



ANITTA THOMAS

Date of Birth : 15 February 1996| **Nationality**: Indian | **Gender**: Female | **Phone Number**: (+91) 8086536324| **Email**: anittajoseph81@gmail.com | **WhatsApp** : (+91) 8086536324| **Address**: Parasseril House, Mevada P O, Kottayam- 686573, Kerala, India

● SUMMARY

Dietitian with one year experience of providing nutritional advice to individuals and organizations. Skilled in creating nutrition plans, monitoring client progress and leading team training sections.

● WORK EXPERIENCE

24 October 2022 – 24 October 2023 | Kottayam, India

Clinical Dietitian| SH Medical Centre, Nagampadom

- Providing nutrition counselling (basis of their medical condition-mainly DM, Renal, Low fat, Low purine)
- Evaluate and monitoring patients food intake and progresses
- Implements appropriate nutritional treatment plans (RT feeds)
- Plan and implement weight gain and weight reduction diets
- Providing health advice to pregnant and breast feeding women
- Working with a variety of teams including the hospital catering service with regards to the needs of patients
- Producing information packs including leaflets, diet sheets, power point presentations to be utilized for educational purpose.

● EDUCATION & TRAINING

Graduation -June 2013 to March 2016| Kerala, India

Mahatma Gandhi University |Alphonsa College, Pala, Kottayam

Higher Secondary- June 2011 to March 2013| Kerala, India

Board of Higher Secondary Exams |St. John Nephumsians HSS Kozhuvanal

Secondary School- March 2011| Kerala, India

Secondary School Leaving Certificate | St. Joseph GHSS Mutholy

● LANGUAGE SKILLS

- English
- Malayalam

● SKILLS

- Excellent Interpersonal skills and building relations with staff and patients
- Specialized in anti-depressant medication, chronic diseases and eating disorders
- Providing weight loss education
- Strong organizational skills and meeting deadlines in advance

● HOBBIES AND INTERESTS

- Dancing
- Staying fit and healthy something which I take great pride
- Meet new peoples and build relationship with individuals