

# LATHIKA KARUNANITHI

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arumbakam chennai ,601201

## OBJECTIVE

Passionate nutrition and dietetics student committed to promoting healthy lifestyles through evidence-based nutrition practices, seeking an opportunity to enhance skills in patient counseling, therapeutic diet planning, and community nutrition.

## EDUCATION

Bsc Nutrition, Food service management and dietetics . completed at Ethiraj college for women

## SKILLS

- Diet planing
- Nutrition education
- Communication skills
- Time management
- Active listening
- Attention to details

## CERTIFICATIONS

- Successfully completed an Introductory Course on Enteral Nutrition at Sundaram Medical Foundation – Dr. Rangarajan Memorial Hospital, Chennai.
- Participated in the NUTRITSAV 2025 International Conference on “Nutrition in Metabolic Disease” held at the Madras Medical mission college
- 30-hour Training in Quantitative Aptitude, Communication & Interpersonal Skills – Kingspire
- Participated in Entrepreneurship Stall Activities  
Completed Value Added Course: Enhancing Personality Through Communication

## DECLARATION

- I hereby declare that the information provided above is true and correct to the best of my knowledge.