



Dietician/Certified Diabetes Educator (CDE) / Sports Nutritionist/ Consultant Dietician /Researcher

Social Links

 sagota-ghosh

Reference

DR PREMRAJ BATTALWAR
(Additional Medical Supritendent &Head of Department, Lilavati Hospital)

EMAIL :
drpvbattalwar@lilavatihospital.com

Skills

- MS - Office
- Public speaking
- Clinical Research
- Nutritional Counselling
- Sports Nutrition
- Human Nutrition
- Dietetics
- Medical Nutrition Therapy
- Weight Management
- Skilled in Oncology
- Diet Planning
- Pediatric Nutrition

Languages

- English, Hindi, Marathi and Bangla

Hobbies

- Photography, Cooking, Reading and Travelling

SAGOTA GHOSH

Dietician

 Mumbai
 +91 9004431795
 priya_ghosh@rocketmail.com
 Indian
DOB : 25/10/1992

Objective

Seeking for oppourtunities in the field of Clinical Nutrition & Dietetics where I can display my knowledge, skills and expertise in patient care.

I am keen on exploring, learning and thereby contributing significantly to the organization and enhancing my professional growth.

About Me

I am a dietician with an overall experience of 4+ years. My expertise includes counselling patients suffering from lifestyle related disorders, major surgeries, cancer, maternity and pediatrics. I am adept in handling teams and facilitating both inter and intra-departmental communications.

Highly energetic and passionate towards learning on the latest advancements in the field of science.

Looking for oppourtunities as a Clinical Dietician to learn, explore and implement my knowledge in the field of nutrition and dietetics.

Open to relocation within India which will help in my professional growth.

Work Experience

Year : Jan 2019 till date

Organization : Lilavati Hospital & Research Centre, Mumbai
Designation : Dietician

- Closely associated with doctors and medical specialists team in designing an individualized dietary plan specific to the patient's health condition. Nutrition screening and assessment of all patients.
- Daily monitoring of patients dietary intake, biochemical parameters and drug prescription. Maintaining the nutritional status of a patient and helping in improving prognosis.
- Counselling patients suffering from lifestyle related disorders, major surgeries, cancer, maternity and pediatrics. Discharge diet planning, counselling and follow up of the same.
- Disease-specific diet planning and counselling of OPD and health check-up patients.

Work Experience

Year : June 2018 - Jan 2019

Organization : S.V.T College of Home Science (SNDT), Mumbai

Designation : Research Assistant

- Worked for an international project on effect of almond supplementation on pre-diabetes in adolescents in Mumbai.
- Nutrition screening, anthropometric assessment, data collection, data entry, coding and data analysis.

Year : Dec 2017 & Dec 2018

Organization : Express Clinic (Diet Camp), Mumbai

Designation : Freelance Diet Consultant

- Expertise in providing counselling sessions to spread the culture of nutrition and it's well being.
- Delivered group sessions in corporates on various campaigns to educate and create awareness among the public on the role of nutrition and prevention of health risks.

Year : April 2017 - June 2017

Organization : Dr B. Y. L Nair Hospital & TN Medical College, Mumbai

Designation : Dietician Intern (Internship)

- Nutrition screening and assessment of all patients.
- Daily monitoring of patients dietary intake, biochemical parameters and drug prescription.
- Dealt with food services and formulated different combinations of ryle's tube feed, food tasting and evaluation in the kitchen for food safety of IPD patients.
- Maintaining the nutritional status of a patient and helping in improving prognosis.
- Counselling patients suffering from lifestyle related disorders, major surgeries, cancer, maternity and pediatrics.
- Discharge diet planning, counselling and follow up of the same.
- Disease-specific diet planning and counselling for OPD patients.

Year : July 2014 - Nov 2014 & April 2013 - Nov 2013

Organization : E - Gym & Slimming Centre, Mumbai

Designation : Assistant Dietician

- Conducting a nutritional and anthropometric assessment of clients.
- Prescription of detailed diet plan based on individual requirements, nutritional and lifestyle counselling with constant monitoring.
- Actively promoting the gym and its holistic ideologies, coordinating and handling the branch.

Year : April 2014 - June 2014

Organization : Digestive Health Institute (Formerly known as CODS), Mumbai

Designation : Dietician Intern (Internship)

- Dealt with morbidly obese patients and gained knowledge on bariatric nutrition.
- Assessing the patients nutritional status, dietary recall, biochemical parameters and food allergies. Individualized diet plan for patients pre and post-surgery.
- Following up with patients on regular intervals on calls/emails and maintaining balanced nutritional status post-surgery.
- Presented case studies based on hands-on experience in the clinic.

Academic Qualification

Diabetes Educator	●	International Diabetes Federation (IDF) Year : Sept 2020 to March 2021 Credits : 11 European CME
Post-Graduation M.Sc (Clinical Nutrition & Dietetics)	●	University : Dr. B.M.N. College of Home Science (SNDT) Year : 2017 Place : Mumbai
Graduation B.Sc (Applied Nutrition)	●	University : S.V.T College of Home Science (SNDT) Year : 2015 Place : Mumbai
Intermediate (HSC)	●	School : S.V.T College of Home Science (SNDT) Year : 2010 Place : Mumbai
Matriculation (SSC)	●	School : St. Louis Convent High School Maharashtra State Board Year : 2008 Place : Mumbai

Project Work

- Associated with a community based project at Mahad with ICDS, Swadesh (NGO) and NSI Mumbai.
- Dissertation on “Nutritional Assessment, Eating Habits and Factors Influencing Food Choices Of Employed Adults In Opting For Unhealthy Food Choices In Mumbai”.
- Research Project by PepsiCo India on “Importance of eating fruits in school going children from class 5th-8th in city of Mumbai” (interventional study) .
- Developed recipes with organic jaggery at Pawak foods India Pvt Ltd.
- Collaborative project by THREAD and Dr B.M.N College of Home Science as a youth volunteer for “Intergenerational Interaction between youth and Senior citizens”.

Certifications

- Life member of Indian Academy of Enteral and Parenteral Nutrition (IAPEN).
- National Diabetes Educator Program (NDEP) as a Certified Diabetes Educator.
- Life Member of Indian Dietetics Association(Mumbai chapter).
- AFSTI Mumbai Chapter and ICT initiative as “AVISHKAR -Food Technology Innovation IPL Season -1”
- AFSTI Mumbai Chapter participated in Food Photography Competition and one of my pictures got published in their magazine.
- AFSTI Mysore Chapter participated in Food Photography Competition and one of my pictures got published in their magazine.
- Awarded 3rd position at Intercollegiate Food and Nutrition Competition organized by PFNDAI in collaboration with Food Engineering and Technology, ICT
- Sir Vithaldas Thackersey College of Home Science, Mumbai (National Nutrition Week 2012) by Department of Food and Nutrition, SVT College of Home Science and Saffola for participating in ‘Recipe Competition’ in 2012.
- Sir Vithaldas Thackersey College of Home Science, Mumbai, had organized a workshop on ‘Presentation & Communication Skills’ conducted by ‘TRAINING TREE’ Mumbai in 2011.
- S.P. Mandali’s Ramnarian Ruia College, Mumbai, a short term course in the Department of Biochemistry and Food Science and Quality Control for participating in ‘SENSORY EVALUATION OF FOOD’ in 2012.

Declaration

I hereby declare that all the above information is correct and accurate to the best of my knowledge.