



Parimala Narayanan

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OBJECTIVE

Seeking a challenging position in a reputed organization with the opportunity to use academic and practical skills and contribute positively to the professional development of the organization.

PROFESSIONAL EXPERIENCE

- Practicing as holistic nutrition coach with HNW from February 2022 to April 2023.
- Worked as an Assistant Professor in Vidhya Sagar College for women, Chengalpattu from July 2017 to March 2018.
- Worked as a Junior Research Fellow in St. John's Medical College Hospital, Bangalore from March 2010 to May 2011.
- Worked as a Guest Lecturer at Indira Gandhi National Open University, Chennai from September 2008 to August 2009.
- Worked as a Guest Lecturer at M.A. Chidambaram Nursing College, Chennai from June 2008 to September 2009.

JOB DESCRIPTION

Theory papers handled

- Nutrition, Public Nutrition, Clinical and Therapeutic Nutrition, Food service Management and Diet therapy.

Practical papers handled - Principles of food Science, Nutrition Science.

Dietitian

- Provided individualised, evidence based lifestyle programs which empower clients to make lasting and significant improvements in nutrition and physical activity, especially for patients with diabetes mellitus.

- Conducted in-depth nutritional assessments, motivated clients to make positive health behaviour changes and thought self management using outstanding communication acumen.

EDUCATIONAL QUALIFICATIONS

- M.Phil in Food Service Management and Dietetics (2007-2008) with 74% at Avinashilingam University for Women, Coimbatore.
- M.Sc in Food Service Management and Dietetics (2005-2007) with 74% at Avinashilingam University for Women, Coimbatore.
- B. Sc in Nutrition, Food Service Management and Dietetics (2002-2005) with 83% at Anna Adarsh College for Women, Chennai.

PROJECTS

- M.Phil: Prevalence and Etiology of Cardiovascular diseases in Pre- and Post-Menopausal Women.
- M.Sc: Health Status and Dietary practices of Institutionalized Senior citizens.
- Has actively taken part in the Govt. Noon Meal Project Evaluation.

AWARDS AND ACHIEVEMENT

- University rank holder in B.Sc. Nutrition and Dietetics.
- Presented a paper titled “Health Status and Dietary practices of Institutionalized Senior citizens” at 40th annual conference of Indian Dietetic Association, held in Kottayam on December 2007.
- Published an article titled Health Status and Dietary practices of Institutionalized Senior citizens in “Research Highlights” Journal.Vol.18, No.2, April 2008.

SEMINARS AND CONFERENCES

- Attended conference on Diabetes mellitus, headed by Dr. Anbazzhagan at Avinashilingam University for Women.
- Attended National Conference on AIDS – a global scene, held at Avinashilingam University for Women.
- Attended Indian Dietetic Association-Kerala Chapter-2008.
- Attended National Prune Association conference held at country club, Coimbatore.
- Has been an active participant and attended various conferences and talks organized by colleges in which studied.

INTERNSHIP TRAINING

- Ramachandra medical hospital, Chennai for a period of 15 days.
- Voluntary health services, Chennai for a period of 1 month.

PERSONAL DETAILS:

Date of Birth : 09th Dec 1984.
Father's Name : R.Jagannatha Rao
Husband's Name : R.Narayanan
Sex : Female
Marital Status : Married
Languages Known : Tamil, English, Marathi, Kannada.
Nationality : Indian.

(PARIMALA. J)