

CURRICULUM VITAE

Dr. Khushali Hirpara.
(BNYS - Dietitian)

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Rajkot, Gujarat

Value Profile

- ❖ Goal-oriented Nutritionist and wellness professional focused on conducting detailed nutrition consultations and creating personalized meal plans to meet the needs of each client. High-achieving professional with advanced knowledge of human anatomy and physiology.
- ❖ Possess expert knowledge of nutritional needs for high-risk patients in outpatient and inpatient settings.
- ❖ Extensive knowledge of dietetics and how to adapt knowledge to practical use in conjunction with exercise programs.

Experience & Internship Details

❖ **Ratanveer Nature Cure Centre, Bidada, Mandvi, Kutch.**

- Feb. 2019 – April 2019

- Instruct clients in proper meal preparations and diet therapies.
- Identify appropriate nutritional risk of patients and intervene based on established criteria.
- Designed diet plans for individuals with chronic diseases like diabetes and heart disease.
- Provided nutritional intervention and counseling for high-risk individuals.

❖ **Balvantrai Mehta Nisargopchār Ārogya Bhavan. Vadodara.**

-May 2019 – July 2019

- Performed initial patient diet and nutrition screenings.
- Performed office tasks such as filing, data entry.
- Educate clients about the long term health benefits of balanced diets and exercise programs.
- Continually met with clients to assess progress and adjust plans..
- Evaluated patients eating habit and worked with them on the improvements.

❖ **Vinoba Bhawe Ashram. Gotri, Vadodara.**

-Aug. 2019 – Nov. 2019

- Developed goal plans with ideal life changes to support wellness.
- Work one-on-one with clients and in groups on nutrition improvements.
- Provided nutrition education to inpatients and outpatients.
- Screened, assessed, and developed proper nutrition care plans for inpatients based on their individual needs.

❖ **Nisargopchar Ashram, Uruli Kanchan, Pune.**

-Dec. 2019 – Feb. 2020

- Developed goal plans with ideal life changes to support wellness.
- Experience in Making Personal therapeutic yoga classes for Stress Management.
- Documented inpatient and outpatient information into a computerized system.
- Counseled patients with diabetes about consistent carbohydrate diet, and proper timing of meals.
- Establish and maintain thorough nutritional records and information.

❖ **Self-Employed, Divine Nature cure, Rajkot.**

- Own Naturopathic clinic at Rajkot.
- Treated patients with different diseases.
- Conducted Yoga classis
- Performed Acupuncture, Physiotherapy, and other Therapies.

Areas of Expertise

- ◆ Healthy cuisine expert
- ◆ One-on-one consultations
- ◆ Advocate for organic foods
- ◆ Recipe development
- ◆ Gluten and dairy free diets
- ◆ Total wellness focus
- ◆ Vegetarian health expert
- ◆ Exercise
- ◆ Meal planning
- ◆ Naturopathic Nutrition

School level Qualification			
Year	Exam.	School	Board
2010-11	S.S.C.	Bardanwala Vidyalaya, Rajkot	G.S.E.B.
2012-13	H.S.C.	Creative science school, Rajkot	G.S.E.B.

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Graduation Qualification B.N.Y.S (Bachelor of Naturopathy & Yogic Sciences)				
Semester	Percentage(SPI)	Year of Passing	Institute	Mark

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2014-19	B.N.Y.S	MORARJI DESAI INSTITUTE OF NATUROPATHY & YOGIC SCIENCES, VADODARA	MORARJI DESAI	Second Class
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Workshops & Conferences Attended

- ❖ Attended International Conference in Yoga & Naturopathy 2014 at SDM Collage of Naturopathy & Yogic Sciences & Hospital, Ujire, Karnataka, India.
- ❖ Participated in the “Lifestyle Modification through Naturopathy” on the occasion of National Naturopathy Day held on 15th November 2018, at Balvantrai Mehta Nisargopchâr Ārogya Bhavan. Vadodara.
- ❖ Participated as a Delegate in International Conference on “Yoga for Public Health (12-13 November 2018) in Goa.
- ❖ Attended National Natural food festival (17-18 Feb 2018) in Hyderabad.
- ❖ Also attended & Participated in Yoga Utsav at Lakulish Yoga University in Ahmedabad

Awards / Commendations

- ❖ Participated and Won 2nd Price in Gujarat State Yoga competition in November 2009.
- ❖ Participated and won 2nd Price in Yoga Competition at Gujarat Ayurveda University, Jamnagar
- ❖ Participated in all India inter University Yoga Competition in 2016,2017 & 2018 at Kurukshetra Yoga University in Panjab.

References

- ❖ Dr. bharat shah
CMO-Nisargopchar Ashram Gotri, Vadodara
- ❖ Dr. Kushan Shah
RMO at Nisargopchar Ashram, Uruli Kanchan, Pune.