

Riddhi Shah

Ghatkopar, Mumbai

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Education

Year	Detail	Percentage
2021	Master of Clinical Nutrition and Dietetics Part 1 from S.N.D.T. Women's University.	73.33%
2019	Bachelor of Nutrition and Dietetics from S.N.D.T. Women's University.	73.90%
2016	H.S.C. from Maharashtra State Board of Higher Secondary Education.	65.23%
2014	S.S.C. from Maharashtra State Board of Secondary Education.	86.80%

Experience

- Godrej Memorial Hospital** 25/10/2018 - 5/12/2018
Intern Dietitian
Create nutrition plans to improve the health and physical conditions of patients.
- Mickey Mehta 360 degree wellness temple** 15/4/2019 - 25/5/019
Intern Dietitian
Individual and group/ team nutrition counseling and education to enhance the performance
- Wadala Community Counseling** 5/2/2019 - 5/3/2019
Community Nutritionist
Plan and organize a counseling session for middle aged women for topic importance of Iron

Certificate

UGC-NET- Junior Research Fellowship Candidate for May 2021	2021
Certified Diabetic Educator Dr. Mohan Diabetes Education Academy (DMDEA)	2020-2021
Yoga instructor Gantali Mitra Mandal A+ grade	2019-2020
Advance Diploma in Physical Fitness and Weight Management Dr. BMN College of Home Science O grade	2018-2019

Achievements & Awards

- ♦ 1st Prize for Innovative Idea Challenge in 1st Research Congress organized by S.V.K.M Dr. Bhanuben Nanavati College of Pharmacy co-hosted by university of Mumbai.
- ♦ Won prize for MOST INNOVATIVE RECIPE in California Walnuts Recipe Contest in collaboration with Sir Vithaldas Thackersey College of Home science, SNTDWU- Mumbai, Maniben Nanavati Women's College- Mumbai, Nirmala Niketan College of Home Science- Mumbai, Dr. BMN College of Home Science- Mumbai and supported by the California Walnut Commission on 5th November, 2020.
- ♦ Won 1st prize in the 'Diagonal Move Activity' of the 'Mad over Math Competition' organized by Mathematics Association of Dr. BMN College of Home science on 21st October, 2020

Aired on Channel Doordarshasan Sahyadri on television show Anwat Shwad assisting chef for recipe on March 2018.

Co- circulator Participation

Date	Details
2021	Participated in Entrepreneurship Workshop organized by Tata Power Skill Development Institute in India
2020	National recipe competition and talk on affordable nutritional meals conducted by D.Y.Patil University School of Hospitality and tourism Study, Navi Mubai.
2020	Certificate of appreciation for successfully conducting online yoga and fitness sessions during COVID 19 lockdown crisis for students and staff of Dr. BMN College of Home Science.
2019	Participated in Research Methodology workshop organized TPSDI Tata Power skill development institute
2018	Participated in cooking contest organized by Narmada kidney foundation in association with global hospital, Mumbai and Indian dietetic Association- Mumbai Chapter.
2018	Participated in cookery contest on traditional Indian cuisine towards nutrition security of adolescent girls from marginalized communities organized by Nutritional Society of India- Mumbai chapter in collaboration with MMP Shah college.
2018	Place of In charge in fashion show organized by co-curricular committee of Dr. BMN College

Activities

- ♦ Co-opted member of Masters Department of Dr. BMN College for 2020-2021
- ♦ Students representative of Grievance cell of Dr. BMN College for year 2020-21
- ♦ Student's representative of IQUAC (Internal Quality Assurance Cell) of Dr. BMN College for year 2018-2019
- ♦ Class Representative of Clinical Nutrition and Dietetics department from 2016-2021
- ♦ Certificate of completion on topic Ketogenic diet, lose weight and reboot your metabolism from Udemy on 29th April 2020.

Projects

- ♦ **PepsiCo Project Volunteer**
Group counseling to adolescent about importance of whole grains in diet in year 2019
- ♦ **Volunteer of International Alumna Led webinar**
Recent advances in diabetes management during COVID-19 organized by Department of MSc CND on 21st December 2020
- ♦ **NSS (National Service Scheme)**
Volunteer 2016-2018
- ♦ **PUKAR (Partners for Urban Knowledge, Action and Research)**
Steps to learn research process, independent research in year 2019

Skills

- ♦ Therapeutic diet planning
- ♦ Therapeutic Innovative recipe
- ♦ Diet counseling

Language

- English
 - Hindi
 - Gujarati
 - Marathi
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