

P MOHAMMAD SHUAIB

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

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PROFESSIONAL SUMMARY

Nutrition and Dietetics professional with an M.Sc. in Nutrition & Dietetics and competitive examination achievements including All India Rank 4 in the AIIMS CRE Dietitian Examination and All India Rank 2 in the RRB Dietitian Examination. Currently serving as Demonstrator in the Department of Nutrition & Dietetics at the Regional Institute of Paramedical and Nursing Sciences (RIPANS), with experience in teaching, laboratory demonstrations, academic coordination, research writing, clinical nutrition, fitness training, and educational content development. Author of three published Letters to the Editor in international nutrition journals and contributor to a published book on clinical embryology and reproductive genetics.

KEY ACHIEVEMENTS

- All India Rank 4 – AIIMS CRE Dietitian Examination, AIIMS New Delhi (2024).
- All India Rank 2 – RRB Dietitian Examination; selected in Chandigarh (2024).
- Founder – Dietitian Academy, a non-profit educational initiative supporting government dietitian examination preparation.
- Published three Letters to the Editor in Clinical Nutrition, Clinical Nutrition ESPEN, and Nutrition (2026).

CURRENT ACADEMIC & INSTITUTIONAL EXPERIENCE

Regional Institute of Paramedical and Nursing Sciences (RIPANS), Mizoram | Demonstrator – Nutrition & Dietetics | June 2025 – Present

- Deliver theory and practical instruction in Nutrition & Dietetics and conduct laboratory demonstrations and hands-on training.
- Develop teaching materials, organize practical sessions and equipment, maintain laboratory standards, and support student assessment.
- Contribute to curriculum implementation, departmental academic activities, research initiatives, and institutional programmes.
- Support departmental digital/academic coordination and educational content activities.

PUBLICATIONS

Letters to the Editor

Comment on “Measuring diet intake in adolescents: Relative validation of an artificial intelligence enhanced, image assisted mobile application”. Clinical Nutrition. Published February 2026. Letter to the Editor.

Comment on “Addressing Appetite Loss in Older Patients: Validation of the Appetite Loss in Older Adults with and without Cognitive Impairment (ALOC) Scale”. Clinical Nutrition ESPEN. Published March 2026. Letter to the Editor.

Comment on “The Associations Between Dairy Product and Egg Intake and NAFLD Remission: Evidence from a Prospective Cohort Study”. Nutrition. Published March 2026. Letter to the Editor.

Book Chapter Contributions

Advancing in Clinical Embryology and Reproductive Genetics: A Guide for Indian Budding Embryologists. ISBN: 978-93-6850-301-9. Published book, 2025.

- 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

FACULTY DEVELOPMENT, WORKSHOPS & RESEARCH TRAINING

- 5-Day International Faculty Development Programme on “Integrating Research, Innovation, Technology, and Global Best Practices for Academic Excellence,” School of Sciences, Noida International University, hybrid mode, 6–10 July 2026.
- DHR-ICMR Sponsored Two-Day National Workshop on Scientific Writing, 12–13 August 2026, followed by One-Day National CME on 14 August 2026, organized by RIPANS in hybrid mode.
- One-Month Online Certificate Programme on “Systematic Review & Meta-Analysis” (SRMA-2026), 1–30 September 2026; organized by ICMR–Rajendra Memorial National Institute of Health Research (RM NIHR), Patna and Institute of Applied Statistics (IAS), Kanpur.

EDUCATION

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

- Key areas: Therapeutic Nutrition, Hepatic & Renal Nutrition, Molecular Nutrition, Human Physiology, Biochemistry, Sports Nutrition, Clinical Nutrition, Research Methodology & Statistics.

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

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

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

- Coursework included Food Preservation & Adulteration, Meal Planning, Sports & Fitness Nutrition, Statistics, Dietetics, Applied Physiology, and 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

ADDITIONAL PROFESSIONAL EXPERIENCE

Dietitian Academy | Founder, Educator & Content Creator | March 2025 – Present

- Created 100+ educational videos for government dietitian examination preparation, including AIIMS CRE and RRB.
- Developed lessons, mock tests, webinars and Q&A sessions; managed scripting, filming, editing, thumbnails, SEO and analytics.

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

- Conducted nutritional assessments and individualized diet planning for fat loss, muscle gain and health-condition management.

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

- Designed personalized virtual nutrition and fitness programmes with one-to-one consultations, follow-ups and progress tracking.

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, personalized diet/workout planning, client follow-up and fitness awareness activities.

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

- Provided online diet counselling, individualized meal planning and progress monitoring.

Sri Lakshmi Venkateswara Clinic | Community Physician | Sept 2024 – Jan 2025

- Managed consultations and provided post-treatment medication and dietary counselling.

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

- Supported consultations across clinical departments, case documentation and post-treatment counselling.

Gold's Gym Kuvempunagar, Mysuru | Personal Trainer | July 2023 – July 2024

- Designed individualized fitness programmes, conducted body-composition assessments and supported nutrition/supplement planning.

JSS Hospital, Mysuru | Dietitian Intern | Nov 2023 – Jan 2024

- Provided inpatient/outpatient diet counselling and developed therapeutic diet plans.

St. Joseph Hospital, Mysuru | Dietitian Intern | Sept 2023 – Oct 2023

- Conducted nutritional assessments, personalized diet planning and patient/caretaker counselling.

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

- Conducted diet counselling, case-history analysis and therapeutic diet prescription.

TECHNICAL SKILLS & CORE COMPETENCIES

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| • Clinical & Therapeutic Nutrition | • Medical Nutrition Therapy |
| • Sports Nutrition & Body Composition | • Nutrition Assessment & Diet Planning |
| • Research Methodology & Biostatistics | • Scientific Writing |
| • Systematic Review & Meta-Analysis – training | • Laboratory Demonstration & Academic Teaching |

- Educational Content Development
- Fitness Assessment & Programme Design

- Video Production, SEO & Social Media Analytics
- Community Health Education