**Resume 1:**

Education Details:

* January 1992 to January 2003: First year Science, St. Michael High, Mumbai Maharashtra

Skill Details:

* Personal fitness trainer
* Level 3 personal trainer

Company Details:

Company: Gold's Gym Fitness Solution, Flora Hotel

* Description: Certification from American College of Sports Science, Gold's Gym Heart Saver, REPS Level 3
* Responsibilities: To obtain a challenging position which will commensurate with my qualification and experience in the field of health and fitness environment. A compliments Good Skills Used Fitness.

**Resume 2:**

Personal Skills:

* Good verbal and written communication skills
* Ability to deal with people diplomatically
* Willingness to learn

Other Qualifications:

* Seema Institute: Ansalon Body massage and scalp, Swedish Thai body, Foot Reflexology, Aromatherapy (Completed course of 2 months)
* Talwalkars Fitness Academy with gym and aerobics (Completed 3 months course in fitness training)
* Radio Bhavan The Career Super Market: Hotel and Front Office Management (Completed course of 3 months)
* Slender Gender: Diploma in Spa Management (4 Months)

Education Details:

* Fitness Trainer cum Team Leader, Think Healthy

Skill Details:

* Job Responsibilities at Think Healthy:
* Perform related duties and responsibilities as assigned
* Achieve Fitness Goal
* Training people to do workouts in Gym
* Handling customer's queries related therapies, refreshers, etc.

Company Details:

Company: Think Healthy

* Description: Job Responsibilities: Perform related duties and responsibilities as assigned. Achieve Fitness Goal. Training people to do workouts in Gym. Handling customer's queries related therapies, refreshers, etc.

Company: Raymond Gym

* Description: Job Responsibilities: Perform related duties and responsibilities as assigned. Handling customer's queries related therapies.

Company: Aroma Thai Foot Spa

* Description: Job Responsibilities: Perform related duties and responsibilities as assigned. Handling customer's queries related therapies, refreshers, etc. Handled queries on phone as well as personally. Taking care of payment Invoices.

Company: Global 1 Gym

* Description: Job Responsibilities: Perform related duties and responsibilities as assigned. Handling a team entire floor section. Achieve Fitness Goal. Training people to do workouts in Gym.

Company: Rudraaksh Health Care Spa

* Description: Job Responsibilities: Perform related duties and responsibilities as assigned. Handling a team entire floor section. Achieve Fitness Goal. Training people to do workouts in Gym. Handling customer's queries related therapies, refreshers, etc. Handled queries on phone as well as personally. Taking care of payment Invoices.

Company: Plaza Gym

* Description: Job Responsibilities: Perform related duties and responsibilities as assigned.

Company: Hotel Windsor

* Description: No information provided.

Company: Hotel Holiday Inn Juhu

* Description: Done Promotion for Aroma Thai Foot Spa 6 days World Trade Centre Bombay Exhibition Centre. Also done promotion at Bandra Kurla Complex Bandra Gym Khana. Promoted various products such as Spa, Health and Fitness Product, Garments, Imitation Jewellery, Food and Beverage, etc.

Resume 3:

Education Details:

* January 2009: P.G. Sports Science, Dr. BMN College of Home Science
* January 2008: B.Sc. Food Science Nutrition, Dr. BMN College of Home Science
* January 2004: HSC, Central Railway's Jr. College of Science and Commerce
* January 2002: SSC HISTORY, IES's Modern English School
* MSc Nutrition, College of Home Science

Skill Details:

* 9 years of experience as a nutritionist and health coach

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 and health clubs has enhanced my communication skills through discussions with health and 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 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.

Resume 4:

Skills:

* Computer: Can easily operate in Operating System like Windows 10. Can work in MS Office Word, Excel, and PowerPoint. Can easily operate internet.
* Gym Management Software: Experience of 96 months.

