



CHARU JOSEPH

CLINICAL DIETITIAN/NUTRITIONIST
(DHA REGISTRATION NO. 65343734)
HACCP Level 3 Certified

CONTACT DETAILS

- **Sharjah, UAE**
- **Mob:+971 582550895**
- **Email ID:**
charujoseph.joseph@gmail.com

SKILLS

- **Guidance and counseling**
- **Team Work**
- **Leadership Qualities**
- **Microsoft Office:** (Excel, Word and Power point)
- **Languages known:**
English and Malayalam (read, write and speak)
- **Other languages known:**
Tamil
- **Area of Expertise:**
Food Science, Nutrition, Dietetics, Food Safety & Food quality control.

OBJECTIVE

To be a part of the organization and to attain a platform where I could perform my area of knowledge at the best and to explore more on the subject with the valuable experience there.

WORK EXPERIENCE

Dietitian at Samaritan Hospital (NABH accredited)

Aluva, Kerala

Sep 2022- Jan 2024

- Consults with the health care team and evaluate the nutritional needs of clients.
- Consult and counsel the patient regarding their diet to meet optimal nutrition.
- Develop educational materials for different kind of diets and provide it to patients.
- Record patient's diet pattern on nutritional assessment form.

Nutritionist at Integrated Child Development Services (ICDS), Perumbavoor, Kerala

Jan 2022- Mar 2023

- Worked as a public health nutritionist.
- Assess the nutritional needs of targeted communities (women and child).
- Determine the causes of health problems as relates to nutrition.
- Counsel the clients regarding their diet to meet optimal nutrition.
- Plan and conduct relevant nutrition education programs, complemented by appropriate educational materials.

Dietitian at KMCT Medical College Hospital (NABH accredited), Calicut, Kerala

Nov 2018 - Mar 2021

- Worked as chief dietitian at the organization and initiated to begin the clinical dietetics and nutrition department there.
- Conducting initial assessments of clients to determine their health, medical history and dietary preference, thereby creating personalized meal plans and nutritional recommendations to individual client's needs and goals
- Providing guidance on healthy eating habits and dietary choices to promote good health.
- Rather than regular hospital activities I also extended curricular support to the medical college students of KMCT during my service.

Dietitian Trainee at Rajagiri Hospital (NABH and JCI accredited), Ernakulam, Kerala

Aug 2018 - Oct 2018

- Worked as dietitian trainee and accrued training on tube feeding, diabetics, pediatrics, obesity, anti-natal, post natal nutrition etc.
- Evaluate and monitors food service system.

TRAINING

- One month Dietetics Internship at PSG Hospitals Coimbatore.
- HACCP Level 3 online training in collaboration with True safe solutions and Highfield Qualifications.
- 3-day training in chemical analysis of food and water at SEA LAB (Seafood Park (India)Limited), Aroor, Kerala.
- 6-day training in microbiological and chemical analysis of food and water at FOOD QUALITY LABORATORY AND RESEARCH CENTRE, Marine Drive, Cochin, Kerala.
- One day training on Food Safety Supervisor conducted by FSSAI at St. Teresa's College Ernakulam, Kerala.
- Did School Health Campaign and Nutrition Health Education for school children in collaboration with National Health Mission during 2017-2018.

EDUCATION

➤ **Master of science 2016 -2018**

M.Sc Food Science and Nutrition at St.Teresa's college (Autonomous) Ernakulam. - MG University

➤ **Bachelor of Science 2013-2016**

Home Science, St. Joseph's college for women Alappuzha. – Kerala University

ACHIEVEMENTS

- DHA registered Nutritionist (65343734) with registration valid until December 2024.
- Member of Association of Allied Professionals (AAHP), India.
- Secured first position in poster presentation in the Research Advancement Program (ReAP) conducted by the Department of Home Science, St.Teresa's (Autonomous) College, Ernakulam on November 2016.
- Participated in creating the WORLD RECORD ON THE LONGEST LINE OF EGG SALAD on the occasion of the world egg day celebration at Marine Drive, Cochin, Kerala.
- Won 2 silver medals for arts at Alappuzha district Sahodhya Kaloltsave.

SEMINARS ATTENDED

- ICMR and NSI sponsored International conference on 'Advances in Nutrition and Health Communication' at Avinashilingam University, Coimbatore.
- 48th National Conference on Nutrition risk management and communication at St.John's Research Institute, Bangalore.
- Participated in Entrepreneurship Awareness Camp conducted by KITCO on behalf of Entrepreneurship Development Institute of India, Ahmedabad
- Participated in the one day State Level Seminar on 'Advances In Research' organized by

Department of Home Science, St. Teresa's (Autonomous) College, Ernakulam in association with KSCSTE on 6th December, 2017.

- Participated in the two-day National workshop organized by School of Computer Science-PG, De Paul Institute of Science and Technology, Angamaly, Kerala on September 30th and October 1st, 2016.

PERSONAL PROFILE

Date of Birth : 4th March 1995
Gender : Female
Nationality : Indian
Marital Status : Married
Passport Status : U7686791 valid until 13 Dec 2030
Visa Status : On dependent visa

DECLARATION

I declare that the particulars furnished above are true to the best of my knowledge and belief.

CHARU JOSEPH