

Indhu P Manoj

Clinical Dietician and Nutritionist

Puthenparambil (H)

Thiruvanchoor, Kottayam, Kerala

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EXPERIENCE (2Yr and 2 month)

Cosmopolitan Hospital, Trivandrum - Jr. Dietician

17 March 2023 - present

- Educated patients about the diet to be followed for various diseases.
- Developed and modified diet plans according to the nutritional requirement and preferences of the patient

Jeevan's Diabetes and Endocrine Centre, Ettumanoor

9 February 2022 - 20 February 2023

- Educated patients about the diet to be followed for various diseases
- Provided diet counselling and diet modification according to the needs of the patients
- Delivered regular session on diabetes, obesity and weight management
- Undertook nutritional assessment of patients

INTERSHIPS

Ramaiah Hospital, Bangalore, Karnataka

- Dietician trainee

Starcare Hospital, Kozhikode, Kerala

- Dietician trainee

EDUCATION

Alphonsa College Pala, Kerala

Post Graduation in Clinical Nutrition and Dietetics

Month 2019 -Month 2021

BCM College Kottayam, Kerala

Bachelor's Degree in Food Science and Quality Control

Month 2016 - Month 2019

SKILLS

- * Diet counselling & diet planning
- * Insulin starts and follow ups including trulicity and victoza
- * Flash CGM deployment and reading
- * Instant HbA1C screening
- * Diabetic retinopathy screening
- * Diabetic nephropathy screening

PROJECTS

- **Development of recipes for obese and anemic adolescent girls using novel ingredients**
Completed during Post Graduation in Clinical Nutrition and Dietetics 2021
- **Development of visual aids for creating awareness among cardiovascular disease patients**
Completed during Post Graduation in Clinical Nutrition and Dietetics 2021

- To innovate a jam by the incorporation of gooseberry and tabasco pepper and evaluate consumer acceptability

Completed during Bachelor Degree in Food Science and Quality Control 2019

PARTICIPATION

- * Certificate of participation in the National Seminar on “Healthy Bakes” organized by the department of Food Science and Quality Control, BCM College, Kottayam on 10 th January 2018

- * National webinar on “ Lecture workshop on recent advances in biophysics “, organized by Mar Athanasios College for Advanced Studies Thiruvalla, on 15th and 16 th June 2017

LANGUAGES

- * Malayalam
- * English
- * Tamil