

SHASIHA K M

PROFILE

Goal oriented and wellness professional focused on conducting detailed nutrition consultation and creating personalized meal plan to meet needs of each client. Strong abilities in teaching healthy lifestyles and behavior and to design health enhancement for chronic illness sufferers.

CONTACT

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PERSONAL INFORMATION

DATE OF BIRTH:
16 NOV 1997

NATIONALITY:
INDIAN

WORK EXPERIENCE

Consultant Nutritionist (sales) **Healthify me**

July 2023 – Present

- Evaluating the dietary needs of a client by assessing their health and exercise levels, sleep and food habits etc.
- Clarifying information to clients and explaining the effects of nutrients on overall health condition
- Offering counseling and suggest positive alterations in nutrition to address clients' dietary restrictions.
- Provide nutrition counselling and education using the Motivational Interviewing approach.
- Evaluating strengths and weaknesses of clients, considering their medical conditions, recording the progression through program stages, and recommending/implementing protocol or program changes as required.

Nutritionist and fitness consultant **Fitreat couple , fitness platform.**

June 2021– June 2022

- Consulted with each client about their health status, hormonal and weight concerns, ensuring positive results through actionable plans .
- Introduce new packages and sell services to clients.
- Provide lifestyle guidance

ACHEIVEMENTS:

Completed course of pulmonary resuscitation and trauma care.

Conducted a community program virtually on "immune boosters to fight covid 19"

Conducted webinar on gout awareness.

Conducted a community program by providing awareness to breast feeding mothers.

Completed the certificate course in food process

KEY SKILLS AND CHARACTERISTICS

- Diet counselling
- Strong dietary knowledge
- Communication skills
- Creative and critical thinking
- Well versed with MS office
- Learning attitude
- Empathetic

- Built meal plans and gave specific recipes and shopping advice .
- Educate clients about the long term health benefits of balanced diets and exercise program.
- One month follow up with clients to assess progress and introduce new concepts.
- Instilled confidence and assurance in client weight loss journeys through health focused expertise and motivation techniques.
- Provide instructions on daily workouts.
- consulted Over 300 number of clients

Nutritionist intern

Renai Medicity Hospital, Kochi , Kerala.

March 2021- June 2021

- Advices patients on therapeutic nutrition, including menu selection, preparation and planning.
- Provide quality clinical nutrition assessment, counseling , support and services to women and children at clinical level.
- Educate patients regarding therapeutic diet, modified diet texture restriction and portion control.
- 90 days of work experience in ryle's tube (RT) feed preparation at renai medicity
- Experience in preparing the feeds for the patient.
- Skill to manage 50 plus feed preparations a day.
- Knowledge on different feeding formulas and kitchen feeds.

Trainee

Merit Biolab ,kochi , kerala

Identified, isolated and classified organisms present in the fish skin.

- Collected, analyzed and reported experimental data .
- Acquired excellent understanding of pseudomonas aeruginosa isolation.

Topic name;

ANALYSIS AND PARTIAL CHARACTERIZATION OF PIGMENT (PYOCYANIN) PRODUCING PSEUDOMONAS AERUGINOSA FROM MARINE FISH.

EDUCATION

Indira Gandhi National Open University ,New Delhi

2021-present

Masters in Dietetics and Food service Management [AWAITING RESULTS]

Indira Gandhi National Open University ,New Delhi

2021-present

Certificate course in Food and Nutrition

[AWAITING RESULTS]

St teresas College , Ernakulam

2019-2021

Post Graduation Diploma in Clinical Nutrition and

Dietetics

MES College , Marampally

2016-2019

Bachelor of science,Biotechnology