



SANGEETHA

CLINICAL DIETITIAN | DIET CONSULTANT

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- Chennai, Tamil Nadu, India

SKILLS

- Medical Nutrition Therapy (MNT)
- Therapeutic Diet Planning
- Nutrition Assessment
- Diet Counselling
- Lifestyle Modification
- Meal Planning
- Client Progress Monitoring
- Communication & Presentation

KEY STRENGTHS

- Clinical & Therapeutic Nutrition
- Personalized Diet Planning
- PCOS & Weight Management
- Client Counselling & Education
- Multidisciplinary Team Collaboration

LANGUAGES

English • Tamil • Telugu

MEMBERSHIP

- Member, IAPEN
(Indian Association for Parenteral
and Enteral Nutrition)

PROFESSIONAL SUMMARY

M.Sc. Clinical Nutrition graduate with hands-on experience in clinical nutrition, diet counselling and lifestyle management. Completed a 6-month clinical internship at Madras Medical Mission Hospital and currently working as a Dietitian at Play Women's Fitness Gym. Skilled in therapeutic diet planning, nutrition assessment, client counselling and lifestyle modification. UGC-NET qualified for Assistant Professor.

EDUCATION

- 2023 – 2025
M.Sc. Clinical Nutrition
Madras Medical Mission College of Health Science, Chennai
Percentage: 79%
- 2020 – 2023
B.Sc. Nutrition, Food Service Management and Dietetics
Women's Christian College, Chennai
Percentage: 80%
- 2018 – 2020
Higher Secondary (Class XII)
Everwin Matriculation Higher Secondary School, Chennai
Percentage: 78%

CLINICAL INTERNSHIP

- 6 Months (2026)
Madras Medical Mission Hospital, Chennai
 - Conducted nutrition assessments and assisted in planning therapeutic diets.
 - Provided diet and lifestyle counselling to patients based on their nutritional requirements.
 - Gained practical exposure to Medical Nutrition Therapy (MNT) for various clinical conditions.
 - Developed knowledge of enteral and parenteral nutrition.
 - Worked with the multidisciplinary healthcare team to support patient nutritional care.

PROFESSIONAL EXPERIENCE

- Dietitian**
Play Women's Fitness Gym, Periyar Nagar, Chennai
(2026 – Present)
 - Provide personalized diet plans and nutrition counselling based on individual health and fitness goals.
 - Counsel clients on healthy eating habits, lifestyle modification and sustainable dietary practices.
 - Provide nutrition guidance for PCOS, weight management, obesity and healthy weight gain.
 - Successfully supported 50+ clients through individualized diet and lifestyle plans.
 - Monitor client progress and modify diet plans based on individual requirements and outcomes.

ACHIEVEMENTS & CERTIFICATIONS

- UGC-NET Qualified for Assistant Professor
- Member, IAPEN – Indian Association for Parenteral and Enteral Nutrition
- Research Publication: Published research work in the International Journal of Home Science
- Delivered nutrition-related presentations to an audience of 300+ students.