



Sparsha HJ

Clinical Dietitian

Results-driven Clinical Dietitian specializing in therapeutic nutrition for diabetes, hypertension, and renal disorders. Known for integrating evidence-based medical nutrition therapy with Ayurvedic and holistic nutrition principles to deliver highly personalized, outcome-focused care plans. Aspires to contribute to a forward-thinking healthcare organization committed to clinical excellence, innovation, and patient-centered care.

Contact

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Address

#2, 2nd Cross Near Railway Gate, Veeranapalya main Road Bangalore -560045

Education

2021- 2023

M.Sc. Food Science and Nutrition

Tumkur University, Tumkur

2019 - 2021

B.sc. Food Science and Nutrition

Govt. Home Science College, Hassan

Expertise

- Diet Planning & Menu Design
- Personalized Nutrition
- International Client Management
- Virtual Consultations
- Evidence-Based Nutrition
- Cross-Cultural Communication

Language

Kannada

Hindi

English

Experience

2024 - 2025

Sri Sri Ayurvedic Hospital, Bangalore

Clinical Dietitian

- Delivered therapeutic and clinical nutrition services for inpatients and outpatients with diabetes, hypertension, renal, thyroid, and cardiac conditions.
- Executed chronic disease nutrition management, including nutritional assessment, monitoring, and continuous diet modification based on clinical progress.
- Designed and implemented renal and cardiac diet plans aligned with medical diagnosis, laboratory parameters, and physician guidance.
- Applied Ayurvedic and holistic nutrition principles alongside evidence-based clinical nutrition to support personalized patient care.
- Conducted weight management and lifestyle counseling focused on sustainable health outcomes.
- Provided pediatric and adolescent nutrition care, ensuring age-appropriate dietary planning and growth support.
- Led patient and caregiver nutrition education, improving compliance, disease prevention, and long-term wellness.
- Collaborated closely with multidisciplinary healthcare teams to integrate medical nutrition therapy into overall patient treatment plans.