018**
- FAFS | Nutrition Student Society - Member **AY 2016-2017/AY2017-2018**
- Student Representative Committee (SRC) Cabinet Member – FAFS **AY 2017-2018**

## **SKILLS**

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**Languages:** fluent in Arabic, English and French (written and spoken) | Spanish (Basic)

**Computer Skills:** Microsoft Office (MS Word, Excel, Power Point), Canva, NutriPro