

Health and fitness

Education Details

January 2009 P.G. Sports science Dr. BMN College of Home Science

January 2008 BSc Food Science & Nutrition Dr. BMN College of Home Science

January 2004 HSC Central Railay's Jr. college of Science and Commerce

January 2002 SSC HISTORY IES's Modern English School

MSc Nutrition College of Home Science

nutritionist and health promoter

9yrs experience as a nutritionist and health coach

Skill Details

Company Details

company - UGC NET

description - CAREER OBJECTIVE- To use my qualifications as a nutritionist and health promoter to contribute to the well-being of individuals in the community.

UGC NET Certificate for Lectureship MAR- 2013

SKILLS LEARNT

Working in a team environment.

Working as an individual.

Time management to ensure all customers are served sufficiently and all tasks are completed to a high standard.

Working under pressure and in a busy environment

Personal presentation

Communication Skills

9 years of work experience at healthcare startups, health clubs has enhanced my communication skills through discussions with health & fitness professionals & clients, writing articles and designing customized diet plans.

Confident in communicating with people on all levels and ensuring their needs are met.

Leadership skills

Leadership skills were developed in high school & college as a group leader where teamwork was essential, also conflict resolution skills were developed.

Oral Skills

Volunteering activities, leadership roles and university requirements involved many public speaking opportunities.

Communicating with the general public, asking them questions, and giving presentations has helped to further develop public speaking skills.

Comfortable with public speaking roles.