

Rimsha Mirza

Dietitian

Contact

- +91 8791966121
- rimshamirza821@gmail.com
- 10/1, Abad Market Firozabad

Skills

- Nutritional Assessment & Counseling
- Meal Planning & Diet Therapy
- Clinical Experience
- Patient Communication
- Nutritional Research & Report Writing
- Basic Anthropometric Measurements
- Microsoft Office & Diet Software

Certificates

- Microsoft Office Suite
LinkedIn Learning
- Organizer - Fest Diwali Art
IHS, DBRAU, Agra

Language

- English
- Hindi
- Urdu

References

Dt. Priyanka Yadav

Sr. Dietitian Pushpanjali Agra

Phone: +91 8791101211

About Me

Motivated and compassionate Nutrition and Dietetics graduate with hands-on clinical experience gained through an internship at Pushpanjali Hospital, Agra. Skilled in dietary assessment, patient counseling, and developing personalized nutrition plans. Eager to apply academic knowledge and practical experience to support patient health and well-being in a dynamic healthcare setting.

Education

- Bachelor of Home Science
DBRAU, Agra 2019 - 2022
- Masters of Home Science
IHS, Khandari Campus Agra 2022 - 2024
- PG Diploma Nutrition & Dietetics
IHS, Khandari Campus Agra 2024 - 2025

Experience

- Dietetics Intern
Pushpanjali Hospital Agra May 2025 - July 2025
 - Assisted clinical dietitians in developing and implementing nutritional care plans for patients across various departments, including cardiology, nephrology, and general medicine.
 - Conducted nutritional assessments by analyzing patient history, lab reports, and dietary patterns to support individualized medical nutrition therapy (MNT).
 - Observed and participated in dietary counseling sessions for patients with diabetes, hypertension, renal disorders, and gastrointestinal conditions.
 - Collaborated with the food service department to monitor therapeutic diets and ensure compliance with prescribed meal plans.
 - Gained hands-on experience in anthropometric measurements, calorie calculations, and documentation for patient dietary records.
 - Participated in nutrition education programs and patient awareness campaigns within the hospital.

Project

Assessment of Dietary Practices And Quality of Life of Middle Aged Non-Insulin Dependent Diabetics

IHS, DBRAU, Agra