

SWATHY PEREIRA

DIETICIAN

Mammoottu Vilakam, St. Dominic Vettucadu
St. Xaviers College P.O-695586, Trivandrum
Kerala, India

spspswathyp@gmail.com

+91-8606454420

Professional Experience

Dietician

Sree Chitra Institute of Medical Science, Trivandrum
(2019-2020)

Nutrition Internship

Banatone Food Processing Industry (2018)

Dietician Internship

Dietary Department, Kovai Medical Centre &
Hospitals (2017)

Skills

- Design Individual patient nutrition plans regard to possible health side effects
- Develop individual patient menus in conjunction with hospital food production manager
- Contribution to diabetes awareness education in collaboration with physicians & other medical staff members
- Assist in design & development of staff training in nutrition & wellness issues
- Perform screening assessments & physical workups for new patients as required on an individual basis
- Supervise clinic diet operations including training, scheduling & payroll
- Facilitate small group workshops on preventive nutrition awareness on site and in the broader community
- Excellent focus on customer service & satisfaction
- Planning on special need diets, including low sodium, diabetic & gluten free.

"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."

Professional Qualifications

M.Sc Food Science & Nutrition

Dr. N.G.P Arts & Science College (2015-2017)

B.Sc Biochemistry & Industrial Microbiology

National College (2013-2015)

Co-Curricular Activities

- Attended a value added course on "OPERATING TECHNIQUES OF DIFFERENT DRYERS" in Karunya University
- Attended the National Conference on "FOOD PROCESSING & TECHNOLOGY" in Dr. N.G.P Arts & Science College
- Conducted the workshop on "FRUIT & VEGETABLE PRESERVATION PROGRAMME" for the Self Help group.
- Attended workshop on "NUTRAGENOMICS" in Dr. N.G.P Arts & Science College
- Attended the National Seminar on "TRENDS IN FOOD PROCESSING & FOOD SAFETY" held at PSG College of Arts & Science.

Projects

- M.Sc Food & Nutrition

"A comparative study on the quality attributes of laboratory made banana flour, plantain flour & commercial plantain flour"

- B.Sc Biochemistry & Industrial Microbiology

"A proximate analysis of the bioactive compounds & heavy metal composition of morning oleifera, a traditional plant"