



# ASWATHY RAJU

## Dietician / Nutritionist

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📍 Mulanthuruthi, Ernakulam,  
Kerala

## Technical Skills

- Nutritional screening
- Nutrition care plan
- Healthy cuisine expert
- Nutrition classes
- Organizational and planning skills
- Fitness expert

## Thesis

- Correlation of overweight and obesity with dietary habits among adolescents.
- Nutritional assessment among pregnant women at Thidanadu grama panjayat.
- Nutritional assessment of management students in Kottayam district.

## Education Background

- Alphonso College, Pala, Kottayam, Kerala  
MSc Clinical Nutrition and Dietetics  
Completed in 2016
- Alphonso College, Pala, Kottayam, Kerala  
BSc Clinical Nutrition and Dietetics  
Completed in 2013

## Training and Certificates

### 1. Apollo Hospital, Chennai, Tamilnadu,

3 Days training program includes;

- On-the-job training, working closely with supervisors, and senior dieticians,
- Attending training courses to build understanding of processes, techniques and industry.

### 2. Certificate-Diabetic Educator

- Completed training in March 2019 under NDEP, course run by DMDEA, IADE in collaboration with Indian Medical Association.

### ➤ Lakshmi Hospital, Ernakulam, Kerala.

*March 2017 – Present*

Key responsibilities:

- Perform effective nutritional screening to assess status and develop nutrition care plan.
- Provides nutritional counselling, support and advice to inpatients and outpatients in hospital setting.
- Offering support with tube feeding and other special instruments.
- Working with variety teams including the hospital catering service with regards to patient needs.
- aught nutrition classes for expectant mothers.
- Doing various diabetic neuropathy tests to patients and educate about self monitoring of blood glucose.
- Regularly attending multi- disciplinary team meetings.
- Ensuring all data and records are kept up to date and stored correctly in compliance with various hospital policies.

### ➤ Nedyath Rehabilitation Centre, Mavelikkara, Kerala.

*September 2016 – January 2017*

Key responsibilities:

- Educate clients about long term health benefits of balanced diet and exercise.
- Works with parents of disabled children to ensure that their needs are met.
- Provides nutritional counselling about life style diseases.
- Participates in meetings, group sessions and in other clinics.

### ➤ Baby Memoria Hospital, Calicut, Kerala.

*September 2013 – August 2014*

Key responsibilities:

- Nutritional assessment of patients based on health history, medical conditions and energy requirements.
- Coached individuals on methods for managing chronic diseases with effective dietary plans.
- Determined client-specific micro and macro nutrient requirements with consideration to specific life styles, physiology and medical concerns.
- Works with hospital dietary services for therapeutic diets.
- Planned nutritious meal options for individuals with various health needs for facility programs and cafeteria menu.
- Participated in community nutrition programs.
- Analyzed financial data

### ➤ Lourdes Hospital, Ernakulam, Kerala.

*May 2012 to June 2012*

Key responsibilities:

- Nutritional screening and diet instruction for inpatients and outpatients.
- Preparation of nutrition care plan for various disease conditions.
- Works with hospital dietary team