



APRIL EJ PARAISO

GRAPHIC DESIGNER

📍 Brgy. Sta Lucia, San Juan City, Metro Manila
✉️ aejbp16@gmail.com
📞 0906-5651-278

PERSONAL INFORMATION

April 16, 1991 : Date of Birth
28 yrs. old : Age
Male : Gender

SKILL PROFICIENCIES

Office	● ● ● ○
Powerpoint	● ● ● ○
Acrobat	● ● ● ○
Illustrator	● ● ● ○
Photoshop	● ● ● ○
After Effects	● ● ○ ○
CSS3	● ● ○ ○
HTML5	● ● ○ ○
Paint Tool SAI	● ● ● ○
Sony Vegas Pro	● ● ○ ○

INTEREST



EDUCATION

Bachelor of Science in Information Technology
Laguna State Polytechnic University
2008 – 2012

WORK EXPERIENCE

Graphic Designer
High Five Advertising
September 2013 – May 2014

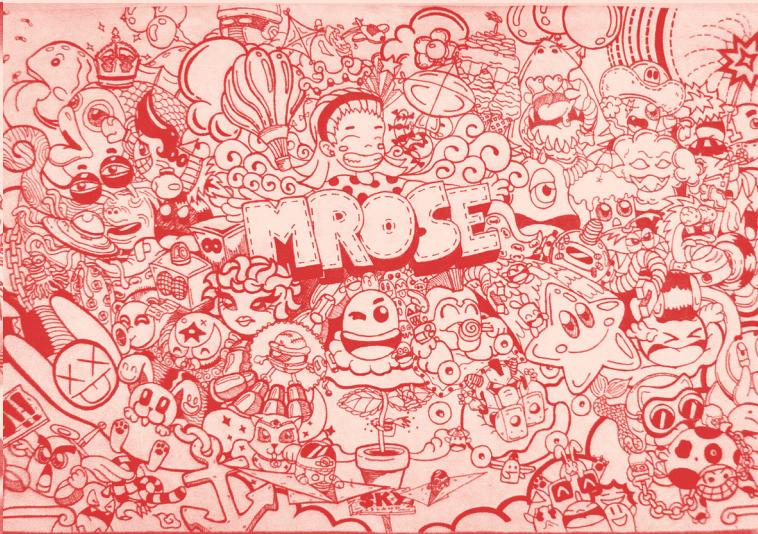
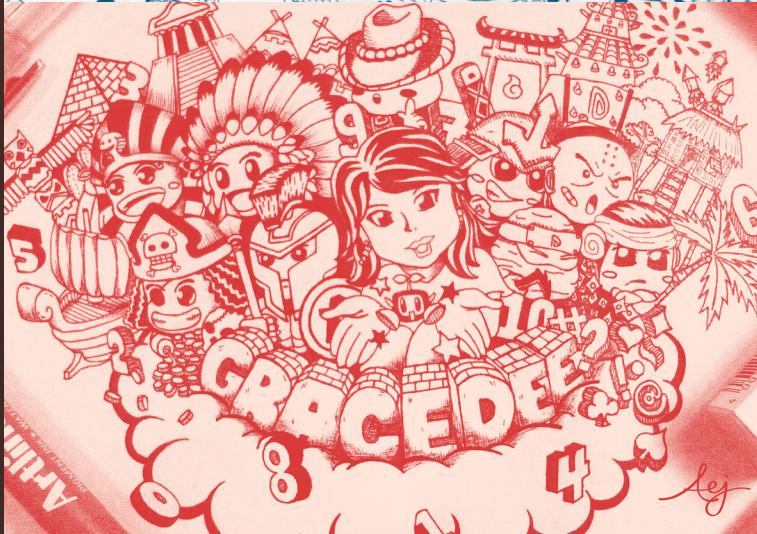
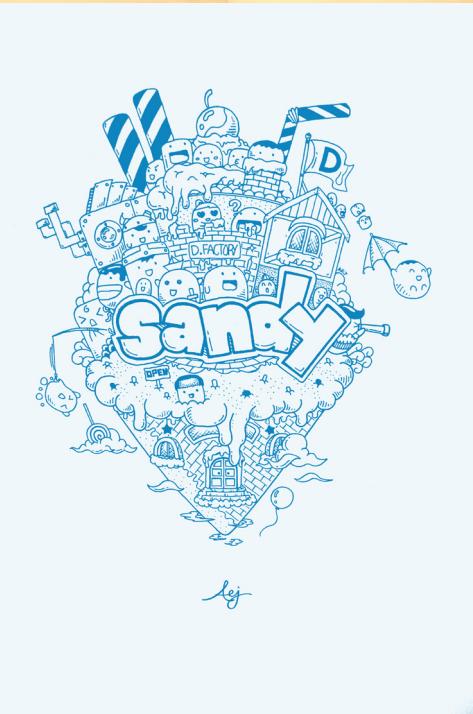
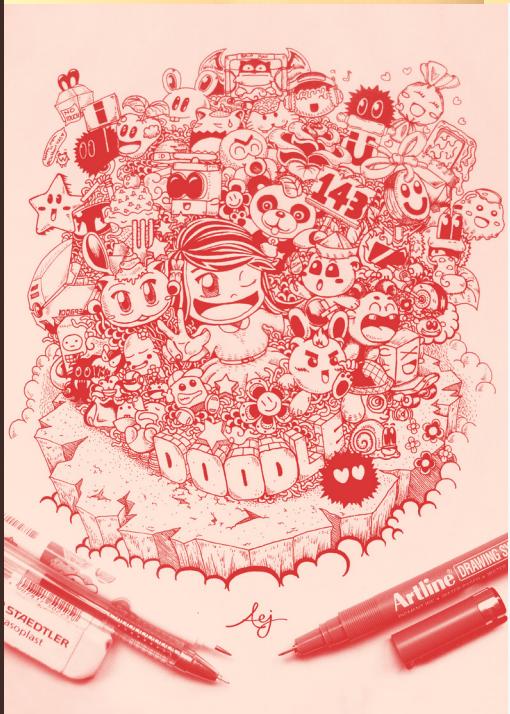
Graphic Designer/Operator
Touch Art Trading Enterprises Inc.
January 2015 – May 2015

