

Contact

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Top Skills

Clinical Assessment

Meal Planning

Public Speaking

Deepika sain

Nutrition Expert, Helping People Achieve Their Health Goals
Through Personalized Nutrition Plans
New Delhi, Delhi, India

Summary

I am a passionate and dedicated dietitian with a strong foundation in nutrition science and a commitment to helping individuals achieve their health and wellness goals. I am eager to apply my knowledge and skills in a dynamic and supportive environment.

During my academic journey, I gained hands-on experience through internships and clinical rotations, where I had the opportunity to work with diverse populations and address a wide range of nutritional needs. My experience includes conducting nutritional assessments, developing personalized meal plans, and providing one-on-one counseling to support clients in making sustainable lifestyle changes.

Experience

Go Diets

Dietitian

January 2024 - Present (7 months)

Delhi, India

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.

Fssai ,Food License Registration Services (THE INDIA DOCS)

Intern

July 2023 - July 2024 (1 year 1 month)

New Delhi, Delhi, India

Delhi Milk Scheme

Intern

May 2023 - August 2023 (4 months)

South Delhi, Delhi, India

Dental clinic @ Shri Ram Ganga Hospital

Dietetic Intern

June 2021 - July 2021 (2 months)

New Delhi, Delhi, India

Education

Indira Gandhi National Open University

Msc, Dietetics and food service management · (May 2022 - August 2025)

Mody University of science and technology

Bsc , Food and nutrition · (August 2019 - June 2021)

Mody University

B.sc., Food and nutrition