

NAIJIL

SHERISH P M

Clinical Dietician

L4 Food Safety

L3 HACCP



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North Paravur, Ernakulam



As a dedicated and aspiring Clinical Dietician with a Master's degree and 3 months of valuable internship experience in NABH accredited multispecialty hospital, my career objective is to utilize my knowledge and passion for nutrition to provide evidence-based dietary guidance, develop personalised meal plans, and collaborate with healthcare teams to optimise patient outcomes, while continuously expanding my expertise in the field.



AREAS OF EXPERTISE

Active Listening

Effective Communication

Diet Counseling

Dietary Requirement Advising

Nutritional Assessment

Personalized Diet Chart Planning

Creativity and Critical Thinking

Microsoft Office Suite

Kitchen Inspection as per Quality and Safety Standards

Patience

Interpersonal Skills

Internet Research

Basic Working Knowledge of Diabetic Clinic Equipments



WORK EXPERIENCE

Clinical Dietician Intern

Modern Hospital Kodungallur Ltd [↗](#)

24/05/2023 – 24/08/2023

Kodungallur, Thrissur

- Check the diet prescriptions and diet sheet for proper indent in the Intensive Care Unit (ICU).
- Visit different wards, studying case sheets for individual diseases, and provide diet counseling with the help of booklets & handouts.
- Supervise the food preparation in the hospital canteen and give essential instruction to the kitchen staff to improve the quality, consistency, and taste of food.
- Attended medical camp and counseled 64 patients on managing their diabetes, preventing obesity, and adopting good eating habits.



TRAINING & LICENSES

- Undergone **3 Months hands-on-training in Quality Assurance/Quality Control of Food and Water** at **PVT Merit Biolabs, Palarivattom** as **Quality Control Microbiologist – Trainee** from **03/10/2019** to **03/01/2020**
- Critical Care Nutrition for Adults** (Ongoing)
- Highfield Level 4 Award in Managing Food Safety in Manufacturing** (2023)
- Highfield Level 3 Award in HACCP for Food Manufacturing (RQF)** (2020)



EDUCATION

- MSc in Dietetics and Food Service Management**
St. Teresas’s College (IGNOU), Ernakulam
2019 – 2023 [waiting for completion certificate]
- Certificate Course in Food Science and Nutrition**
Indira Gandhi National Open University (IGNOU), New Delhi
2019 – 2021
- BSc in Microbiology – General**
SNGIST Arts and Science College (MGU), North Paravur
2016 – 2019



ACHIEVEMENT

Awarded with the certificate of excellence for overall best performance on QA/QC training conducted at PVT Merit Biolabs.



LANGUAGE



Malayalam



English



Tamil



Hindi



DECLARATION

I solemnly declare that all the information mentioned herein is genuine and correct to the best of my belief, and I take full responsibility for the accuracy of the particulars mentioned.

Place:

Date:

P M NAIJIL SHERISH