

Ashmita Deb

CLINICAL DIETITIAN

✉ ashmitadeb83@gmail.com

☎ 8448624871

📍 Rishikesh, Uttarakhand

in ashmita-deb-4a0a5b225

EDUCATION

Bachelors in Nutrition and Dietetics

School of Allied Healthcare and Sciences, JAIN (Deemed-to-be University), Whitefield, Bengaluru

Nov 2021 - Apr 2024

Scored 8.256 SGPA overall in five semesters

Central Board of Secondary Education

DSB International Public School, Rishikesh, Uttarkhand Apr 2020 - May 2021

Scored 91.4% in CBSE 12th Boards in 2021 with Physics, Chemistry and Biology.

EXPERIENCE

Clinical Dietitian Intern

Aster Hospitals, Whitefield, Bengaluru Jul 2023 - Aug 2023

Developed skills in Medical Nutrition Therapy, Nutritional Counseling, Enteral Nutrition, Parenteral Nutrition, and Meal Planning.

Food and Nutrition Intern

Flex Foods Limited Dec 2022 - Jan 2023

Gained knowledge in Research and Development (R&D), Quality Assurance, Sensory Evaluation, Consumer Product Testing, and Quality Control.

PROJECTS

Developed a phytoestrogen rich flapjacks for the post menopausal women

For managing post menopausal complains Jan 2023 - Apr 2024

Developed a standardized product to help women experiencing post menopausal symptoms.

SKILLS

Nutritional Counseling

Diet Therapy

Recipe Connoisseur

Meal Planning for Pregnant and

Meal Planning

Diet Planning for Diabetic Patients

Lactating Women

CERTIFICATION

Certificate of Recognition

JAIN (Deemed -to-be University) 2023-10-02

Certificate of Recognition for serving as an Organizing Committee Member at National Nutrition Month 2023

Grief Counselling

Ministry of Health and Family Welfare, Government of India 2023-12-13

Acknowledgment of Completion of the course Grief Counselling

Global Traditional Food Summit 2023

Council for Promotion, Research and Trade in Traditional Foods 2023-04-29

Certificate of Appreciation

LANGUAGES

English

Hindi

Bengali