



NIRMALA K

CLINICAL DIETITIAN

CONTACT

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Anthiyur, Erode-638 314

EDUCATION

2023-2025

PSG COLLEGE OF ARTS AND SCIENCE

- Master of Clinical Nutrition and Dietetics
- Percentage-82.25

2020 - 2023

VIVEKANANDHA COLLEGE OF ARTS AND SCIENCE

- Bachelor of Nutrition and Dietetics
- Percentage-83.7

2018-2020

S.E.T HIGHER SECONDARY SCHOOL

- HSC
- Percentage-77.3%
- SSLC
- Percentage-89.6%

SKILLS

- Public Relations
- Teamwork
- Time Management
- Effective Communication
- Nutrition assessment
- Nutrient analysis
- Patient counseling
- Medical nutrition therapy
- Clinical documentation
- Food service management
- Sports Nutritionist

PROFILE

A highly motivated and results-oriented Dietitian with a strong foundation in clinical nutrition and a passion for improving patient outcomes. I'm currently completing my postgraduate internship, eager to apply my knowledge and skills in a challenging and rewarding environment. My academic background in nutrition and dietetics, coupled with my practical experience, has equipped me with a comprehensive understanding of dietary assessment, counseling, and intervention strategies.

WORK EXPERIENCE

Sri Ramachandra Medical Center-Chennai

NOV 2024-MAY 2025

Non- RD Intern

- Assisted in nutritional assessment, diet planning, and patient monitoring for diverse conditions, including pediatric, cancer, diabetes, and CCICU etc.,

PSG hospital-Coimbatore

Specialized Dietetics Practicum Intern

June 2024

- Conducted comprehensive nutritional assessments considering medical history, energy needs, and individual lifestyle factors. Monitored patient progress and documented nutrition-related data in charts and electronic records.

KMCH-Erode

Jan 2023-15 days

Dietetics Practicum Intern

- Conducted comprehensive nutritional assessments under supervision, analyzing medical history, lab values, and dietary intake.

CERTIFICATES

- NPTEL-**
- Diet Management in health and disease
 - Diary and food process and products technology

Completed Advanced Medical coding course certificate

Training course -"Application of nutritional genomics in clinical practice" (24 to 31 AUG 2023)

Workshop-

- Food safety management systems and awareness
- Advancement in Critical care, dysphagia and digital tools
- Cardiovascular Sciences-ISCS 2024
- Processing quality and supply chain medium

Paper Published- Development of tea powder by incorporating Mango leaves with spices for Diabetic mellitus patients

Thesis- A study on Eating Habits and stress during exam time among school going students

Achievements

- Best Outgoing student in Nutrition and Dietetics-2023
- First President in Nutrition and Dietetics-2022
- Third Rank holder in Nutrition and Dietetics-2023
- Participated World Record in Largest thumb impression and largest picture puzzle
- Participated District junior level Kho-Kho and got more certificates in school, college level.

LANGUAGES

English-Proficient

Tamil-Native