

Winnie Sah, Nutritionist

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Date of birth	21/09/2000
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LINKS	Linkedin
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PROFILE	Passionate and experienced Nutritionist with a proven track record of helping clients to achieve their nutrition goals and manage their health. Adept in assessing the needs of individual clients and developing personal meal plans to best promote health. Bringing forth a deep understanding of how nutrition and food affect health, weight, and lifestyle.
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EMPLOYMENT HISTORY

Sep 2021 — Feb 2022	Consultant Nutritionist, HealthifyMe	Bangalore, India
	<ul style="list-style-type: none">• Worked to ensure a positive and hassle-free customer experience.• Analyzed client's eating pattern and outlined areas of improvement.• Provided one on one individual nutrition and diet counseling to clients based on pre-determined guidelines.• Worked closely with clients to monitor progress, motivate them, and address any setbacks or concerns.	

EDUCATION

Jul 2018 — Jul 2021	BSc Nutrition and Dietetics, Lovely Professional University	Jalandhar, India
	Secured 8.23 CGPA	

SKILLS	Communication Skills	Expert	Food Science and Nutrition	Expert
	Weight Loss and Weight Management	Expert	Therapeutic diet planning	Expert

INTERNSHIPS

Dec 2020 — Apr 2021	Dietetic Intern, Max Superspeciality Hospital	New Delhi, India
	<ul style="list-style-type: none">• Served as a dedicated and supportive Intern in a fast-paced environment.• Observed and assisted in nutrition education of inpatients.• Responsible for nutritional screenings, assessments and computer progress charting of assigned patients.• Observed patient's nutritional requirements in critical care, dialysis, post- surgical care, maternity and pediatric care.• Observed preparation of tube feedings of specific nutritional requirements.	
Jun 2020 — Jul 2020	Brand Ambassador, Tutedude IIT Delhi Startup	New Delhi, India
	<ul style="list-style-type: none">• Effectively communicated the mission of our brand.• Promoted different courses on different social media handles of my website.• Interacted with customers for on-hand experience of handling clients.• Learned about marketing and sales techniques, communication skills, interpersonal skills.	

PUBLICATION

The Double Burden of Nutritional Deficiencies
Sah, Winnie. "The Double Burden of Nutritional Deficiencies". Utkal Historical Research Journal, Vol 34-No-2, 2021.

PROJECTS

Jun 2020	Waste Management of Healthcare Institutions	Jalandhar, India
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- Observed the waste management of healthcare institutions with the help of review reports.
- Identified the wastes that are generated from the institution are managed differently.
- Moreover, healthcare institutions do not have separate laws and regulation that can enforce them to properly manage the hazardous.

Sep 2018

Low Cost Panjiri Laddoo

Jalandhar, India

- Conducted acclaimed research along with a team of colleagues about the nutritional values of panjiri laddoo and modify it accordingly, with low cost ingredients without compromising with the nutritional content.
- Followed a standardized recipe and conducted a sensory analysis. Identified the low-cost ingredients which can be substitute to high cost product.

EXTRA-CURRICULAR ACTIVITIES

- Attended workshop on Cracking Interviews and CV building conducted by Ms. Kamalika Deka hosted by AIESEC in Lovely Professional University, October 2020
- Attended workshop on Public Communication by Mr. Anil Thomas hosted AIESEC in Lovely Professional University, October 2020
- Attended workshop on Acing Startup & Entrepreneurship 101 by Mr. Narayana. S hosted by AIESEC in Lovely Professional University, October 2020
- Attended workshop on Aptitude 101 & Cracking competitive exams by Mr. Neelakantha Bhanu hosted by AIESEC in Lovely Professional University, October 2020
- Participated in National level E-Quiz on World Breastfeeding Week 2020 by Hindu Girls College, Jagadhari- August 2020
- Attended webinar on various health issues during lockdown by CJSU University, Kanpur- May 2020
- Attended webinar on comprehensive nutrition to combat covid-19 by Dr. Shriram Raghavan- May 2020
- Attended webinar on Updates on Medical Nutrition Therapy by Hexagon Nutrition- April 2020
- Attended webinar on practical guidance on nutritional management of individuals with covid-19 infections by Abbott Nutrition- April 2020
- Participated in Rainbow Plate on Nutrition Week by Department of Food Technology and Nutrition, Lovely Professional University, October 2019
- Awarded 3rd position in short film competition on Nutrition Week by Department of Food Technology and Nutrition, Lovely Professional University, October 2019
- Attended seminar on “Cancer prevention” organized by nutritionist and dietitian of PGI Chandigarh under the aegis of Lovely Professional University, September 2019
- Attended seminar on obesity and underweight by Dr. Colin Powell, dean internationalization and Dr. Victoria Gould, program from UK, Lovely Professional University, July 2019

COURSES

Jun 2021

Mother Health and Nutrition, Poshan Abhiyaan ICMR-NIN

Jun 2021

Infant and Young Child Feeding, Poshan Abhiyaan ICMR-NIN

Jul 2021

Cancer Nutrition, Udemy

Aug 2020

Whole food, Plant-based diet, Udemy