



Shania Anna Shaju

Thrissur-Kerala, India | +91-8078584863 | shaniashaju2@gmail.com |

Professional Summary

Motivated MSc Nutrition and Dietetics student with a solid academic background in clinical nutrition, diet planning, and therapeutic diet management. Experienced in nutritional assessment, personalized meal planning, and promoting healthy eating behaviours among diverse populations. Skilled in research, data analysis, and evidence-based nutritional practices, with applied experience from internships and academic projects. Eager to contribute expertise to initiatives that enhance health and wellbeing through effective nutrition interventions.

Skills

- Nutrition Assessment & Screening
- Clinical Case Study Documentation
- Nutrition Care Process (NCP)
- Diet Planning & Meal Planning
- Nutrition Research & Evidence-Based Practice
- Empathy & Active Listening
- Diet counselling

Technical Skills

- Microsoft Office
- Microsoft word
- Microsoft Excel

Education

- **MSc. Nutrition & Dietetics**
Parul University, Vadodara Gujarat
2024-2026
 - **BSc Clinical Nutrition & Dietetics**
-

Internship

- **Malankara Orthodox Syrian Church Medical College Hospital, Kolenchery Ernakulam
Department of Clinical Nutrition & Dietetics (02.05.2023 – 31.05.2023)**

Completed a clinical internship at the Department of Clinical Nutrition & Dietetics, Medical College, Kolenchery, gaining hands-on experience in MNT, patient assessment, diet planning, and counselling across various clinical departments.

- **Amala Institute of Medical Sciences, Thrissur, Kerala
Department of Clinical Nutrition & Dietetics (20.11.2025- 20.01.2026)**

Completed a clinical internship at department of Clinical Nutrition and Dietetics, Amala Institute of Medical Sciences, Thrissur, with hands on training in medical nutrition therapy (MNT), patient assessment, individualized diet planning and nutrition counselling in multiple clinical departments.

Add on course

- **Certificate course on Oncology Nutrition organised by FSTN (June 2025- August 2025)**

Projects

- **Development and population of millet-based recipes among college students.**

Designed and developed innovative, nutritious millet-based recipes aimed at promoting healthy eating habits. Conducted recipe trials, sensory evaluations, and taste tests to ensure acceptability among college students. Organized awareness and promotional activities to popularize the health benefits and versatility of millets. Enhanced knowledge of nutrition communication, recipe standardization, and consumer engagement.
