**Curriculum vitae**

**Summaya**

 **Summaya.346341@2freemail.com**

**Professional summary:**

I am a Dedicated and Qualified Dietician/Nutritionist with 3years 9months of working experience, in offering diet advice for healthy individual to critical ill individuals.

I am seeking to develop my skills in a new role to help people develop healthier diets.

A professional person who loves helping people to look and feel the best they possibly can.

**Work experience:**

Presently working with **Care Hospitals pvt ltd (Multi specialty hospital)**

**Hyd,India.From 01/06/2016** till date**(As Clinical Nutritionist/Clinical Dietician)**

**Worked** as a **clinical Dietician** in **Olive Hospitals(Multi specialty Hospital) pvt ltd**, hyd,India: From **(10th/09/2014** to **06th/03/2016)**

**Worked** as a **Senior Dietician** in **VLCC (Healthcare pvt ltd)**

From **(06th/02/2013** to **15th/04/2014)**

**Worked** as a **Consulting Dietician** in **Labelle** (slimming, skin and hair)

From **(17th/09/2012 to 2nd/02/2013)**

**Worked** as a **Consulting Dietician** in **Labelle** (slimming, skin and hair)

From **(17th/09/2012 to 2nd/02/2013)**

 **JOB DESCRIPTION:**

* Presenting a successful result on clients Diet Management and weight loss management as well as on client’s satisfaction.
* To plan counseling session in advance **to educate client on appropriate diets, menu planning and preparation of food to treat obesity in order to enhance and maintain optimum health.**
* Use of effective **counseling techniques to guide client facing weight plateau and suggest alternate slimming course of progress.**
* Generating valid, specific records as delivered by cooperating slimming department.
* Reporting to Manager and Slimming Head.

**Worked** as a **Senior Dietician** in **VLCC (Healthcare pvt ltd)**

From **(06th/02/2013** to **15th/04/2014):**

**JOB DESCRIPTION:**

* To gather personal, behavioral, medical and other relevant details of client (including food/drinking habits and dinning preferences) prior to planning weight management/slimming.
* Organizing camps on medical problems in coordination with centre’s Doctor.
* Conducting PowerPoint presentation on importance of **healthy balanced diet** with importance of physical **activity** in daily routine.
* Organization of educational camps to spread awareness on **Metabolic Syndrome** such as (Diabetes mellitus, hypertension etc).
* Conduction of awareness camps for people on special days like **anti obesity day, world heart day.**
* Performance of outdoor camps on **dietary management** and **life style** **modification.**
* Reporting to Manager.

**Worked** as a **clinical Dietician** in **Olive Hospitals(Multi specialty Hospital) pvt ltd**, hyd,India:

From **(10th/09/2014** to **06th/03/2016):**

**JOB DESCRIPTION:**

* To deliver **healthy, wholesome, nutritious food** for the patients.
* Providing **right nutrients** for proper functioning of body.
* Individualized and tailor made diet charts for sick to critically ill patients.
* Initiation of nasogastric tube feed i.e. Ryles tube feed planning for patients with reduced/decreased oral intake.
* Initial assessment for all in patients (I.P) followed by re-assessment and documentation.
* Taking care of **O.P (Out Patient) and I.P (In Patient)** counseling’s.
* Taking dietary recall of both **O.P and I.P and planning** the diets as per their requirements.
* Identifying **food allergies and food, drug interaction**.
* Placing the diet orders in F &B (Food and Beverages dept) for all I.P (In Patients).
* Recommending nutritional supplement for the needed patients in co-ordination/consultation with doctor.
* Co-ordination regarding patients diet, with consultant Doctor, duty medical officer, nursing staff & B and Patients attendants.
* Strives to **improve nutritional status of an individual**.
* Presenting quality indicators and incidents in quarterly meetings.
* Tasting the food of the patient before it reaches to the patient.
* To modify **therapeutic diets** according to likes and dislikes of the patients.
* To do psychological counseling for the patient while doing assessments.
* To take care of **lifestyle management counseling for both I.P & O.P.**
* **Myths and Queries** of patients/attendants to be cleared.
* **Discharge counseling’s** at the time of discharge for I.P.
* Maintaining patient’s data in the department for I.P and O.P.
* Providing **printed diet charts for I.P.discharge** counseling’s.
* **Assessing the patient within 24hrs of admission.**
* Planning specified **diet chart/dietary guidelines** for specific disease/condition.
* Initiation of **diet prescription** based on:
* **Anthropometric measurements.**
* **Bio chemical parameters.**
* **Clinical observation.**
* **Dietary recall.**
* Reporting to CEO.

**Membership** and **Participation:**

* Lifetime membership with **IDA(Indian Dietetic Association).**
* Participant and Member of **NSS(National Service Scheme).**
* Participated in **Healthy Recipe Contest** held at **ST.Ann’s P.G college for women** on 9th sept 2011.
* Participated in **Clinical Nutrition Workshop** held at Taj Deccan Hyderabad by Fresenius kabi 0n 7th feb 2016.
* Participated in **Renal Nutrition Workshop** conducted by Abbott Nutrition on 24th may 2016.
* Participated in **IDA state conference** held at **SVS Medical college hospital** on **30th july 2016.**
* Arranged display of healthy and unhealthy food for **Cardiac patient in O.P** on **28th sept world heart day at care hospital.**
* conducted **obesity camp on 26th October 2016 world obesity day at care hospital.**
* Conducted **CME** on **14th November 2016 world diabetes day at care hospital.**
* Participated in **Fooducated held at NIN(National Institute Of Nutrition) on 10th jan 2016.**
* Presented **the do’s and don’ts for healthy lifestyle for employees wellness at care hospital** conducted by the HR of care hospitals **on 31st jan 2017.**

 **EDUCATIONAL QUALIFICATION:**

* **SCHOOLING:(Regular):**

 **School:** Princess Durru Shahwar Girls High School

 **Board:** Board of Secondary Education

 **Year:** (2005)

* **INTERMEDIATE:(Regular):**

 **College:** Sree Vani Girls Junior College

 **Board:** Board of Intermediate Education

 **Year:** (2005-2007)

* **GRADUATION:(Regular):**

 **College:** Madina Degree College

 **Course:** (B.Sc. in Nutrition and Dietetics)

 **University:** Osmania University

 **Year:** (2008-2011)

* **POST GRADUATION:(Regular):**

**College:** St. Ann’s College for Women

**Course:** Diploma in Nutrition and Dietetics

**University:** Osmania University.

**Year**: (2011-2012).

**Technical Qualification:**

Diploma in **Computer Application.**

* **INTERNSHIP:**
* Dietetic Intern at **Mediciti Multispeciality Hospital(2012)**
* Student internship at **AMC-india(2009)**

**PERSONAL PROFILE:**

Date of Birth : 24th/08/1990

Gender : Female

Martial Status : Single

Nationality : Indian Muslim

Languages known : English, Hindi, Urdu, Arabic (work knowledge) and Telugu (manageable).

Hobbies : Reading Books, Listening Music, Meeting New People,

**DECLARATION:**

I here declare that the above mentioned information is true to my knowledge.