



# Josepin K

Peelamedu

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## OBJECTIVE

I seek challenging opportunities where I can fully use my skills for the success of the organization.

## EXPERIENCE

❖ PSG HOSPITALS (DIETITIAN)	2009 – 2010
❖ G. KUPPUSAMY NAIDU MEMORIAL HOSPITAL (DIETITIAN)	2011 – 2021
❖ SREE ABIRAMI HOSPITAL (CHIEF DIETITIAN)	2022 – 2024
❖ KOVAI MEDICAL CENTER AND HOSPITAL (SENIOR DIETITIAN)	2024 – TILL

- Dedicated Clinical Dietitian with 16 years of experience in providing evidence based Nutrition care.
- Expertise in Medical Nutrition Therapy, Weight Management, Diabetes Management, Healthy Eating Habits.
- Passionate about promoting sustainable healthy eating habits through Personalized Nutrition Counseling, Meal Planning, Health Education.
- Guided Many Under Graduate & Post Graduate Candidates. Visiting Professor at DR.NGP College of Arts & Science, Coimbatore.
- **Life time Member of Indian Dietetic Association**, Coimbatore Chapter.
- **Life time Member of IAPEN INDIA ASSOCIATION** for Parenteral and Enteral Nutrition, (LM-2025-351) Coimbatore Chapter.
- Appointed as **EXECUTIVE COMMITTEE MEMBER** to the IAPEN INDIA – Critical Care Nutrition.
- Conducted Medical Camps and Community Nutrition Camps as part of IDA activities and department.
- Resource person and Invited speaker for Health and Disease for seminars, workshops, Nutrition Education for Students.
- Conducted Numerous Community diet counselling sessions.
- Conducted Nutrition education sessions and follow-ups to improve long-term adherence.
- Selected snack and meal plans in accordance with client medical history, allergies and nutritional needs.
- Worked with food service personnel to update patient meal programs and public cafeteria menus. Helped individuals reduce symptoms of chronic illnesses with dietary management strategies.

- Worked with colleagues and clients at all levels to provide expert dietetic support.
- Evaluated unique nutrient and energy requirements for each patient based on BMI, lifestyle and individual medical issues.
- Counselling pregnant women on nutritional requirements and suggestions for healthy diets. Performed full nutritional assessments to evaluate client needs and treatment strategies.
- Supported operations teams with site visits, presentations and events in support of dietetic programme objectives.
- Educated patients, families and medical practitioners on nutrient balance and macronutrient intake.
- Organised, implemented and evaluated group education sessions for client groups and healthcare professionals.
- Developed diets to meet nutritional requirements for people with special conditions.
- Consulted with patients on lifestyle changes related diet and exercise.
- Promoted health education and self-care practices, maximizing treatment efficacy and mitigating future risk factors.

## **EDUCATION**

- PSGG Kanya Gurukulam Higher Secondary School  
SSLC
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HSC
- PSG College Of Arts & Science  
Bsc
- Vinayaga Mission University  
Msc

## **SOFT SKILLS**

- Communication
- Interpersonal
- Time Management
- Problem Solving
- Critical Thinking
- Attention to Detail

## **HARD SKILLS**

- Nutrition Education
- Menu Planning
- Food Preparation
- Food Science
- Nutrition Counseling
- Recipe Development
- Food Safety

## ACTIVITIES

- Done a woman's welfare program at **NGP College** – Coimbatore
- Done a Child Health Program at **GLOBAL PATHWAY SCHOOL & ICC SCHOOL** – Coimbatore
- Conducted and Participated in **IDD PROGRAM** during 2018 & 2019
- Done a **HEALTH CHECKUP & NUTRITION AWARNESS** Program Conducted at **JEWEL ONE CORPORATE OFFICE EMPLOYEES**

## LANGUAGES

- Tamil
- English

## PERSONAL DETAILS

- Date of Birth : : 08-10-1988
- Marital Status : Married
- Nationality : Indian

## ADDITIONAL INFORMATION

- Participated in Community Nutrition Program at Thottipalayam- CBE Gone for IV
- Aavin dairy factory- CBE
- Gone for IV at Mangalore Fish factory - Karnataka

## **SUMMARY**

Skilled Clinical Dietitian with more than **16 years** of experience educating patients, monitoring nutrition and overseeing therapeutic diets

## **ADDITIONAL INFORMATION**

- Highly skilled at collaborating with practitioners to optimise patient care.
- Proven ability to help organisations grow by providing personalised care,
- Personalised Diet Plans for each patients according to the patient needs.

**JOSEPIN.K**

