

SUMMARY

Ability to provide clients with both the knowledge and motivation to develop healthy eating habits to meet their goals. Good at counseling, treatment planning and progress monitoring. Strong communicator with good listening skills.

NISARGA GOWDA

EDUCATION

Master of Science in Applied Nutrition and Clinical Dietetics, Manipal University of Higher Education

Manipal, Udupi | 2019 - 2021

Bachelor of Science in Food Science, Nutrition and Dietetics, Mangalore

Moodbidri | 2016 - 2019

CERTIFICATIONS & COURSES

Diabetes - the essential Facts, University of Copenhagen

Healthy practices: Nutrition, Physical Activity and Community and Family Participation, University of Colorado System

School health for children and adolescent, University of Colorado System

INTERNSHIPS

Dietitian Intern, Sagar Hospital

Bangalore | Jan 2019 – Jan 2019

- Daily rounds along with senior Dietitian
- Learnt how to coach individuals on methods for managing chronic disease with effective dietary plans.

Dietitian Intern, Mallya Hospital

Bangalore | Jan 2021 - July 2021

- Coached individuals on methods for managing chronic diseases with effective dietary plans.
- Completed detailed Nutritional assessment of each patient based on health history, medical conditions and energy requirements.
- Assisted patients clients with meal plan development, addressing individualized dietary requirements.



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Birth Date

18/04/1998

SKILLS

Diabetes Management

Diet Modification

Nutrition Needs Assessment

Teamwork and collaboration

Community Nutrition Service

Computer Proficiency

Critical Thinking

LANGUAGES

Kannada

English

Hindi

RESEARCH PROJECT

“Impact of Online Teaching on Occupational Stress and Nutritional Status among School Teachers”.