

SIMRAN YADAV

yadavsimran076@gmail.com | [Portfolio](#)

EDUCATIONAL QUALIFICATIONS					
	Class/Degree	Institution	Year	Score	Performance
	M.Sc. Applied Nutrition	ICMR – National Institute of Nutrition (NIN), Hyderabad	2021-Present	8.98 CGPA	Class Rank: 2nd Top 1% out of 23
	B.Sc. Home Science, major Nutrition	Lady Irwin College, University of Delhi	2018-21	9.091 CGPA	Class Rank: 1st Top 1% out of 239
	CBSE, Class XII (Biology)	DAV Public School, Uttarakhand	2017-2018	90.2%	Top 1% out of 200
	CBSE, Class X	DAV Public School, Uttarakhand	2015-2016	9.2 CGPA	Top 1% out of 200
SCHOLASTIC ACHIEVEMENTS					
	<ul style="list-style-type: none">● 6th AIR in Delhi University Post graduate Entrance Test (DUET).● 9th AIR in National Institute of Nutrition Entrance Test (NIN-CET).● All Rounder Student of B.Sc. Home Science.● 1st Position in Home Science in the batch of 200+ students’ in first year.● Sunita Bal Krishan Ghai Award & scholarship for Excellence in Sports.				
ADD ON COURSES					
	<ul style="list-style-type: none">● Completed certificate course on Nutrition, Exercise & Sports from Wageningen University and Research, Netherlands in 2020.● Completed Program of ‘Training in Self Defense Techniques’ organized by LIC incorporation with Special Police Unit for Women & Children, Delhi in 2018.				
INTERNSHIP EXPERIENCE					
	Nutrition Assistant & Program Coordinator, B. FIT Lifestyle SAHIBA BHARDWAJ NUTRITIONIST & NUTRITION EDUCATOR MS NUTRITION SCIENCE & RESEARCH POLICY, Tufts University, USA				June - December 2021
	<ul style="list-style-type: none">● Sole intern on boarded made various diet plans under guidance of Sahiba B. ranging from: Gut Cleanse & Detox, Ayurvedic Doshas specific Diet & Inner Balance, High energy (protein) Diet, Realistic Meal Plans – Socializing, Dinner Out, Alcohol Intake, Intuitive Eating, Intermittent Fasting, Liquid, Mono & Fruit diet & others.● Headed Group Program “Ditch The Diet” in the months of August 2021, October 2021 & December 2021.● Managed whatsapp groups, solved client queries, and monitored client progress based on their weekly weight, BMR, level of physical activity, dosha type.● Made content (posters, videos, recipes, brochure, forms) for the program on various nutrition related topics.				
	Earth Ambassador & Climate Counselor, Green Revolution ACTION AGAINST CLIMATE CHANGE, AN INITIATIVE BY ICCE, CAUSE SUPPORTED BY UNITED NATIONS FRAMEWORK CONVENTION ON CLIMATE				September - December 2021
	<ul style="list-style-type: none">● Resource Support by NASA Climate Change & World Bank Institute.● Lead a group of 30+ students● The main objective: To encourage participants to gain knowledge & create awareness on effects of Climate Change & Global warming.● Done through various activities like certification, campaigns & workshops.● There were two parts of the program – Knowledge testing (exam) & on ground testing (wear a change, plant a seed, group activity).				
POSITIONS OF RESPONSIBILITY					
	President & Secretary , ACE: THE SPORTS SOCIETY OF LADY IRWIN COLLEGE				April 2019 - July 2021
	<ul style="list-style-type: none">● Lead a team of 50+ students● Conducted daily morning practice sessions for sports society members. Organized various events like – <ul style="list-style-type: none">● Annual Sports Day (Chief guest – Rajat Sharma: Chairman & editor in chief, India TV)● Sports Intramurals (Yoga, badminton, basketball, athletics for students, teaching, non-teaching staff)● International Yoga Day (Yoga representative UN – Sunaina Rekhi)● Nutri Hour with Ace Webinar (Tedx Speaker, Rujuta Team Senior Nutritionist - Jinal Shah)● Fitness Hour with Ace Webinar (ACE certified fitness instructor – Aman Verma)● Power to the periods: Virtual Campaign, webinar on Let’s Talk about Menses (Senior Consultant Gynecologist, MD (AIIMS) – Dr Vaishali Sharma)● Free online Zumba sessions for the LIC students.				