Freelance Web Developer
Hayop Kalinga
Project based: Registration System

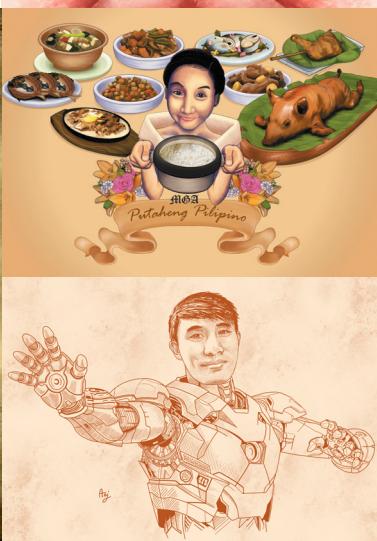
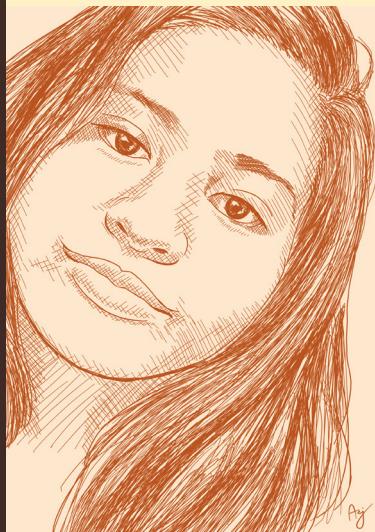
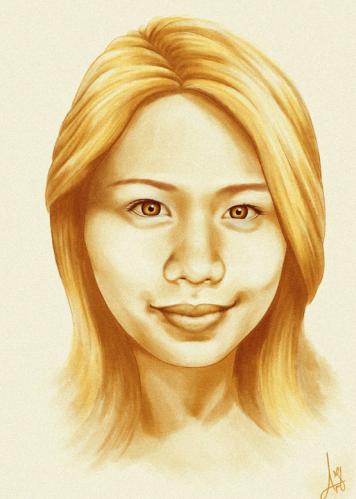
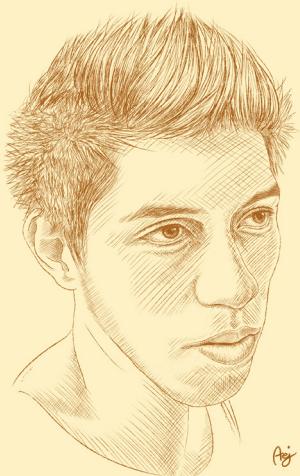
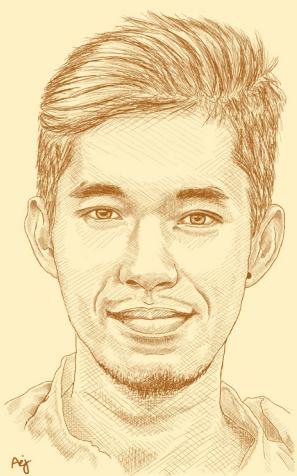
Freelance Web Developer
American Technologies, Inc.
Project based: De la Salle “The Learning Commons”
3D wayfinder

