

VIJETHA. R

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Professional Summary

Dedicated and passionate Academician in Clinical Nutrition with over 3 years of nutritional education and clinical experience. Expert in teaching, mentoring students, conducting nutritional assessments, and leading community health initiatives. Proficient in organizing academic programs, guiding student projects, and delivering impactful lectures in both classroom and digital pedagogy.

Key Skills

- Clinical Nutrition
- Community Nutrition
- Nutritional Assessment
- Academic Research & Guidance
- Online & Interdisciplinary Teaching
- Workshop & Event Organization
- Patient Counseling
- Diet Planning and Management

Publications

- A Comparative Assessment on Dietary Habits of Pregnant Women in Urban and Rural Areas. (2024). *Indian Journal of Public Health Research & Development*, 15(3), 144-148. <https://doi.org/10.37506/k3057e89>

Academic Qualifications

- **M.Sc. Clinical Nutrition**, MMM College Of Health Sciences, Chennai
The Tamil Nadu Dr. M.G.R. Medical University – Oct 2018
- **B.Sc. Nutrition and Dietetics**, Anna Adarsh College for Women, Chennai
University of Madras – May 2016

Certifications & Specialized Courses

- Introductory Course on Enteral Nutrition – Sundaram Medical Foundation, 2019
- National Diabetes Educator Program – Dr. Mohan's Diabetic Centre, Chennai
- Diploma in Computer Application

Professional Experience

- Assistant Professor, Dr. M.G.R. Educational and Research Institute, Chennai 2019 – Present
 - Teaching M.Sc. Clinical Nutrition, B.Sc. Nutrition, B.Sc. Nursing, and BPT students
 - Mentored and guided multiple student research projects
 - Organized academic events, lectures, and workshops
- Dietician, SIMS Hospital, Vadapalani – 2019
- Registered Dietitian Intern, Sundaram Medical Foundation – Jan to Jun 2019
- Diet Counselor (Course Attachment), Madras Medical Mission

Research & Projects

- A comparative study on the Prevalence of Childhood Obesity among Private and Government School Children aged 11 to 13 years

Guided Projects:

- Perception Of Risk Factors About Fast-Food Consumption Among Paramedical Students
- Effect Of Calorie Deficit Diet In Weight Loss: A randomized control trial
- Comparative Assessment of Dietary Habits of Pregnant Women In Rural and Urban Areas
- Nutritional Assessment Among Urban and Rural School Children

Conferences, Seminars & Workshops

- Organized and participated in various academic programs including World Diabetes Day (2024), Nutri-Fete (2023), and FDPs
- Participated in 10+ national conferences and workshops including at SRM, MMC, and Madras Medical Mission

Subjects Handled

- Clinical Nutrition
- Nutrition Through Lifecycle
- Dietetics
- Food Science
- Food Service Management
- Food Microbiology

Internships

- 6-month RD Internship – Sundaram Medical Foundation
- Clinical Nutrition Internship – Pondicherry Institute of Medical Sciences
- Dietetics Internship – SRM Institute of Medical Science

Memberships

- Life Member – Indian Dietetic Association