



# SHAHANA SAJEEDH

Driven dietetics post-graduate with experience in health and wellness education. Skilled in designing individualized diet plans to help clients achieve nutrition and weight loss goals, manage chronic diseases and enhance personal wellness.

## CONTACT:

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- Muwaileh, Sharjah

## SKILLS:

- Diet coordination
- Health education
- Nutrition assessments
- Diabetes Management
- Menu Development
- Meal Planning
- Teamwork skills
- Highly responsible and reliable

## LANGUAGES:

- English
- Hindi
- Malayalam

## WORK EXPERIENCE

### Dietitian

Lourdes Hospital, Ernakulam, Kerala, India

06/2023 - 12/2023

- Performed full nutritional assessments to evaluate client needs and treatment strategies.
- Educated patients, families and medical practitioners on nutrient balance and macronutrient intake.
- Maintained accurate paperwork and records to benefit other healthcare professionals, ensuring holistic patient care.
- Counselled pregnant women on nutritional requirements and suggestions for healthy diets.
- Consulted with patients on lifestyle changes related diet and exercise.
- Selected snack and meal plans in accordance with client medical history, allergies and nutritional needs.
- Evaluated unique nutrient and energy requirements for each patient based on BMI, lifestyle and individual medical issues.
- Helped individuals reduce symptoms of chronic illnesses with dietary management strategies.

### Dietitian Intern

Believers Church Memorial Hospital, Thiruvalla, Kerala, India

01/2023 - 01/2023

- Worked with colleagues and clients at all levels to provide expert dietetic support.
- Created and maintained case studies to evaluate and provide evidence of nutritionally modified benefits. 4 different conditions were taken for the case study.
- Monitored and documented client progress.

### Internship

Casino Hotel, CGH Earth, Ernakulam, Kerala, India

10/2022 - 10/2022

- Executed administrative tasks under managerial supervision to optimise workflow.
- Supported staff with clerical tasks for well-maintained office administration.
- Shadowed daily activities of staffs to gain understanding of scope of work.

### Dietitian Intern

Lourdes Hospital, Ernakulam, Kerala, India

04/2022 - 05/2022

- Developed diets to meet nutritional requirements for people with special conditions.
- Created new dishes to develop healthier meal options for patients.
- Interviewed patients to assess histories, investigate concerns and complete physical examinations.

## EDUCATION

### MASTER OF SCIENCE. DIETETICS AND FOOD SERVICE MANAGEMENT (2021-2023)

Assumption College, Changanassery, Kottayam, Kerala, India

- Dissertation on "Caffeine consumption as a stress reliever among college going girls and development of a caffeine alternative"

### BACHELOR OF SCIENCE. HOMESCIENCE (2018-2021)

St. Teresa's College, Ernakulam, Kerala, India

- Dissertation on "Development of homemade mask from recycled cloth and its significance"