Freelance Graphic Designer
2015 – Present



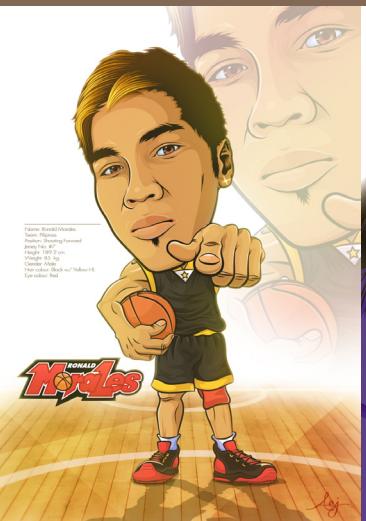
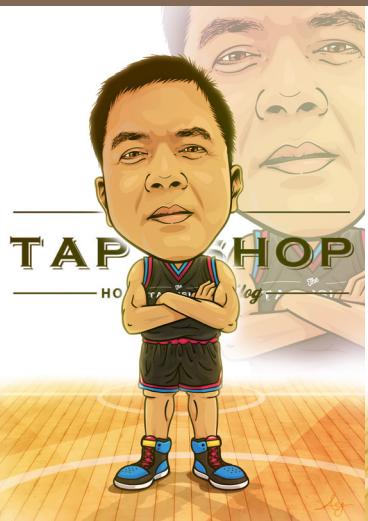








