

NIDHI SINGH

Shaheed Bhagat Singh Apartment Sec- 14, Flat Number 175 Dwarka New Delhi 110078

Mobile Number -828-565-5686

singhnidhi809@gmail.com

Summary

Multi-talented Clinical Dietitian offering 12 years of experience in hospital healthcare settings. Background includes using nutrition to help all patients & manage all illnesses. Skilled in-patient education, menu planning and personal assessments. Astute Nutritional Assistant willing to help patients choose appropriate menu items meeting individual dietary needs. Composed professional promoting active listening, communication and leadership skills. Skilled Clinical Dietitian with 12 years of experience educating patients, monitoring nutrition and overseeing therapeutic diets. Highly skilled at collaborating with practitioners to optimize patient care.

SKILLS

- Special diets
- Group session workshops
- Patient training
- Disease management
- Evidence-based care
- Distributing meals
- Interpersonal communication
- Training and development
- Quick learner
- Team building
- Weight training expertise
- Personable and friendly
- Dedicated
- Computer proficient
- Understanding of body fat tables and BMI

EXPERIENCE

09/2013 to 08/2017 Dietitian

Max Super Specialty Hospital, Vaishali – Ghaziabad UP

- Evaluated unique nutrient and energy requirements for each patient based on BMI, lifestyle and individual medical issues.
- Collaborated with patients to develop menus by selecting foods appropriate for individual dietary needs.
- Worked with food service personnel to update patient meal programs and public cafeteria menus to meet nutritional and health needs.
- Counseled pregnant women on nutritional requirements, gestational diabetes and hypertension diet management, prenatal supplements and benefits of breastfeeding.
- Re-racked weights to maintain a neat, organized and clean club.
- Explained ways to measure exercise intensity for the best results.
- Promoted and taught video clinics for all members.

08/2017 to 08.2020 Clinical Dietitian

Fortis Flt. Lt. Rajan Dhal Hospital Vasant Kunj

- Attained facility targets, including revenue goals and member retention rates.
- Offered suggestions using dietary management strategies to help individuals manage chronic illnesses.
- Notified registered dietician of individuals identified as high-risk to prompt individualized assessments and follow up.
- Educated patients, families and medical practitioners on nutrition by providing all diet information.

09/2020 to 30.03.2024

Chief Nutritionist in bariatric and GI surgery at Manipal Hospital Dwarka

01/03/2024 Till Date

Chief Nutritionist in bariatric and GI surgery at Max Hospital Dwarka

Education & Training

Associate of Science – 2005

S.G.S School, Delhi | Delhi, DL
Science & Arts

Associate of Arts - 2007

S.G.S School, Delhi | Delhi, DL
Arts

Bachelor of Science - 2011

Lady Irwin College | New Delhi, DL
B.Sc., foods and nutrition

PG Diploma in Dietetics & Public Health Nutrition - 2013

Lady Irwin College | New Delhi, DL

Advance Bariatric Nutrition Course 2022 - (Virtual)

University of Sunderland

3 Months intern ship from St. Stephans hospital tees hazari.

Activities and Honors

- Participated in symposium titled "QUALITY ASSURANCE IN FOOD AND NUTRITION" at pushpanjali Crossley Hospital.
- Attended Symposium on "ACCESS @ BASE OF PYRAMID", held at Indian habitat Center, New-Delhi.
- Attended the 44th Annual National Conference of Indian Dietetic Association at AIIMS.
- Attended Conference of Kellogg on "IMPORTANCE OF BREAKFAST" at Indian Habitat center, New- Delhi.
- Attended Conference at Nutrition Foundation of India on "PAST AND CURRENT NUTRITION STATUS OF INDIA".
- Attended conference at Batra Hospital on "FOOD BIOTECHNOLOGY".
- Attended the 44th Annual National Conference of Indian Dietetic Association at AIIMS.
- Attended Conference of Kellogg on "IMPORTANCE OF BREAKFAST" at Indian Habitat center, New- Delhi.

- Attended Conference at Nutrition Foundation of India on “PAST AND CURRENT NUTRITION STATUS OF INDIA”.
- Attended conference at Batra Hospital on “FOOD BIOTECHNOLOGY”.
- Performed Role Play for Pregnant mothers to create awareness regarding their nutritional status and importance of weaning foods, at Stri Shakti, Ranholla Village, Najafgarh.

I hereby declare the above information true and correct to the best of my knowledge.

Nidhi Singh