

Surya. L

Kaithavalappil, Avalukkunnu. P. O, South Aryad, Alappuzha-688006
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Objective

To work in an environment which encourages me to succeed and grow professionally where I can utilize my skills and knowledge appropriately.

Experience

- RD Intern** 23/04/2022 - 23/10/2022
VPS Lakeshore Hospital, Ernakulam
Completed Registered dietitian Internship under the department of Clinical Nutrition
- Intern** 02/09/2019 - 16/10/2019
Christian Medical College, Vellore, Tamilnadu
One and half months internship program under the department of Dietetics
- Intern** 25/03/2019 - 08/05/2019
PSG Hospitals, Peelamedu, Coimbatore
Dietetics internship under the department of Dietary

Education

Course / Degree	School / University	Grade / Score	Year
MSc. Home Science (Nutrition and Dietetics)	St. Joseph's College for Women, Alappuzha - under Kerala University	1251	2021
BSc. Home Science	St. Joseph's College for Women, Alappuzha - under Kerala university	B, 7.396 CCPA	2018
Plus Two (Biology Science)	Government H.S.S, S. L Puram, Alappuzha	73%	2015
S. S. L. C	Lutheran High School, South Aryad, Alappuzha	76%	2013

Skills

- Problem solving
- Decision making
- Leadership
- Responsibility
- Computer skills (Microsoft Office-word & power point)
- Adaptability
- Innovative

Achievements & Awards

- Presented and won second prize in case study presentation, Theme: "Diabetes in different Scenarios", organized by AEDAN on 11/12/2022
- Presented case study in the Clinical Nutrition Update on 'Drug-Nutrient interaction' organized by the Department of Clinical Nutrition-VPS Lakeshore Hospital, Kochi in association with Indian Dietetic Association, Kerala Chapter on 19/11/2022
- Presented case study in 'Updates in clinical nutrition' workshop in association with Hexagon Nutrition organized by the Department of Clinical Nutrition-VPS Lakeshore Hospital, Kochi on 27/8/2022

- Participated in a workshop "Holistic Approach to Burns Management" in association with NetProFaN organized by Department of Clinical Nutrition, VPS Lakeshore Hospital, Kochi, Kerala on 22/7/2022
- Participated in " Case study in Dietetics - Skill enhancement workshop" in association with NetProFaN organized by Department of Clinical Nutrition, VPS Lakeshore Hospital, Kochi, Kerala on 02/07/2022
- Participated in KERALA NUTRITION CONFERENCE 2020, organized by the Department of Women and Child Development on 27/02/2020-28/02/2020
- Participated in National Seminar on "Transforming women with PCOS", organized by the department of Home science, Assumption College, Changanassery on 11/02/2020
- Participated in International Seminar on "DEVELOPMENT COMMUNICATION AND ENDO-NUTRITION: THE CURRENT DRIFT! ", organized by the department of Home science, Government College for Women, Thiruvananthapuram, on 13th,14th &15th November 2018
- Participated in National Seminar on "The Keto Fad: A Critical approach to the phenomenon", organized by the department of Clinical Nutrition and Dietetics, St. Teresa's College, Ernakulam on 18/02/2019

Publications

- **ഫാസ്റ്റ്ഫുഡിലെ അപകടങ്ങൾ (Negative effects of fast foods)**
Malayalam online Magazine, prathivaram publication, August 2022 edition

Activities

- Volunteer work
- Arts

Languages

- Malayalam
- English

Personal Details

- Date of Birth : 26/09/1997
- Marital Status : Single
- Nationality : Indian
- Religion : Hindu
- Gender : Female

Reference

- **Dr. Manju P George - "VPS Lakeshore Hospital, Ernakulam"**
Chief Dietitian, Department of Clinical Nutrition
chiefdietitian@lakeshorehospital.org