Education Details:

* January 2010: Advance Diploma in Hotel Management, J.W. Institute of Hotel Management

Skill Details:

* Excel: Experience of 96 months
* PowerPoint: Experience of 96 months
* Word: Experience of 96 months

Company Details:

Company: Sculpt Fitness Centre

Description:

* 2015 - Present
* Sales, Fitness Operations

Company: AB's Fitness Club

Description:

* Fitness Sales Administration Facility Housekeeping

Company: Ultimate Fitness Club

* Description: No additional information provided.

Company: Tripod Fitness Arena

* Description: Sales Administration

Company: C.K. Fitness

* Description: Sales Fitness Staff Recruitment

Key Roles:

* Designing and promoting activities to meet customer demand and generate revenue
* Advertising and promoting the club or Centre to increase usage considering market research
* Recruiting, training, and supervising staff, including managing staff rotas
* Taking daily, weekly, monthly reporting from Fitness Manager, Sales Team Lead, and Housekeeping Head
* Carrying out health and safety checks on the equipment and site
* Retaining existing members by providing good quality of service and providing good sales programs
* Prioritizing target activities and user groups, especially in local authority Centres
* Customer Relationship Providing training to the sales staff to deal with enquiries, complaints, and emergencies
* Delivering some fitness training or coaching in sports activities, often a good way of maintaining contact with customers
* Preparing and checking budgets and generating revenue
* Cashing up and keeping stock records of supplements
* Utilizing Group X studio by scheduling exciting groupers batches
* Writing monthly or weekly reports and preparing cash projections for Centre owners
* Enhancing profitability by organizing and delivering an appropriate range of fitness activities programs
* Keeping statistical and financial records
* Keeping check on the Maintenance of fitness equipment and other facilities
* Ensuring compliance with health and safety legislation
* Maintaining customer service Fitness Hospitality standards
* Planning
* Undertaking administrative tasks
* Promoting and marketing the business

Company: Endurance Fitness Club

* Description: Fitness Sales Administration Facility Housekeeping

Resume 5:

Education Details:

* January 2009: P.G. Sports Science, Dr. BMN College of Home Science
* January 2008: B.Sc. Food Science Nutrition, Dr. BMN College of Home Science
* January 2004: HSC, Central Railway's Jr. College of Science and Commerce
* January 2002: SSC HISTORY, IES's Modern English School
* MSc Nutrition, College of Home Science

Skill Details:

* 9 years of experience as a nutritionist and health coach

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 and health clubs has enhanced my communication skills through discussions with health and 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 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.

Resume 6:

Skills:

* Computer: Can easily operate in Operating System like Windows 10. Can work in MS Office Word, Excel, and PowerPoint. Can easily operate internet.
* Gym Management Software: Experience of 96 months.

Education Details:

* January 2010: Advance Diploma in Hotel Management, J.W. Institute of Hotel Management

Skill Details:

* Excel: Experience of 96 months
* PowerPoint: Experience of 96 months
* Word: Experience of 96 months
* Gym Management Software: Experience of 96 months

Company Details:

Company: Sculpt Fitness Centre

* Description:
* 2015 - Present
* Sales, Fitness Operations

Company: AB's Fitness Club

Description:

* Fitness Sales Administration Facility Housekeeping

Company: Ultimate Fitness Club

* Description: No additional information provided.

Company: Tripod Fitness Arena

* Description: Sales Administration

Company: C.K. Fitness

* Description: Sales Fitness Staff Recruitment

Key Roles:

* Designing and promoting activities to meet customer demand and generate revenue
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* Writing monthly or weekly reports and preparing cash projections for Centre owners
* Enhancing profitability by organizing and delivering an appropriate range of fitness activities programs
* Keeping statistical and financial records
* Keeping check on the Maintenance of fitness equipment and other facilities
* Ensuring compliance with health and safety legislation
* Maintaining customer service Fitness Hospitality standards
* Planning
* Undertaking administrative tasks
* Promoting and marketing the business

Company: Endurance Fitness Club

* Description: Fitness Sales Administration Facility Housekeeping

Resume 7:

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, Abasaheb Garware College

Skill Details:

* Group Fitness Instructor, India
* Group Fitness Instructor, Columbia University

Company Details:

Company: Columbia University

Description:

* Present
* Organized high-energy weight 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 counseling and telephonic follow-up to dental patients with accompanying metabolic conditions like diabetes, hypertension, and obesity.

