



## **DT. ASHISH RANI**

Consultant - Nutrition & Dietetics

### **Qualification**

MSc in Dietetics & Food Service Management (IGNOU) | DNHE (IGNOU)  
| Certified in Critical Care Nutrition (Enteral and Parenteral nutrition)

### **Overview**

Dt. Ashish Rani is a highly experienced Clinical Dietitian and currently serves as the Head of the Department (HOD) in Nutrition and Dietetics at Manipal Hospitals, Gurugram, Palam Vihar. With over 12 years of dedicated experience in the field, she specialises in managing complex diet-related health issues and providing tailored nutritional care. Ms. Rani holds an MSc in Dietetics and Food Service Management from IGNOU, along with a Diploma in Nutrition and Health Education (DNHE) and certification in critical care nutrition, specialising in enteral and parenteral nutrition. Her expert knowledge spans multiple areas, including renal, cardiac, diabetic, liver diseases, gluten-free diets, antenatal and post-natal nutrition, transplant cases, and lifestyle-related conditions such as weight management and PCOD/PCOS. Throughout her career, Ms. Rani has demonstrated strong leadership capabilities, having worked as Deputy Dietitian at a Medical College and Hospital for 6.5 years, Senior Dietitian and Team Leader at Manipal Hospitals Delhi, and Assistant Manager and HOD at renowned Hospitals, Gurugram. She has substantial experience managing both inpatient and outpatient departments, providing comprehensive

nutritional care for high-risk patients. Ms. Rani is also skilled in public speaking and nutritional education, often conducting classes for MBBS and nursing students. Her detail-oriented approach, coupled with her ability to coordinate effectively within healthcare teams, ensures optimal patient outcomes. As an active member of professional bodies such as the Indian Dietetic Association (IDA), Nutrition Society of India (NSI), and the International Academy of Parenteral and Enteral Nutrition (IAPEN), she stays updated on the latest research and best practices in dietetics to offer evidence-based care. Ms. Ashish Rani is an active presenter and speaker in the field of nutrition, regularly delivering presentations at Continuing Nursing Education (CNE) programs and conducting various webinars and seminars, particularly focusing on nutrition for chemotherapy and orthopaedic patients. She has participated in several prestigious conferences, including the annual Indian Dietetic Association (IDA) conferences and Apollo International Nutrition Conferences. Ms. Rani frequently addresses important health topics during events such as Nutrition Week, World Heart Day, and paediatric nutrition forums. She holds a Food Safety Supervisor Certificate of Competence from FOSTAC, FSSAI, awarded at Lady Irwin College, University of Delhi. In recognition of her leadership and exceptional performance, she received a CEO Congratulatory Award at Manipal Hospitals for her work as a team leader.

### **Fellowship & Membership**

- Indian Dietetic Association (IDA).
- Nutrition Society of India (NSI).
- IAPEN.

### **Field of Expertise**

- Multi-disease related patients and manage their diets

accordingly (like renal patient, cardiac, diabetic, liver disease, gluten-free, Antenatal and post-natal diet, lifestyle disease (weight loss /weight gain, PCOD/PCOS).

### **Languages Spoken**

- English
- Hindi

### **Awards & Achievements**

- Received Food Safety Supervisor Certificate of Competence, organised by FOSTAC, FSSAI, held at Lady Irwin College, University of Delhi.
- Received a CEO congratulatory award in Manipal Hospitals for excellent performance as a team leader.

### **Talks & Publications**

- Gives a presentation in CNE. Attended several nutrition conferences, annual conferences of the Indian Dietetic Association (IDA) and Apollo International Nutrition Conferences.
- Gives several talks on health and nutrition, such as on Nutrition Week, World Heart Day, and paediatric nutrition.
- Gives several webinars and seminars on nutrition, especially for chemo patients, Ortho.
- Conducted various CNEs.