
Ms Sakshi Pandey

Dietitian

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SKILLS

- Effective speaking skills.
- Active listening skills.
- Good coordination skills and the ability to adjust one's actions in relation to others' actions.
- Being socially perceptive; that is, aware of the reactions of others and understanding those reactions.
- Good decision making and judgment capabilities.
- The ability to instruct others.

EXPERIENCE

Overall Experience: 3 Years

Galaxy Super Speciality Hospital

Ukhri Rd, chowk, Jabalpur

Dietitian (September 2022 - January 2023)

- Visit the patients and analyse their dietary needs.
- Inpatient and outpatient diet counseling.
- Therapeutic care of inpatient dietary needs.

Sukh Sagar Medical College and Hospital

Chargawan, Jabalpur

Junior Dietitian [July 2021 - August 2022]

- Sensory evaluation of patient food.
- To prescribe the diets for patients in allotted wards.
- Visit the patients and analyse their dietary needs.
- Ensuring the right food reaches the right patient at the right time.
- Diet counseling for inpatients.

Shree Shubham Multi-speciality Hospital

Madan Mahal, Jabalpur

Dietitian [January 2021 - PRESENT]

- Therapeutic care of inpatient dietary needs.
- Inpatient and outpatient diet counseling.

Super Specialist Clinic for Gastro, Neuro, Nephro Shastri Bridge, Jabalpur

Dietitian [November 2021 - PRESENT]

- Therapeutic care of inpatient dietary needs.
- Outpatient diet counseling.

Budholia Multispeciality Hospital Sanjeevani Nagar, Jabalpur

Junior Dietitian [June 2021 - September 2021]

- Therapeutic care of inpatient dietary needs.
- Inpatient and outpatient diet counseling.

EDUCATION

Govt. MH home science college Jabalpur - MSc (Food and Nutrition)

July 2018 - July 2020

Physiology and Food Science was the major subject in this course. During the course, I did a 1-month summer internship at Netaji Subhash Chandra Bose Medical College, Jabalpur, from Feb 2020 to March 2020. In the internship, I developed and implemented nutrition care plans for low-risk patients following initial nutrition assessments. I secured 71% (aggregate) in this course.

Govt. MH home science college Jabalpur - BSc (Clinical Nutrition)

July 2015 - July 2018

Basic Nutrition and Community Nutrition was the major subject in this course. During the course, I did a 1-month summer internship in my second year at Choithram Hospital and Research Centre, Indore, from June 2017 to July 2017. There I learnt diet plan according to disease, canteen work for patients diet. I secured 64% (aggregate) in this course.

Certificates

- Certificate in short term Internship in Dietetics in Choithram Hospital, Indore.
- Certificate in quality cooking and food service management, Internship from MP State Food Craft Institute, Jabalpur.
- Computer basic certificate from MH Govt. College of Home Science 2015-16.

Extra-curricular Activities

- NSS Camp sihoda Jabalpur from 4/02/2016 to 10/02/2016(7 day).

Hobbies

Singing, Dancing, Painting, and Reading Books