



Sejal Bhanushali

> DIETITIAN



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PROFILE

Goal-oriented Nutritionist and wellness professional focused on conducting detailed nutrition consultations and creating personalized meal plans to meet the needs of each client.. Well-trained dietitian with background to work with diverse populations to improve community health. Well-versed and up to date with the research and applications for nutrition

SKILLS

COMMUNICATION



CREATIVITY



Physical skills



Versatility



WORK EXPERIENCE

DIETITIAN

FREELANCING

Sep 2019 - Present

- Thoroughly analyzed client's eating habits and dietary needs prior to creating a plan for them.
- Created individualized plans that supported client goals and overall wellness improvements.
- Educated clients about the benefits of proper nutrition and lifestyle changes.
- Developed meal plans with thorough information regarding nutrients and recipes.
- Worked closely with clients to monitor progress, motivate them, and address any setbacks or concerns.

EDUCATION HISTORY

Bsc Nutrition And Dietetics

2018 - 2021

SNDT University

- Gained extensive training and in depth knowledge about diet and nutrition.

Advance Yoga TTC

2019 - 2020

GMM, Thane

- acquired an in-depth knowledge about postures, breathing techniques, and spiritual elements of yoga teaching

Msc Nutraceuticals

2021 -present

K.J somaiya Vidyavihar University

- studying in depth about food, nutrition, health and allied professionals, the food industry professionals and the general public.

AWARDS & ACHIEVEMENTS

- National Fencings Championship - 2019
- National Yogasana Championship - 2021