

ADIBA MALIK

|Saharanpur|

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Personal Profile

I am 20 year old young passionate Dietician seeking challenging role in clinical nutrition , public health , or corporate wellness. Skilled in dietary assessment , meal planning , nutrition counselling . Eager to apply knowledge and skills to improve individuals health and well-being.

Graduation

- B.Sc Nutrition & Dietetics 2022-25
Quantum University, Roorkee

Education

- Secondary school. 2018-19
RC public school, Saharanpur
82.50%
- Senior secondary school. 2019-20
Anglo Hindustan Public inter college
Chhutmalpur
77.40%

Work Experience

Shree Mehant Indires h , Dehradun
Intern

July - August. 2024

- Nutrition assessment
- Meal planning/ Diet charts
- Chronic disease Management

Certification & Achievements

- SAM (Sever Acute Malnutrition) Awareness Camp
- Co-authored a chapter titled **Nutrition in Digital India** in [Current trends in India], published with ISBN [978-93-5834-237-6].”
- Value added course in Role of Vitamins and Minerals in human body
- NPTEL online course in Sports and Exercise Biomechanics conduct by IIT Kharagpur
- Co-authored a chapter titled **MIND Diet : Preventive Strategy Against Neurodegenerative Disorders** in [Green Nutrition functional phytochemicals for health and sustainable diet] , published with ISBN [9788198740960].

Skills

- Critical thinking
- Project management
- Team work
- Time management
- Eye for detail
- Communication

Language

- English
- Urdu
- Hindi

