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| ***Professional Summary*** | | | |
| *More than 5 years of experience in planning and conducting food service of nutritional programs to assist in the promotion of health and control of various diseases. Extensive knowledge in supervising activities of a department providing quantity food services, counseling individuals and conducting nutritional research. Knowledge of principles, methods, procedures for diagnosis, treatment, rehabilitation of physical, mental dysfunctions and for career counseling and guidance. Experience in the principles and methods for curriculum and training design, teaching and instruction for individuals and groups, and the measurement of training effects.* | | | |
| ***Objectives and Strengths*** | | | |
| * *Seeking to expand my experience in nutrition and to enhance my skills & competencies.* * *Interested in dietitian position that will allow me to offer others the benefit from my expertise & experience.* * *Excellent team player, motivator with a high level of interpersonal and communication skills.* * *Possess a high level of personal initiative and energy, capability to perform under pressure, work overtime and travel across the globe.* | | | |
| ***Professional Qualification*** | | | |
| * *Bachelor degree in Home Science.* * *P.G in dietetics.* | | | |
| ***Certifications*** | | | |
| * *Certificate course in food and nutrition from IGNOU.* * *One year Diploma in computers from Aptech.* | | | |
| ***Skills*** | | | |
| * *Diet Supervision.* * *Therapeutic Diet Planning.* * *Counseling.* * *Seminar Participation.* | | | |
| ***Work Experience*** | | |
| ***Organization*** | ***SKIMS ( Sheri Kashmir Institute of Medical Sciences )*** | |
| *Role* | ***Dietician*** | |
| *Duration* | *1year* | |
| *Location* ***: Bilaspur, India.*** | *Srinagar India* | |
| *Responsibilities* | * *Assesses patients’ nutrition status and identifies those at nutrition risk based on knowledge of disease state, nutrition implications of lab values, nutrient utilization, medication and nutrient interactions.* * *Interviews patients and significant others and assesses eating habits, lifestyle, education needs and/or specific nutrient needs.* * *Determines nutritional requirements for patients throughout the lifecycle and designs a nutrition plan to implement physician’s orders.* * *Educates patient and significant others on practical program to integrate necessary modifications into lifestyle.* * *Evaluates appropriateness and effectiveness of alternative feeding modalities and monitors throughout the hospital stay.* * *Acts as resource to diet tech of the health care team on implementation of nutrition care plan. and other members* * *Participates in department QI activities, such as chart audits and at least one other project.* * *Provided nutritional needs of patients through appropriate menu modification.* * *Performed nutritional record maintenance and received patient meal selections.* * *Worked under the supervision of the Clinical Nutrition Operations Supervisor.* * *Ensured patients received meals and nourishments in accordance with dietary prescriptions.* * *Maintained dietary files that included information of menu items selected.* * *Identified opportunities and contributed to the improvement of quality, safety and costs.* * *Performed other duties as were assigned by proper authority to the standards of the Department.* | |
| ***Organization*** | ***Action Aid International ( I-NGO )*** | |
| *Role* | ***Dietician*** | |
| *Duration* | *2 year* | |
| *Location* ***: Bilaspur, India.*** | *Srinagar India* | |
| *Responsibilities* | * *Educated and advised a wide range of patients with dietary-related disorders on the practical ways.* * *Calculated patients' nutritional requirements using standard equations based on assessments of blood chemistry, temperature, stress, mobility and other relevant factors.* * *Translated the science of nutrition including children and patient groups working as part of a multidisciplinary team in hospitals or in a community setting to gain patients' co-operation in following recommended dietary treatments.* * *Educated other healthcare professionals (doctors, nurses, biochemists, health professionals, social workers, care workers, community groups) about food and nutrition issues.* * *Therapeutic dietitian in the areas like cardiology, diabetes Mellitus, obesity, obestician and Gynecology.* * *Pediatrics experiences in hospital ICCU, polyclinic and private set ups.* | |
| **Nutrition Specialist** | | |
| * *Run clinics in hospital outpatients departments & general practitioner’(GP) surgeries for patients who have been referred by hospital consultants, GPs or health visitors, wrote reports and case notes and maintained accurate records, carried out visits to people's homes, including nursing homes.* | | |
| **Other duties:** | | |
| * *Accessing funding provided by non-governmental organizations in order to set up and run projects in schools and the local community, participating in nutritional student training programs, participating in training, supervision and team meetings and preparing information packs and other promotional materials.* * *Constant activity in promoting healthy food choices and disease prevention by increasing awareness of the link between nutrition and health and offering advice to the food and pharmaceutical industry*. | | |
| **Personal Details** | |
| *Marital Status: Single*  *Nationality: Indian*  *D.O.B :18 Jan 1980* | |