



Dt. Seemaa J Poddar

CL. Nutritionist / Food Therapist



Expert Nutritionist with 16+ years of experience. Proven consistency in achievement of objectives, strong multitasking and service skills, and dedication to organizational goals. Seeking challenging senior level assignments as Nutritionist.

PROFESSIONAL SUMMARY

- Expertise in providing consultancy services with regard to Fitness, Health, basic Nutrition, and Lifestyle.
- Leveraged consultative approach in guiding clients toward wellness with dietary suggestions, herbal recommendations, meditations & body therapy.
- Passion for designing programs that improve fitness, increase stamina, and develop healthy living styles and a sense of well-being.
- Proven leadership in tailoring wellness programs, creating a best-in-class program that is competitive, resource-efficient & contributes to value proposition.
- Demonstrated excellence in executing policies and procedures in the operating systems to achieve greater customer delight.
- Capable in examining the process of nourishment & association between diet, disease & health; providing health advice & promoting healthy eating.
- Quality-oriented with the capability to develop instant rapport and build relationships with new and existing corporate and individual clients, through maximum attention to detail and providing service beyond expectation.
- Track record of developing and executing beneficial dietary plans; expertise in evaluating and modifying diets based on patient's condition and medical history.
- Excellent communication and interpersonal skills with the capability to lead large teams & establish relationships with key players in the industry.

CORE COMPETENCIES

- * Nutrition Assessment
- * Progress Tracking
- * Health Counselling
- * Nutrition Therapy
- * Optimal Nutrition Plans
- * Dietary Awareness
- * Counseling
- * Lifestyle Management
- * Operations Management
- * Client Relationship Management
- * Wellness Program Delivery
- * Team Building & Leadership

PROFESSIONAL SUMMARY

Health Consultant (Naturopathy & Nutritionist)

Since May'08

Key Achievements:

- Successfully rendered services to Rajasthani Mandal and Parichay Club (11+ years).
- Proficient in executing diet designing for Magic O Meal & Dial A Diet (8+ years).
- Showcased excellence in performing on TV shows for providing healthy recipes & winning recognition for the same.
- Successful in initiating dietary assistance services for patients suffering from Obesity, Blood Pressure & cholesterol problems and helping them to achieve their weight loss goals (93% of successful cases).
- Played a vital role in devising & implementing numerous successful diet therapies for patients with Obesity, Blood Pressure, Cholesterol disorders and enhanced overall clientele by 83-85%.
- Skillful in developing various workshops on Health & Mind for educating the clients and their family members on the benefits of eating healthy (13+ years).
- Acknowledged with several awards from Rajasthani Mandal in the years 2009, 2010, 2011 & 2012.
- Rewarded with testimonials from Walkers Club-Aarey, Mumbai for conducting a workshop on Diet & Nutrition in May'15.
- Served MR. A.M NAIK (CEO of L&T).

Recognised with Appreciation Letters from:

- SEBI for Regaining Good Health workshop. Oct-18
- Hamilton & Zee for Wellness workshop Feb-18
- HDFC Bank Mumbai for awareness on natural remedies for wellness Sep-16
- Gundecha Education Academy for Nutrition Guidelines for growing Kids Aug-16
- Shalby Hospital For bone Health Diet Talk Aug-16
- State Bank of India for Routine diet & Chair Exercise Jul-16
- State Bank of Hyderabad for Wellness Diet Jul-16
- Central Bank of India for Natural remedies on digestion issues Jul-16
- Oriental Bank of Commerce for Combination of Diet Jul-16
- Dena Bank for Alkaline Diet Jul-16
- Manasi Club for good health Program Jul-16
- Indian Bank for Daily Fitness Jul-16
- Union Bank Mumbai for holding a seminar on Magical health Jun-16
- Ruchika Club for life modifications for 50yrs+ females Jun-16
- Larsen & Toubro Health centre as a diet & fitness trainer Apr-16
- KGK Entice for 3 days health awareness campaign Jan-16
- Larsen & Turbo, Mumbai for Health Mela & Power Yoga Session Oct-15
- Tata AIA Life Insurance Company Ltd, Mumbai for conducting Health Awareness Program Oct-15
- Bank of India, Mumbai for Organizing a Health Awareness Program Apr-15
- Senior Citizen Club for Clinical Healing Diet Aug-10
- Parichay Club for Health Awareness Program Feb-10
- Narayan Reiki Seva Fitness & Health Awareness Workshops Jan-09

LINKS

[Calcium Awareness](#)

[Protein Awareness](#)

[Biotin Awareness](#)

[Diet and Natural Healing at SEBI in BKC](#)

[Festive Diet](#)

OTHER LINKS

[Just Dial](#)

[Practo](#)

[Website](#)

 [Instagram](#)

 [Facebook](#)

 [LinkedIn](#)

 [Youtube](#)

WORKSHOPS ATTENDED

HOLISTIC DIET

- Body Fat Analysis
- Weight Loss Therapies
- Exercise
- Natural Way to Fight Diseases
- Recipes
- Blood Group Diet
- Colour Diet
- Detoxification
- Mono Diet
- Liver Cleansing
- Ayur Cleansing
- Peas v/s Pills
- Replacing pills with Fruits and Vegetables
- Whole plant-based cooking
- Kitchen Herbs to Lose Weight & Cure Common Problems

OTHERS

- Effective Public Speaking
- Personality Development
- Fast Reading & Memory Efficiency
- Behavior Therapy
- Art of Rational Thinking (Advanced)
- Understanding Phobias
- Marital Counselling
- Understanding Psychological Disorders
- Sexual Abuse
- Neuro Linguistic Programming
- Dealing with Eating Disorders
- Depression
- Issues Related to Old Age
- Psychoanalysis & its Application
- Transactional Analysis
- Wellness Awareness Workshop with SEBI

EDUCATION



Diabetic Educator	2022
Post Graduate Diploma In Clinical Nutrition & Dietetics from Medvarsity	2019
Diploma (Naturopathy & Yoga) from Tulip, Mumbai	2016
Medical Nutrition Therapy from BFY, Mumbai	2013
Diploma in Nutrition & Diet Planning from Tulip, Mumbai	2008
Post Graduate Diploma in ECCE from SNDT, Mumbai	2004
Class 12th (Science) from Delhi Board	

OTHER COURSES:

• Kick Boxing	2016
• Pilates	2015
• Power Yoga	2015
• Sports Nutrition from ISSA-CA	2015
• Ayur Aahar Vigyan (Diet & Nutrition)	2014
• Clinical Nutrition	2013
• Obesity Management (Adv.)	2012
• B.T.C.M. (Acupuncture)	2011
• Reiki Practitioner	2008
• Weight Loss Technique	2008
• Aroma Therapy	2008
• Personal Exercise	2008
• Counsellor (Sinara) from Times of India	2008

ADDRESS

11, Parasrampuria Apartments, Film City Road,
Gokuldham, Goregoan (East),
Mumbai – 400063