

Athira T A

Clinical Nutritionist

I am a clinical nutritionist who is willing to obtain a challenging and rewarding position in a medical institution . I am ready to put all my hard work , dedication and ability to acquire new skills that will advantage the medical institution I work for .



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iamathirata



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Work Experience

Amrita Institute of Medical Sciences
Edapally, Cochin, Kerala

- Posted in various specialties and super-specialties like Cardiology, Endocrinology, Gastroenterology, Gynaecology, Nephrology, Neurology, Paediatrics (including pediatric cardiology and oncology), Oncology as well as in intensive care units like Burns unit, Coronary Care Unit(CCU), Medical ICU, Surgical ICU and Transplant units. Thus, Clinical postings during post graduation gained me extensive experience in almost all departments.
- *Speicalized to assess , intervene, monitor and evaluate patients .*
- *Evaluate the dietary needs of a patient by assessing their health and exercise levels, sleep and food habits etc and provide diet counseling according to the patient condition.*
- *Clarify information to patients and explain the effects of nutrients on overall health condition.*
- *Set clear objectives and provide support to patient to help them in their progress .*
- *Have worked on more than 75 different case studies at Amrita Hospital as part of my post graduation program.*

Educational History

- *Master of Science in Clinical Nutrition and Food Science from Amrita Institute of Medical sciences with first class (66%) 2018- 2021 .*
- *Bachelor's of Science in Zoology from Calicut University with first class (71%) 2015-2018.*
- *Completed intermediate from Kerala Board of Higher Secondary Examination with distinction (84%)-2014.*
- *Completed 10 th from Central Board of Secondary Examination with distinction (8.4 cgpa) 2012*

Academic Project

- *Title : "Dietary habits in dementia patients- A comparative Study"*
- *Organization : Amrita Institute of medical Sciences and research center , Cochin*
- *Guide : Dr Suresh Kumar (Department of Neurology)*

Skills Summary

- *Efficient in diet planning and diet counseling according to the medical condition .*
- *Skilled in nutrition assessment, care planning and monitoring of diet.*
- *Experienced in managing patients and motivating them to acheive the goal.*
- *Excellent communication and interpersonal skills.*

Extra curricular

- *Participated in ADEN conference on importance of macro nutrients at Renai Medicity, Cochin .*
- *Participated in conference on Ketogenic diet at St.Teresa, Kerala.*
- *Actively participated in organizing and managing events at inter - school and University level.*
- *Im a part of a Non Government Organization as an Interpersonal Relation Facilitator.*
- *Participated in a webinar on "Early moments life matters" Myths and taboos in lactation - voice from the field conducted by Department of clinical Nutrition, AIMS kochi.*
- *Part of an Non Government Oraganization as an Interpersonal Relationship facilitator.*

Reference

- *Available upon request.*