

CURRICULUM VITAE

Shruthi Arvind

No 28, 13th Cross, MTS Layout, Kengeri Satellite

Town, Kengeri

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PROFESSIONAL SUMMARY:

To secure a challenging position in a reputable organization to expand my learnings, knowledge, and skills. Secure a responsible career opportunity to fully utilize my training and skills, while making a significant contribution to the success of the company.

PROFESSIONAL EXPERIENCE:

Currently working as Freelance Dietician in Bangalore.

CLINICAL RESEARCH

Have done Advance program in Clinical Research from **Clini India**, Bangalore.

I have gained sound knowledge on the below categories:-

- **Clinical Trial**
- **Clinical Data Management**
- **Pharmacovigilance**
- **Medical writing**

Designation: Dietician – Nov 2011 to Nov 2012(Product Contract)

Company: Via media Healthcare-Client (GSK)

Job responsibilities:

- Nutritional intervention was given to Pregnant and Lactating women.
- Calculate the BMI of each patient.
- Dietary Quality and timing shared according to the trimester (As per the requirement)
- Preparing a diet charts specific to illness in pregnant women and lactating women.
- Promoting GSK product of Mother Horlicks for the Pregnant and Lactating women.
- Visited 20 clinics per month and counselled 100-125 patients and made data report and submitted to Operations team.

Key accomplishments:

- Received appreciation for successfully completing **National Level Maternal Nutrition Consultation Campaign.**

Designation: Dietician- July 2010 to Aug 2011

Company: Ramesh hospital/Altius hospital, Bangalore

Job responsibilities:

- Preparing a diet chart and counselling nutrition for Diabetes, Cardiac, Weight reduction and IVF patients.
- Educated patients and care givers about all different therapeutic diets
- Providing health advice and promoting healthy eating, advising about special diets
- Working as part of a multidisciplinary team/supporting the work of other health care professionals.

Designation: Dietician - July 2008 to May 2009

Company: Apollo Hospital, Bangalore

Job responsibilities:

- Preparing a diet charts and nutrition for Diabetes, Cardiac, Renal, PCOD, HTN weight reduction.
- Monitored and evaluated inpatients during admit and made changes to their nutrition care plans when necessary.
- Monitoring and evaluating the food provided to the inpatients by checking the quality and tasting the diet food and given necessary changes during the regular intervals.
- Provided nutrition education to inpatients and outpatients.
- Designed individual patient nutrition plans with regard to possible health side effects.
- Developed individual patient menus in conjunction with hospital food production manager.
- Providing health advice and promoting healthy eating, advising about special diets
- Dietary assistance, nutritional risk assistance and meal planning

Key Accomplishments:

- Senior Dietitian appreciated for accurate dietary counselling to the Cardiac patients.
- Acknowledged by the team for being proactive in the Dietary Department.

ACADEMIC PROFICIENCY:

- Advance program in Clinical research – Bangalore in 2019
- MSc in Dietetics & Food service Management in IGNOU University- Bangalore in 2013.
- BSc in Chemistry, Zoology, Nutrition in V.H.D Home Science college-Bangalore in 2008
- PU [PCBH] in V.H.D Home Science college-Bangalore in 2005.
- SSLC in Kumar English School in 2003.

ADDITIONAL SKILLS:

Computer Skills:

- Computer basics
- MS Office, MS excel
- Microsoft power point

PERSONAL PROFILE

Name	Shruthi Arvind
Gender	Female
DOB	12 th August 1987
Languages Known	English, Hindi, Kannada and Tamil
Hobbies/Passion	Reading books, Playing games
Marital Status	Married
Nationality	Indian

Given an opportunity, I shall provide be an asset to the company by meeting the goals of the company and that of self.

DECLARATION:

I hereby declare that the information given above is true as per my knowledge.