



ANUSHA ANTONY

Dietician

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ABOUT ME

Dietician dedicated to improving patient lives through evidence-based nutritional practices. Highly skilled in designing individualized plans to help patient achieve nutritional and weight loss goals, manage chronic diseases, and enhance personal wellness.

EDUCATION

Bsc. Home Science

St. Teresa's College, Ernakulam
Mahatma Gandhi University
2018-2021

Msc. Dietetics And Food Service Management

Assumption College, Changanassery
Mahatma Gandhi University
2021-2023

PERSONAL PROFILE

Year of birth : 2000
Gender : Female
Nationality : Indian
Linguistic abilities : English, Hindi,
Malayalam, Tamil

WORK EXPERIENCE

Internship

- **Welcare Hospital, Kochi**

April 2022- May 2022

1 month internship in dietetics department as part of the course

- **Believers Church Medical College Hospital,**

Thiruvalla, Pathanamthitta

1 day diet counselling internship in dietetics department as part of the course

Training

- **VPS Lakeshore Hospital, Ernakulam**

June 2023 - December 2023

Completed 6 months training under clinical nutrition department

SEMINARS ATTENDED

1. International webinar on "Caring for person with Dementia"
2. International webinar on "Dietary cholesterol: Current state of evidence"
3. International webinar on the topic "Impact of food adulteration on health and the need for plantation drive"
4. International conference on " Nutrition for sports and exercise"