



Teena Varghese

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To utilize my knowledge and skills in nutrition science to provide evidence-based dietary counseling and education, develop personalized nutrition plans, and collaborate with healthcare professionals to promote optimal health and wellbeing for individuals and communities.

Experience

May 2021 – June 2021

Dietetic Intern

ASTER MIMS- CALICUT, INDIA

- Clinical nutrition setting: contributes to the design and implementation of a plan of patient nutrition care, based on identification and assessment of a patient's nutritional needs, correlated with other health plans.
- Ambulatory care settings: contributes to the planning and delivery of the nutrition component of the care plan as well as nutrition education in the appropriate and assigned settings.
- Food service rotation: involved in management and delivery of quality food items to patients and guests.
- Research: Coordinates extensive literature review with guidance and gains exposure to the dietitian's role in a clinical research setting.

Dietetic Counsellor

BELIEVERS CHURCH MEDICAL COLLEGE HOSPITAL,
Thiruvalla, India

- Providing support to individuals with chronic illnesses such as diabetes or heart disease by helping them manage their conditions and adhere to treatment plans

Highlights

- Strong knowledge of nutrition science and practical applications
- Conducts comprehensive nutrition assessments
- Develops and implements individualized nutrition plans
- Proficient in nutrition software and databases
- Excellent communication and interpersonal skills
- Empathetic and active listening skills.

Education

Master of Science in Dietetics and

Food Service Management- 2022

Assumption College, Kottayam, India

Bachelor of Science in Family &

Community Science-2020

Assumption College Kottayam, India

- Participating in regular continuing education classes to stay up to date on the latest research in the field of nutrition
- Working with clients to develop individualized nutrition plans that address specific health needs
- Conducting assessments of client eating habits and patterns, including physical activity levels, in order to identify areas that need improvement
- Counseling patients on diet and nutrition principles, including how to read food labels, how to eat healthy on a budget, and how to choose healthy foods
- Developing plans to help individuals improve their eating habits and lifestyles through counseling and group programs
- Helping people learn how to manage stress through diet, exercise, and lifestyle changes
- Teaching individuals how to read food labels and understand serving sizes in order to make healthy choices when shopping for groceries Providing information about nutrition and diet to individuals who want to make changes to improve their health

April 2022 –March 2023

Home Science Teacher

OSSANAM EMHS SCHOOL, IDUKKI KERALA.

- Presenting lessons in a comprehensive manner and use visual/audio means to facilitate learning
- Providing individualized instruction to each student by promoting interactive learning
- Create and distribute educational content (notes, summaries, assignments etc.)
- Assess and record students' progress and provide grades and feedback
- Maintain a tidy and orderly classroom
- Collaborate with other teachers, parents and stakeholders and participate in regular meetings
- Plan and execute educational in-class and outdoor activities and events

Professional Activity

- Attended national webinar on **NUTRITIONAL SURVEILLANCE IN LIVER DISEASES** organized by department of home science in collaboration with **INDIAN DIETETIC ASSOCIATION KERALACHAPTER** on 28th July 2021.

Skills

- Strong interpersonal skills
- Flexibility and adaptability
- Attention to detail and accuracy
- Time management
- Quick Learner

Hobbies

- Cooking
- Drawing
- Reading

Personnel Details

Date of Birth:06/05/1999

Marital Status : Single

Permanent Address : Kulathunkal (H), Nedumkandam PO, Idukki Kerala, 685553