

Namiya P S

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PERSONAL SUMMARY

Goal oriented Nutritionist focused on conducting detailed nutrition consultation and creating personalised meal plans to meet the need of each client. Areas of expertise include a solid knowledge of human health and nutrition, effective communication with patients and I am capable of helping clients achieve their health goal.

AREAS OF EXPERTISE

- Meal planning
- Recipe development
- Gluten free diets
- Diet counseling
- Motivator
- Nutritional Assessment

WORK EXPERIENCE

DIETETIC INTERN

June 2021 - December 2021

VPS LAKESHORE, KOCHI

Providing Nutritional counselling, support and advice to adults and children.

Evaluating patient's nutritional needs and plan them diet plan accordingly.

Monitoring patients food intake and progress

Evaluates appropriateness of enteral and parenteral nutrition support

Maintain general knowledge of therapeutic diets to ensure meals are processed accurately.

Responsible for providing medical Nutrition Therapy including nutrition assessment, diet modification, nutrition education and intervention for patients.

PROFESSIONAL SKILLS

- Team working skills
- Keen interest in the impact of diet on health
- Good interpersonal skills
- Communication skill including the ability to explain complex things to simple

EDUCATION

St Teresa's College , Ernakulam 2019 - 2021
MSc Clinical Nutrition and dietetics
Grade Point: 8.10 CCPA, A GRADE

St Teresas's College, Ernakulam 2016 - 2019
BSc Home Science
Grade Point: 7.82 CCPA

St joseph Higher Secondary School, 2014 - 2016
Biomaths
Result: 82%

Bharathiya Vidya Bhavan's, Vidya Mandir, 2013 - 2014
10th
Grade Point: 8.8 CGPA

CERTIFICATIONS

Research Advancement programme certificate in the International webinar on Virtual Research-Oppurtunities and Challenges for presenting an e poster entitled "Development of snacks by the incorporation of Amaranth Seeds".[2021]

Certification For completing the Cardio Pulmonary Resuscitation and Trauma Care Course conducted by department of Emergency Medicine, Amrita School of Medicine[2019]

Poster presentation entitled "Raising environmental awareness and related practices among students" in UGC Sponsored National seminar [2019]

Certificate in guidance and counselling: Career oriented ADD-ON programme sponsored by University Grants Commission [2017]