

## Education Details

January 1992 to January 2003 First year Science Mumbai, Maharashtra St Micheal high

Personal fitness trainer level3

personal trainer

## Skill Details

## Company Details

company - Golds gym ,fitness solution,flora hotel

description - Certification : american college of sports science golds gym heart saver reps level 3

## Responsibilities

To obtain a challenging position which will commensurate with my qualification and experience in the field of and fitness environment.

## Accomplishments

Good

## Skills Used

Fitness

Education Details

January 2018 M.S. Nutrition and Exercise Physiology New York, NY Teachers College, Columbia University

January 2016 B.S. Nutrition and Dietetics Miami, FL Florida International University

January 2011 B.Sc. General Microbiology Pune, Maharashtra Abasaheb Garware College

Group Fitness Instructor, India

Group Fitness Instructor, India - Columbia University

Skill Details

Company Details

company - Columbia University

description - Present

Organized high energy weight training, cardiovascular and indoor cycling classes

accommodating participants of varying age-groups, cultural backgrounds and fitness levels to help achieve their fitness goals.

company - Columbia Dental School

description - Provided detailed nutrition counselling and telephonic follow up to dental patients with accompanying metabolic conditions like diabetes, hypertension and obesity.

Personal Skills: ✓ Good verbal and written communication skills ✓ Ability to deal with people diplomatically ✓ Willingness to learn Other Qualifications: ✓ Seema Institute Ansalon: Body massage, scalp, Swedish, Thai body, Foot Reflexology, Aromatherapy. Completed course of 2 months. ✓ Talwalkar Fitness academy with gym and aerobics. Completed 3 months course in fitness training. ✓ Radio Bhavan Career Super Market: Hotel and Front Office Management. Completed course of 3 months. ✓ Slender Girl Done diploma in Spa Management, (4 Months) Education Details

Fitness Trainer cum Team Leader

Fitness Trainer cum Team Leader - Think Healthy

## Skill Details

### Company Details

company - Think Healthy

description - Job Responsibilities:

√Ç-û-Ç Perform related duties and responsibilities as assigned.

√Ç-û-Ç Achieve Fitness Goal

√Ç-û-Ç Training people to do work outs in Gym. Handling customer s queries related therapies, Refreshers, et

company - Raymond Gym

description - Job Responsibilities:

√Ç-û-Ç Perform related duties and responsibilities as assigned.

√Ç-û-Ç Handling customers queries related therapies

company - AROMA THAI FOOT SPA

description - Perform related duties and responsibilities as assigned.

√Ç-û-Ç Handling customers queries related therapies, Refreshers, etc

√Ç-û-Ç Handled queries on phone as well as personally.

√Ç-û-Ç Taking care of payment Invoices.

company - GLOBAL 1 GYM

description - Job Responsibilities:

√Ç-û-Ç Perform related duties and responsibilities as assigned.

√Ç-û-Ç Handling a team, entire floor section

√Ç-û-Ç Achieve Fitness Goal

√Ç-û-Ç Training People to do work outs in Gym

company - RUDRAAKSH HEALTH CARE & SPA

description - Job Responsibilities:

√Ç-û-Ç Perform related duties and responsibilities as assigned.

√Ç-û-Ç Handling a team, entire floor section.

√Ç-û-Ç Achieve Fitness Goal.

√Ç-û-Ç Training people to do work outs in Gym. Handling customer s queries related therapies, Refreshers, etc

√Ç-û-Ç Handled queries on phone as well as personally.

√Ç-û-Ç Taking care of payment Invoices.

company - PLAZA GYM

description -

company - HOTEL Windsor

description -

company - HOTEL HOLIDAY INN, Juhu

description - Done Promotion: For Aromathai Foot Spa. 6 days (World Trade Centre, Bombay Exhibition Centre)  
done promotion at Bandra Kurla Complex, Bandra GYM Khana ( Promoted various products: Spa, Health and Fitness  
Product, Garments, Imitation Jewellery, Food & Beverage etc)

SKILLS: Computer: √Ç-Ä-Ç Can easily operate in Operating System like Windows 10. √Ç-Ä-Ç Can work in Ms-Office  
(Word, Excel, and PowerPoint). √Ç-Ä-Ç Can easily operate internet & Gym Management Software (website & mobile  
application).Education Details

January 2010 Advance Diploma in Hotel Management J&W Institute of Hotel Management

Gym management & Consultant

Gym management & Consultant - Sculpt Fitness Centre

Skill Details

Excel- Exprience - 96 months

PowerPoint- Exprience - 96 months

Word- Exprience - 96 months

Gym Management Software- Exprience - 96 monthsCompany Details

company - Sculpt Fitness Centre

description - 2015 - Present Sales, Fitness, Operations

company - AB's Fitness Club

description - Fitness, Sales, Administration, Facility & House-keeping

company - AB's Fitness Club

description - Sales, Fitness, Operations

company - Ultimate Fitness Club

description -

company - Tripod Fitness Arena

description - Sales, Administration

company - C K Fitness

description - Sales & Fitness Staff Recruitment

#### KEY ROLES:

√Ç-Ä-Ç Designing and promoting activities to meet customer demand and generate revenue;

√Ç-Ä-Ç Advertising and promoting the club or Centre to increase usage, considering market research;

√Ç-Ä-Ç Recruiting, training and supervising staff, including managing staff rotas;

√Ç-Ä-Ç Taking Daily/weekly/monthly reporting from Fitness Manager, Sales Team Lead And Housekeeping He

√Ç-Ä-Ç Carrying out health and safety checks on the equipment and site;

- ✓-Ä-Ç Retaining existing members by providing good quality of service and by providing good sales programs
- ✓-Ä-Ç Prioritizing target activities and user groups (especially in local authority Centres);
- ✓-Ä-Ç Customer Relationship;
- ✓-Ä-Ç Providing training to the sales staff to Deal with enquiries, complaints and emergencies
- ✓-Ä-Ç Delivering some fitness training or coaching in sports activities - often a good way of maintaining contact with customers;
- ✓-Ä-Ç Preparing and checking budgets and generating revenue;
- ✓-Ä-Ç Cashing-up and keeping stock records of supplements;
- ✓-Ä-Ç Utilizing Group-X studio by scheduling exciting grouper's batches;
- ✓-Ä-Ç Writing monthly or weekly reports and preparing cash projections for Centre owners;
- ✓-Ä-Ç Enhancing profitability by organizing and delivering an appropriate range of fitness activities/program
- ✓-Ä-Ç Keeping statistical and financial records;
- ✓-Ä-Ç Keeping check on the Maintenance of fitness equipment & other facilities;
- ✓-Ä-Ç Ensuring compliance with health and safety legislation;
- ✓-Ä-Ç Maintaining customer service, Fitness & Hospitality standards;
- ✓-Ä-Ç Planning;
- ✓-Ä-Ç Undertaking administrative tasks;
- ✓-Ä-Ç Promoting and marketing the business;

company - Endurance Fitness Club

description - Fitness, Sales, Administration, Facility & House-keeping  
Education Details

January 2009 P.G. Sports science Dr. BMN College of Home Science

January 2008 BSc Food Science & Nutrition Dr. BMN College of Home Science

January 2004 HSC Central Railway's Jr. college of Science and Commerce

January 2002 SSC HISTORY IES's Modern English School

MSc Nutrition College of Home Science

nutritionist and health promoter

9yrs experience as a nutritionist and health coach

Skill Details

Company Details

company - UGC NET

description - CAREER OBJECTIVE- To use my qualifications as a nutritionist and health promoter to contribute to the well being of individuals in the community.

UGC NET Certificate for Lectureship MAR- 2013

SKILLS LEARNT

✓✓✓ Working in a team environment.

✓✓✓ Working as an individual.

✓✓✓ Time management to ensure all customers are served sufficiently and all tasks are completed to a high standard.

✓✓✓ Working under pressure and in a busy environment

✓✓✓ Personal presentation

Communication Skills

✓✓✓ 9 years of work experience at healthcare startups, health clubs has enhanced my communication skills through discussions with health & fitness professionals & clients, writing articles and designing customized diets.

✓–Ä–ç Confident in communicating with people on all levels and ensuring their needs are met.

#### Leadership skills

✓–Ä–ç Leadership skills were developed in high school & college as a group leader where team work was essential also conflict resolution skills were developed.

#### Oral Skills

✓–Ä–ç Volunteering activities, leadership roles and university requirements involved many public speaking opportunities.

✓–Ä–ç Communicating with the general public, asking them questions, and giving presentations has helped to develop public speaking skills.

✓–Ä–ç Comfortable with public speaking roles.

#### Education Details

May 2014 Diploma Nutrition Education Bengaluru, Karnataka IGNOU University

June 2004 Bachelor of Science Clinical Nutrition and Dietetics Bengaluru, Karnataka Smt. VHD Institute of HomeScience

#### Health and wellness coach

Advance PG diploma in Clinical research, Clinical data management and SAS

#### Skill Details

#### Company Details

company - GOQii Technologies Ltd

description - ✓–Ä–ç Motivate players (i.e. GOQii subscribers) to make a permanent shift to a healthier lifestyle enhance health, nutrition and karma

✓–Ä–ç Track and analyse player's lifestyle and fitness data captured through the GOQii band.

✓–Ä–ç Design custom wellness/fitness goals mutually with players and coach them in meeting these goals.

✓–Ä–ç Interact with GOQii Players on a daily basis via GOQii App text/audio.



company -

description - VIA Health Marketing & Innovations

√Ç-Ä-Ç Viamedia health had jointly organized a National Campaign of Maternal Nutrition Evaluation with GlaxoSmithKline-Consumer Healthcare.

√Ç-Ä-Ç Conduct Maternal Nutritional Counselling Camps with practicing Gynaecologists at different hospitals, allotted by the medical representative.

√Ç-Ä-Ç Conveying the Importance of every nutrient required during this time and foods that contain this type of nutrients.

√Ç-Ä-Ç Coordinating with the Area Branch Manager and in turn reporting to the ViaMedia Manager with the reports.

company - LifeKonnnect Department

description - United Health Care India Pvt. Ltd

√Ç-Ä-Ç LifeKonnnect business offers Health Checkups across 800 Cities & 3000 Diagnostic Centres and leaders in the business and also looks into the Operations & organising & supervising medicals for customers of different Insurance companies whose medicals come under the rule & regulation of IRDA ( MNYL Insurance, BAXA life Insurance, MAA Insurance, Canara HSBC insurance.

√Ç-Ä-Ç To proactively monitor the deferrals and ensure that they are done within the stipulated time line.

√Ç-Ä-Ç Ensuring a high level of professionalism through pro-active Customer relationship management by resolving their queries and complaints in a fair manner within the specified time.

√Ç-Ä-Ç Co-ordinating with the Lifekonnnect members from different centres and in turn reporting to the Team Leader.

company - VLCC HealthCare Ltd

description - Counselling to individuals on nutrition status, providing diet instructions to clients and impact on health & nutrition. Create and present in-services to the clients.

√Ç-Ä-Ç Handling enquiries from Customers / Distributors through emails, letters, telephone etc.

√Ç-Ä-Ç Preparing Payment Bills for the customers.

√Ç-Ä-Ç Assisting the Slimming Manager in conference calls to discuss Nutritional care plans, and Nutrition education

√Ç-Ä-Ç Co-ordinating with the sales members and in turn reporting to the Sales Manager.  
Education Details

January 1992 to January 2003 First year Science Mumbai, Maharashtra St micheal high

Personal fitness trainer level3

personal trainer

Skill Details

Company Details

company - Golds gym ,fitness solution,flora hotel

description - Certification : american college of sports science golds gym heart saver reps level 3

Responsibilities

To obtain a challenging position which will commensurate with my qualification and experience in the field of fitness and fitness environment.

Accomplishments

Good

Skills Used

Fitness

Education Details

January 2018 M.S. Nutrition and Exercise Physiology New York, NY Teachers College, Columbia University

January 2016 B.S. Nutrition and Dietetics Miami, FL Florida International University

January 2011 B.Sc. General Microbiology Pune, Maharashtra Abasaheb Garware College

Group Fitness Instructor, India

Group Fitness Instructor, India - Columbia University

Skill Details

Company Details

company - Columbia University

description - Present

Organized high energy weight training, cardiovascular and indoor cycling classes

accommodating participants of varying age-groups, cultural backgrounds and fitness levels to help achieve their fitness goals.

company - Columbia Dental School

description - Provided detailed nutrition counselling and telephonic follow up to dental patients with accompanying metabolic conditions like diabetes, hypertension and obesity.

Personal Skills: ✓ Good verbal and written communication skills ✓ Ability to deal with people diplomatically ✓ Willingness to learn Other Qualifications: ✓ Seema Institute Ansalon: Body massage, scalp, Swedish, Thai body, Foot Reflexology, Aromatherapy. Completed course of 2 months. ✓ Talwalkar Fitness academy with gym and aerobics. Completed 3 months course in fitness training. ✓ Radio Bhavan Career Super Market: Hotel and Front Office Management. Completed course of 3 months. ✓ Slender Girl Done diploma in Spa Management, (4 Months) Education Details

Fitness Trainer cum Team Leader

Fitness Trainer cum Team Leader - Think Healthy

Skill Details

Company Details

company - Think Healthy

description - Job Responsibilities:

√Ç~û~Ç Perform related duties and responsibilities as assigned.

√Ç~û~Ç Achieve Fitness Goal

√Ç~û~Ç Training people to do work outs in Gym. Handling customer s queries related therapies, Refreshers, etc

company - Raymond Gym

description - Job Responsibilities:

√Ç~û~Ç Perform related duties and responsibilities as assigned.

√Ç~û~Ç Handling customers queries related therapies

company - AROMA THAI FOOT SPA

description - Perform related duties and responsibilities as assigned.

√Ç~û~Ç Handling customers queries related therapies, Refreshers, etc

√Ç~û~Ç Handled queries on phone as well as personally.

√Ç~û~Ç Taking care of payment Invoices.

company - GLOBAL 1 GYM

description - Job Responsibilities:

√Ç~û~Ç Perform related duties and responsibilities as assigned.

√Ç~û~Ç Handling a team, entire floor section

✓-û-ç Achieve Fitness Goal

✓-û-ç Training People to do work outs in Gym

company - RUDRAAKSH HEALTH CARE & SPA

description - Job Responsibilities:

✓-û-ç Perform related duties and responsibilities as assigned.

✓-û-ç Handling a team, entire floor section.

✓-û-ç Achieve Fitness Goal.

✓-û-ç Training people to do work outs in Gym. Handling customer s queries related therapies, Refreshers, etc

✓-û-ç Handled queries on phone as well as personally.

✓-û-ç Taking care of payment Invoices.

company - PLAZA GYM

description -

company - HOTEL Windsor

description -

company - HOTEL HOLIDAY INN, Juhu

description - Done Promotion: For Aromathai Foot Spa. 6 days (World Trade Centre, Bombay Exhibition Centre, done promotion at Bandra Kurla Complex, Bandra GYM Khana ( Promoted various products: Spa, Health and Fitness Product, Garments, Imitation Jewellery, Food & Beverage etc)

SKILLS: Computer: ✓-Ä-ç Can easily operate in Operating System like Windows 10. ✓-Ä-ç Can work in Ms-Office (Word, Excel, and PowerPoint). ✓-Ä-ç Can easily operate internet & Gym Management Software (website & application).Education Details

January 2010 Advance Diploma in Hotel Management J&W Institute of Hotel Management

Gym management & Consultant

Gym management & Consultant - Sculpt Fitness Centre

## Skill Details

Excel- Experience - 96 months

PowerPoint- Experience - 96 months

Word- Experience - 96 months

Gym Management Software- Experience - 96 months

## Company Details

company - Sculpt Fitness Centre

description - 2015 - Present Sales, Fitness, Operations

company - AB's Fitness Club

description - Fitness, Sales, Administration, Facility & House-keeping

company - AB's Fitness Club

description - Sales, Fitness, Operations

company - Ultimate Fitness Club

description -

company - Tripod Fitness Arena

description - Sales, Administration

company - C K Fitness

description - Sales & Fitness Staff Recruitment

## KEY ROLES:

✓ Designing and promoting activities to meet customer demand and generate revenue;

✓ Advertising and promoting the club or Centre to increase usage, considering market research;

✓ Recruiting, training and supervising staff, including managing staff rotas;

- ✓-Ä-Ç Taking Daily/weekly/monthly reporting from Fitness Manager, Sales Team Lead And Housekeeping He
- ✓-Ä-Ç Carrying out health and safety checks on the equipment and site;
- ✓-Ä-Ç Retaining existing members by providing good quality of service and by providing good sales programs
- ✓-Ä-Ç Prioritizing target activities and user groups (especially in local authority Centres);
- ✓-Ä-Ç Customer Relationship;
- ✓-Ä-Ç Providing training to the sales staff to Deal with enquiries, complaints and emergencies
- ✓-Ä-Ç Delivering some fitness training or coaching in sports activities - often a good way of maintaining cont customers;
- ✓-Ä-Ç Preparing and checking budgets and generating revenue;
- ✓-Ä-Ç Cashing-up and keeping stock records of supplements;
- ✓-Ä-Ç Utilizing Group-X studio by scheduling exciting grouper's batches;
- ✓-Ä-Ç Writing monthly or weekly reports and preparing cash projections for Centre owners;
- ✓-Ä-Ç Enhancing profitability by organizing and delivering an appropriate range of fitness activities/program
- ✓-Ä-Ç Keeping statistical and financial records;
- ✓-Ä-Ç Keeping check on the Maintenance of fitness equipment & other facilities;
- ✓-Ä-Ç Ensuring compliance with health and safety legislation;
- ✓-Ä-Ç Maintaining customer service, Fitness & Hospitality standards;
- ✓-Ä-Ç Planning;
- ✓-Ä-Ç Undertaking administrative tasks;
- ✓-Ä-Ç Promoting and marketing the business;

company - Endurance Fitness Club

description - Fitness, Sales, Administration, Facility & House-keeping

## Education Details

January 2009 P.G. Sports science Dr. BMN College of Home Science

January 2008 BSc Food Science & Nutrition Dr. BMN College of Home Science

January 2004 HSC Central Railway's Jr. college of Science and Commerce

January 2002 SSC HISTORY IES's Modern English School

MSc Nutrition College of Home Science

nutritionist and health promoter

9yrs experience as a nutritionist and health coach

## Skill Details

### Company Details

company - UGC NET

description - CAREER OBJECTIVE- To use my qualifications as a nutritionist and health promoter to contribute well being of individuals in the community.

UGC NET Certificate for Lectureship MAR- 2013

## SKILLS LEARNT

✓-✎-✓ Working in a team environment.

✓-✎-✓ Working as an individual.

✓-✎-✓ Time management to ensure all customers are served sufficiently and all tasks are completed to a high standard.

✓-✎-✓ Working under pressure and in a busy environment

✓-✎-✓ Personal presentation



## Communication Skills

√Ç-Ä-Ç 9 years of work experience at healthcare startups, health clubs has enhanced my communication skills through discussions with health & fitness professionals & clients, writing articles and designing customized diet plans.

√Ç-Ä-Ç Confident in communicating with people on all levels and ensuring their needs are met.

## Leadership skills

√Ç-Ä-Ç Leadership skills were developed in high school & college as a group leader where team work was essential. Also conflict resolution skills were developed.

## Oral Skills

√Ç-Ä-Ç Volunteering activities, leadership roles and university requirements involved many public speaking opportunities.

√Ç-Ä-Ç Communicating with the general public, asking them questions, and giving presentations has helped to develop public speaking skills.

√Ç-Ä-Ç Comfortable with public speaking roles.

## Education Details

May 2014 Diploma Nutrition Education Bengaluru, Karnataka IGNOU University

June 2004 Bachelor of Science Clinical Nutrition and Dietetics Bengaluru, Karnataka Smt. VHD Institute of HomeScience

## Health and wellness coach

Advance PG diploma in Clinical research, Clinical data management and SAS

## Skill Details

### Company Details

company - GOQii Technologies Ltd

description - √Ç-Ä-Ç Motivate players (i.e. GOQii subscribers) to make a permanent shift to a healthier lifestyle, enhance health, nutrition and karma

√Ç-Ä-Ç Track and analyse player's lifestyle and fitness data captured through the GOQii band.

√Ç-Ä-Ç Design custom wellness/fitness goals mutually with players and coach them in meeting these goals.

√Ç-Ä-Ç Interact with GOQii Players on a daily basis via GOQii App text/audio.

company -

description - VIA Health Marketing & Innovations

√Ç-Ä-Ç Viamedia health had jointly organized a National Campaign of Maternal Nutrition Evaluation with GlaxoSmithKline-Consumer Healthcare.

√Ç-Ä-Ç Conduct Maternal Nutritional Counselling Camps with practicing Gynaecologists at different hospitals, allotted by the medical representative.

√Ç-Ä-Ç Conveying the Importance of every nutrient required during this time and foods that contain this type nutrients.

√Ç-Ä-Ç Coordinating with the Area Branch Manager and in turn reporting to the ViaMedia Manager with the reports.

company - LifeKonnnect Department

description - United Health Care India Pvt. Ltd

√Ç-Ä-Ç LifeKonnnect business offers Health Checkups across 800 Cities & 3000 Diagnostic Centres and leaders business and also looks into the Operations & organising & supervising medicals for customers of different Ins companies whose medical come under the rule & regulation of IRDA ( MNYL Insurance, BAXA life Insurance, M insurance, Canara HSBC insurance.

√Ç-Ä-Ç To proactively monitor the deferrals and ensure that they are done within the stipulated time line.

√Ç-Ä-Ç Ensuring a high level of professionalism through pro-active Customer relationship management by res their queries and complaints in a fair manner within the specified time.

√Ç-Ä-Ç Co-ordinating with the Lifekonnnect members from different centres and in turn reporting to the Team

company - VLCC HealthCare Ltd

description - Counselling to individuals on nutrition status, providing diet instructions to clients and impact on

& nutrition. Create and present in-services to the clients.

√Ç-Ä-Ç Handling enquiries from Customers / Distributors through emails, letters, telephone etc.

√Ç-Ä-Ç Preparing Payment Bills for the customers.

√Ç-Ä-Ç Assisting the Slimming Manager in conference calls to discuss Nutritional care plans, and Nutrition ed

√Ç-Ä-Ç Co-ordinating with the sales members and in turn reporting to the Sales Manager.

Education Details

January 1992 to January 2003 First year Science Mumbai, Maharashtra St Micheal high

Personal fitness trainer level3

personal trainer

Skill Details

Company Details

company - Golds gym ,fitness solution,flora hotel

description - Certification : american college of sports science golds gym heart saver reps level 3

Responsibilities

To obtain a challenging position which will commensurate with my qualification and experience in the field of and fitness environment.

Accomplishments

Good

## Skills Used

Fitness

## Education Details

January 2018 M.S. Nutrition and Exercise Physiology New York, NY Teachers College, Columbia University

January 2016 B.S. Nutrition and Dietetics Miami, FL Florida International University

January 2011 B.Sc. General Microbiology Pune, Maharashtra Abasaheb Garware College

Group Fitness Instructor, India

Group Fitness Instructor, India - Columbia University

## Skill Details

## Company Details

company - Columbia University

description - Present

Organized high energy weight training, cardiovascular and indoor cycling classes

accommodating participants of varying age-groups, cultural backgrounds and fitness levels to help achieve their fitness goals.

company - Columbia Dental School

description - Provided detailed nutrition counselling and telephonic follow up to dental patients with accompanying metabolic conditions like diabetes, hypertension and obesity.

Personal Skills: ✓ Good verbal and written communication skills ✓ Ability to deal with people diplomatically ✓ Willingness to learn Other Qualifications: ✓ Seema Institute Ansalon: Body massage, scalp, Swedish, Thai body, Foot Reflexology, Aromatherapy. Completed course of 2 months. ✓ Talwalkar Fitness academy with gym and aerobics. Completed 3 months course in fitness training. ✓ Radio Bhavan Career Super Market: Hotel and Front Office Management. Completed course of 3 months. ✓ Slender Girl Done diploma in Spa Management, (4 Months)Education Details

Fitness Trainer cum Team Leader

Fitness Trainer cum Team Leader - Think Healthy

Skill Details

Company Details

company - Think Healthy

description - Job Responsibilities:

√Ç-û-Ç Perform related duties and responsibilities as assigned.

√Ç-û-Ç Achieve Fitness Goal

√Ç-û-Ç Training people to do work outs in Gym. Handling customer s queries related therapies, Refreshers, etc

company - Raymond Gym

description - Job Responsibilities:

√Ç-û-Ç Perform related duties and responsibilities as assigned.

√Ç-û-Ç Handling customers queries related therapies

company - AROMA THAI FOOT SPA

description - Perform related duties and responsibilities as assigned.

√Ç-û-Ç Handling customers queries related therapies, Refreshers, etc

√Ç-û-Ç Handled queries on phone as well as personally.

√Ç-û-Ç Taking care of payment Invoices.

company - GLOBAL 1 GYM

description - Job Responsibilities:

✓-û-ç Perform related duties and responsibilities as assigned.

✓-û-ç Handling a team, entire floor section

✓-û-ç Achieve Fitness Goal

✓-û-ç Training People to do work outs in Gym

company - RUDRAAKSH HEALTH CARE & SPA

description - Job Responsibilities:

✓-û-ç Perform related duties and responsibilities as assigned.

✓-û-ç Handling a team, entire floor section.

✓-û-ç Achieve Fitness Goal.

✓-û-ç Training people to do work outs in Gym. Handling customer s queries related therapies, Refreshers, etc

✓-û-ç Handled queries on phone as well as personally.

✓-û-ç Taking care of payment Invoices.

company - PLAZA GYM

description -

company - HOTEL Windsor

description -

company - HOTEL HOLIDAY INN, Juhu

description - Done Promotion: For Aromathai Foot Spa. 6 days (World Trade Centre, Bombay Exhibition Centre)  
done promotion at Bandra Kurla Complex, Bandra GYM Khana ( Promoted various products: Spa, Health and Fitness  
Product, Garments, Imitation Jewellery, Food & Beverage etc)

SKILLS: Computer: ✓-Ä-ç Can easily operate in Operating System like Windows 10. ✓-Ä-ç Can work in Ms-Office  
(Word, Excel, and PowerPoint). ✓-Ä-ç Can easily operate internet & Gym Management Software (website & mobile  
application).Education Details

January 2010 Advance Diploma in Hotel Management J&W Institute of Hotel Management

## Gym management & Consultant

### Gym management & Consultant - Sculpt Fitness Centre

#### Skill Details

Excel- Exprience - 96 months

PowerPoint- Exprience - 96 months

Word- Exprience - 96 months

Gym Management Software- Exprience - 96 monthsCompany Details

company - Sculpt Fitness Centre

description - 2015 - Present Sales, Fitness, Operations

company - AB's Fitness Club

description - Fitness, Sales, Administration, Facility & House-keeping

company - AB's Fitness Club

description - Sales, Fitness, Operations

company - Ultimate Fitness Club

description -

company - Tripod Fitness Arena

description - Sales, Administration

company - C K Fitness

description - Sales & Fitness Staff Recruitment

#### KEY ROLES:

- ✓Ç-Ä-Ç Designing and promoting activities to meet customer demand and generate revenue;
- ✓Ç-Ä-Ç Advertising and promoting the club or Centre to increase usage, considering market research;
- ✓Ç-Ä-Ç Recruiting, training and supervising staff, including managing staff rotas;
- ✓Ç-Ä-Ç Taking Daily/weekly/monthly reporting from Fitness Manager, Sales Team Lead And Housekeeping He
- ✓Ç-Ä-Ç Carrying out health and safety checks on the equipment and site;
- ✓Ç-Ä-Ç Retaining existing members by providing good quality of service and by providing good sales programs
- ✓Ç-Ä-Ç Prioritizing target activities and user groups (especially in local authority Centres);
- ✓Ç-Ä-Ç Customer Relationship;
- ✓Ç-Ä-Ç Providing training to the sales staff to Deal with enquiries, complaints and emergencies
- ✓Ç-Ä-Ç Delivering some fitness training or coaching in sports activities - often a good way of maintaining cont customers;
- ✓Ç-Ä-Ç Preparing and checking budgets and generating revenue;
- ✓Ç-Ä-Ç Cashing-up and keeping stock records of supplements;
- ✓Ç-Ä-Ç Utilizing Group-X studio by scheduling exciting grouper's batches;
- ✓Ç-Ä-Ç Writing monthly or weekly reports and preparing cash projections for Centre owners;
- ✓Ç-Ä-Ç Enhancing profitability by organizing and delivering an appropriate range of fitness activities/program
- ✓Ç-Ä-Ç Keeping statistical and financial records;
- ✓Ç-Ä-Ç Keeping check on the Maintenance of fitness equipment & other facilities;
- ✓Ç-Ä-Ç Ensuring compliance with health and safety legislation;
- ✓Ç-Ä-Ç Maintaining customer service, Fitness & Hospitality standards;
- ✓Ç-Ä-Ç Planning;
- ✓Ç-Ä-Ç Undertaking administrative tasks;
- ✓Ç-Ä-Ç Promoting and marketing the business;



company - Endurance Fitness Club

description - Fitness, Sales, Administration, Facility & House-keeping  
Education Details

January 2009 P.G. Sports science Dr. BMN College of Home Science

January 2008 BSc Food Science & Nutrition Dr. BMN College of Home Science

January 2004 HSC Central Railway's Jr. college of Science and Commerce

January 2002 SSC HISTORY IES's Modern English School

MSc Nutrition College of Home Science

nutritionist and health promoter

9yrs experience as a nutritionist and health coach

Skill Details

Company Details

company - UGC NET

description - CAREER OBJECTIVE- To use my qualifications as a nutritionist and health promoter to contribute well being of individuals in the community.

UGC NET Certificate for Lectureship MAR- 2013

SKILLS LEARNT

✓ Working in a team environment.

✓ Working as an individual.

✓ Time management to ensure all customers are served sufficiently and all tasks are completed to a high standard.

✓–Ä–ç Working under pressure and in a busy environment

✓–Ä–ç Personal presentation

### Communication Skills

✓–Ä–ç 9 years of work experience at healthcare startups, health clubs has enhanced my communication skills through discussions with health & fitness professionals & clients, writing articles and designing customized diet plans.

✓–Ä–ç Confident in communicating with people on all levels and ensuring their needs are met.

### Leadership skills

✓–Ä–ç Leadership skills were developed in high school & college as a group leader where team work was essential. Also conflict resolution skills were developed.

### Oral Skills

✓–Ä–ç Volunteering activities, leadership roles and university requirements involved many public speaking opportunities.

✓–Ä–ç Communicating with the general public, asking them questions, and giving presentations has helped to develop public speaking skills.

✓–Ä–ç Comfortable with public speaking roles.

### Education Details

May 2014 Diploma Nutrition Education Bengaluru, Karnataka IGNOU University

June 2004 Bachelor of Science Clinical Nutrition and Dietetics Bengaluru, Karnataka Smt. VHD Institute of HomeScience

### Health and wellness coach

Advance PG diploma in Clinical research, Clinical data management and SAS

### Skill Details

### Company Details

company - GOQii Technologies Ltd

description - √ç-Ä-ç Motivate players (i.e. GOQii subscribers) to make a permanent shift to a healthier lifestyle, enhance health, nutrition and karma

√ç-Ä-ç Track and analyse player's lifestyle and fitness data captured through the GOQii band.

√ç-Ä-ç Design custom wellness/fitness goals mutually with players and coach them in meeting these goals.

√ç-Ä-ç Interact with GOQii Players on a daily basis via GOQii App text/audio.

company -

description - VIA Health Marketing & Innovations

√ç-Ä-ç Viamedia health had jointly organized a National Campaign of Maternal Nutrition Evaluation with GlaxoSmithKline-Consumer Healthcare.

√ç-Ä-ç Conduct Maternal Nutritional Counselling Camps with practicing Gynaecologists at different hospitals, allotted by the medical representative.

√ç-Ä-ç Conveying the Importance of every nutrient required during this time and foods that contain this type of nutrients.

√ç-Ä-ç Coordinating with the Area Branch Manager and in turn reporting to the ViaMedia Manager with the reports.

company - LifeKonnnect Department

description - United Health Care India Pvt. Ltd

√ç-Ä-ç LifeKonnnect business offers Health Checkups across 800 Cities & 3000 Diagnostic Centres and leaders of the business and also looks into the Operations & organising & supervising medicals for customers of different Insurance companies whose medicals come under the rule & regulation of IRDA ( MNYL Insurance, BAXA life Insurance, Muthoot insurance, Canara HSBC insurance.

√ç-Ä-ç To proactively monitor the deferrals and ensure that they are done within the stipulated time line.

√ç-Ä-ç Ensuring a high level of professionalism through pro-active Customer relationship management by resolving their queries and complaints in a fair manner within the specified time.

√ç-Ä-ç Co-ordinating with the Lifekonnnect members from different centres and in turn reporting to the Team

company - VLCC HealthCare Ltd

description - Counselling to individuals on nutrition status, providing diet instructions to clients and impact on health & nutrition. Create and present in-services to the clients.

✓-Ä-Ç Handling enquiries from Customers / Distributors through emails, letters, telephone etc.

✓-Ä-Ç Preparing Payment Bills for the customers.

✓-Ä-Ç Assisting the Slimming Manager in conference calls to discuss Nutritional care plans, and Nutrition education.

✓-Ä-Ç Co-ordinating with the sales members and in turn reporting to the Sales Manager.  
Education Details

January 1992 to January 2003 First year Science Mumbai, Maharashtra St Michael's High School

Personal fitness trainer level 3

personal trainer

Skill Details

Company Details

company - Gold's Gym, Fitness Solution, Flora Hotel

description - Certification : American College of Sports Science Gold's Gym Heart Saver Reps Level 3

Responsibilities

To obtain a challenging position which will commensurate with my qualification and experience in the field of fitness and fitness environment.

Accomplishments

Good

## Skills Used

Fitness

### Education Details

January 2018 M.S. Nutrition and Exercise Physiology New York, NY Teachers College, Columbia University

January 2016 B.S. Nutrition and Dietetics Miami, FL Florida International University

January 2011 B.Sc. General Microbiology Pune, Maharashtra Abasaheb Garware College

Group Fitness Instructor, India

Group Fitness Instructor, India - Columbia University

### Skill Details

### Company Details

company - Columbia University

description - Present

Organized high energy weight training, cardiovascular and indoor cycling classes

accommodating participants of varying age-groups, cultural backgrounds and fitness levels to help achieve their fitness goals.

company - Columbia Dental School

description - Provided detailed nutrition counselling and telephonic follow up to dental patients with accompanying metabolic conditions like diabetes, hypertension and obesity.

Personal Skills: ✓ Good verbal and written communication skills ✓ Ability to deal with people diplomatically ✓ Willingness to learn Other Qualifications: ✓ Seema Institute Ansalon: Body massage

scalp, Swedish, Thai body, Foot Reflexology, Aromatherapy. Completed course of 2 months. ✓ Talwalkar  
Fitness academy with gym and aerobics. Completed 3 months course in fitness training. ✓ Radio Bhavan  
Career Super Market: Hotel and Front Office Management. Completed course of 3 months. ✓ Slender G  
Done diploma in Spa Management, (4 Months)Education Details

Fitness Trainer cum Team Leader

Fitness Trainer cum Team Leader - Think Healthy

Skill Details

Company Details

company - Think Healthy

description - Job Responsibilities:

✓ Perform related duties and responsibilities as assigned.

✓ Achieve Fitness Goal

✓ Training people to do work outs in Gym. Handling customer s queries related therapies, Refreshers, etc

company - Raymond Gym

description - Job Responsibilities:

✓ Perform related duties and responsibilities as assigned.

✓ Handling customers queries related therapies

company - AROMA THAI FOOT SPA

description - Perform related duties and responsibilities as assigned.

✓ Handling customers queries related therapies, Refreshers, etc

✓ Handled queries on phone as well as personally.

✓ Taking care of payment Invoices.

company - GLOBAL 1 GYM

description - Job Responsibilities:

✓-û-ç Perform related duties and responsibilities as assigned.

✓-û-ç Handling a team, entire floor section

✓-û-ç Achieve Fitness Goal

✓-û-ç Training People to do work outs in Gym

company - RUDRAAKSH HEALTH CARE & SPA

description - Job Responsibilities:

✓-û-ç Perform related duties and responsibilities as assigned.

✓-û-ç Handling a team, entire floor section.

✓-û-ç Achieve Fitness Goal.

✓-û-ç Training people to do work outs in Gym. Handling customer s queries related therapies, Refreshers, etc

✓-û-ç Handled queries on phone as well as personally.

✓-û-ç Taking care of payment Invoices.

company - PLAZA GYM

description -

company - HOTEL Windsor

description -

company - HOTEL HOLIDAY INN, Juhu

description - Done Promotion: For Aromathai Foot Spa. 6 days (World Trade Centre, Bombay Exhibition Centre, done promotion at Bandra Kurla Complex, Bandra GYM Khana ( Promoted various products: Spa, Health and Fitness Product, Garments, Imitation Jewellery, Food & Beverage etc)

SKILLS: Computer: ✓-Ä-ç Can easily operate in Operating System like Windows 10. ✓-Ä-ç Can work in Ms-Office (Word, Excel, and PowerPoint). ✓-Ä-ç Can easily operate internet & Gym Management Software (website & App)

application).Education Details

January 2010 Advance Diploma in Hotel Management J&W Institute of Hotel Management

Gym management & Consultant

Gym management & Consultant - Sculpt Fitness Centre

Skill Details

Excel- Exprience - 96 months

PowerPoint- Exprience - 96 months

Word- Exprience - 96 months

Gym Management Software- Exprience - 96 monthsCompany Details

company - Sculpt Fitness Centre

description - 2015 - Present Sales, Fitness, Operations

company - AB's Fitness Club

description - Fitness, Sales, Administration, Facility & House-keeping

company - AB's Fitness Club

description - Sales, Fitness, Operations

company - Ultimate Fitness Club

description -

company - Tripod Fitness Arena

description - Sales, Administration

company - C K Fitness

description - Sales & Fitness Staff Recruitment



## KEY ROLES:

✓☒☒☒ Designing and promoting activities to meet customer demand and generate revenue;

✓☒☒☒ Advertising and promoting the club or Centre to increase usage, considering market research;

✓☒☒☒ Recruiting, training and supervising staff, including managing staff rotas;

✓☒☒☒ Taking Daily/weekly/monthly reporting from Fitness Manager, Sales Team Lead And Housekeeping He

✓☒☒☒ Carrying out health and safety checks on the equipment and site;

✓☒☒☒ Retaining existing members by providing good quality of service and by providing good sales programs

✓☒☒☒ Prioritizing target activities and user groups (especially in local authority Centres);

✓☒☒☒ Customer Relationship;

✓☒☒☒ Providing training to the sales staff to Deal with enquiries, complaints and emergencies

✓☒☒☒ Delivering some fitness training or coaching in sports activities - often a good way of maintaining cont  
customers;

✓☒☒☒ Preparing and checking budgets and generating revenue;

✓☒☒☒ Cashing-up and keeping stock records of supplements;

✓☒☒☒ Utilizing Group-X studio by scheduling exciting grouper's batches;

✓☒☒☒ Writing monthly or weekly reports and preparing cash projections for Centre owners;

✓☒☒☒ Enhancing profitability by organizing and delivering an appropriate range of fitness activities/program

✓☒☒☒ Keeping statistical and financial records;

✓☒☒☒ Keeping check on the Maintenance of fitness equipment & other facilities;

✓☒☒☒ Ensuring compliance with health and safety legislation;

✓☒☒☒ Maintaining customer service, Fitness & Hospitality standards;

✓☒☒☒ Planning;

✓-Ä-Ç Undertaking administrative tasks;

✓-Ä-Ç Promoting and marketing the business;

company - Endurance Fitness Club

description - Fitness, Sales, Administration, Facility & House-keeping  
Education Details

January 2009 P.G. Sports science Dr. BMN College of Home Science

January 2008 BSc Food Science & Nutrition Dr. BMN College of Home Science

January 2004 HSC Central Railway's Jr. college of Science and Commerce

January 2002 SSC HISTORY IES's Modern English School

MSc Nutrition College of Home Science

nutritionist and health promoter

9yrs experience as a nutritionist and health coach

Skill Details

Company Details

company - UGC NET

description - CAREER OBJECTIVE- To use my qualifications as a nutritionist and health promoter to contribute well being of individuals in the community.

UGC NET Certificate for Lectureship MAR- 2013

SKILLS LEARNT

✓-Ä-Ç Working in a team environment.

✓-Ä-Ç Working as an individual.

√Ç-Ä-Ç Time management to ensure all customers are served sufficiently and all tasks are completed to a high standard.

√Ç-Ä-Ç Working under pressure and in a busy environment

√Ç-Ä-Ç Personal presentation

#### Communication Skills

√Ç-Ä-Ç 9 years of work experience at healthcare startups, health clubs has enhanced my communication skills through discussions with health & fitness professionals & clients, writing articles and designing customized diet plans.

√Ç-Ä-Ç Confident in communicating with people on all levels and ensuring their needs are met.

#### Leadership skills

√Ç-Ä-Ç Leadership skills were developed in high school & college as a group leader where team work was essential. Also conflict resolution skills were developed.

#### Oral Skills

√Ç-Ä-Ç Volunteering activities, leadership roles and university requirements involved many public speaking opportunities.

√Ç-Ä-Ç Communicating with the general public, asking them questions, and giving presentations has helped to develop public speaking skills.

√Ç-Ä-Ç Comfortable with public speaking roles.

#### Education Details

May 2014 Diploma Nutrition Education Bengaluru, Karnataka IGNOU University

June 2004 Bachelor of Science Clinical Nutrition and Dietetics Bengaluru, Karnataka Smt. VHD Institute of HomeScience

#### Health and wellness coach

Advance PG diploma in Clinical research, Clinical data management and SAS

#### Skill Details

## Company Details

company - GOQii Technologies Ltd

description - √Ç-Ä-Ç Motivate players (i.e. GOQii subscribers) to make a permanent shift to a healthier lifestyle, enhance health, nutrition and karma

√Ç-Ä-Ç Track and analyse player's lifestyle and fitness data captured through the GOQii band.

√Ç-Ä-Ç Design custom wellness/fitness goals mutually with players and coach them in meeting these goals.

√Ç-Ä-Ç Interact with GOQii Players on a daily basis via GOQii App text/audio.

company -

description - VIA Health Marketing & Innovations

√Ç-Ä-Ç Viamedia health had jointly organized a National Campaign of Maternal Nutrition Evaluation with GlaxoSmithKline-Consumer Healthcare.

√Ç-Ä-Ç Conduct Maternal Nutritional Counselling Camps with practicing Gynaecologists at different hospitals, allotted by the medical representative.

√Ç-Ä-Ç Conveying the Importance of every nutrient required during this time and foods that contain this type of nutrients.

√Ç-Ä-Ç Coordinating with the Area Branch Manager and in turn reporting to the ViaMedia Manager with the reports.

company - LifeKonnnect Department

description - United Health Care India Pvt. Ltd

√Ç-Ä-Ç LifeKonnnect business offers Health Checkups across 800 Cities & 3000 Diagnostic Centres and leaders of the business and also looks into the Operations & organising & supervising medicals for customers of different Insurance companies whose medicals come under the rule & regulation of IRDA (MNYL Insurance, BAXA life Insurance, Muthoot insurance, Canara HSBC insurance).

√Ç-Ä-Ç To proactively monitor the deferrals and ensure that they are done within the stipulated time line.

✓-Ä-Ç Ensuring a high level of professionalism through pro-active Customer relationship management by resolving their queries and complaints in a fair manner within the specified time.

✓-Ä-Ç Co-ordinating with the Lifekonnnect members from different centres and in turn reporting to the Team

company - VLCC HealthCare Ltd

description - Counselling to individuals on nutrition status, providing diet instructions to clients and impact on health & nutrition. Create and present in-services to the clients.

✓-Ä-Ç Handling enquiries from Customers / Distributors through emails, letters, telephone etc.

✓-Ä-Ç Preparing Payment Bills for the customers.

✓-Ä-Ç Assisting the Slimming Manager in conference calls to discuss Nutritional care plans, and Nutrition education

✓-Ä-Ç Co-ordinating with the sales members and in turn reporting to the Sales Manager.  
Education Details

January 1992 to January 2003 First year Science Mumbai, Maharashtra St Michael's High

Personal fitness trainer level 3

personal trainer

Skill Details

Company Details

company - Gold's Gym, Fitness Solution, Flora Hotel

description - Certification : American College of Sports Science Gold's Gym Heart Saver Reps Level 3

Responsibilities

To obtain a challenging position which will commensurate with my qualification and experience in the field of fitness and fitness environment.

## Accomplishments

Good

## Skills Used

Fitness

Education Details

January 2018 M.S. Nutrition and Exercise Physiology New York, NY Teachers College, Columbia University

January 2016 B.S. Nutrition and Dietetics Miami, FL Florida International University

January 2011 B.Sc. General Microbiology Pune, Maharashtra Abasaheb Garware College

Group Fitness Instructor, India

Group Fitness Instructor, India - Columbia University

Skill Details

Company Details

company - Columbia University

description - Present

Organized high energy weight training, cardiovascular and indoor cycling classes

accommodating participants of varying age-groups, cultural backgrounds and fitness levels to help achieve their fitness goals.

company - Columbia Dental School

description - Provided detailed nutrition counselling and telephonic follow up to dental patients with accompanying metabolic conditions like diabetes, hypertension and obesity.

Personal Skills: ✓-Ä-Ç Good verbal and written communication skills ✓-Ä-Ç Ability to deal with people diplomatically ✓-Ä-Ç Willingness to learn Other Qualifications: ✓-Ä-Ç Seema Institute Ansalon: Body massage, scalp, Swedish, Thai body, Foot Reflexology, Aromatherapy. Completed course of 2 months. ✓-Ä-Ç Talwalkar Fitness academy with gym and aerobics. Completed 3 months course in fitness training. ✓-Ä-Ç Radio Bhavan Career Super Market: Hotel and Front Office Management. Completed course of 3 months. ✓-Ä-Ç Slender Girl Done diploma in Spa Management, (4 Months)Education Details

Fitness Trainer cum Team Leader

Fitness Trainer cum Team Leader - Think Healthy

Skill Details

Company Details

company - Think Healthy

description - Job Responsibilities:

✓-û-Ç Perform related duties and responsibilities as assigned.

✓-û-Ç Achieve Fitness Goal

✓-û-Ç Training people to do work outs in Gym. Handling customer s queries related therapies, Refreshers, etc

company - Raymond Gym

description - Job Responsibilities:

✓-û-Ç Perform related duties and responsibilities as assigned.

✓-û-Ç Handling customers queries related therapies

company - AROMA THAI FOOT SPA

description - Perform related duties and responsibilities as assigned.

✓-û-Ç Handling customers queries related therapies, Refreshers, etc

✓-û-ç Handled queries on phone as well as personally.

✓-û-ç Taking care of payment Invoices.

company - GLOBAL 1 GYM

description - Job Responsibilities:

✓-û-ç Perform related duties and responsibilities as assigned.

✓-û-ç Handling a team, entire floor section

✓-û-ç Achieve Fitness Goal

✓-û-ç Training People to do work outs in Gym

company - RUDRAAKSH HEALTH CARE & SPA

description - Job Responsibilities:

✓-û-ç Perform related duties and responsibilities as assigned.

✓-û-ç Handling a team, entire floor section.

✓-û-ç Achieve Fitness Goal.

✓-û-ç Training people to do work outs in Gym. Handling customer s queries related therapies, Refreshers, etc

✓-û-ç Handled queries on phone as well as personally.

