

# **JAYASHREE M**

CLINICAL DIETITIAN / ASPIRING HEALTH EDUCATOR

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## **CONTACT**

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Location: Mylapore, chennai

## **CAREER OBJECTIVE**

Aspiring Clinical dietitian with extensive theoretical knowledge and hands on experience in diet counselling, menu planning and patient centered care. Passionate about therapeutic nutrition in metabolic health and lifestyle diseases. Seeking an opportunity to contribute to a healthcare setting that values holistic well-being and preventive care.

## **EDUCATION**

**SRM Medical College Hospital and Research Centre, Kattankulathur**

Master of Science in Clinical Nutrition and Dietetics (2023-2025)

CGPA – 8.62

**Sri Ramachandra Institute of Higher Education and Research, Porur**

Bachelor of Science in Clinical Nutrition (2020-2023)

CGPA – 8.92

## **SKILLS**

- Leadership and communication skills
- Nutrition assessment and diet planning
- Patient counselling and education
- Problem solving and critical thinking

## **CERTIFICATIONS**

- Certified in cardiac nutrition and health
- Pursuing certificate course in Hepatologic Nutrition.

## **CONFERENCES ATTENDED**

- National conference on Public Health Nutrition (MY NUTRICON) 2022, JSS Medical College, Mysore, Karnataka.
- International Conference – Parinamas of Nutrition, Sri Ramachandra Institute of Higher Education and Research, Chennai.

## **WORKSHOPS ATTENDED**

- GUT health matters campaign, Stella Maris college, Chennai,
- Explore and appraise Nutrition in critically ill, SIMS Hospital, Chennai

## **ACHIEVEMENTS**

- Submitted a thesis titled “To assess the Nutritional Status among female students with Polycystic Ovary Syndrome (PCOS) studying in SRM Institute of Science and Technology” as a part of the Post graduation degree.
- Participated and won 1<sup>st</sup> prize in poster competition on the topic “Life cycle Nutrition” held at SRM Medical College Hospital and Research Centre, Kattankulathur.
- Review article on the topic “Effect of Ketogenic diet in weight loss”

## **INTERNSHIP**

- 3 months of internship at SRM Global Hospitals, kattankulathur

## **AREAS OF INTEREST**

- Nutrition in metabolic and lifestyle conditions
- Critical care nutrition.