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XAPABAJO

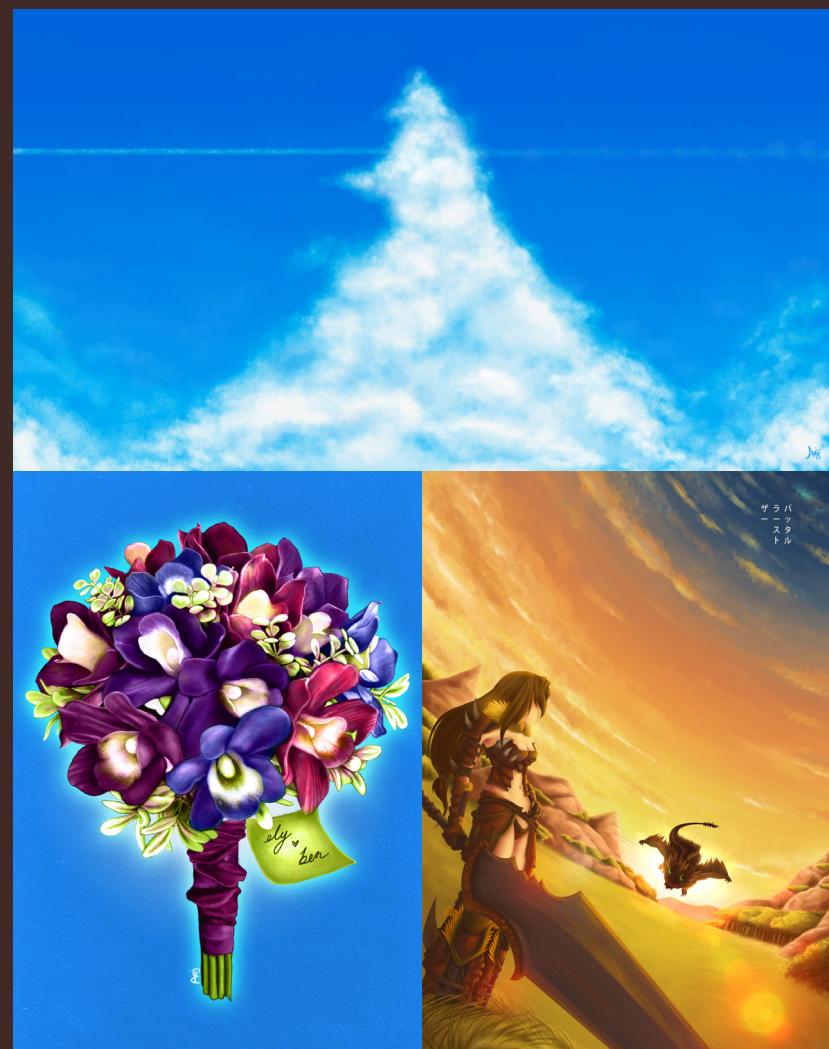


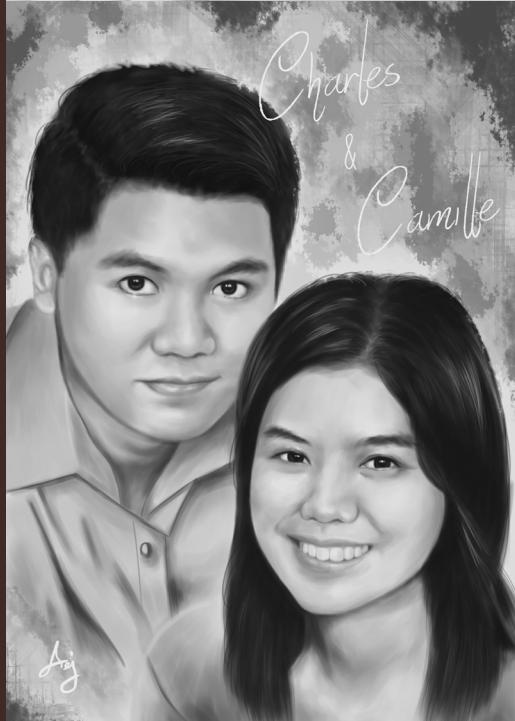


197 : LATIOS
Rejay Paraiso



233 : PORYGON 2
Rejay Paraiso









GOLF HOUND



MÄNNERCHOR HALLAU

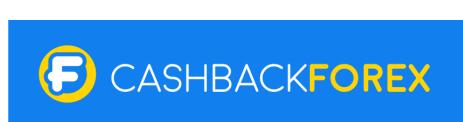


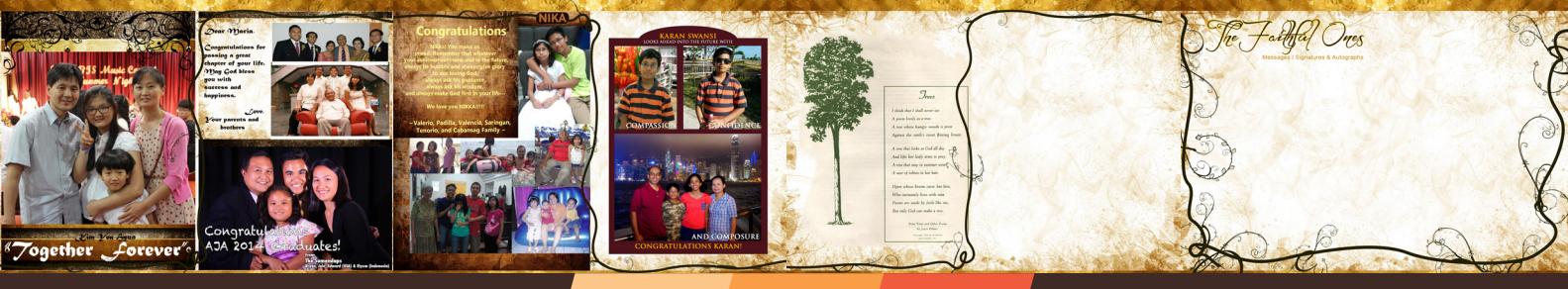
Seed.Loans
Dedicated Startup Lending



INSTITUTE OF RESEARCH AND
INNOVATIVE MEDICINE, LLC









GRADE - I

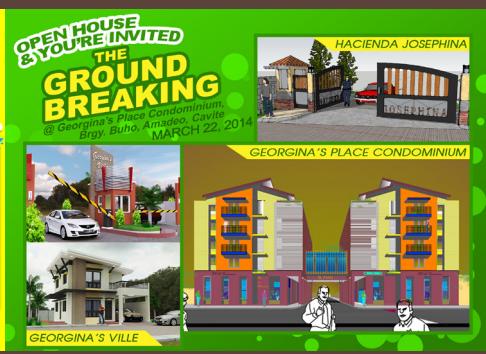
VIENN BRIDGIT V. EMELO MUSE

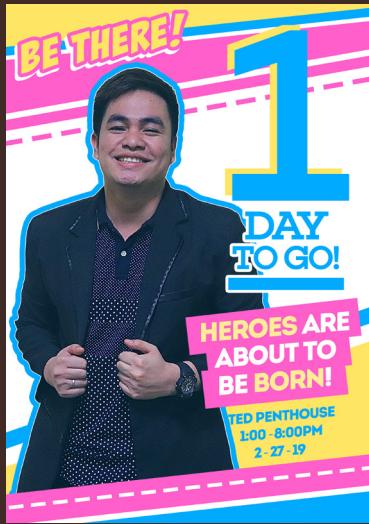
LIAN ANDREI T. MAROUIANA ESCORT

Mr. & Ms. K.E.S 2014
1st Runner up



Mr. John Matthew C. Abadia **Ms. Ashlee Nichole M. Ambojia**





CURRICULAR WE OFFERED

COLLEGE OF BUSINESS ADMINISTRATION

- Bachelor of Science in Marketing Management
- Bachelor of Science in Human Resource and Development Management
- Bachelor of Science in Financial Management
- Bachelor of Science in Legal Management
- Bachelor of Science in Entrepreneurship
- Bachelor of Science in Real Estate Management

For more details please contact
NEW ERA UNIVERSITY
(+632) 98-4221 local 3816
cba@neu.edu.ph



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WE SELL:

- QUALITY (NEW) GARMENTS FROM EXPORT PROCESSING ZONES (WE ACCEPT BULK ORDERS-FOR-STOCK)
- QUALITY USED GARMENTS
- BRAND NEW & USED ACCESSORIES
- OTHER ITEMS FOR HOME DECORATIONS

"Elegant Look Within Your Reach"



FOR SALE!

Special Tokwa and Soya Milk

BENEFITS:

1. Improve Lipid Profile.
2. Strengthen Blood Vessel Integrity
3. Promote Weight Loss
4. Prevent Prostate Cancer
5. Prevent Postmenopausal Syndromes
6. Prevent Osteoporosis

SOY MILK, which is made from soaking, grinding and boiling soy beans with water, is a very nutritious drink. Soy is naturally high in essential fatty acids, proteins, fiber, vitamins and minerals. These nutrients provide energy and keep your body functioning at its optimum level. Below are the six most important health benefits you can acquire from drinking soy milk.

PUFF BALLS

Flavors

- Chicken Salad
- Ground Pork
- Shawarma

eat in full!

Nata de Coco



1. Improve Lipid Profile

The most important attribute of soy milk is its ability to improve your blood lipid profile. Unlike dairy milk, which is high in saturated fat and cholesterol, soy milk is mostly unsaturated with zero cholesterol. The monounsaturated and polyunsaturated fatty acids in soy can inhibit the transport of cholesterol into your blood stream. Studies have shown that regular intake of soy can significantly lower your blood concentrations of triglyceride and low density lipoprotein (LDL) and raise the level of high density lipoprotein (HDL). This combined effect makes soy milk an ideal drink if you have high cholesterol or have a family history of coronary heart diseases.

