**CURRICULUM VITAE**

**Asma Naqvi**

***Objective***

Seeking opportunity to utilize my skills and abilities in the field of Dietetics and Nutrition.

***Professional Experience***

Worked as a **Dietician** in **“VLCC International”, Dubai** from 4th Jan 2015 to 28th May 2015.

 ***Responsibilities:***

* To collect, prior to planning a weight management/ slimming program for each client:
1. Personal, behavioral, medical, activity schedule and wellness assessment.
2. Food preferences, likes, dislikes, allergies etc.
* Provide a suggested meal plan for each client on commencement of the program & thereafter once a month or whenever there is a need.
* Counsel and educate clients on appropriate diets, menu planning and food preparation for weight management and maintenance of optimum health and wellness.
* Coordinate with slimming in-charge, physiotherapist, client progress advisor and other dieticians to ensure optimum execution of each client’s package by:
1. Pre-planning sessions as per individual requirements and the package booked.
2. Conducting daily follow-ups for irregular clients to ensure that executions are completed within the validity period.
* Check & record the weight of each client before & after the session and review client’s progress and provide bed side counselling every week.
* Review & recommend change in activity, diet plan & other lifestyle related modifications to ensure clients meet the targeted weight loss.
* Counsel and guide clients facing weight plateaus.

Worked as a **Dietician** in **“Fatima Clinic”**, New Delhi from 2nd Aug 2010 to 27th Nov 2012.

 ***Responsibilities:***

* Assess nutritional needs, diet restrictions and current health plans to develop diet plans and provides nutritional counselling.
* Consult with doctors to determine nutritional needs and diet restrictions of patient or client.
* Advise patients and their families on nutritional principles, dietary plans and diet modifications, and food selection and preparation.
* Counsel individuals and patients on basic rules of good nutrition, healthy eating habits and nutrition monitoring to improve their quality of life.
* Educate and advise a wide range of patients with diet-related disorders on the practical ways in which they can improve their health by adopting healthier eating habits.
* Calculate patients' nutritional requirements using standard equations based on assessments of blood chemistry, temperature, stress, mobility and other relevant factors.
* Analyze the nutritional content of food including new products.
* Delivered group sessions to a variety of audiences, including school going children and patient groups.
* Worked as part of a multidisciplinary team in clinic to gain patients' cooperation in following recommended dietary treatments.
* Educate other healthcare professionals (doctors, social workers and community workers) about food and nutrition issues.
* Advise athletes and sportspersons on how diet can optimize performance and recovery from injury.
* Educate sports persons to understand the physiology and biochemistry of different types of exercise and the role nutrition has in these processes.

 Worked as **Assistant Dietitian** in “**Shekhar Hospital**”, Lucknow from 1st June 2009 to 30th June 2010.

 ***Responsibilities:***

* *To recommend and plan therapeutic diet for the inpatient.*
* *To visit patients in the wards daily discussing their dietary problems and give them advice.*
* *Planning of diet on the basis of RDA for all medical conditions.*
* *To prepare TPN schedules and monitor jointly with consultants.*
* *To interact with consultant physicians in evolving diet schedules.*
* *Inpatient and outpatient diet counselling.*

***Internship:***

**Gujarmal Modi Hospital & Research Centre for Medical Sciences, New Delhi.**

 **Role:** Dietitian**.**

 **Duration**: 3 months.

* Nutritional assessment of new admission patients and maintaining their records.
* Therapeutic diet counseling to OPD patients.
* Daily visit and diet counseling of IPD patients.
* Advise hospital catering departments about the specific dietary requirements of patients.

***Professional Qualification:***

* **B.Sc.**(HSc.-**Clinical Nutrition and Dietetics**)from **Isabella Thoburn College , Lucknow University** in 2008.
* **Post graduate Diploma in Dietetics and Public Health Nutrition** from **Institute of Home Economics, Delhi University** in 2009.

***Workshops and Conferences Attended:***

* Participated in 6 days School Teaching Activity-A Training Workshop **“Eat Healthy & Think Better”**, held from 13th to 18th Nov 2006.
* Participated in Mid Term Conference of Indian Society of Gastroenterology-“**Dilemmas in Clinical Practice & Preventive Gastroenterology: Stepping Outside The Clinics”,** held on 1st & 2nd Sep 2007 at S.G.P.G.I.M.S, Lucknow.
* Participated in a workshop on **“Life Skills”**, held on 29th Sep 2007 at I.T.College, Lucknow.
* Participated in workshop **“Practical Living & Reproductive Health”,** held from 14th to 20th Nov, 2006.
* Participated in Conference on **“Health Promotion”** under Indian Society of Gastroenterology held on 2nd Sep, 2007 at S.G.P.G.I.M.S, Lucknow.

***Social Involvement & Training:***

* *Was also having* ***DHA’s Nutritionist license*** *(License no.:* ***DHA-P-0070133****).*
* Member of **Indian Dietetic Association**.
* 1 month internship in **Jagrani Hospital, Lucknow** in 2008 as part of curriculum.
* Organizer in college day-08.
* Actively participated in **Nutrition** **Week organized by Dept. of Nutrition, I.T.College.**
* Participated as **“Nutrition Counselor”** in quarterly health camps organized by community doctors.

***Strengths:***

* Optimistic approach.
* Self-motivator.
* Ability to work in critical conditions.
* Good communication skills.

 ***Additional Information :***

* Fluent in **English, Urdu and Hindi** languages.
* Knowledge of **Arabic** language (pursuing certification course).
* Working knowledge of MS Office, Windows.
* Applied knowledge of Internet surfing.

**Job Seeker First Name / CV No: 1817526**

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