

P MOHAMMAD SHUAIB

Demonstrator (Nutrition & Dietetics) | Dietitian | Fitness Trainer | Educational Content Creator

📍 Mizoram, India | 📞 +91-9908450220 | ✉ pmohammadshuaib123@gmail.com

PROFESSIONAL SUMMARY

Highly accomplished Nutrition and Dietetics professional with an MSc in Nutrition & Dietetics and dual All India Ranks (AIR 4 – AIIMS CRE Dietitian Exam and AIR 2 – RRB Dietitian Exam). Currently serving as Demonstrator at the Regional Institute of Paramedical and Nursing Sciences (RIPANS) under the Ministry of Health & Family Welfare, Government of India. Founder of Dietitian Academy, a non-profit educational initiative aimed at helping students secure government dietitian jobs based on personal examination experience.

KEY ACHIEVEMENTS

- **All India Rank 4** – AIIMS CRE Dietitian Exam, AIIMS New Delhi (2024)
- **All India Rank 2** – RRB Dietitian Exam, selected in Chandigarh (2024)
- **Founder** – Dietitian Academy (NON Profit) , providing mentorship and exam preparation content for aspiring dietitians.

EDUCATION

Master of Science in Nutrition & Dietetics *JSS Academy of Higher Education & Research, Mysuru | Nov 2022 – June 2024*

- **Specialization:** Therapeutic Nutrition, Hepatic & Renal Nutrition, Molecular Nutrition, Human Physiology.
- **Key Coursework:** Biochemistry, Body Composition & Metabolism, Sports Nutrition, Clinical Nutrition, Research Methodology & Statistics, Advanced Nutrition, Medical Nutrition Management.

Diploma in Community Medical Service & Essential Drugs *Shri Venkateshwara University | Jan 2023 – Aug 2024*

- **Coursework:** Anatomy & Physiology, Community Health & Hygiene, Pharmacology, Medical Jurisprudence, Obstetrics & Gynaecology, Primary Health Care.

Bachelor of Science in Food, Nutrition & Dietetics *JSS Academy of Higher Education & Research, Mysuru | Aug 2019 – June 2022*

- **Coursework:** Food Preservation & Adulteration, Principles of Meal Planning, Nutrition in Sports & Fitness, Fundamentals of Statistics, Dietetics, Applied Physiology, Principles of Biochemistry.

PROFESSIONAL CERTIFICATIONS

- Certified Fitness Trainer (CFT) – Mission India Fitness Institute
- Certified Nutrition Specialist (CNS) – Mission India Fitness Institute
- Certified Supplement Specialist (CSS) – Mission India Fitness Institute
- CPR Certified – Mission India Fitness Institute

PUBLICATIONS / BOOK CHAPTER CONTRIBUTIONS

Advancing in Clinical Embryology and Reproductive Genetics: A Guide for Indian Budding Embryologists.

ISBN: 978-93-6850-301-9

Published Book Chapter, 2025.

Contributed Chapters:

- **Female Infertility and Oocyte Quality**
- **Emerging Technologies in Reproductive Genetics**
- **Embryo Grading Based on Morphology – Basic Concepts**
- **Embryo Assessment and Selection**
- **Future Perspectives in Clinical Embryology and Reproductive Genetics**

Contribution Details:

Contributed academically to multiple chapters focusing on the **nutritional, metabolic, physiological, and molecular aspects** influencing reproductive health, gamete quality, and embryo development. The work integrates principles of **clinical nutrition, human physiology, molecular biology, and reproductive genetics**, emphasizing evidence-based approaches relevant to assisted reproductive technology.

TECHNICAL SKILLS

- **Clinical & Laboratory:** Quantitative biochemical assays, Immunological testing (ELISA, RIA), Laboratory diagnostics, Urine/blood culturing, Patient examination and diagnosis.
- **Nutrition & Dietetics:** Therapeutic diet planning (hepatic, renal, endocrine), Nutritional analysis, Clinical diet therapy, Sports nutrition, Body composition management.
- **Digital & Content:** Video production, SEO optimization, YouTube analytics, Social media strategy, Educational content development.
- **Research & Analysis:** Research methodology, Biostatistics, Data collection/analysis, Health program planning.

