

SAMANTHA HEERALAL

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Battoo Lands, Marabella
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❖ Education:

The University of the West Indies	September, 2010 – Present
Bachelor of Science, Human Nutrition and Dietetics	

ASJA Girls' College San Fernando	September, 2003 – June, 2010
Completed CAPE: 8 Units	
Completed CSEC: 8 Subjects	

❖ Work Experience:

The Bali Bliss Spa and Yoga Shala	March, 2014 - Present
<i>Masala Bhangra Workout® Instructor</i>	
<ul style="list-style-type: none">Responsible for planning, marketing, and conducting Masala Bhangra® workout sessions.Promoting a holistic approach to health and wellness through the workout program.	

The National Institute of Higher Education, Research, Science and Technology (NIHERST)	October, 2013
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Visitor Guide

- Responsible for escorting visitors through the Sci-TechKno fest to various attractions
- Scheduling and planning school visits to the center

The University of the West Indies	May, 2011 - Present
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Admissions Student Advocate

- Responsible for providing tours of the University campus to prospective students as well as the wider public.
- Promoting the University throughout the nation via School Visits and Career Days.
- Successfully completing administrative duties within the Student Recruitment Office.

GTM Insurance Company Limited	February, 2012 – May, 2012
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Underwriting Processor

- Responsibilities included the entry, processing and issuance of insurance policies for direct customers and insurance brokers.
- Providing detailed quotations to customers as well as general information.

❖ Co-Curricular/Volunteer Experience:

Student Health Ambassador 2014 - Present

- A student representative that works in conjunction with the Health Services Unit on the University of the West Indies Campus to promote and encourage health and wellbeing.

One Billion Rising; Strike, Dance, Rise! 2013 and 2014

- Local organizer of *Strike, Dance, Rise! Trinidad and Tobago*; an annual event focused on the support and uplifting of women and girls in abusive relationships and situations through the use of dance.

Movie Towne Short Film Competition 2009

- Directed and produced a short film which challenged youth to research issues that affects society.

Tutor with the Muslim Home for Children 2009 - 2010

- Tutor of girls between the ages of 7 - 16 in their respective areas of study.

Big Sister Program 2008 - 2010

- Mentor of troubled girls between the ages of 11 – 16 of ASJA Girls' College, San Fernando.

Rotary Club Youth Leadership Awards 2008

- Represented ASJA Girls' College, San Fernando at the leadership training program that emphasizes leadership, citizenship, and personal growth.

❖ **Skills:**

Computer Skills: Intermediate Proficiency Microsoft Office 2010, Beginner Adobe Premier Pro

References available on request