Resume 8:

Education Details:

* January 2009: P.G. Sports Science, Dr. BMN College of Home Science
* January 2008: B.Sc. Food Science Nutrition, Dr. BMN College of Home Science
* January 2004: HSC, Central Railway's Jr. College of Science and Commerce
* January 2002: SSC HISTORY, IES's Modern English School
* MSc Nutrition, College of Home Science

Skill Details:

* 9 years of experience as a nutritionist and health coach

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
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Skills Learnt:

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* 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.

Resume 9:

Education Details:

* May 2014: Diploma Nutrition Education, Bengaluru, Karnataka, IGNOU University
* June 2004: Bachelor of Science Clinical Nutrition and Dietetics, Bengaluru, Karnataka, Smt. VHD Institute of Home Science
* Health and Wellness Coach
* Advance PG diploma in Clinical Research, Clinical Data Management and SAS

Skill Details:

* Motivate players (GOQii subscribers) to make a permanent shift to a healthier lifestyle and enhance health, nutrition, and karma
* Track and analyze player's lifestyle and fitness data captured through the GOQii band
* Design custom wellness/fitness goals mutually with players and coach them in meeting these goals
* Interact with GOQii players on a daily basis via GOQii App text/audio
* Counselling to individuals on nutrition status, providing diet instructions to clients, and impact on eating nutrition
* Create and present in-services to the clients
* Handling enquiries from customers/distributors through emails, letters, telephone, etc.

Company Details:

Company: GOQii Technologies Ltd

* Description:
* Motivate players (GOQii subscribers) to make a permanent shift to a healthier lifestyle and enhance health, nutrition, and karma
* Track and analyze player's lifestyle and fitness data captured through the GOQii band
* Design custom wellness/fitness goals mutually with players and coach them in meeting these goals
* Interact with GOQii players on a daily basis via GOQii App text/audio

Company: VIA Health Marketing Innovations

Description:

* Conduct Maternal Nutritional Counselling Camps with practicing Gynaecologists at different hospitals/clinics allotted by the medical representative
* Conveying the Importance of every nutrient required during this time and foods that contain this type of nutrients
* Coordinating with the Area Branch Manager and in turn reporting to the ViaMedia Manager with the daily reports

Company: LifeKonnect Department, United Health Care India Pvt Ltd

Description:

* LifeKonnect business offers Health Checkups across 800 Cities, 3000 Diagnostic Centres, and leaders in this business and also looks into the Operations organizing supervising medicals for customers of different Insurance companies whose medical come under the rule regulation of IRDA MNYL Iinsurance BAXA life Insurance METLIFE insurance
* To proactively monitor the deferrals and ensure that they are done within the stipulated timeline
* Ensuring a high level of professionalism through proactive Customer relationship management by resolving their queries and complaints in a fair manner within the specified time
* Coordinating with the Lifekonnect members from different centers and in turn reporting to the Team leader

Company: VLCC HealthCare Ltd

Description:

* Counselling to individuals on nutrition status, providing diet instructions to clients, and impact on eating nutrition
* Create and present in-services to the clients
* Handling enquiries from customers/distributors through emails, letters, telephone, etc.
* Preparing Payment Bills for the customers
* Assisting the Slimming Manager in conference calls to discuss Nutritional care plans and Nutrition education
* Coordinating with the sales members and in turn reporting to the Sales Manager.

Resume 10:

Education Details:

* January 2009: P.G. Sports Science, Dr. BMN College of Home Science
* January 2008: B.Sc. Food Science Nutrition, Dr. BMN College of Home Science
* January 2004: HSC, Central Railway's Jr. College of Science and Commerce
* January 2002: SSC HISTORY, IES's Modern English School
* MSc Nutrition, College of Home Science

Skill Details:

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Company Details:

Company: UGC NET

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