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ACADEMIC DETAILS

COURSE	INSTITUTE	GRADE	YEAR
M.Sc. Bioanalytical Sciences Second Year	Mumbai University	Semester 4 Grade: A, Semester 3 Grade: A	April- 2020
M.Sc. Bioanalytical Sciences First Year	Mumbai University	Final Grade: A	April- 2019
Bachelor's degree in Microbiology	Mumbai University	Final Grade: A	April- 2018

PROJECT ACCOMPLISHED

Title - 1) Study of pharmacognostic activities from Nyctanthus arbortristis leaf.	Description - " Studying pharmacognostic activity of Nyctanthus arbortristis leaves " (Parijat Leaves) The extraction of active compounds from leaves by using suitable solvents were done, after extraction the crude residues were assayed microbiologically and colorimetry technique were used to check pharmacological activity of the residue.
Title – 2) Isolation of microorganism from a compound	Description – “Isolation of microorganism from a compound" (aloe vera +castor oil.) The pathogen organism was isolated from the antibiotic compound by using different media and microscopically. The isolated organism was found to be from pathogenic species.
Skills	Research, Sampling handling, Microbiological techniques, Media preparation, Instrumentation, Creative /Script Writing, Strong & Quick Decision Maker, Excellent Communication Skills, Teamwork and Flexibility and Adaptability, Time Management and Deadline Oriented, Microsoft Office, Presentation skills

WORK EXPERIENCE & INTERNSHIP

Magic Bus India Foundation

Title: Personality Development Trainer cum counsellor; Duration: 20th January 2023 to present

- Conduct soft skill session for IT Graduate Youth.
- Screen the candidates eligibility for the AWS certification course.
- Conduct mobilization activity, visit colleges & Institutes for batch formation.
- Support for placement to the certified IT graduate Youth.
- Develops strategies for retention of Youth and prepare growth plan for them.
- Research on innovative training strategies, learning models suggest and discuss methodologies accordingly with the reporting authority & team.
- Deliver employability skills, life skills, financial literacy, entrepreneurship and other livelihood related training that empowers Youth to take up employment or Career Based Training.
- Deliver training using innovative methods including activity-based learning, role plays, experiential learning and sports for development techniques.
- Ensure training outcomes are achieved and given learnings are implied by the youth.
- Engage and motivate Youth & team positively at all times.
- Work with colleagues, support functions at center allotted to continuously improve the quality of Magic Bus Livelihood programme and ensure our work is always safe and enjoyable for youth.
- Act as a role model at all times demonstrating behavior that displays the characteristics youth should develop to be successful in their chosen field.

Reliance Corporate park, Max fit, Ghansoli Navi Mumbai

Title: Yoga Instructor; Duration: 10th October 2022 to March 2023

- Conducted health & wellness sessions
- Conducted session, explain different yoga poses and styles over 200 participants.
- Scheduled weekly events and monitored facility conditions.
- Developed safe and effective yoga programs for members.
- Motivated participants to achieve their personal fitness goals through developing and modifying routines.
- Lead group meditation sessions and flow yoga projects.
- Demonstrated postures to executives and support them in finding their poses.
- Taught proper breathing techniques used during physical exertion.

Maharashtra Shikshanganga, Education centre, Pune

Title: Selective program –Shikshanganga, Teaching Mentor & Programme Manager; Duration: 27th December 2021 to January 2023

- Conducted virtual sessions for students
- Conducted health & wellness sessions
- Supported and guided the students on subject included in curriculum
- Organized & managed the sessions been conducted by an organization

Yoga Vidya Niketan, Yoga & Naturotherapy Centre, Navi Mumbai

Title: Hatha Yoga Instructor & Faculty member of Diploma course – Yoga Naturotherapy & Natural living; Duration: July 2017 to present

- Conduct session on Health & wellness
- Instruct & Demonstrate practises included in the course curriculum
- Organise & Manage Evaluation
- Assistant Counsellor

Associated with Aviyog group, Mumbai

Title: Yoga trainer, Group & Corporate – Yoga service; Duration: April 2022 to present ●

Conduct Health & Wellness session Live & Virtual

Yuva tutors, Navi Mumbai

Title: Private Tutor in Navi Mumbai; Duration: 11th October 2021 to October 2022

- Conducted one on one sessions for IB students along with extracurricular activity

Thyrocare Technology Limited, Mumbai

Title: Operation- Staff & Network Trainer; Duration: 10th August 2020 to 18th September 2021

- Taken evaluation of technicians & handled a team of 52 staffs, assigned them the task & conducted sessions on the concept.
- Arranged, Scheduled & Co-ordinated Trainings for staffs and Clients.
- Trained the staffs on product Knowledge, Soft skills & Etiquettes.
- Mentored sessions for the clients regarding concept launched & handled queries for the same.
- Worked on preparing SOPs for the tests launched, Verified, Modified & Proofread the existing SOPs and reference materials.
- Worked on preparing & verifying report template for the tests.
- Worked on preparing content for the site & preparing artwork contents for the tests launched.
- Worked on registering the data for code generation of the clients and given approval for the same.
- Worked on releasing reports of the tests done.

Equinox Centre, Rabale, Navi Mumbai

Title: Intern; Duration: 08th April 2019 to 08th July 2019

- Involved in testing samples of Food, Water & Swab.
- Tested Samples and involved in executing biochemical test involved.
- Done confirmatory tests.
- Involved in preparing Medias for conducting techniques.
- Cooperated actively in the execution of the “**Daily safety & hygiene monitoring**”.

Sri Satya Sai Seva Samithi, Navi Mumbai

Title: Science faculty; Duration: 24th June 2016 to June 2017

- Conducted lecture & practical for students
- Supported & guided the students on subject included in curriculum

CERTIFICATIONS & EXTRA CURRICULARS

- Certified Yoga Trainer & Instructor- Done Diploma in Yogic Education.
- Diploma in Yogic therapy, Natural living & Naturotherapy, Practicing Naturotherapy.
- Awarded for Conducting sessions on Health & wellness.
- Done skill-based course in Pharmaceutical Techniques
- Intellectual property rights & Patenting.
- Completed training on TLC & HPTLC techniques.
- Attended Entrepreneur awareness camp.
- Organized Nature club intercollege event.
- Arranged & conducted workshops on Health & Wellness during pandemic globally.
- Won certificates of Merit in fine arts.