

CAREER OBJECTIVE

Driven and compassionate nutritionist / dietitian with a solid dietetics academic background who is committed to enhancing public health via individualized dietary instruction and counselling. Aiming to apply knowledge of nutrition science to improve people's health and create a more wholesome community.

JOB EXPERIENCE (Sri Ramachandra Medical Center, Diet Kitchen – Sakthi Kitchen)

(Experience October 2021 – March 2022)

Counselled patients and clients daily on dietary requirements, food choices, and lifestyle modification and developed meal plans that addressed their specific health conditions.

SKILLS

- Strong communication and interpersonal skills
- Nutritional assessment and dietary counselling
- Menu planning and patient education
- Knowledge of medical nutrition therapy
- Health promotion and food safety knowledge and strong knowledge in clinics

QUALIFICATION

Qualification	Institution	Year of Passing	Percentage /CGPA
Bachelor of Science (Nutrition, FSM and Dietetics)	Ethiraj College for Women	2021	76.9%
Master of Science (Clinical Nutrition)	Sri Ramachandra Institute of Higher Education and Research	2024	8.75

COURSE ATTENDED

Training in Catering and COVID -Food Safety Supervisor conducted by PARIKSHAN and FOSTAC

PROJECT

TITLE : DEVELOPMENT OF RECIPES INCORPORATED WITH Ipomoea batatas (SWEET POTATO) AND EVALUATION OF ITS SENSORY ATTRIBUTES AND NUTRITIVE VALUES

PAPER PRESENTED

- Presented paper in International Conference on Nutri-omics in Biotechnological Innovations – ICNBI24 was held by Department of Food Science and Nutrition, The American College, Madurai

INTERNSHIP

- Virtual internship on Nutrition and Dietpreneurship organized by Periyar University Business Incubation Confederation
- Completed hospital internship for 6 months at Sri Ramachandra hospital

CERTIFICATIONS

- Participated in the National nutrition week conference NUTRI UTSAV- 2019 Organized by Madras Medical Mission.
- Participated in the Cookery contest conducted by Madras Medical Mission.
- Participated in creating Awareness about Anemia in Ethiraj College for Women.
- Participated in the webinar on Technical writing organized by the Nutrition Society of India, Chennai chapter.
- Participated in the National level quiz competition on United Nations Sustainable development goals and biodiversity organized by Ethiraj College for Women
- Participated in the food safety awareness quiz organized by Ethiraj College for Women
- Participated in the e-quiz on Breast feeding conducted by Queen Mary's College
- Attended a webinar on Nutrition in a Nutshell with the American Pistachios Growers organized by IDA,Gujarat chapter
- Attended the International Conference – Parinamas of Nutrition (Nutrition Transformations) was held by Department of Clinical Nutrition, Sri Ramachandra Institute of Higher Education and Research
- Participated in World Record for the most varieties of cooked millet dishes displayed was achieved by Department of Clinical Nutrition, Sri Ramachandra Institute of Higher Education and Research along with Food Safety Department, Thiruvallur
- Participated in World Record for the most people performing the Cobra Yoga Pose was achieved by Sri Ramachandra Institute of Higher Education and Research

PERSONAL DETAILS

- **DATE OF BIRTH** : 01/03/2001
- **GENDER** : Female
- **LANGUAGES KNOWN** : English, Tamil
- **PERMANENT ADDRESS** : No.1/20 Pooncholai street, Kumananchavadi, Chennai - 600056
- **PHONE NUMBER** : 9514114926

DECLARATION

I hereby declare that the above information furnished is true to the best of my knowledge and belief.

Place : Chennai

GOWRI SHANKARI M