CURRICULUM VITAE

**Abbas**

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**POSITION APPLIED FOR: NUTRITIONIST/DIET AIDE**

## PROFESSIONAL SUMMARY:

I am a dedicated and qualified Dietitian/Nutritionist with 3 years 6 months experience offering dietary advice with different medical condition. I’m seeking to develop my skills in a new role to help people develop healthier diets and lifestyles. I’m a positive and professional person who loves helping people look and feel the best they possibly can.

**PROFESSIONAL EXPERIENCE – 3 .5 YEARS .**

1. Worked as a **Senior Dietician** at **“TRUWEIGHT Wellness Center**”, Hyderabad**.**

**(7th June 2014- -31 Dec 2017)**

**Responsibilities**

* Conduct in-store nutritional consultations, assisting customers with diet plans, including customers with various health issues, allergies and weight goals
* Advise customers on nutritional supplements and super foods.
* Screened and assessed new patients, completing full nutritional work up and history.
* Created support group for extremely obese individuals, offering a safe environment for patients to get weight loss and nutrition information as well as consultations with a physician and psychologist. 100% of group members realized a loss in weight and their body mass index.
* Oversaw diet office’s operations, such as scheduling, payroll, performance appraisals and training.
* Created nutrition and diet plans based on patient needs as well as their goals, keeping into consideration reasonable expectations and abilities.
* Greeted patients
* Made appointments
* Communicated effectively with people from vastly different backgrounds
* Dealt with impatient patients in a calm manner-

2.Worked as a Clinical Dietician at **“ Homeo care Plus clinic**” - **April 2013- May 2014**

3.Nutrition and Food Quality Intern(Dietitian) **-** **May 2013 – July 2013**

4**.Care Hospitals**, Banjara hills, Hyderabad.

**JOB DESCRIPTION DUTIES AND RESPONSIBILITES**

As Nutritionist my duties and responsibilities are:

* To plan, develop, control and evaluate food services system.
* Co-ordinate and integrated clinical & administrative aspects of dietetics to provide nutritional care.
* To establish and maintain standards of food production and service, sanitation, safety and security
* To modify regular meal to meet patients needs.
* Monitor food services systems, making recommendation for a conformance level that will provide patients nutritionally adequate quality food.
* Consults with health care team concerning the nutritional care of clients.
* Maintain effective verbal & written communications & public relation, inter & intra departmentally.
* Utilizes pertinent current researches relating to nutritional care.
* Scheduling of staff.

**Achievements**

* Helped to increase sales of weight loss packages by 100 per cent
* Helped to develop a strong base of loyal customers.
* Awarded as a best dietician multiple times.

## Qualification:

**Osmania University College For Women’s, Hyderabad, India**

**Masters in Nutrition and Dietetics - Aug 2012– April 2014**

**Thesis:** A Study on An Effect Of Life Style, Stress, Eating Practices on Perception Of Body Image Among Female Hostel Students**.**

1st semester percentage : 72 (%)

2nd semester percentage : 75(%)

3rd semester percentage : 73 (%)

4th semester percentage : 75(%)

**Osmania University: St.Ann’s Degree college for Women-2009-2012**

**Graduation** : Bachelor of Science (B.Sc with Applied Nutrition and Public Health) 75%

**Intermediate Education** : Narayana junior college for girls -2009.(74%)

**Secondary Education** : Presidency girls high School -2007(80%)

**PROJECT DONE DURING COURSE**

* Carried various health programs on health & nutrition related subjects.
* Maintain health file by collecting information of various health aspects.
* Nutrition awareness program among school children.
* Done two months of internship at CARE HOSPITAL.
* Preparations of nutritious meals for various categories of patients according to their menu plan.
* Successfully completed training in First Aid and Basic Life Support at St. Ann’s College.
* Conducted Second Bariatric Nutrition Master Class at Osmania University.
* Successfully completed internship pro gramme at the Food & Nutrition department of AMC India, part of International Group.
* Has rendered services for NSS Pro-gramme and completed two special camps successfully.
* Attended 45th annual conference of Nutrition Society of India.

Attended 45th annual conference of Indian Dietetics Association.

###### STRENGTHS AND SKILLS

* Ability to work with team and also individually to achieve the organizational goals.
* Strong motivational and leadership skills.
* A quick starter and quick learner
* Commitment towards work and result oriented approach and always having positive attitude which will let me overcome problems I face.
* Honesty
* Dedication
* Creativity
* Determination and decision making.

**PERSONAL DETAILS**

Date of Birth : 12 March 1991

Sex : Female

Nationality : Indian

Marital Status : Single

Religion : Islam

Languages known : English, Hindi and Telugu

**References Furnished upon request.**