



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:

- ☎ 00971569478711
00971504968991
- ✉ shahanalog@gmail.com
- 📍 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.
- Counselling 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"