

# Sanjuna Saleem

## Dietitian



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☎ 8138913117 📍 Ernakulam

📅 23/05/1997 🇮🇳 Indian 🔄 Single

👤 Female

### Profile

I've worked with a diverse range of clients, from individuals looking to manage chronic conditions striving for peak performance. My approach to nutrition is rooted in science and focused on practical, sustainable solutions that fit each client's unique needs and goals. I am committed to staying up-to-date with the latest research and trends in the field, and to providing personalized, evidence-based recommendations that support my clients' goals and lifestyles.

### Education

#### Master's in Clinical Nutrition and Dietetics,

St. Teresa's College

2020 | Ernakulam, India

#### Bsc Homescience, St. Teresa's College

2018 | Ernakulam, India

#### 12th Grade, Al Ameen Public School

2015 | Edappally, India

### Projects

#### Nutritional assessment of college going female sports students

2018

### Professional Experience

#### Dietitian, Escaso Wellness - Body and Beyond

2022 – 2023 | Kochi, India

- Providing nutrition education and counseling to individuals and groups, including information on healthy eating habits, food allergies and intolerances, and the benefits of specific nutrients.
- Checking body composition analysis method for measuring the different components of the body, such as fat, muscle, bone, and water, to determine an individual's overall body composition.
- Analyze a sample of blood to assess various aspects of a person's health.
- Collaborating with other healthcare professionals, such as doctors, nurses, and therapists, to provide comprehensive care to clients.
- Advocating for policies and programs that promote healthy eating and improve access to nutritious food.

#### Dietitian, NuvoVivo Centre for obesity, lifestyle disorders and research.

2021 – 2022 | Ernakulam, India

- Assessing clients' nutritional needs and creating personalized meal plans that meet their dietary goals and restrictions.
- Monitoring clients' progress and making adjustments to their meal plans as needed.
- Analyze a sample of blood to assess various aspects of a person's health.
- Conducting research and staying up-to-date with the latest developments in nutrition science.

### Internship

#### 6 months Registered Dietitian internship at Aster Medcity

2020

### Awards

#### Advanced Statistical Methods for Communicating Science.

2020

#### Attended UGC sponsored National Seminar Enriching Research Horizons.

2019

## **Role of digital media versus college library in academics**

2015

## **Nutritional assessment of geriatric patients and PG-SGA scoring**

2020

### **Skills**

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Nutrition knowledge, Communication skills, Problem-solving skills, Time management skills, Computer skills, Interpersonal skills

### **Languages**

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English

Malayalam

Hindi

### **Interests**

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Singing, Dancing, Cycling, Reading, Travelling, Drawing

## **Diploma in Guidance and Counseling.**

2017

## **Attended National Seminar on "Food Prints for Future" : Nutritional Genomics and Go Green Initiatives.**

2020

## **Attended Workshop on Microsoft Excel and SPSS.**

2020

## **Awarded certificate of completion on Cardio Pulmonary Resuscitation and Trauma Care.**

2019

## **Participated in Attachment Programme organised by C-SiS.**

2011

## **Awarded certificate for having successfully completed the workshop on "Diversifying Diets-Go traditional, seasonal and local".**

2018

## **Participated in Advanced workshop on oncology Nutrition organized by Puducherry Regional Centre.**

2019

### **Declaration**

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I hereby declare that the above mentioned information is true, correct and complete to best of my knowledge \_\_\_\_\_

**Sanjuna Saleem**

Ernakulam, 14 February 2023