

Letter Of Recommendation

I am delighted to support Ms. Sneha Chawla's application for further studies at (university name) and in this context writing this letter of recommendation for her. I have known her since (mention year) and taught her the subjects of Family finance and meal management, Nutrition and Health Education, Community Nutrition, Textile and clothing, and Food service Management. Based on my observations, my opinion of her is of an academic brilliant student who has been always punctual and is an avid learner.

Academically she was an excellent student, with a brilliant record, especially in the subjects that I have taught her and the fact she was always among the top students of the class further indicates the consistency that she had managed to maintain. Whether she is learning on her own or gaining attending her lectures, she strives to comprehend the concepts by studying them in detail and looks for satisfactory reasons behind the theoretical explanation given. Adding to her knack of questioning further was her focus on understanding the underlying objective of things she was involved in, and I believe she deciphered the crux of this practical-oriented coursework well too. With all the subjects taught imparting knowledge around ways to support a community in developing a healthy lifestyle, she proved herself to be an ideal student, someone aiming to serve and create a positive impact in society.

Under my guidance, she was part of an assignment wherein, she needed to visit a community to conduct a survey in person on nutrition. However, due to the lockdown restrictions, as the field visit was not possible, the survey was administered using online mode. Considering the fact the sudden change in methodology made the assignment even more difficult, she approached the task with a perceptive game plan and arranged for all the sources needed including respondents for the questionnaire. Needless to say, her openness to accommodate changes was incredible and despite her work getting confined to the online platform, she adapted well to the situation and independently completed the assignment end-to-end.

Just like academics, Sneha is extremely conscious about attending various extra-curricular activities and regularly takes initiative in this regard. She has been involved in an array of events, has participated in a poster demonstration organized during the Nutrition day week and in the subsequent year performed a skit on Eating Disorders for the same event.

I think she has the requisite skills needed for this course and it will further assist her in acquiring deep know-how of the subjects she is interested in. I, therefore, endorse her application.

Dr. Aarti Mehta
Assistant Professor
ABC University