

POONAM TIWARI (RD)

PROFESSIONAL QUALIFICATION:

Qualified NET of December, 2004.

Qualified Registered Dietician (IDA) 2015

EDUCATIONAL QUALIFICATION

Postgraduate : 1. Masters in Women's Studies (2006)

University : University of Lucknow, Lucknow

Postgraduate : 2. Masters in Foods & Nutrition (2003)

University : University of Lucknow, Lucknow

Postgraduate : 3. Postgraduate Diploma in Dietetics (2000)

University : S.N.D.T. Women's University, Mumbai.

Graduate : B.HSc. Clinical Nutrition and Dietetics (1999)

University : Isabella Thoburn College, Lucknow University.

WORK EXPERIENCE

**Institution : Dr Ram Manohar Lohia Insitute of Medical Sciences
Vibhuti Khand Lucknow**

Designation: Dietician

Time period: May2015- Till Date

Institution : Sahara Tertiary Care Hospital Lucknow

Designation : Chief Dietician

Time period: June 2008- May 2015

Institution : Isabella Thoburn College

**Designation : Lecturer, Department of Food & Nutrition;
Co- ordinator, Department of Women's Studies.**

Time Period : August'05-June 2008.

Responsibilities: Teaching B.Sc. & M.Sc. of Clinical Nutrition & Dietetics; M.A.-II (Paper II) of Women's Studies.

Institution : **Indira Gandhi Open University**

Designation : Counselor, M.Sc., Dietetics & Food service management.

Institution : **Vivekanand Polyclinic, Lucknow.**

Designation : Dietician

Time Period : 6 months.

Institution : **Rama Hospital & Research Centre, Kanpur.**

Designation : Consulting Dietician, Food & Beverage manager.

Time Period : 25th July, 2003 – December, 2004.

Institution : **L.L.R Hospital, Kanpur (Deptt. Of Endocrinology)**

Designation : Consulting Dietician

Time Period : 6 months.

Institution : **Christian Medical College, Vellore.**

Designation : Postgraduate Dietary Intern

Time Period : 3 months.

Institution : **P.D.Hinduja Medical Research Center, Mumbai.**

Designation : Postgraduate Dietary Intern

Time Period : 1 month.

Institution : **S.N.D.T Women's University.**

Designation : Postgraduate Dietary Intern

Time Period : 1 month.

Institution : **Sanjay Gandhi Postgraduate Institute of Medical Sciences, Lucknow.**

Designation : As a Dietician Trainee

Time Period : 1 month.

INVOLVEMENTS:

- Conducted various Seminars and workshops at Sahara Hospital

- Was awarded certificate of Merit from **QUALITY COUNCIL OF INDIA**.
- Supervised various batches of Dietary interns.
- Presented paper at *World Congress on Clinical Nutrition* at BHU
- Presented poster at 15th National conference of IDA
- Successfully completed certificate course on renal nutrition and metabolism.
- Selected among 8 city finalist of “LEAD INDIA CAMPAIGN”.
- Attended successfully Summer Lecture Sessions held on 28th – 30th June, 2006 at **Ewha Women’s University, Seoul, Korea**.
- Actively participated in “Staging Peace” – A Theatre festival organized by Womem Initiative for peace In South Asia (WIPSA) November, 2005
- Attended National workshop on “**Women in Political Process**” held in Delhi 2003.
- Attended and actively participated in work shop on “Women In Political Process ” at Ajmer 2003.
- Awarded “**Sarah Chako Fellowship**” for deserving Post Graduate Student. 2003.
- Actively participated in a seminar organized by N.S.S. (National Service Scheme) on “**Universities Talks AIDS**”.
- Was elected President of Student Government Association (S.G.A) of Isabella Thoburn College from 1998-99.
- Awarded scholarship of Isabella Thoburn College; “**Isabella Thoburn Scholarship**” for three years of devoted Social Service.
- Awarded with the Scholarship for the “**Best Student of Home Science**”.
- Secured highest marks in B.HSc. - I Year.
- Won University Debate Competitions.