

Rakhi

KHATANA

FOOD SCIENCE AND NUTRITION

WORK EXPERIENCE

Intern, Dietetics Department, Santokba Durlabhji Memorial Hospital .

- Gained hands-on experience in dietetic planning and patient nutrition assessment under the supervision of licensed dietitians.
 - Assisted with the development and implementation of individualized patient care plans, contributing to improved health outcomes
- 5 May 2023 - 22 June 2023

Intern, Dietetics Department V.M.M.C & Safdarjung Hospital

May 2024-June 2024

- Assisted in nutritional assessment of patients by evaluating their dietary intake and medical conditions.
- Observed and participated in the food service management process.
- Gained experience in hospital nutrition services, patient care, and food service management.
- Helped in planning and modifying hospital diets for different patient categories (renal, cardiac, diabetic, etc.).

Intern, Dietetics Department – Fortis Hospital, Shalimar Bagh, Delhi

Duration: (6 Months)

- Conducted comprehensive nutritional assessments for patients across departments, including ICU and general wards.
- Assisted in planning and implementing individualized therapeutic diets based on clinical conditions (diabetes, renal disorders, cardiac diseases, etc.).
- Monitored patient progress and modified diet plans in coordination with the multidisciplinary healthcare team.
- Provided basic nutrition counseling to patients and caregivers for improved compliance and recovery outcomes.
- Gained hands-on exposure to clinical nutrition protocols, enteral/parenteral nutrition support, and hospital food service operations.

EDUCATION

B.SC. HOME SCIENCE

BanasthaliVidhyapeeth
2020 - 2023

MSC. HOME SCIENCE (FOOD SCIENCE AND NUTRITION)

BanasthaliVidhyapeeth
2023-2025



SUMMARY

As an M.Sc. Home Science student specializing in food science and nutrition, I am eager to apply my academic knowledge and practical skills in clinical nutrition, seeking opportunities to contribute to research and community health initiatives

CONTACT

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SKILLS

- **Time Management:** Effectively balance academic responsibilities with extracurricular activities, demonstrating exceptional organizational skills.
- **Scientific Writing:** Capable of composing clear, well-researched content on nutrition and health science topics.
- **Community Engagement:** Active participation in health and nutrition outreach programs, promoting wellness and healthy eating habits.
- **Teamwork:** Collaborative spirit shown in academic group projects and community initiatives.
- **Learning Agility:** Keen on continuous learning and applying new scientific findings in the field of nutrition.
- **Nutritional Assessment & Planning:** Proficient in evaluating dietary needs and creating tailored meal plans to meet individual health goals.
- **Nutritional Education & Counseling:** Experienced in educating clients on healthy eating habits and providing personalized nutritional counseling.
- **Research and Continuous Learning:** Committed to continuous learning, staying updated with the latest nutrition research and integrating evidence-based findings into practice.

LANGUAGES

- Hindi
- English