

ANEETA JOSEPH

**Kodiveedu, Kanjiram chira.P.O,
Alappuzha**

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Personal Profile Statement

I am a highly organized, self-motivated dietitian with a great passion for nutrition and peoples well-being, also seeks to work in an environment which encourages me to succeed and grow professionally. Where I can fully utilize my knowledge and skills in imparting quality, medical nutrition therapy to patients.

Achievements



Kerala University First Rank in B.Sc. Home Science

Kerala University Third Rank in M.Sc. Home Science (Nutrition and Dietetics)

- Completed online non – credit course on “**Nutrition and Lifestyle in Pregnancy**” authorized by Ludwig- Maximillian’s University offered through Coursera.
- Completed Certificate Course on “**Lets break the chain of COVID-19 infection**” Conducted by MBRU, UAE.
- Completed Certificate course on “**IBS Management: The Low FODMAP Diet**” by GI Institute and FODMAP Friendly through Future learn.

Education

2018 - 2020	Masters in Home Science (Nutrition and Dietetics) Kerala University
2015 - 2018	Bachelors in Home science Kerala University
2013 - 2015	Plus Two Biology Science Kerala State Board of Higher Secondary Examination
2013	S.S.L.C

Employment and Work Experience

25/03/2019 – 08/05/2019

Dietitian Internship

P.S.G Hospitals, Coimbatore

02/09/2019 – 16/10/2019

Dietitian Internship

Christian Medical College & Hospital, Vellore

08/02/2021 – 16/08/2021

Dietitian Apprentice

Sree Chitra Tirunal Institute for Medical Sciences & Technology, Thiruvananthapuram

Major duties performed:

- Evaluating patient's nutritional needs and completing orders of all patients.
- Monitoring patient's food intake and progress.
- Preparing diet plans for patients according to the diseased condition.
- Provide nutrition education and counselling.

18/08/2021 – 11/02/2022

Assistant Dietitian

Sree Chitra Tirunal Institute for Medical Sciences & Technology, Thiruvananthapuram

Major duties performed:

- Providing nutritional counselling, support and advice.
- Evaluating patient's nutritional needs and completing orders of all patients.
- Monitoring patient's food intake and progress.
- Ensuring all data and records are kept up to date and stored correctly in compliance.
- Management of store, kitchen and overall guidance regarding food preparation, hygiene.

Project

- Dietary pattern and risk factors of patients with Gall bladder Disease.

Skills

- Menu planning , Diet counselling
- Good Interpersonal skills
- Able to motivate others
- Team working skills

Languages

Read: English, Malayalam, Hindi

Write: English, Malayalam, Hindi

Speak: English, Malayalam