

# Nidhi Rawat

Clinical Nutritionist

House no. 43/ type-3, Varun Niketan, Pitam Pura, New Delhi- 110034

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**DOB: 25th April 1997**

## EXPERIENCE

**Senior Clinical Nutritionist**

**Zyla Health Pvt Ltd**

**76, Sector 43, Gurugram, Haryana 122002**

MAY 2019 - PRESENT

Assess nutritional requirements and then plan therapeutic diets for the patients. Counsel them accordingly and follow up with the patient.

Editing of blogs.

Multiple other projects.

## EDUCATION

**Indira Gandhi National Open University (IGNOU), Delhi—  
M.Sc. in Dietetics and Food Service Management**

JULY 2019- CURRENTLY PURSUING

**Morarji Desai National Institute of Yoga (MDNIY), New Delhi—  
Foundation course in Yoga Science & Wellness**

OCT 2018

**VLCC, Pitam Pura, New Delhi— Certificate Course in Weight Management**

AUG 2018- OCT 2018

**Shree Guru Gobind Singh Tricentenary University (SGT), Gurugram, Haryana— B.Sc. Nutrition & Dietetics**

AUG 2015 - JULY 2018

**Abhinav Public School, Pitam Pura, New Delhi— Senior Secondary School Certificate Examination**

JULY 2013 - FEB 2015

**Queen Mary's School, Rohini, Delhi— Secondary School Certificate Examination**

APRIL 2011 - FEB 2013

## SKILLS

Keen and fast learner

Communication skills

Teamwork

Critical thinking

Creativity

Hard working

## AWARDS

**Position: I:** National Nutrition

Week: Poster Making on

Savour the Flavour of Eating

Right (Sept 2016)

**Position: II:** International

Food Festival: Debate on Are

Junk Foods Healthy or Not

(April 2016)

**Position: III:** Inter University

Recipe Making on Low Calorie

Snacks for Adults (March

2017)

**Position: Participated in**

Synergy: University's

Technofest (Nov 2017)

Inter University Healthy

Recipe Making (Sept 2017)

Inter University Nutrition

Update Quiz (Sept 2016)

## LANGUAGES

Hindi, English

## TECHNICAL SKILLS

Windows 2000/XP/7/8/10

MS Office

Google Suite

WordPress.com

Medium.com

Slack.com

Asana .com

## INTERNSHIPS

### **Clinical nutritionist**

Zyla Health Pvt Ltd (76, Sector 43, Gurugram, Haryana 122002)

7 FEB 2019 - 7 MAY 2019

### **Dietitian**

Sri Balaji Action Medical Institute (A - 4, Paschim Vihar, New Delhi - 110063)

20 JULY 2017 - SEPT 2017

## WORKSHOPS ATTENDED

### **Nutrition, Obesity and Metabolic Diseases: Current Perspectives and Challenges**

*Organised by INSCN and ILBS, New Delhi*

NOV 2017

### **Role of Probiotics and Intestinal Microflora in Maintaining Good Health**

*Organised by Yakult Danone India Pvt. Ltd.*

SEPT 2017

## SPECIAL MENTIONS

Written a project report on the topic "Assessment of organoleptic properties and nutrient content of the newly developed Caffeine-free Betel Leaves Tea."

Volunteered in many activities during National Nutrition Week.

Volunteered in multiple activities during National Breastfeeding Week.

Participated and volunteered in many other activities in college and school including debates, inter-school competitions, singing, dancing and drawing etc.