



**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 2023)**
- Currently working Integral University as a Senior Dietician/Assistant Professor in Department of paramedical (Nutrition and Dietetics). **(23<sup>rd</sup> 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 and 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 DM<sub>2</sub>, 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:**