**SUMMARY**

I am a dedicated and qualified dietitian/nutritionist with 6 years experience offering dietary advice in a retail /hospital /clinic setting. Having a proven track record of successfully promoting healthy eating habits to communities and suggest diet modifications to individuals. 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 possessing the ability to communicate complex and sensitive information about dietary matters in an understandable form to patients and also loves helping people look and feel the best they possibly can.

**TOTAL WORK EXPERIENCE – 6 YEAR**

* + 1. **Consultant Dietician, Landmark Hospital, Hyderabad since March 2015.**
* Looking after all patient’s meals requirements according to the Dietary guidelines.
* Patient counseling and providing appropriate therapeutic & non-therapeutic diets to all patients within their socio cultural constraints.
* Providing for any special diets in consultation.
* Counseling for Health Check Ups IPD / OPD when needed.
* Dietary counseling to especially Diabetic patients of both type 1 & type 2 diabetes, along with latest updates in field of nutrition for them.
* Dietary consultation for pregnant ladies and lactating mother for maintenance of their nutritional status and changing needs.
* Conducting free awareness camp for all vulnerable groups for better nutrition knowledge and application.
* Assistance to senior citizen for regular check up and tracking of their nutritional status.
* Maintaining records for future use and follow up.

1. **Dietitian**, Diabesity Center, Bhopal

**Responsibilities Handled**

* Taking account of all patient meals requirements according to the Dietary guidelines.
* Patient counseling and providing appropriate therapeutic & non-therapeutic diets to all patients within their socio cultural constraints.
* Providing for any special diets in consultation.
* Counseling for Health Check Ups / OPD when needed.
* Dietary counseling to especially Diabetic patients of both type 1 & type 2 diabetes, along with latest updates in field of nutrition for them.
* Dietary consultation for pregnant ladies and lactating mother for maintenance of their nutritional status and changing needs.
* Conducting free awareness camp for all vulnerable groups for better nutrition knowledge and application.
* Assistance to senior citizen for regular check up and tracking of their nutritional status.
* Maintaining records for future use and follow up.
* Participated in an International Study on Diabetic Patients (France).

1. **Consultant Nutritionist ,** Mayo Hospital, Bhopal

Worked here from Sept 2009 to April 2010

**Responsibilities Handled**

* Meal planning of all patients according to the Dietary guidelines.
* Patient counseling and providing appropriate therapeutic & non-therapeutic diets to all patients within their socio cultural constraints.
* Regular ward rounds, patient interaction and Supervision of F&B meal services.
* Providing for any special diets in consultation.
* Counseling for Health Check Ups / OPD when needed.
* Monitoring the F&B processes i.e. safety, hygiene practices, cafeteria services etc.
* Discharge counseling for Inpatients.

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**OTHER EXPERIANCES**

**NUTRITION EXPERT,** Women & Child Development dept., Bhopal

Expert for various workshops since 2009 till now

**Responsibilities Handled**

* Lecture on Child and Maternal Nutrition and Health.
* Lecture on Nutrition and Health Promotion and Disease Prevention.
* Lecture on Public Health and Nutrition.
* Lecture on Adolescent girls nutritional Interventions in Health and Nutrition Care.
* Lecture on Environmental Health and Nutrition.
* Lecture on Health and Nutrition Education.

**ACADEMIC PROFILE**

# **UGC NET JUNE 2012** Qualified Secured 68%

# **M.Sc. (H.Sc.) Food and Nutrition** from Sarojini Naidu Govt. Girls PG (Autonomous) College, Barkatullah University, - (2008-09) Secured 2nd position- 87.04%

# **PG Diploma in Diabetes Education** from International Diabetes Federation - 2012 Secured 2nd position- 81%

* **B. Sc. (H. Sc.) Clinical Nutrition** **& Dietetics** from Sarojini Naidu Govt. Girls PG (Autonomous) College, Barkatullah University, Bhopal - (2005-07)
* **SSC & HSC**, St. Mary’s Senior Secondary School, Bhopal, CBSE Board (2002, 2004 respectively)

**INTERNSHIPS**

* Worked as **Dietician Trainee**, with **People’s Group of Institutions**, Bhopal for One month- (2005)
* Worked as **Dietician Trainee**, with **Hajela Group of Hospitals**, Bhopal for One month- (2006)
* Worked as **Dietician Trainee**, with **Bhopal Memorial Hospital & Research Centre** for One month-(2008)

**ACHIEVEMENTS**

* Secured **2nd Position** in **M. Sc. Previous** and was awarded certificate and prize for the same.
* Secured **2nd Position** in **B.Sc.Food and Nutrition** and was awarded certificate and prize for the same.
* Secured **2nd Position** in **exhibition for project** in science-biology, chemistry, and physics was awarded certificate for the same.
* Secured **1st Position** in inter-college cooking competition and was awarded certificate for the same.

**TRAININGS & WORKSHOPS**

# Bhopal Memorial Hospital and Research Center Duration: 1 month

* + Attended a Seminar of Indian Dietetics Association, Chapters at Indore ; Kottayam & Hyderabad (2005; 2007 & 2012)
  + Attended a Seminar on National Surveillance at Bhopal Memorial Hospital & Research Centre (2006)
  + Attended a National Seminar on Science for Shaping the future of India,2012
  + Attended a Attended a Seminar on Nutrition on Nutrition Update & Workshop of Annual Conference of the Indian Society of Nephrology – west zone , 2011
  + Attended a Workshop on Food Preservation (2006)
  + Attended a Workshop on Cuisines and Delicacies (2005)
  + Attended a Seminar on “Healthy Adolescent Girls-Reflection of a Healthy Society and Govt. Efforts” (2008)

**SKILL & STRENGTH**

# Knowledge of theories and practices in:

* + - 1. Therapeutic Nutrition and Health.
      2. Nutrition and Health Promotion and CHD Disease Prevention
      3. Public Health and Nutrition
      4. Educational Interventions in Health and Nutrition Care
      5. Environmental Health and Nutrition
      6. Health and Nutrition Education
      7. Knowledge Management
      8. Computer software application, including word processing, spreadsheet and corporate software packages
    1. General knowledge of:
* Methodology of programme/project management
* Programmatic goals, visions, positions, policies and strategies in Nutrition
* Knowledge of global health and nutrition issues, specifically relating to children and women, and the current trends, methods and approaches.
* Policies and strategy to address national and global health and nutrition issues, particularly relating to conflicts, natural disasters, and recovery.
* Emergency programme policies, goals, strategies and approaches.
* Core commitments for children in emergencies (for all Emergency positions)
* Government development plans and policies
* Office work plan
* Excellent Communication Skills and expressibility.
* Counsel individuals and groups on basic rules of good nutrition, healthy eating habits, and nutrition monitoring to improve their quality of life
* Assess nutritional needs, diet restrictions and current health plans to develop and implement dietary –care plans and provide nutritional counseling.
* Advise patients and their families on nutritional principles, dietary plans and food selection and preparation

**PERSONAL DETAILS**

**Date of Birth**:  2ndJuly, 1986

**Marital status:** Married



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