

SHRINE RABEENA LEON J

Dietitian

PROFILE SUMMARY

Dynamic Dietitian with experience at Ganga Medical Centre & Hospitals Pvt Ltd, specializing in meal planning and diabetes education. Successfully enhanced patient outcomes through tailored nutrition plans and effective counseling. Proficient in clinical dietetics and passionate about promoting healthy eating habits for chronic condition management. Committed to improving overall wellness through strategic dietary interventions.

CONTACT

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SKILLS

- ❖ Meal planning
- ❖ Clinical dietetics
- ❖ Pediatric nutrition
- ❖ Supplement recommendations
- ❖ Diabetes education
- ❖ Nutritional assessment
- ❖ Weight management

LANGUAGES

- ❖ English – Fluent
- ❖ Malayalam – Good

EDUCATION

- ❖ **Masters of Science: Foods and Nutrition**, 05/2023
RVS College of Arts and Science – Coimbatore
- ❖ **Bachelor of Science: Nutrition and Dietetics**, 05/2021
RVS College of Arts and Science – Coimbatore

WORK EXPERIENCE

Dietitian, Ganga Medical Centre & Hospitals Pvt Ltd
Coimbatore | September 2023 – Current

- ❖ Planned nutritious meal options for individuals with various health needs and conditions.
- ❖ Improved patient outcomes by developing individualized nutrition plans and providing ongoing counselling.
- ❖ Educated patients on the importance of proper nutrition for managing chronic conditions, such as diabetes, hypertension, and heart disease.
- ❖ Assisted in menu development for institutional settings to ensure compliance with dietary guidelines and accommodate diverse needs of residents or patients.

ACHIEVEMENTS

- ❖ Documented and resolved **Organoleptic and Nutritional evaluation of value-added Ice cream from Banana flour**.
- ❖ Achieved Dietetics Case study at Sri Ramakrishna Hospital with accuracy and efficiency.
- ❖ Participated at the international conference on "Indian Dairying - Sustainability and Nutritional Security" organized by **Avinashi lingam University**