
Deepika Sain

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Professional Summary (Dietician)

Recent graduate with a Bachelor's degree in Nutrition and Dietetics. Passionate about promoting health and wellness through evidence-based nutrition counselling. Skilled in conducting nutritional assessments, developing personalized meal plans, and educating clients on sustainable dietary practices. Eager to leverage academic knowledge and internship experience to contribute to a dynamic healthcare team focused on improving patient outcomes.

Education

Mody University

Graduation Date – June 2021

B.SC(Hons)Food and Nutrition

Vijay laxmi memo. public school

12TH PCB

Experience

**Go Diets
Dietitian**

New Delhi, Delhi

January 2024 – working currently

- Conduct comprehensive nutrition assessments for clients, evaluating their dietary habits, health history, and weight management goals.
- Develop individualized nutrition plans tailored to clients' needs, preferences, and medical conditions to support weight loss and maintenance.
- Provide one-on-one counseling sessions to educate clients on healthy eating habits, portion control, and the importance of balanced nutrition.
- Key skill- Diet Planning · Nutritional Counselling · Communication · Client Assessment · Nutrition Education · Clinical Nutrition · Sales

**Food Safety and Standard Authority of India
(FSSAI)**

Intern

New Delhi, Delhi

July 2023 – October 2023

- Responsible for ensuring that food businesses comply with the regulations and standards set by the authority. This includes monitoring food safety and hygiene practices, labeling requirements, and adherence to permissible additives and contaminants levels.
- Conduct inspections and audits of food establishments, including manufacturing facilities, processing units, storage warehouses, and retail outlets, to verify compliance with FSSAI regulations. This involves evaluating sanitation practices, storage conditions, pest control measures, and adherence to Good Manufacturing Practices (GMP) and Hazard Analysis and Critical Control Points (HACCP) principles.
- Personnel may be involved in collecting food samples for testing and analysis to ensure compliance with safety and quality standards. This includes microbiological, chemical, and physical analysis of food samples to detect contaminants, adulterants, and microbial pathogens.
- Maintaining accurate records of inspections, audits, sampling activities, and test results is essential for regulatory compliance and traceability. Quality assurance personnel ensure that all necessary documentation is maintained according to FSSAI requirements.

**Delhi Milk Scheme
Trainer**

New Delhi, Delhi
May 2023 – July 2023

- **Nutritional Analysis:** Conducting nutritional assessments of dairy products to ensure they meet quality and health standards. This involves analysing the nutrient content, including protein, fat, vitamins, and minerals.
- **Quality Control:** Assisting in monitoring and maintaining the quality of milk and dairy products throughout the production process. This includes sampling, testing for contaminants, and ensuring compliance with food safety regulations.
- **Product Development:** Supporting the development of new dairy products by researching consumer trends, testing recipes, and evaluating the nutritional value of new formulations.

**Sir Ganga Ram Hospital
Internship**

New Delhi, Delhi
June 2019 – July 2019

- **Clinical Assessment Skills:** Conduct thorough nutritional assessments of patients, which includes evaluating dietary habits, medical histories, and nutritional needs based on individual health conditions.
- **Developing Personalized Nutrition Plans:** Gain hands-on experience in creating tailored nutrition plans for patients, taking into account their medical conditions, dietary preferences, and treatment goals.
- **Patient Education and Counselling:** Practice effective communication skills to educate patients and their families about nutrition-related topics, dietary modifications, and lifestyle changes essential for health improvement.

Certifications/Courses

- Certification Course on PCOS and PCOD and its Nutritional Management
- Attended Seminar on Food Packaging Seminar on Food and Nutrition
- Seminar on Forensic Science Attended
- International Chemistry Conference

Research and projects

- **Product Development Soya Almond Balls**
High in Energy and Protein for all age Group Friendly
- **Product Development Ragi Panjiri**
Rich in calcium , Highly Recommended for lactating Women