

# Shirin M. Shaikh

***Clinical Dietician, Nutrition Advisor,***

***Certified Diabetes Educator (CDE)***

Date of Birth: 13 Sep, 1995

Nationality: Indian | Passport No. : P6539852

Visa Status: Visit Visa (*Valid till 23<sup>rd</sup> December 2019*)



## CONTACT INFORMATION

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## CAREER OBJECTIVES

I am a goal oriented, well organised and professional Clinical Dietician and a Certified Diabetes Educator (CDE) with **2+ years of experience** in my field. I have worked in a variety of different setups ranging from government dispensaries to private clinics and hospitals. I possess excellent communication skill and focus on conducting detailed nutrition consultations and creating personalized meal plans to meet the needs of an individual.

### SKILL HIGHLIGHTS

Expertise in Diet Counselling

Proficient in communication

Diligent observer and a quick learner

Work well in team environment

Proactive and adaptable




## ACADEMIC CREDENTIALS

- 2019 Masters In Dietetics & Food Service Management (MSCDFSM) – Indira Gandhi National Open University, Delhi.
- 2016 Bachelors in Dietetics & Nutrition - S.N.D.T Women's University, Mumbai : *Secured 78%*
- 2013 H.S.C – Science, Bhavans College, Mumbai : *Secured 63%*
- 2011 S.S.C – Sheth M.A High School, Mumbai : *Secured 85%*

## OTHER SIGNIFICANT ACHIEVEMENTS

Conducted a Dissertation on “Vitamin D and Calcium deficiency in Patients with Type II Diabetes Mellitus and Non - Diabetic Population” from Nov 2018 – May 2019.

## PROFESSIONAL EXPERIENCE

<p><b>A.</b> Worked as a Clinical Dietician at Urjaa Homeopathic Clinic, Mumbai :</p> <p><b>Dec 2018 – June 2019</b></p> <p>➤ <b>Key Responsibilities :</b> To take detailed history of the patients, prepare diet charts as per their body requirements, counsel and motivate them to achieve their goals, take weekly follow ups and attain patient satisfaction.</p>	
<p><b>B.</b> Worked as a Clinical Dietician and Diabetes Educator for “Beat Diabetes” Project in association with M.C.G.M (Municipal Corporation of Greater Mumbai), Mumbai :</p> <p><b>Dec 2018 – May 2019 (Duration decided by government)</b></p> <p>➤ <b>Key Responsibilities :</b> To prepare customized meal plan for patients considering their blood sugars and other biochemical parameters, and take weekly followup.</p>	
<p><b>C.</b> Worked as a Clinical Dietician &amp; Diabetes Educator at Lifespan Diabetes &amp; Cardiometabolic Clinic, Mumbai :</p> <p><b>May 2017 – May 2018</b></p> <p>➤ <b>Key Responsibilities :</b> To take detailed history of patients and take routine tests like blood sugars, blood pressure. etc, perform tests like ECG, Biothesiometry, ABI test, RISC test (Report on Insulin Sensitivity Control) and make customised meal plan for them.</p>	

## CERTIFICATE COURSES

- Completed a Certificate course in Diabetes Educator under National Diabetes Education Program (NDEP) conducted by Dr. Mohan’s Diabetes Education Academy (DMDEA), Indian Association of Diabetes Educators (IADE) in collaboration with Indian Medical Association (IMA).
- Completed a Certificate course in Nutrigenomics conducted by Institute Of Nutrition And Health Research (INHR) at Kalina University, Mumbai.

## INTERNSHIPS & SHORT TERM ACTIVITIES *(durations were decided by University / Organization)* -

<ul style="list-style-type: none"> <li>Worked as a visiting Diet Consultant at Anandpara Surgical and General Hospital for the <b>Duration of 1 year.</b></li> </ul>	
<ul style="list-style-type: none"> <li>Worked as a Freelancing Dietician for Nestle’ and Venky’s for diet consultations and product promotions.</li> </ul>	
<ul style="list-style-type: none"> <li>Worked as a Locum Clinical Dietician at Sanjeevani Hospital, Mumbai for the <b>Duration of 21 days.</b></li> </ul>	
<ul style="list-style-type: none"> <li>Completed Internship as Clinical Dietician at Brahma Kumaris Global Hospital And Research Centre for <b>Duration of 3 months.</b></li> </ul>	
<ul style="list-style-type: none"> <li>Worked as a Locum Dietician at IASIS Hospital, Mumbai for the <b>Duration of 1 month.</b></li> </ul>	
<ul style="list-style-type: none"> <li>Completed Internship as Clinical Dietician at Guru Nanak Hospital, Mumbai for the <b>Duration of 1 month.</b></li> </ul>	
<ul style="list-style-type: none"> <li>Completed Internship as Clinical Dietician at Dr. Balabhai Nanavati Superspeciality Hospital, Mumbai for the <b>Duration of 1 month.</b></li> </ul>	
<ul style="list-style-type: none"> <li>Completed Internship as Nutritionist at Ecofitness Gym by Revival NutriSpirit, Mumbai for <b>Duration of 3 days.</b></li> </ul>	

## COMPUTER SKILLS

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Microsoft Office

## LANGUAGES

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English (Fluent)

Hindi (Fluent)

Marathi (Intermediate)

Urdu (Intermediate)

Arabic (Beginner)

## HOBBIES

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Reading, Cooking, Gardening, Web Browsing.

*(References available on request)*