

SIMRAN YADAV

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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). Received COLLEGE AWARD for – <ul style="list-style-type: none">● 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 verified certificate course on Nutrition, Exercise and Sports from Wageningen University and Research, Netherlands in 2020.● Completed the Program of ‘Training in Self Defense Techniques’ organized by Sports society of Lady Irwin College incorporated with Special Police Unit for Women and 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.● Coordinator for 3 week programs: DitchTheDiet Aug’21 & Oct’21, New Year Weight Loss Program Dec’21 wherein help group members understand their own bodies & foods that works for them.● Calculated Individual BMR, TDEE, level of physical activity, identified specific Doshas.● Made content (posters, videos, recipes, brochure, forms) for the program on various nutrition related topics.● Solved queries regarding nutritional facts, myths & how to make conscious lifestyle health choices.					
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● Global Certification Program which is an International Level Short term course study.● 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 member’s. 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 2021					
<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 Annual sports Day.● Winner and received gold medal at U-19 UK Zone DAV National affiliated to School Games Federation of India for 3 years● 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			

		<ul style="list-style-type: none"> • 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.
	OTHERS (2018-2021)	<ul style="list-style-type: none"> • Participated in an online art battle conducted by Tulika - The Fine Arts Society. • Participated in “Pro Desi Swag”event, organized on National Handloom Day. • Participated in Wombola and Ink your thoughts in LEXICON’19 • Participated in Slogan writing Competition organized by Literary society • Participated in ETERNAL PHRASES - Literary Society “Tell a Tale” competition • Participated in “creative writing” in LEXICON’20 • Participated in Tulika – The Fine Arts Society Workshop organized by PAHAL Design • Participated in various webinars conducted by Food & Nutrition Dep., eco club, NSS unit, Debating society, Literary Society & others
	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"> • ‘VALOUR’- Model United Nations, Logistics team organized at Lady Irwin College. • National Conference on “ensuring healthy lives and promoting wellness in old age” by AIWEFA (All India Women’s Education Fund Association). • Communication for Mental Health (C4MH) Campaign organized by The Richmond Fellowship Society and Mind Specialists (Initiative of RAHAT Charitable Trust).
	OTHERS	<ul style="list-style-type: none"> • Comic Con Delhi, biggest pop-culture experiences in all of South Asia, under Cosplay team.