

CURRICULUM VITAE



SHIVI TYAGI KHANDURI

M.Sc. in Food & NUTRITION

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ADDRESS:

W/o Paritosh Khanduri

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Raipur, Dehradun, Uttarakhand. 248008

EDUCATIONAL QUALIFICATION

- **HIGH SCHOOL** from UP Board Allahabad in 2003.
- **INTERMEDIATE** from UP Board Allahabad in 2005.
- **B.Sc.** (Home Science) from Ch. Charan Singh University, Meerut (UP) in 2009.
- **M.Sc.** (Food & Nutrition) from Devi Ahilya University, Indore (MP) in 2012.

WORKING EXPERIENCE

- Appointed as a counsellor from 11 July, 2011 to 10 September, 2011 for the mother of mainutrition children under the origination of ICSD (Integrated Child Development Service) in **Aanganvadi Centre 63 Indra Nagar, Indore (MP)**.

- 25 days Internship as a Dietician from 5 August, 2012 to 28 August, 2012 in **Lokpriya Hospital, Meerut.**
- 6 months Internship as a Dietician from 5 November, 2013 to 5 May, 2013 in **Anand Hospital, Meerut.**
- 10 months Internship as a Dietician from 10 May, 2014 to 28 February, 2014 in **Bhagya Shree Hospital, Meerut.**
- 9 months service as a Dietician from 9 March, 2014 to 11 November, 2014 in **Bhupal Hospital, Meerut.**
- 5 months service as a Dietician from 11 January, 2016 to 31 May, 2016 in **Kanishk Hospital, Dehradun.**
- 1 year service as a Dietician from 21 June, 2016 to 30 December, 2016 in **Apex Hospital, Ghaziabad.**
- I opened my own clinic of Diet/Nutrition service since 15 January, 2017 to 25 March, 2020 in **Saharanpur.**
- I am working as a Dietician from 22 September, 2021 till date in **Kailash Hospital, Dehradun.**

NUTRITION

The cliché “Health is Wealth” is not overrated; our health affects everything we do from managing work to relationships-everything! Eating healthy & exercising on a continuous basis can do wonders for our physical & mental health. Many people seek the assist of nutritionist to assist them to staying healthy. Nutritionist are often confused with Dietician who work with people who are unwell, Nutritionists on the other hand, work with healthy people who want to remain healthy through proper eating.

NUTRITIONIST JOB DESCRIPTION

- Assess each patient’s individual nutrition needs through interviewing.
- Evaluate diet restrictions and present health plan.
- Create and implement individual based health plan.
- Assist patient in making appropriate changes to diets in accordance to their taste.
- Advise patient on needed lifestyle modifications.
- Develop recipes to facilitated nutritional programs.

ADDITIONAL SKILLS

- Computer – Basic knowledge, MS Office, Power Point & Internet Browsing.
- Good Communication skill & caliber.
- Excellent ability to work with a diversity of populace.
- Outstanding patient service skill.
- Ability to work in stressful situations.
- Working knowledge of current diet trends & disease affecting diets to formulate a suitable nutrition plan.

PERSONAL ATTITUDE/VISION

- I am confident in my work.
- I am having enthusiastic energy to work with patients.
- To educate the people to maintain healthy food.
- Work with sincerity & zeal.
- Born to teach! Keen interested in studies.

PERSONNEL PROFILE

- Name : Shivi Tyagi Khanduri
- Spouse Name: Mr. Paritosh Khanduri
- Date of Birth: 09 April, 1988
- Gender: Female
- Marital Status: Married
- Language speak & write: English & Hindi
- Hobbies: Dancing & Cooking
- Nationality: Indian
- Racial: Hindu Brahmin

MOTTO : “ HEALTH IS WEALTH ”

DECLARATION:

I hereby declare that all the information given above about me is true to the best of my knowledge.

DATED: 15TH January, 2024

(SHIVI TYAGI)