

SANJANA SREEVALSAN

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OBJECTIVE

To pursue a challenging career in a leading and progressive organization offering opportunities for utilizing my skills towards the growth of the organization.

PROFILE SUMMARY

- M.Sc in Clinical Nutrition and Food Science from Amrita Institute Of Medical Science and Research Centre, Kochi
- Efficient in diet planning, nutrition education and counseling according to each medical condition and individual needs.
- Skilled in nutrition assessment, nutrition care planning and monitoring of diet.
- Experienced in managing patients and motivating them to reach their diet goals
- Completed 6 months internship at Amrita Institute Of Medical Sciences(AIMS), Kochi, specialized in Intensive Care Unit (ICU).
- Had been a part of Parkinson's clinic at AIMS, Kochi during the course
- Skilled in managing Parkinson's patients and advising them to manage their diet with their use of levodopa.

ACADEMIC PROJECTS

Thesis

- Title: Effects of timing of L-DOPA in relation to food intake among patients with parkinsonism.
- Organization: Amrita Institute Of Medical Science and Research Centre, Kochi
- Guide: Dr. Suresh Kumar R
- Description: This thesis dealt with the timings between the intake of levodopa, the main drug used in treating Parkinson's disease and the food intake. Most of the patients were not aware of the time gap that was needed to be maintained between the food and the drug, and took it immediately before or after the food. Also the protein intake in these patients were assessed as most of the Parkinson's patients were told to restrict protein in their diet. But it was found that the protein intake in these patients were very low. So it was concluded that protein redistribution in the diet was better than protein restriction in these patients.

Mini Project 1

- Title: Assessing the effectiveness of MNA and SGA as malnutrition screening tools among geriatric population in a hospital setup.

Mini Project 2

- Title: Subjective Objective Assessment Plan (SOAP) of ICU patients.

Clinical case studies

- 50 clinical case studies from different specialties (ICUs,cardiology, CVTS,oncology,pulmonary medicine,surgical and gyneacology,endocrinology, gastroenterology,nephrology,GI surgery and transplant, neurology and neurosurgery and pediatrics) as part of the clinical postings.

SCHOLASTIC

DEGREE/EXAM	YEAR	UNIVERSITY/BOARD	INSTITUTION	PERCENTAGE (%)
M.Sc Clinical Nutrition and Food Science	2015-2018	AMRITA VISHWA VIDYA PEETHAM	AMRITA INSTITUTE OF MEDICAL SCIENCE	77.7
B.Sc Biological Techniques and Specimen Preparation	2012-2015	MAHATMA GANDHI UNIVERSITY KOTTAYAM	UNION CHRISTIAN COLLEGE ,ALUVA	92.25
12 TH	2012	CBSE	SREE NARAYANA PUBLIC SCHOOL POOTHOTTA	81
10 TH	2010	CBSE	SREE NARAYANA PUBLIC SCHOOL POOTHOTTA	93.1

SUMMARY OF SKILLS

- Ability to cope up with different situations.
- Positive attitude towards work
- Good team player
- Good communication Skill
- Work under pressure .
- Good patience, motivating and a very good listener.

EXTRA CURRICULUM

- Actively participated in Continuing Nutrition Education (CNE) conference 2016, held in AIMS, Kochi.
- Clinical case study presentation on the topic childhood obesity in Continuing Nutrition Education (CNE) Conference 2016.
- Certificate of participation in Medical Nutrition Therapy in the management of obesity.
- Actively participated in the Annam fest, December 2015, conducted by National Food and Agro Biodiversity. Conducted exhibition and attended seminars.

IT SKILLS

- MS OFFICE (MS POWERPOINT, MS WORD, MS EXCEL)
- Internet browsing

PERSONAL SNIPPETS

Name : Sanjana Sreevalsan
Fathers Name : K Sreevalsan (Late)
Mothers Name : K.J Jameela
Date of Birth : 24/12/1994
Gender : Female
Nationality : Indian
Permanent Address : Nedumpillil House, Punnakavelli, Poothotta P.O, Ernakulam, Kerala
Languages Known : English, Malayalam, Hindi.

Date: 01 0/9/2018

Place: Poothotta

Signature:

(Sanjana Sreevalsan)