

# ATHIRA ANIL

## NUTRITINIST\DIETITIAN

Dynamic and patient-focused professional with 2+years of experience assessing clients conditions, developing personalized nutritional plans, promoting healthy eating habits, and monitoring patient progress. skilled at replacing unhealthy eating habits and problematic psychology around food with healthy, sustainable eating habits. committed to providing individuals with the necessary nutrition knowledge to achieve targeted goals.



### PERSONAL DETAILS

#### Date of Birth

17th March 1999

#### Nationality

indian

#### Marital Status

Single

#### Address

Kalayil House Anjilithanam P O  
Kaviyoor Thiruvalla 689 582

### EDUCATION

- ✓ Msc Dietetics and Food Service Management-2021  
Assumption College Autonomous, Changanacherry.
- ✓ B.Sc. Family & Community Science – 2019  
Assumption Autonomous college, Changanacherry.
- ✓ Higher Secondary. N S S Higher Secondary  
School, Kunamthanam
- ✓ SSLC CMS H S, Mundiypally-2014


### LANGUAGES


English   
Tamil   
Malayalam 

### COMPUTER SKILLS

MS Office  
Windows

### CONTACT

 7558827468

 athiraanil9917@gmail.com

### work Experience

- ✓ One-month internship at Department of Dietetics & Nutrition, N H Health City Hospital, Bangalore, Karnataka
- ✓ Six-month observer at Department of dietetics and nutrition, Belivers church medical college hospital Thiruvalla
- ✓ Internship in all dietary department at Hotel Arcadia Residency, Alappuzha
- ✓ Worked as a dietitian at Qfit transformation studio Trivandrum (2022)
- ✓ Currently working as a nutritionist at Dr joys wellness clinic kochi.

### Responsibilities

- ✓ Developed, implemented, and managed nutrition care plan and interventions.
- ✓ Followed up with all patients and made several patient referrals to outpatient counseling services.
- ✓ Used highly effective evaluation techniques and conducted nutrition assessment of patients.
- ✓ Prepared and submitted accurate work-related documents and reports, on time.
- ✓ Interpreted and adhered to food safety, sanitation, and workplace safety standards.
- ✓ Preserved and protected the confidentiality of patient-related sensitive information, efficiently.

### SKILLS

- ✓ Effective communication skills
- ✓ Team Work Skills
- ✓ An understanding of science
- ✓ Able to motivate others