	Mess Manager , ICMR – NIN DR V.N. PATWARDHAN HOSTEL MESS				December 2021
	<ul style="list-style-type: none">● Curated Menu Plan for 80+ students & managed fund of >1 lakh● Supervised the food prep and cooking● Maintained a fully-stocked kitchen inventory and complying with safety and cleanliness standards				
	Society Member , ETERNAL PHRASES – LITERARY SOCIETY OF LADY IRWIN COLLEGE				July 2019
	<ul style="list-style-type: none">● Volunteered in LEXICON’19 – Annual fest of Literary society● Received consolation prize in “Ink your thoughts” at LEXICON’19				
	Society Member , CHITRIKA - PHOTOGRAPHY & FILM MAKING SOCIETY OF LADY IRWIN COLLEGE				July 2021
	<ul style="list-style-type: none">● Photograph got featured in Lady Irwin’s Annual calendar’20-21.● Volunteered in VIZANA’20 - Annual Fest of Photography & Film making society.				
EXTRA CURRICULAR ACTIVITIES					
	BASKETBALL (2014-2019)	<ul style="list-style-type: none">● Winner and received gold medal at U-19 UK Zone DAV National affiliated to School Games Federation of India for 3 years.● Winner and received gold medal at Annual sports Day.● Secured 2nd position at DAV Nationals, Jalandhar.● Secured 2nd position at ARENA’19 – UCMS, Sports fest.● Secured 2nd position in Fresher’s Talent Contest.● Secured 2nd position at DAV National Sports, Haridwar (zonal level) affiliated to School Games Federation of India● Secured 3rd position at DAV National, Haridwar (national level) affiliated to School Games Federation of India● College Basketball team captain for 2 years, led a team of 10+ members.● School Basketball team captain for 1 year, led a team of 12+ members to national and state levels.			
	ATHLETICS (2018-2020)	<ul style="list-style-type: none">● Awarded as the ‘Best Athlete of LIC’ on the Annual sports day 2018.● Winner and received 2 gold medals at Annual sports Day’18 in 100m, 200m● Winner & received gold medal Fresher’s Talent Contest for 100m.● Secured 2nd position at IGNITE’19 – IGDTUW Sports Fest in 400m & 4X100m relay.● Secured 2nd position in Annual Sports Day’20 for 100m, 200m.● Secured 3rd position at Reliance Foundation Youth Sports in 4X100m relay, 800m, 100m.			
	ELOCUTION (2017-2022)	<ul style="list-style-type: none">● Won 1st position & cash prize in “Hindi week celebration” organized at ICMR-NIN.● Won 2nd prize commemorating 75th years of India’s Independence organized at ICMR-NIN.			
VOLUNTEERING					
	ICMR-NIN	<ul style="list-style-type: none">● “Eat Right Mela” & “Walkathon” organized by FSSAI commemorating 75th years of India’s Independence.● National Science Week Festival commemorating 75th years of India’s Independence organized at ICMR-National Institute of Nutrition under Ministry of Culture & Office of the Principal Scientific Advisor- GOI.			
	LADY IRWIN COLLEGE	<ul style="list-style-type: none">● Communication for Mental Health (C4MH) Campaign organized by The Richmond Fellowship Society and Mind Specialists (Initiative of RAHAT Charitable Trust).● ‘VALOUR’- Model United Nations, Logistics team organized at Lady Irwin College.● National Conference, “ensuring healthy lives and promoting wellness in old age” by AIWEFA.			
	OTHERS	<ul style="list-style-type: none">● Comic Con Delhi, biggest pop-culture event in all of South Asia, under Cosplay team.			