

NITHYA P NAIR

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OBJECTIVE

To work with a healthy working environment with a scope to grow both professionally and personally for the betterment of self and organization.

EXPERIENCE

I was working as dietician at Amrita Institute of Medical Sciences and Research Centre (AIMS), Cochin, Kerala from May 2005 till May 2007. AIMS is a 1000 bedded super specialty hospital with an attached Medical College hospital and one of the of the most trusted name among hospitals in Kerala,

DUTIES AND RESPONSIBILITIES IN AIMS

- Plan, organizes and implements menu planning for patients
- Developments and implements nutritional assessment protocol for patients.
- Performs diet counseling based on diseased conditions-Cardiac, Diabetes, Renal, Uric acid, Dyslipidemia, GI cases, Oncology, Pediatrics, Geriatrics etc for IP and OP patients.
- Provides nutritional support through dietary intervention
- Scrutinizes in-patient occupancy chart and subsequent preparation of feed list and diet cards.
- Clinical rounds.
- Specialized in Gastroenterology, Cardio vascular and Pediatrics
- Participates in department in service education and present case studies.
- Conducting periodic sessions on related subjects with teams
- Taking classes for juniors on subjects
- Assignments and reviews on subjects etc...

TRAINING & INTERNSHIPS

- 1 month internship training in the dietary department of KMCH ,Coimbatore.
- 1-month internship in the dietary department of Caritas Hospital, Kottayam, a 500 bedded hospital with all specialties and super specialties.
- 1 week industrial exposure training in food service, food production, house keeping and front office operation in Bolgatty palace, a heritage resort of Kerala Tourism Development Corporation, Kochi.
- 1 week training course in Domestic Preservation of Fruits and Vegetables and Nutrition conducted by the community Food and Nutrition Extension unit of Government of India.
- 10 days training in milk products at Dairy training Centre, Kottayam, Kerala State Dairy Development Department.
- 1 week refresher training on Milk and Milk Products with special emphasis on nutritional aspects.

SEMINARS AND WORKSHOPS ATTENDED

- Attended the XXXV annual conference of the Nutrition Society of India at National Institute of Nutrition (NIN) Hyderabad.
- Participated in the NAAC Sponsored Southern Regional Conference on ‘Post Accreditation Initiatives on quality sustenance and quality enhancement’ organized by Vellalar College for Women Erode, Tamil Nadu
- Participated in the workshop on Research Methodology at P.S.G Institute of Medical Science & Research Coimbatore.
- Participated in the state level seminar on Science in Health Promotion – Recent concepts at Vellalar College for women, Erode, Tamil Nadu
- Participated in UGC sponsored national conference on Current trends in Biological Scenario at Vellalar College for Women, Erode, Tamil Nadu.

ACADEMIC QUALIFICATIONS

- 2003 – 2005: M.Sc. Foods & Nutrition from Vellalar College for Women, Erode , Tamil Nadu (Bharathiar University)
- 2000 –2003: B.Sc. Clinical Nutrition & Dietetics from Alphonsa College, Pala, Kerala (M.G University)
- 1998-2000: Pre- Degree Nirmala College, Muvattupuzha, Kerala (M.G. University).
- 1998: S.S.L.C Govt.V.H.S.S. Mathirappilly, Board of Examination Kerala.

Proficiency in Computer: Diploma in Office Management.

PERSONAL PROFILE

Date of birth : 21st May 1983
Gender : Female.
Nationality : Indian.
Marital status : Married

REFERENCE

Can be furnished on demand

DECLARATION

I, hereby declare that all the information furnished above is true and correct to the best of my knowledge.

NITHYA P NAIR