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MAMTA JOSHI

OBJECTIVE

To achieve all possible positions & heights in Healthcare & Wellness industry career maintaining coordination with office and home.

KEY SKILLS

Nutrition counseling, Meal planning, Nutrition for disease management, Food preparation, Food safety, Lifestyle coaching, Holistic coaching

WORK EXPERIENCE

Health Coach

GOQii Technologies pvt. Ltd

23-11-2016 till date

Parallel to Health coaching

Blogging, & vlogging on Health & healthy recipe ,

<https://www.youtube.com/@GoFitByMamta/channels>

<https://goqii.com/blog/nikita-jain-battles-a-rare-condition-wins-with-the-right-coaching>

<https://goqii.com/blog/should-you-wear-a-mask-while-exercising-outdoors/>

<https://goqii.com/blog/practice-yoga-indoors-for-good-health-during-the-lockdown/>

<https://goqii.com/blog/smart-and-healthy-recipes-using-leftovers/>

<https://goqii.com/blog/decluttering-and-the-joy-of-giving/>

<https://goqii.com/blog/a-complete-guide-to-the-benefits-of-oil-pulling/>

<https://goqii.com/blog/is-it-safe-to-include-grains-in-your-diet/>

<https://goqii.com/blog/your-guide-to-growing-microgreens/>

<https://goqii.com/blog/what-is-the-circadian-rhythm-diet-how-does-it-help/>

Manager (Head of Slimming Department)

06/12/2010 to 28/02/2014 at VLCC Health Care Ltd (Ahmedabad Location)–Guj

Dy Manager (Slimming)

15/06/2007 to 09/09/2008 at VLCC Health Care Ltd (Ahmedabad Location)–Guj

- ✓ Supervising the Diet counseling activities of my team .
- ✓ Verification and monitoring of their interactions with clients .
- ✓ Conducting Training on customer services , knowledge up gradation , experience sharing
- ✓ Monitoring all phases of services catered to clients from booking to execution
- ✓ Conducting training and development programs/workshops for new joiners.

Dietician/Slimming In charge

19-02-2003 to 14/06/2007 at VLCC Health Care Ltd(Indore location)-MP

- ✓ Diet counseling of medical & non-medical clients ,Monitoring of Slimming section, Monitoring of sales & execution. And same as mentioned earlier.
- ✓ Handling the sales responsibilities, monitoring the team's performance & activity.

INTERNSHIPS

1.

Organisation : Indraprastha Apollo Hospital, New Delhi
Duration : 03.12.2002 to 03.03.2003
Training Head : Dr. Karuna Chaturvedi (HOD Dietary)

2.

Organisation : Gita Bhawan Hospital & Intensive Cardiac Care Unit, indore
Duration : 25.05.1998 to 06.06.1998

Training Head : Mrs. Rashmi Shrivastava

3.

Organisation : Choithram Hospital & Research Centre ,Indore

Duration : 11.05.1998 to 23.05.1998

Training Head: Mrs Padmaja Joshi (Incharge-Dietetics Dept.)

OTHER

1. Certified health coach
 2. Training in Integrated Child Development & Service Scheme at Ujjain during 24.05.99 to 29.05.1999
 3. Training in the kitchen/canteen of Grasim Industries Ltd. Nagda-MP during 10.05.99 to 15.05.1999
 4. Diet Consultancy for Employees' Pantry with regard to weekly healthy diet Schedule For Cadmach Machinery Company Pvt Ltd ,Ahmedabad during 21/05/2009 to 31/05/2009
 5. Prepared a data based project research on " Correlation between Gout To Obesity for Choithram Hospital & Research Centre , Indore during Aug 2005 to November 2005
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ACADEMIC BRIEFING

- ✓ **Certificate in Food and Nutrition from IGNOU (2004)**
- ✓ **PG Diploma in food & nutrition (2001)** from Govt Home science College,Hoshangabad (Barkatullah University Bhopal , M.P.).
- ✓ **BSc -CLINICAL NUTRITION & DIETETICS (1997-2000)** from Govt. Girls College, Ujjain (Vikram University, Ujjain).
- ✓ **Higher Secondary (1997)** M.P. Board, Bhopal.
- ✓ **High School Certificate (1995)** M.P. Board Bhopal.

LANGUAGES KNOWN

English (R/W/S), Hindi (R/W/S),, Gujarati (R/S)

STRENGTHS

I can

- ✓ Adapt change and can work as agent of change.
- ✓ Get along with the people, Manage a team. Good enough in contingency planning & devising.
- ✓ Capable enough to comprehend technical knowledge

I am

✓ Flexible, result oriented and emotionally controlled person

Personal Vitae

DATE OF BIRTH : **20th April**

Place : **Ahmedabad**