

MAITHILI CHOUGHULE

PROFESSIONAL SUMMARY

A nutritionist with 8 years of experience holding an interest to learn and grow in the field of human nutrition and supporting evidence-based clinical nutrition for the wellbeing of the community. Open to take new challenges, collaborating with the team, and contributing to the organization's growth and success.



Dahisar east, Mumbai-400068



maithili.choughule@gmail.com



8369855528/9833320756



<https://www.linkedin.com/in/maithili-deo-3b0742186/>

EDUCATION

2010-2013: Bsc. Biochemistry, Ramnarain Ruia College, Matunga, Mumbai

2010-2013: UGC sponsored Diploma Food science and quality control, Ramnarain Ruia College, Matunga, Mumbai

2013-2014: PG Diploma in Clinical nutrition and applied dietetics, Nirmala Niketan college, Marine Lines, Mumbai

PROJECTS

K.B. Bhabha hospital, Kurla Dietitian (Contract Basis - 3 months)

Atreya Innovations Pvt Ltd, Pune Researcher- Nutrition (3 months project study)

IDA Mumbai Chapter, Volunteer - Media Working Sub-Committee

Lifespan Clinic, Vashi Junior Dietician (1.5 months)

EXPERIENCE

CONSULTANT DIETICIAN

Sun Superspeciality Hospital, Borivali West

(Nov 2020 - present)

Pragati Multispeciality Hospital, Dahisar East

(June 2020 - present)

Astha Life Care Hospital, Borivali East

(Nov- 2020- March 2021)

DIET COUNSELOR

Nijji Healthcare Pvt Ltd

(26th Sept 2020 - 17th Jan 2022)

NUTRITIONIST- PEDIATRIC ONCOLOGY

Cuddles foundation (Tata Memorial Hospital & KEM Hospital, Parel)

Mar 2017- Oct 2020

CLINICAL NUTRITIONIST

Kshipra Medisciences Pvt Ltd, Vashi

(Nov 2016- Mar 2017)

CLINICAL DIETICIAN

Wellspring Healthcare Pvt. Ltd, Vashi

(Feb 2016- Sep 2016)

NUTRITIONIST- PEDIATRIC ONCOLOGY

Cuddles foundation (BJ Wadia Hospital, Parel)

(Feb 2015- Feb 2016)

INTERNSHIPS

RD Intern

Duration - 6 months (Post Graduation Internship)
Seth G.S Medical College and K.E.M Hospital, Mumbai

Dietician Intern

Duration - 2 months (Post Graduation Internship)
Seth G.S Medical College and K.E.M Hospital, Mumbai

Trainee in Quality and Food Safety Department

Duration - 1 month (College Internship)
Cadbury India Ltd, Thane

Plant Training in Quality Assurance Department

Duration - 2 weeks (College Internship)
Pepsico Indi Holdings Private Limited, Chembur

Trainee in Food and Beverage Production and Service

Duration - 1 month (College Internship)
Grapevine Oriental Hospitality Services Pvt. Ltd. Dhirubhai Ambani Knowledge City, Navi Mumbai

AFFILIATIONS

Indian Dietetic Association
Life member no: 1623
National Id No: 11272

CERTIFICATES

Certificate in Renal Nutrition, Medvarsity, May 2022

Registered Dietician, IDA Mumbai Chapter: 122019

Facility based Management of Children with Severe Acute Malnutrition-2018, Organized by NRRTC, at LTMM college and General Hospital, Sion

National Diabetes Educator Program, Jun 2014- Mar 2015

SKILLS

Negotiation skills to help patients overcome barriers and create positive change

Up to date with current nutrition information and research

Ability to explain complex ideas simply

IT skills to record and access patient records

Practicing evidence-based clinical nutrition