



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.



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11 Parasrampur Apts. Gokuldharm
Filmcity Road, Opp. Bank of India
Next to Petrol Pump, Goregaon East
Mumbai - 400063

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

- 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.



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:

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| • 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](#)[!\[\]\(4fe57c3593bf1b21d272ae7ac8dfaf77_img.jpg\) Instagram](#)[!\[\]\(0d5ec72f61334709c3fc9450209b754f_img.jpg\) Facebook](#)[!\[\]\(b792654f2cef9719eabeb6c5be00811e_img.jpg\) LinkedIn](#)[!\[\]\(7d1d6890825e83a6a4a51febe2dcc7f3_img.jpg\) 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 SNTD, 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),
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