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Elachipalayam (P.O)
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Namakkal (D.T)
Pin: 637 202

Personal Profile

Father Name : P. Panneer
Date of Birth : 05-06-2003
Nationality : Indian
Languages : Speak and Write -
Tamil, English and Telugu

Education

• B.Sc. Nutrition and Dietetics 2020 - 2023

Periyar University, NKR Govt Arts college for Women's, Namakkal
Percentage 71 %

• M.sc. Food service Mangement and Dietetics

Madras University, Queen Mary's College, Chennai
Percentage 60% **2023- 2025**

Skills

- Ability to visually examine products for quality and freshness
- Strong dietary knowledge
- Strong attention to detail
- Excellent communication skills (written and verbal)
- Great interpersonal skills
- Ability to follow directions and established procedures
- MS Office

P.SABITHRA M.Sc.

Profile

Exceptionally motivated and compassionate nutrition graduate seeking a dietitian position to apply evidence-based nutrition knowledge and support individuals in achieving better health outcomes through personalized dietary counseling and care.

Internships

Nala Hotel - Namakkal

2022

- Strong understanding Food Quality Evaluation
- Demonstrable Capability in Personalized nutrition plan for target customer
- Direct experience in assessing customers dietary needs

M.M Hospital - Namakkal

2023

- Ability to provide Dietary Guidelines for all age groups based on nutritional requirements
- Crafting special menus tailored to reconcile individual patient health needs with food preference

Lifeline Hospital - Chennai

2024

- Creating customized diet plans to address specific health goals, such as weight management, disease prevention.
- Have interpersonal skill to review patient's case history
- Have experienced knowledge in personal hygiene management.

Workshops and seminar

2023

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2024

- Diet counselling - principle and practices, Knowledge on nutrition for better well being, International Millet year 2023
- Hospital admin executive programme, Employability skill programme, Training programme by Tamil Nadu state council for Higher Education, Chennai
- Poster presentation done in Intercollegiate meet and Nutri-mission 2022



References

Dr.R.YOGESHWARI

Assistant Professor
Dept. of Food science and Technology
Dhanalakshmi Srinivasan Agricultural College, Perambalur.
Tamil Nadu Agricultural University (TNAU)
Phone: +91 9677474133
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M.S KOUSALYA

Ph.D Scholar TNAU, Madurai.
Dietitian in Ganga Hospital
from Oct 2019 to Aug 2023

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Declaration: I hereby declare that the above all information are true and correct to the best of my knowledge.