KEY COMPETENCIES

- Therapeutic & Clinical Nutrition
- Remote Health Coaching & Telemedicine
- Educational Content Development
- Fitness Assessment & Program Design
- Medical Nutrition Therapy
- Digital Health Tools & Analytics
- Community Health Education
- Research & Evidence-Based Practice

WORK EXPERIENCE

Regional Institute of Paramedical and Nursing Sciences (RIPANS), Mizoram

Demonstrator - Nutrition & Dietetics | June 2025 – Present

- Deliver theory and practical instruction in Nutrition & Dietetics to paramedical students.
- Design and conduct laboratory demonstrations, practical sessions, and hands-on training.
- Develop teaching materials, organize equipment, and maintain laboratory standards.
- Evaluate student performance through practical examinations and continuous assessment.
- Contribute to curriculum development, research activities, and departmental initiatives.

Dietitian Academy (YouTube Channel) Founder, Educator & Content Creator | March 2025 – Present

- Created and published 100+ educational videos focused on government dietitian exam preparation (AIIMS CRE, RRB).
- Designed comprehensive video lessons covering nutrition science, human physiology, MNT, reasoning, and mock test series.
- Managed end-to-end video production: scriptwriting, filming, editing, thumbnail design, and SEO optimization.
- Conducted live webinars, Q&A sessions, and case study discussions to engage and mentor aspiring dietitians.
- Analyzed performance metrics to refine content strategy and developed social media marketing campaigns.

Just Personal Training (JST) Dietitian & Nutritionist (Freelance) | May 2025 – Nov 2025

- Conducted comprehensive nutritional assessments and created personalized diet plans for fat loss, muscle gain, and health condition management.
- Delivered remote consultations via video/voice calls and coordinated with personal trainers.
- Addressed dietary needs for diabetes, PCOS, thyroid disorders, and gastrointestinal conditions.

- Tracked client progress using digital tools and maintained detailed records for outcome evaluation.

Health Click Away Dietitian & Personal Trainer (Freelance) | March 2025 – Nov 2025

- Designed personalized nutrition and fitness programs for virtual clients targeting fat loss, muscle gain, and lifestyle disease management.
- Provided one-on-one consultations and regular follow-ups with plan adjustments for optimal results.
- Created client transformation reports and delivered motivational coaching for sustained habit formation.

Kingstar Gym, Hindupur

Dietitian & Personal Trainer | Sept 2024 – June 2025 (On-site) | Oct 2021 – July 2024 (Remote) | Sept 2020 – Sept 2021 (On-site)

- Conducted fitness assessments, body composition analysis, and personalized diet/workout planning.
- Counseled prospective enrollments and created tailored programs for diverse age groups and medical conditions.
- Tracked client progress, managed subscriptions, and organized fitness boot camps for health awareness.

The Prime State Dietitian & Nutritionist (Freelance) | March 2025 – May 2025

- Provided online diet counseling and personalized meal planning for various health conditions.
- Built robust case study analysis foundation for nutrition supplementation strategies.
- Conducted routine diet inspections and tracked patient health progress.

Sri Lakshmi Venkateswara Clinic Community Physician | September 2024 – January 2025

- Managed out-patient and in-patient consultations for diverse health conditions across demographic groups.
- Provided post-treatment medication and dietary counseling to patients and caretakers.
- Conducted routine inspections and made necessary alterations in dietary interventions.

Sugyog Hospital, Mysuru General Medicine Intern- Duty Doctor | May 2024 – August 2024

- Conducted patient consultations across specialized departments: neurology, orthopedics, cardiology, nephrology, and radiology.
- Performed case study analysis and post-treatment medication counseling.
- Documented detailed case studies, disease-diet analytics, and recovery observations.

Golds Gym Kuvempunagar, Mysuru Personal Trainer | July 2023 – July 2024

- Designed and implemented personalized fitness programs for clients with diverse goals and medical constraints.
- Conducted body composition analysis and modified nutritional intake and supplementation plans.

JSS Hospital, Mysuru *Dietitian Intern | November 2023 – January 2024*

- Provided diet counseling for in-patients and out-patients across specialized departments.
- Developed detailed therapeutic diet and meal plans for various health conditions.
- Documented case studies, disease-diet analytics, and health progress observations.

St. Joseph Hospital, Mysuru *Dietitian Intern | September 2023 – October 2023*

- Conducted nutritional assessments and formulated personalized diet plans.
- Counseled patients and caretakers on tailored diet interventions.

Narayana Hrudayalaya, Mysuru *Dietitian Intern | April 2022 – May 2022*

- Conducted diet counseling and case history analysis for in-patients and out-patients.
- Formulated daily therapeutic diet prescriptions based on medical case studies.