



CURRICULUM VITAE

Name: ARDRA JYOTHI

Address:- KUTTIKATTU HOUSE, MOOLAVATTOM P.O, KOTTAYAM, KERALA
INDIA PIN : 686012

Mail Id: ardracharu123@gmail.com

Mob: +917902699096

ACADEMIC QUALIFICATIONS

COURSE	Institute Name and Board/university	Start Date	End Date	PERCENT OF MARKS(%)
Post Graduation	MSc. Dietetics and Food Service Management, CMS College Kottayam	2020	2022	1 st semester -83 2 nd Semester -80 3 rd semester -83 4 th semester -85
Degree	BSc. Family and Community Science, BCM College Kottayam	2017	2020	68
Plus Two	KERALA STATE	2015	2017	71
SSLC	KERALA STATE	2014	2015	84

EXPERIENCE

- **Pushpagiri Medical College Thiruvalla** -6 months training experience
- **S.H Medical Center Kottayam.** – 6 months+ training experience

Experienced in

- Providing nutrition counselling (basis of their medical condition-mainly DM, Renal, Low fat, Low purine, CLD, gastric related diseases etc)
- 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.

SKILLS

- Excellent Interpersonal skills and building relations with staff and patients
- Providing weight loss education, nutritional education, weight gain education etc
- Strong organizational skills and meeting deadlines in advance

HOBBIES AND INTERESTS

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

PERSONAL DETAILS

Name : Ardra Jyothi
Date of Birth : 20/08/1999
Father's name : Jyothikumar P M
Mother's name : Girija Jyothi
Marital status : Single
Nationality : Indian
Religion : Hindu
Address : Kuttikkattu House, Moolavattom P.O, Kottayam
Kerala India Pin 686012
Language Known : English, Malayalam, Tamil, Hindi
Hobbies : Reading, singing, cooking.

DECLARATION

I hereby declare that the information furnished above is true on the best of my knowledge and belief.

Place: Kottayam

Date:

ARDRA JYOTHI