SWAPNA

Health and Wellness Coach
Masters in Home Science

Email: itsmeswap@gmail.com Mob: +91 8122446166 Location: Chennai, India

Skills and Proficiency

- Meal Planning
- Recipe Development
- Food Counselling
- Diet Modification \ Consultant
- E-Blogger Content Provider

Academic Record

Master of Arts – Home Science Periyar University Year of Passing – 2021

Bachelor's of Arts – History & Tourism Stella Maris, Chennai Year of Passing – 2003

Pursuing:

Certification of Nutrition & Child Care IGNOU , India
Expected Completion date - May 2020

Personal Profile

• Date of Birth : 13-Mar-1983

• Nationality : Indian

• Languages known: English, Tamil



Health and Wellness Professional dedicated in providing dietary solutions for long term nutrient habits. Proficient in E-blogging, Content writing and passionate to be part of Food community



- Successfully Maintaining Food Blog,
 Swapnaskitchen.com for more than 6 Years which was started as Self-motivating step in my Food related interests
- Achieved more than Half Million visitors since 2014 providing more insights on the recipe development and feedbacks on other Blogs
- As part of my personal interest, I am currently part of a Jury team for Cookery Competition conducted in Chennai
- Product reviewer for Preethi Appliances, Vonchef Appliances and Sumeru Foods
- Pursuing Certification of Nutrition & Child care at IGNOU, India
- Passionate in tailoring meal plans \ Creating new menu for Indian Diet
- Fitness enthusiast, Yoga Practitioner . Strongly believe that health is conscious lifestyle Change with good food & Nutrition