



Jypsy Jose

Nationality: Indian

Phone: (+91) 8075724142

Date of birth: 21/04/1999

Gender: Female

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Address: Cheruvallil House Panangad, 682506 Ernakulam (India)

Looking forward to be a Nutrition consultant in a world class health care center where I can utilize my knowledge and skills in imparting healthy nutritional plans for well being of the patients with various acute diseases.

EDUCATION AND TRAINING

Post Graduate Diploma in Clinical Nutrition and Dietetics

St. Teresas College Ernakulam [02/07/2020 - 31/03/2022]

Address: Ernakulam (India)

Bachelors in Zoology

Bharata Mata College Thrikkakkara [01/06/2017 - 22/03/2020]

Address: (India)

Diploma in Health & Wellness

Wellness Solutions [2017 - 2018]

Grade 12 (Higher Secondary Education)

RPMHSS Panangattiri Palakkad [02/06/2015 - 30/03/2017]

Address: (India)

Grade 10 (SSLC)

YMGHS Kollengode Palakkad [03/06/2014 - 28/03/2015]

TRAINING AND CERTIFICATIONS

Completed 100 hours of training in English Communication & Basic Corporate Etiquette under affirmative Action by TCS-BPS

Tata Consultancy Services

Certification of Participation in the webinar on "Psychological effects of lockdown"

Participated in the webinar on "Diagnostic Applications of Real-Time PCR for COVID-19"

Certification of Participation in one day workshop of Bio Technology

WORK EXPERIENCE

Dietitian Assistant

Kinder Multispecialty Hospital athadipalam [13/12/2020 - 15/03/2022]

City: Ernakulam

Country: India

Here I was posted as a dietician assistant. I got exposure to know about the nutrients in food and how to make new tasty and healthy recipes which contains all the nutrients needed for the human healthy living. I make sure that all the patients including every ICU patients are fed properly. I use every resource available there. I plan tube feeds and calculate the intake of total calorie, protein, carbohydrate, fats, vitamins, minerals, fiber etc that a patient needs I also take into the calculation the physical stress the patient is experiencing. I monitor the patient accordingly adjust their feeding plan. I was posted in the hospital restaurant since I got new information's about the hospitality management too.

Internship at all the departments

Casino Hotel CGH Earth experience [08/11/2020 - 13/11/2020]

City: Willington Island Kochi

Country: India

Here I was assigned to work in all the departments such as F&B Production and Service, Front office, Kitchen, Quality control, Banquet, Store. I got a huge experience from all these departments which makes me well efficient to work in the hotel environment in future.

Chegg Expert

Chegg India [01/03/2018 - 01/04/2019]

I was a Chegg Expert who is responsible for clearing all the doubts of the students regarding the subject biology.

DIGITAL SKILLS

Dietary Risk Assessment / Fitness and Nutrition / Nutrient analysis / Diet Planning / Microsoft Word / Microsoft Excel / Microsoft PowerPoint / Social Media / Zoom / Google Drive / Google Docs / Organizational and planning skills / Team-work oriented / Good listener and communicator / Decision-making / Conflict resolution / Analytical skills / Written and Verbal skills / Creativity / Strategic Planning / Critical thinking / Gmail / Flexibility / Reliability / Responsibility / Detail-Oriented / Empathic listener / Good time management

LANGUAGE SKILLS

Mother tongue : **Malayalam**
Other language(s) : **English, Tamil, Hindi**

DECLARATION

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

31 / 03 / 2022

Ernakulam

Jypsy Jose