

# **RESUME**

## **PERSONAL DETAILS**



Name : Meera Mohan

Address : Athichira

Thirumala Ward, Iron Bridge Po

Chungam East

Alappuzha-688011

E-Mailid : [meera23mohan@gmail.com](mailto:meera23mohan@gmail.com)

Contact Number : 8943401596

Date Of Birth : 15/03/1999

Gender : Female

Marital Status : Single

Nationality : Indian

Language Known : Malayalam , English , Tamil

## **CAREER OBJECTIVE**

I want to build a career in which i am fully satisfied with my work, and to dedicate myself to explore fully and realise my potential through continuous and persistent hard work. Skilled compassionate and dedicated, with clinical internship experience. Eager to learn from experts in the field and serve patients with empathy and wisdom.

## ACADEMIC PROFILE

Course	Institution	Year Of Passing	Percentage
MSc Nutrition Dietetics	St.Joseph's College For Women, Alappuzha	2021	69.61%
BSc HomeScience	St.Joseph's College For Women, Alappuzha	2019	65%
Plus Two (Bio Science)	Gov Girls H.S.S Alappuzha	2016	64.8%
SSLC	G.H.S Kuppappuram , Alappuzha	2014	70%

## EXPERIENCE

- ❖ Done 45 (30/12/19 To 14/2/20) Days Hospital Internship In Sagar Hospitals , DSI , Bangalore
- ❖ Done 45 Days (25/7/20 To 7/9/20 ) E-Internship In Institute Of Health And Intelligence And Research , Nellore, Andhra Pradesh
- ❖ Work As Dietitian Trainee At Lourdes Hospital Kochi, During The Period Of 6 Month From 2-11-21 To 11-05-22
- ❖ Done Certification Course In Renal Nutrition In Kerala Institute Of Medical Sciences ( KIMS Health ) Thiruvananthapuram During The Period Of 6 Moth From June 6<sup>th</sup> 2022 To December 22<sup>th</sup>

## SKILLS

- ❖ Strong verbal communication
- ❖ Identifying nutritional problems and assessing the nutritional status of the patient
- ❖ Developing diet plans& counselling patients on special diet modifications
- ❖ Educate and advice patients with diet related disorders on the practical ways in which they can improve their health and prevent diseases by adopting healthier eating habits
- ❖ Advising & presenting a balanced nutritional strategy
- ❖ Evaluate the effects of meal plans and change the plans as needed
- ❖ Ensure better quality and acceptability of patient food, by tasting before being dispatched for serving.
- ❖ Expert in Ward rounds and in Dialysis unit

- ❖ Expert in Renal Nutrition
- ❖ Disciplined
- ❖ Leadership
- ❖ Team work
- ❖ Expert in MS office

### **PERSONAL ACHIEVEMENTS**

- ❖ Got First Prize In State Level Online Short Video Making Competition On “Keep A Healthy Heart Beat “Conducted By PG Department Of Home Science , KAHM Unity Women’s College, Manjeri, Malappuram
- ❖ Served As Student Co-Ordinator For State Level Flyer Competition & Slogan Writing Competition Organized By PG Department Of Home Science ,St Joseph’s College for Women , Alappuzha In Association With Netprofan &Home Science Association Of India, Kerala Chapter, In Connection With World Heart Day Celebrations On 29<sup>th</sup> September 2020
- ❖ Done Power Point Presentation On The Topic “Evidence Based Nutrition Intervention On Diabetes Management” As Part Of ADISM NUTRISYM, Conducted By Attukal Devi Hospital , Thiruvananthapuram On 24/9/22
- ❖ Attended 4 Medical Camps Conducted By KIMS Health , Thiruvananthapuram,

### **DECLARATION**

I here by declare that all the above-mentioned information is true and correct to the best of my knowledge and belief.

Meera Mohan