2. Strengthen Blood Vessel Integrity

The omega-3 and omega-6 fatty acids as well as the powerful phyto-antioxidants in soy can effectively protect your blood vessels from lesions and hemorrhage. These compounds bind to the blood vessel lining and defend your living cells from free radical attacks and cholesterol deposits. The binding of these nutrients also improve the fluidity and flexibility of your blood vessels so that they are much more resilient to blood pressure changes.

3. Promote Weight Loss

Soy milk is naturally lower in sugar content than regular milk. Cow's milk has about 12 grams of sugar per cup as opposed to only 7 grams in soy milk. This is why a cup of whole soy milk has only 80 calories, which is the equivalent of skim milk. In addition, the monounsaturated fatty acid in soy milk can inhibit your intestinal absorption of fat, which is another great advantage for weight loss. Drinking soy milk also gives you an extra dose of fiber, keeping you feeling fuller for longer time.

4. Prevent Prostate Cancer

Soy milk is a rich source of phytoestrogen, a unique plant hormone that can inhibit the production of testosterone in men. Reduced testosterone levels can significantly cut the risk of prostate cancer. Studies have shown that men who eat a soy-rich diet are less likely to develop prostate hyper trophy or prostate cancer.

5. Prevent Postmenopausal Syndromes

During menopause, a woman's natural production of estrogen drops to a minimum. The sudden reduction of estrogen creates a number of health problems for postmenopausal women. Postmenopausal women have higher risks of heart disease, diabetes and obesity. They are also more vulnerable to depression, mood swings, insomnia and other psychological disorders. The phytoestrogen in soy is an effective estrogen replacement. Regular intake of soy is a great way to prevent and alleviate these postmenopausal syndromes.

6. Prevent Osteoporosis

Osteoporosis is another age and hormone related disease. The phytoestrogen in soy can help accelerate calcium absorption by your body and prevent the loss of bone mass. For the maximum benefit, make sure to buy the soy milk that is fortified with extra calcium and vitamin D.