



## RAHAMATH.S

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### Objective

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Interested in Nutritionist/Dietician position that will allow me to offer others the benefit from my expertise & knowledge, so as to expand my work experience in the field of Nutrition & Dietetics.

### Experience

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- **KMCH Hospital** 08/01/2022 - 13/01/2022  
Dietitic Intern  
I have experience as working as an intern dietician at KMCH HOSPITAL for a month.
- **EATON** 12/08/2021 - 12/09/2021  
Supervisor  
Worked as a Supervisor in a Food processing unit called Eaton for a month.

### Education

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- **Bharathiyar University** 2019-2022  
B.sc Food Science and Nutrition  
GPA 7.2

### Skills

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- Diet Supervision
- Therapeutic Diet planning
- Educate & advise a wide range of patients with dietary related disorders and to give practical advice so as to improve their health by adopting healthier eating habits.
- Translate the science of food nutrition into everyday life and having thorough knowledge about food science, physiology, biochemistry and Diet kitchen management.
- Constantly active in promoting healthy food choices & disease prevention by increasing awareness of the link between nutrition & health offering advice to the food & pharmaceutical industry.

### Projects

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- **CLINICAL MANIFESTATION AND DIETARY APPROACH TOWARDS THE CONTROL OF LRI- A CASE STUDY**  
Conducted a case study of 20 Lower Respiratory Tract Infection patients between the age of 2-12 years, both male and female. Organized counselling for parents towards dietary approach to overcome the disease.

### Activities

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- Participated in extracurricular activities like cuisine competition, canteen project, quiz competition.
- Organized Community Nutrition Counselling regarding Anemia for women between the age of 12-35 in my locality.
- Organized seminars & had done presentations regarding diet & health in the college as part of DBT scheme for nearly 60 people.
- Actively took part in health and fitness workshop in the year 2022 to promote daily physical activity.
- Visited anganwadis & social welfare community regarding Public Health, Family Health & Hygiene and organized awareness classes.
- Participated in Science Fair & Food Exhibition

### Languages

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- English, Tamil and Malayalam

## Personal Details

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- Date of Birth : 02/11/2001
- Marital Status : Married
- Nationality : Indian