



Date

Nationality: Indian

Gender: Female

CONTACT



ABOUT ME

I completed my post graduation in Dietetics and Food Service Management from Indira Gandhi Open University and MSc. in Home Science (Branch - Child Development) from Mahatma Gandhi University, Kerala. I worked as a dietitian at Pushpagiri Medical College from May 2003 to November 2009 and then continued as a senior dietitian during the period 2018 to 2022. I'm a mother of four children and had to take maternity breaks multiple times during my career. At present I'm seeking opportunities to work in Europe.

WORK EXPERIENCE

- 01/06/2018 – 15/01/2022 – Thiruvalla, India**

Senior Dietitian
Pushpagiri Medical College

Therapeutic food service management that includes menu planning, well calculated nasogastric ryles tube feed, nutritional management for patient care, planning diet counseling and calculated diet sheet planning for inpatients, outpatients, cardiac patients and also in the caring of geriatric health care patients.
- 10/11/2006 – 15/11/2009 – Thiruvalla, India**

Senior Dietitian
Pushpagiri Medical College

Therapeutic food service management such as menu planning, well calculated Nasogastric Ryles tube feed, nutritional management for patient care, planning diet counselling and calculated diet sheet planning for inpatients, outpatients and also cardiac patients.Coordinated the activities of the dietary in the absence of Incharge.
- 01/02/2004 – 20/02/2006 – Thiruvalla, India**

Dietitian
Pushpagiri Medical College

Menu planning, supervision of food preparation, distribution and supplies, nutritional care for patients, planning diet counselling and calculated diet sheet planning and involved in diabetic clinic too.
- 26/05/2003 – 20/02/2006 – Thiruvalla, India**

Dietitian Trainee
Pushpagiri Medical College

Undergone training in dietary activities like menu planning, supervision of food preparation, distribution and supplies, nutritional care for patients, planning diet counselling and calculated diet sheet planning and involved in diabetic clinic too.

PROJECTS

01/2014 – 11/2016

- **UGC project 'Risk factors of Anaemia among women of reproductive age in the years**

Involved in the field work and data collection of the UGC project 'Risk factors of Anaemia among women of reproductive age in the years' during 2014 - 2016 in which Anaemia Prevalence studies were conducted in collaboration with National Urban Health Mission (NUHM) in coastal Kochi.

- **Thesis / Dissertation**

Thesis was done on 'Assessment of Dietary Habits, Nutrition Knowledge and Nutrition Attitude of Elementary School Children'. The report was submitted to IGNOU (Indira Gandhi National Open University) in partial fulfilment of the requirement for the degree of Master's of Science in Dietetics and Food Service Management.

EDUCATION AND TRAINING

Delhi, Delhi, India

- **M.Sc DFSM**

Indira Gandhi National Open University

<http://ignou.ac.in/>

Coimbatore, India

- **PGDND**

Avinashilingam Deemed University,

<https://avinuty.ac.in/>

Park Avenue Road, Ernakulam, India

- **M.Sc Home Science (Child Development)**

St.Teresa's College,

<https://teresas.ac.in/>

Park Avenue Road, Ernakulam, Ernakulam, India

- **B.Sc. Home Science**

St.Teresa's College

<https://teresas.ac.in/>

01/02/2003 – 15/03/2003 – Vellore , Madras, Tamil Nadu, India

- **Internship**

Christian Medical College Hospital

<https://www.cmch-vellore.edu/>

Ernakulam, India

- **Teacher Training**

Snehanilayam Special school

<https://www.facebook.com/Snehanilayam-Special-School-147665948622076/>

DIGITAL SKILLS

Microsoft Word / Microsoft Excel / Microsoft Powerpoint / Microsoft Office / Google Drive / Google Docs / Social Media / Zoom / Facebook / Power Point / Instagram / Skype / Internet user

CONFERENCES AND SEMINARS

01/10/2008 – 01/10/2008 > – Dept of Clinical Nutrition, SRI RAMACHANDRA MEDICAL COLLEGE & RESEARCH INSTITUTE , Porur, Chennai

● **IX Continuing Nutrition Education,**

12/2007 – 12/2007 > – Mammen Mappila Hall, Kottayam, Kerala, India

● **XL Annual National Conference of Indian Dietetic Association**

Reception Committee Chair Person.

10/2007 – 10/2007 > – Dept of Clinical Nutrition, SRI RAMACHANDRA MEDICAL COLLEGE & RESEARCH INSTITUTE, Porur, Chennai

● **VIII Continuing Nutrition Education**

24/01/2006 – 25/01/2006 > – Dept. of Home Science -CMS Kottayam, Kerala, India

● **National seminar on "EVOLVING TRENDS IN ENTERAL AND PARENTERAL NUTRITION"**

09/09/2006 > – CME Dept- Christian medical college Vellore, Tamil Nadu, India

● **Medical education programme " UPDATE IN PAEDIATRIC CRITICAL CARE**

07/10/2006 > – Dept of Clinical Nutrition, SRI RAMACHANDRA MEDICAL COLLEGE & RESEARCH INSTITUTE , Porur, Chennai

● **VII Continuing Nutrition Education,**

28/01/2005 > – C.M.S College Kottayam., Kerala, India

● **National seminar 'FOOD – ROLE IN PREVENTION & MANAGEMENT OF CANCER**

28/07/2004 – 30/07/2004 > – St.Teresas College Ernakulam, Kerala, India

● **National seminar on 'OBESITY'-"THE WELL FED UNDER NOURISHED SYNDROME"**

14/11/2002 – 15/11/2002 > – Mount Carmel College, Bangalore

● **the XXXV Annual National Conference of Indian Dietetic Association**

HONOURS AND AWARDS

10/2008

Secured II Prize for the Case study Presentation made in the IX CONTINUING NUTRITION EDUCATION program – SRI RAMACHANDRA MEDICAL COLLEGE & RESEARCH INSTITUTE (DEEMED UNIVERSITY) PORUR- CHENNAI.

2002

Special Prize awarded for outstanding performance in Softball as the best National Pitcher in the South Zone Softball Championship – St. Teresa's College, Ernakulam, India