

## DIETITIAN & NUTRITIONIST

**MARIYATTA VARGHESE**

**11/07/1988**

**NATIONALITY : INDIAN**

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### CAREER OBJECTIVE

A determined nutritionist focused on conducting detailed nutrition and creating a personalized meal plan to meet the need of each client.

### KEY ACHIEVEMENTS

- Evaluating client's nutritional needs and completing orders for all clients
- Monitoring patient's food intake and progress
- Explaining a patient's dietary plan and what they are expected to gain from it
- Providing weight loss education with ongoing weekly weight reducing follow ups
- Excellent interpersonal skills and building relations with staff and patients

### PROFESSIONAL EXPERIENCE

- **Integrated Child Development Services (ICDS) Kerala Government – Feb 18, 2022 -present**  
**Nutritionist**
  - Providing health advice to pregnant and breastfeeding women.
  - Providing personalized diet modification to preschoolers.
  - Organizing and participating in meeting group sections and adolescents group.
- **Fit life Wellness Care – May 1, 2016 -present.**  
**Nutritionist**
  - Thoroughly analyzed clients eating habits and dietary needs prior to creating a plan for them.
  - Provide motivation and monitoring client's progress and their eating habits
  - Weekly nutritional assessment given
- **Doctors Moopen's Wayanad Institute of Medical Science – Dec 19<sup>th</sup> 2014 to Feb 23<sup>rd</sup> 2016.**  
**Dietitian**
- **Susrusha Hospital, Kottayam – Aug 26<sup>th</sup> 2013 to Nov 8<sup>th</sup> 2014.**  
**Dietitian**
- **Lourdes Hospital, Ernakulam – June 04<sup>th</sup> 2012 to July 3<sup>rd</sup> 2012**  
**Dietitian (Internship)**
- **Pushpagiri Medical College , Thiruvalla – May 01<sup>st</sup> 2010 to June 13<sup>th</sup> 2010.**  
**Dietitian (Internship)**

## EDUCATIONAL QUALIFICATION

- **Masters of Science (Clinical Nutrition and Dietetics)**  
Alphonsa College, Pala – 2012 -2013
- **Bachelor of Science (Clinical Nutrition and Dietetics)**  
Alphonsa College, Pala – 2009 -2011

## CERTIFICATES AND SKILLS

- **IDA Certification (Indian Dietetic Association)**  
Certification from (Indian Dietetic Association)  
Kerala Chapter lifetime membership ID – IDA 08659
- **Diploma in Office Management – 2009**  
**MS Office**  
(Computer Fundamentals,DOS,MS Word,MS Excel)

References furnished upon request