

Health and fitness

Education Details

January 2018 M.S. Nutrition and Exercise Physiology New York, NY Teachers College, Columbia University

January 2016 B.S. Nutrition and Dietetics Miami, FL Florida International University

January 2011 B.Sc. General Microbiology Pune, Maharashtra Abasahweb Garare College

Group Fitness Instructor, India

Group Fitness Instructor, India - Columbia University

Skill Details

Company Details

company - Columbia University

description - Present

Organized high energy group training, cardiovascular and indoor cycling classes

accommodating participants of varying age-groups, cultural backgrounds and fitness levels to help achieve their fitness goals.

company - Columbia Dental School

description - Provided detailed nutrition counselling and telephonic follow up to dental patients with accompanying metabolic conditions like diabetes, hypertension and obesity.