**Rushali Parekh**

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**Career Objective:** To learn from and work with researchers and professionals, on cutting edge research and development, in the field of Nutrition and Dietetics. I want to become a successful dietitian by gaining a lot of experience and knowledge and want to work towards helping the society to have a happier and healthier life.

**Education:**

***Bachelor’s Degree in Zoology (B.sc.), Master’s degree in Food Science and Nutrition*** *2018(Expected)*

**Institute: Gujarat University.**

**Internships:**

***Intern/trainee***

***Hospital Name: - HCG Multi speciality Hospitals.***

***Time span: - 1 month***

* *Got an exposure of a lot of different medical conditions and also got exposure of the various dietary interventions given in different medical conditions as well as during critical care.*
* *Worked in the hospital for 8 hours a day so got to handle patients and guide them regarding their dietary changes to support their medical therapy.*
* *Also got a chance for personal counselling of the patients.*
* *Made a project on various topics related to Nutrition and diseases for various common prevailing diseases like Diabetes, Jaundice, Typhoid and Hypertension.*
* *Also got a hands-on experience on the complete role of a dietitian in multi-speciality hospital set up.*

**Group Projects:**

**Breast feeding awareness survey: -**

* As a part of the academic curriculum our class of 15 students conducted a survey on the breast-feeding awareness among the women of age group above 20.
* Around 70 women were surveyed in order to find out the lack of proper knowledge regarding breast feeding and also the prevailing myths in the society. these women were also imparting the right knowledge about breast feeding and it benefits and importance.

**Nutritional assessment in slums: -**

* As a part of the celebration of the National Nutrition Week (1st to 7th September) a survey of the assessment of nutritional status of the children under the age of 15 years was done in a slum in the city of Ahmedabad.
* The children were assessed to find out the prevalence of malnutrition among these children.
* Along with assessments the mothers of these children were made aware regarding the same and were also counselled for the betterment of their children with the help of posters.

**Nutrition walk: -**

* Participated in a Nutrition walk organized by the India Dietetics Association (Gujarat chapter).
* The well know dietitians and Nutritionists from all over Gujarat participated in the walk and everyone had their own slogans made on the importance of proper nutrition on health.
* People on the way were counselled and imparted useful knowledge.

**Independent Coursework:**

**Diabetes Educator certification program**: - (Ongoing)

* Diabetes educator certification program by NDEP is jointly sponsored by the U.S. department of health and human services’ national institutes of health (NIH) and the centers for disease control and prevention (CDC).
* It is a 10 months program, and the program focuses upon training an individual as a qualified diabetes educator.
* During the 10 months program various topics like role of exercise in diabetes management, medical management of diabetes, dietary considerations in diabetes etc. are covered.

**Skills and Expertise: -**

* **Organizational Skills:** Public Speaking, leadership.
* **Languages Known: English**, Hindi, Gujarati.

**Extra-Curricular Activities**

**Anchoring local events: -**

* Got an opportunity to Anchor various local event like an annual function of a dance academy with an audience of around 1000 people.
* Also hosted a Rotary club event.
* Anchored for an NGO for its monthly gathering of all its volunteers from across Gujarat.
* Also got an opportunity to host the Annual function of my college (M.G Science institute, Gujarat university)

**Photography: -**

* Participated in many local and national photography competitions.
* Also did small photoshoots for local events like birthday parties, couple photoshoots, prewedding photoshoots etc.

**Calligraphy: -**

* Learned calligraphy (artistic way of writing) as a child.

**Gandhi Jayanti celebration: -**

* Along with team of volunteers of the NGO Yuva Unstaoppable celebrated Gandhi Jayanti (Father of the Nation’s Birth Anniversary) by creating the largest human portrait of Mahatma Gandhi.

**Anti-Narcotics cyclathon: -**

* Volunteered for the Anti-Narcotic cyclathon organized by the government of India. To work towards spreading awareness regarding the use of Narcotics and its dreadful effects on the health of the society.

**Pinkathon: -**

* Participated in a marathon called Pinkathon that is held in the month of October as an activity for the awareness of breast cancer.

**Volunteer Experience:**

**Volunteering: -**

* Joined a local NGO in 2013, did various social activities like teaching in municipal schools, distribution of healthy and nutritious food in the slums.
* Distribution of clothes among the needy.
* Tree plantation
* Fund raising activities like selling of toys to collect funds to help the poor and needy.

**Honours and Awards:**

* Successfully organized the **Instagram photography exhibition** with Sorriso (the photography Club) and Instagram Ahmedabad.