



SARITA IRAJ

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CURRICULUM VITAE

CAREER OBJECTIVE

To prove my ability with best of my hard work and sincerity. Expecting a work environment which would offer resources to broaden my knowledge and prepare me for more variable assignments.

ACHIEVEMENTS

- Lifetime membership - IAPEN
- Published 23 Research Papers and Articles on different topics
- Paper presentation on the topic of Research on cognitive restructuring and nutrition at two days national seminar sponsored by ICSSR
- Attending multiple seminars including conferences and webinar.

WORK EXPERIENCE (16 + years)

- Jaslok Hospital Sultanpur working as a Dietician. **(2010 to 2016)**
- Worked at Sahara Hospital as a dietary intern and dietician. **(2016 to 2017)**
- Isaa Diet and Nutrition Care World Sultanpur working as a clinical Dietician (founder). **(2016 to till date)**
- Jaslok Hospital Sultanpur working as a Chief Dietician. **(2010 to 2024)**
- Assistant Professor at KNIPSS Sultanpur. **(2018 to 2024)**
- Currently working Integral University as a Senior Dietician/Assistant Professor in Department of paramedical (Nutrition and Dietetics). **(23rd January 2025 to till date)**

SPECIALISATION (for Dietician)

- Weight Management
- Diabetes Management

- Thyroid Management
- Lifestyle modifications for lipid disorder
- Hypertension and cardiovascular diseases
- Renal Diseases
- PCOD /PCOS
- RT Feed
- Bariatric surgery diet plan

SPECIALISATION (for Assistant professor)

- Human Physiology
- Advance in Diet therapy
- Macro Nutrients
- Micro Nutrients
- Community Nutrition
- Food quality analysis
- Food Science

CERTIFICATION

- Certified Dietician by Sahara Hospital, Lucknow
- Certified fundamental of Renal Nutrition in CKD
- Certified Food Safety Authority in India
- Certified Diabetes online workshop by Aaritra's diet and nutrition

ACADEMIC QUALIFICATIONS

- M.Sc. Food Nutrition and Dietetics from Kamla Nehru Institute of Physical and Social Sciences, Sultanpur (U.P)
- B.Sc. Home Economics completed in 1998 from Allahabad Agricultural Institute – Deemed University, Allahabad (U.P)
- Higher Secondary (10+2) Examination passed in the year 1993 in science of Biology group under U.P Board from KKGIC Sultanpur (U.P)
- High School Examination passed in the year 1991 under U.P Board from KKGIC Sultanpur (U.P)

UNDER GRADUATE TRAINING

- One month In-Plant training in Student Training Dairy of Allahabad Agricultural Institute – Deemed University, Allahabad.
- One month Rural Awareness Work Experience an Indian Council of Agricultural Research (ICAR) sponsored training for under graduates.
- One month training in a special camp organized by National Service Scheme (N.S.S).

TITLE OF M.Sc. DISSERTATION AND COURSE SEMINAR

- A Comparative study on impact of **APPLE CIDER VINEGAR** on the blood glucose levels of Diabetic patients in Sultanpur city.
- Nutrition concerns for children with **AUTISM**.

POST GRADUATE INTERNSHIP TRAINING

- Six months internship training as a dietitian in **SAHARA HOSPITAL** Lucknow.
- Diet counseling during the type of diseases e.g.: **CHD, DM, CKD, CLD, Pancreatitis, ONCO, Pre & Post Delivery, PCOS and PCOD, NICU, PICU, Hydrocephalus, RTA, FJ feed and Ryl's Tube Feeding (RTF)**.
- Prescribing weight loss and weight maintenance diet to the patients.
- Maintaining diet records.
- Dealing with child obesity diets.
- Preparing diet charts of therapeutic diets.
- Pregnancy & lactating diets.
- Age specific diets.
- Health maintenance & disease prevention.
- Diets in hormonal disorders.

CASE STUDY DONE UNDER SAHARA HOSPITAL

- Celiac Disease (Gluten Free Diet) and CVA (Cerebro Vascular accident)
- Multiple Disease (Type 2 Diabetes, Chronic Kidney Disease, Chronic Liver Disease, Sepsis, Ascites, Hypertension)
- Morbid Obesity, Bariatric surgery with DM₂, Hypothyroidism and COPD (Chronic Obstructive Pulmonary Disease)

WORK EXPERTISE

Weight management. Diabetes management. Thyroids management. CHD (cardiovascular). CKD, CLD, Onco patient. Gastrointestinal diseases diet. Pre and Post Delivery diet. PCOS management. RTA. NICU & PICU. Seizures & Autistic patient diet. Ryl's tube feeding (RT feed) and FJ feed. Sports nutrition management. Corporate life style management

- High Protein Diet
- Low Fat Diet
- Sodium Diet

PERSONAL DETAILS

- Name : Sarita Iraj
- E-Mail : Saritairaj2424@gmail.com
- Father name : Mr. Surendra Nath Singh
- Gender : Female
- Marital Status : Married
- Language Known : Hindi & English
- Nationality : Indian
- Hobby : Cooking, Painting and Searching about Nutrition from our surrounding

DECLARATION

I hereby declare that the particulars furnished above are true and correct to the best of my knowledge and belief.

Date:

Place: