

# Navdeep Kaur

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## SUMMARY

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Driven Nutrition and Dietetics Professional with broad range of experience in diet management, health and wellness counseling and patient education. Highly skilled in designing individualized plans to help clients achieve nutrition and weight loss goals, manage chronic diseases, and enhance personal wellness.

## CORE COMPETENCIES

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- Meal Planning
- Patient Assessment
- Diet Counseling
- Clinical Nutrition
- Team player
- Punctual
- Patient's screening

## PROFESSIONAL EXPERIENCE

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### CHRISTIAN MEDICAL COLLEGE & HOSPITAL

*Deputy Dietician, May 2020- August 2023*

- Daily meeting with in patients to assess their nutritional needs and plan diet according to them.
- Motivating them to eat well and counsel them about their nutritional intake.
- Proper quality check of patient's food according to hygiene, taste, proportion and cleanliness standards.
- Consultation of out patients.
- Maintaining records of on diet patients and their daily expenses on diet.
- Maintaining production list of the patients in each ward and their whole day's food expenditure
- Organizing activities on nutritional events and guiding interns to learn about the duties of a dietitian.
- Checking case studies of interns.
- Maintaining a daily record of the sanitation and hygiene of workers in the department.
- Maintaining good relationship with co-workers.

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### DAYANAND MEDICAL COLLEGE AND HOSPITAL

*Dietetic Intern, Nov 2019 – Feb 2020*

- Maintained records of reported hours to support accurate payroll administration.
- Established healthful and therapeutic meal plans and menus for individuals with health conditions.
- Developed and oversaw preparation of specialized diets.
- Created personalized weekly meal plans to help clients accurately track calorie and food intake.
- Recommended appropriate feeding schedules and methods to meet nutritional needs and abilities.
- Reviewed records and assessed nutritional condition of at-risk residents by recognizing unplanned weight changes and other issues.
- Counseled pregnant women on nutritional requirements and suggestions for healthy diets.
- Evaluated unique nutrient and energy requirements for each patient based on BMI, lifestyle and individual medical issues.

- Studied many cases of acute and chronic diseases and made diet plans according to their nutritional requirement.

### **RURAL AWARENESS WORK EXPERIENCE (RAWE)**

*Student Volunteer, Jan 2019 – March 2019*

- Worked with rural families to give them knowledge about various aspects of food and nutrition and also gain some experience from them about traditional cooking methods, traditional therapeutic foods etc.
- Conducted many camps like awareness regarding mental health, drug abuse, gender equality, cooking with the help of solar energy, making different kinds of nutritional recipes, low cost nutritional foods for malnourished and poor children,, how to reduce food wastage, care of pregnant and lactating women etc.
- Visit *Anganwadis* (Day Care) to assess the health of children and provide them healthy recipes for their overall health. Also maintained the day care centre with knowledgeable posters, charts, paintings , so that children can enjoy at their learning space.

### **Indian Dietetic Association Punjab Chapter**

*Student Volunteer, Nov 2019- Dec 2019*

- Worked as a student volunteer in one diet clinic organized by IDA, Punjab chapter.
- Made many low cost nutritional recipes that are high in protein and give knowledge about malnutrition to the rural people

### **National Service Scheme**

*Student Volunteer, Jul 2015 – Jun 2017*

- Inventoried, maintained or repaired cleaning supplies and ordered more.
- Planted seeds and pruning trees for sustainable environment.

## **EDUCATION**

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### **UNIVERSITY OF ALBERTA**

*Master of Science in Family Ecology and Practice, Sept 2023- Present*

### **PANJAB UNIVERSITY, CHANDIGARH, PUNJAB**

*Post Graduate Diploma in Nutrition & Dietetics, Jul 2019- May 2020*

- Percentage: - 86.9%

**Punjab Agricultural University, Ludhiana, Punjab**

*Bachelor's in Science (Honours) Home Science, Jul 2015 – Aug 2019*

- OCPA: - 7.44 / 10

**ADDITIONAL SKILLS**

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- Proficient in Microsoft Office and Adobe Illustrator
- Record maintaining in Computer
- Multilingual in English, Punjabi and Hindi
- Life time member of Indian Dietetics Association (IDA)
- Life time member of Indian Association of Parenteral and Enteral Nutrition (IAPEN)