✓-û-ç Taking care of payment Invoices.

company - PLAZA GYM

description -

company - HOTEL Windsor

description -

company - HOTEL HOLIDAY INN, Juhu

description - Done Promotion: For Aromathai Foot Spa. 6 days (World Trade Centre, Bombay Exhibition Centre)



done promotion at Bandra Kurla Complex, Bandra GYM Khana ( Promoted various products: Spa, Health and Fitness Product, Garments, Imitation Jewellery, Food & Beverage etc)

SKILLS: Computer: ✓ Can easily operate in Operating System like Windows 10. ✓ Can work in Ms-Office (Word, Excel, and PowerPoint). ✓ Can easily operate internet & Gym Management Software (website & application).Education Details

January 2010 Advance Diploma in Hotel Management J&W Institute of Hotel Management

Gym management & Consultant

Gym management & Consultant - Sculpt Fitness Centre

Skill Details

Excel- Exprience - 96 months

PowerPoint- Exprience - 96 months

Word- Exprience - 96 months

Gym Management Software- Exprience - 96 monthsCompany Details

company - Sculpt Fitness Centre

description - 2015 - Present Sales, Fitness, Operations

company - AB's Fitness Club

description - Fitness, Sales, Administration, Facility & House-keeping

company - AB's Fitness Club

description - Sales, Fitness, Operations

company - Ultimate Fitness Club

description -

company - Tripod Fitness Arena

description - Sales, Administration

company - C K Fitness

description - Sales & Fitness Staff Recruitment

#### KEY ROLES:

✓☒☒☒ Designing and promoting activities to meet customer demand and generate revenue;

✓☒☒☒ Advertising and promoting the club or Centre to increase usage, considering market research;

✓☒☒☒ Recruiting, training and supervising staff, including managing staff rotas;

✓☒☒☒ Taking Daily/weekly/monthly reporting from Fitness Manager, Sales Team Lead And Housekeeping He

✓☒☒☒ Carrying out health and safety checks on the equipment and site;

✓☒☒☒ Retaining existing members by providing good quality of service and by providing good sales program

✓☒☒☒ Prioritizing target activities and user groups (especially in local authority Centres);

✓☒☒☒ Customer Relationship;

✓☒☒☒ Providing training to the sales staff to Deal with enquiries, complaints and emergencies

✓☒☒☒ Delivering some fitness training or coaching in sports activities - often a good way of maintaining cont  
customers;

✓☒☒☒ Preparing and checking budgets and generating revenue;

✓☒☒☒ Cashing-up and keeping stock records of supplements;

✓☒☒☒ Utilizing Group-X studio by scheduling exciting grouper's batches;

✓☒☒☒ Writing monthly or weekly reports and preparing cash projections for Centre owners;

✓☒☒☒ Enhancing profitability by organizing and delivering an appropriate range of fitness activities/program

✓☒☒☒ Keeping statistical and financial records;

✓☒☒☒ Keeping check on the Maintenance of fitness equipment & other facilities;

✓☒☒☒ Ensuring compliance with health and safety legislation;

✓-Ä-Ç Maintaining customer service, Fitness & Hospitality standards;

✓-Ä-Ç Planning;

✓-Ä-Ç Undertaking administrative tasks;

✓-Ä-Ç Promoting and marketing the business;

company - Endurance Fitness Club

description - Fitness, Sales, Administration, Facility & House-keeping  
Education Details

January 2009 P.G. Sports science Dr. BMN College of Home Science

January 2008 BSc Food Science & Nutrition Dr. BMN College of Home Science

January 2004 HSC Central Railway's Jr. college of Science and Commerce

January 2002 SSC HISTORY IES's Modern English School

MSc Nutrition College of Home Science

nutritionist and health promoter

9yrs experience as a nutritionist and health coach

Skill Details

Company Details

company - UGC NET

description - CAREER OBJECTIVE- To use my qualifications as a nutritionist and health promoter to contribute well being of individuals in the community.

UGC NET Certificate for Lectureship MAR- 2013

SKILLS LEARNT

✓–Ä–Ç Working in a team environment.

✓–Ä–Ç Working as an individual.

✓–Ä–Ç Time management to ensure all customers are served sufficiently and all tasks are completed to a high standard.

✓–Ä–Ç Working under pressure and in a busy environment

✓–Ä–Ç Personal presentation

### Communication Skills

✓–Ä–Ç 9 years of work experience at healthcare startups, health clubs has enhanced my communication skills through discussions with health & fitness professionals & clients, writing articles and designing customized diets.

✓–Ä–Ç Confident in communicating with people on all levels and ensuring their needs are met.

### Leadership skills

✓–Ä–Ç Leadership skills were developed in high school & college as a group leader where team work was essential. Also conflict resolution skills were developed.

### Oral Skills

✓–Ä–Ç Volunteering activities, leadership roles and university requirements involved many public speaking opportunities.

✓–Ä–Ç Communicating with the general public, asking them questions, and giving presentations has helped to develop public speaking skills.

✓–Ä–Ç Comfortable with public speaking roles.

### Education Details

May 2014 Diploma Nutrition Education Bengaluru, Karnataka IGNOU University

June 2004 Bachelor of Science Clinical Nutrition and Dietetics Bengaluru, Karnataka Smt. VHD Institute of HomeScience

Health and wellness coach

Advance PG diploma in Clinical research, Clinical data management and SAS

Skill Details

Company Details

company - GOQii Technologies Ltd

description - ✓-✎-✎ Motivate players (i.e. GOQii subscribers) to make a permanent shift to a healthier lifestyle, enhance health, nutrition and karma

✓-✎-✎ Track and analyse player's lifestyle and fitness data captured through the GOQii band.

✓-✎-✎ Design custom wellness/fitness goals mutually with players and coach them in meeting these goals.

✓-✎-✎ Interact with GOQii Players on a daily basis via GOQii App text/audio.

company -

description - VIA Health Marketing & Innovations

✓-✎-✎ Viamedia health had jointly organized a National Campaign of Maternal Nutrition Evaluation with GlaxoSmithKline-Consumer Healthcare.

✓-✎-✎ Conduct Maternal Nutritional Counselling Camps with practicing Gynaecologists at different hospitals, allotted by the medical representative.

✓-✎-✎ Conveying the Importance of every nutrient required during this time and foods that contain this type of nutrients.

✓-✎-✎ Coordinating with the Area Branch Manager and in turn reporting to the ViaMedia Manager with the reports.

company - LifeKonnnect Department

description - United Health Care India Pvt. Ltd

✓-✎-✎ LifeKonnnect business offers Health Checkups across 800 Cities & 3000 Diagnostic Centres and leads the business and also looks into the Operations & organising & supervising medicals for customers of different Insurance companies whose medical come under the rule & regulation of IRDA ( MNYL Insurance, BAXA life Insurance, M

insurance, Canara HSBC insurance.

✓☒☒☒ To proactively monitor the deferrals and ensure that they are done within the stipulated time line.

✓☒☒☒ Ensuring a high level of professionalism through pro-active Customer relationship management by resolving their queries and complaints in a fair manner within the specified time.

✓☒☒☒ Co-ordinating with the Lifekonnnect members from different centres and in turn reporting to the Team

company - VLCC HealthCare Ltd

description - Counselling to individuals on nutrition status, providing diet instructions to clients and impact on health & nutrition. Create and present in-services to the clients.

✓☒☒☒ Handling enquiries from Customers / Distributors through emails, letters, telephone etc.

✓☒☒☒ Preparing Payment Bills for the customers.

✓☒☒☒ Assisting the Slimming Manager in conference calls to discuss Nutritional care plans, and Nutrition education.

✓☒☒☒ Co-ordinating with the sales members and in turn reporting to the Sales Manager.