

ATHIRALAKSHMI.S

Neelambari, Kizhakkenada, Chengannur p.o

Alappuzha, Kerala, Pin 689121.

Mobile: 9400790027, 8086740103 | E: Mail: athiralakshmi.s1812@gmail.com

OBJECTIVE

To be a part of the organization where I can fully utilize my knowledge skills in imparting healthy

nutritional plans for well being of the patients with various acute diseases and make a significant

contribution to the organization.

EDUCATION

Course	Branch/ Subjects	University/ Board	Institution	Year of Pass	Percentage/ CGPA
M.Sc.	Clinical Nutrition and Food Science	Amrita University	Amrita School of Allied Health Science	2017	74.5%
B.Sc.	Biotechnology	Amrita University	Amrita School of Biotechnology	2015	81%
12 th	Physics, Chemistry, Zoology, Botany, Computer Science	CBSE	St. Mary's Residential central School, Tiruvalla, Kerala	2012	73.2%
10 th	Mathematics, Science, Social Studies	CBSE	Chinmaya Vidyalaya Chengannur, Kerala	2010	88%

TECHNICAL SKILL

- BASIC MICROBIOLOGICAL TECHNIQUE
- STAINING TECHNIQUES IN MICROBIOLOGY
- ELECTROPHORESIS (AGE & PAGE)
- QUALITATIVE ANALYSIS OF CARBOHYDRATES
- DETERMINATION OF ASH CONTENT IN FOOD

PROJECT WORK

Dietary practices, food habits and symptomatic manifestations in PCOS and its comparison with dietary practices in NPCOS

- This project assessed dietary influences and its role on symptomatic manifestations in 30 PCOS versus 30 Non PCOS (NPCOS) subjects and concluded that there is a strong association with food intake and symptomatic manifestations in PCOS subjects. Also it was seen that certain food choices might influence PCOS. PCOS subjects had a high intake of high GI, low protein, low fiber, low antioxidant and high fat diet than NPCOS. Exercise and healthy dietary choices could influence a better outcome for PCOS patients.

MINI PROJECT

- A mini project done on **“Assessing the effectiveness of MNA and SGA as malnutrition screening tools among geriatric population in a hospital setup.”** This study was conducted in Amrita Institute of Medical Sciences and Research Centre, Kochi under the supervision of Bri.Nivedita, HOD, RD, Department of Clinical Nutrition, AIMS.

INTERNSHIP

- Done 6 months internship on Oncology as a junior nutritionist and gave diet counselling to oncology patients in Amrita Institute of Medical Sciences and submitted a project report for the

same.

INDUSTRIAL VISIT

- ❖ Visited MPI (Meat Products of India) in Edayar, Ernakulum and got a detailed idea about Meat and Poultry Slaughtering, Packaging and Processing.

CO- CURRICULAR ACTIVITY

- Got first prize for Light music in CBSE Sahodaya youth festival at district level.
- Got A grade for CBSE Sahodaya youth festival for Light Music, Sanskrit Recitation, Thiruvathirakali.

ACHIEVEMENTS

- Got first prize for poster presentation on the topic “Junk Food and New Generation” in 3rd Annam national food and agro biodiversity festival organized by Centre of Innovation in Science And Social Action (CISSA) in association with Kerala Government’s Ministry of Agriculture, Ministry of Food and Civil Supplies and other leading government and non-government organizations at Kochi, Kerala during 10-14 December 2015.

WORKSHOPS AND SEMINARS ATTENDED

- Participated in Continuing Education Programme on “MEDICAL NUTRITION THERAPY IN THE MANAGEMENT OF OBESITY” at AIMS, Kochi on 13-02-2016 and presented a case study on “Bariatric Surgery”.
- Attended a workshop on “Motivating Interviews: How to influence patients in making informed decisions on changes in food habits” by Mdm. Mary Easaw (Chief dietician), National Heart Institute, Kuala Lumpur, Malaysia.
- Attended a seminar on Sports Nutrition by Shiny Surendran, Consultant Sports and Preventive Nutritionist at Hande Medical Centre.

- Attended a five day International Conference – BIOQUEST conducted by Amrita School of Biotechnology, Kollam.

PERSONAL DATA

Name : Athiralakshmi S

Date of Birth : 12th December 1993

Gender : Female

Marital Status : Single

Languages : English, Malayalam (Read, Write & Speak), Hindi (Read & Write)

Hobbies : Music, Movies, Social Media