

## *Resume*

### *Education*

M.S. Sport & Exercise Psychology, Barry University, Miami, USA	2006
P.G.Diploma Sport Science & Nutrition, SNDT University, Mumbai, India	1994
P.G Diploma Business Management, NMIMS University, Mumbai, India	1994
B.S. Food Science & Nutrition, SNDT University, Mumbai, India	1993

### *Certifications*

Step and Basic Aerobics, Reebok Instructors Alliance, Mumbai, India	2003 & 1996
Provisional Certified Consultant, Association for Applied Sport Psychology	2006
Adult CPR/AED, First Aid, American Red Cross	2006
Health/Fitness Instructor, American College of Sports Medicine	2006

### *Professional Experience*

#### *Mental Conditioning*

Under 16 Quebec tennis player, Mental Conditioning, Montreal, Canada	2006-present
Evert Tennis Academy, Intern, Mental Conditioning, Boca Raton, USA	Jan- May 2006
NCAA II, Crew Team & Individual consulting, Practicum, Miami, USA	Sept-Dec 2005
NCAA II, Injured Golf player, Miami, USA	Jan-May 2005

#### *Health & Fitness*

Merrill Lynch Fitness Center, Exercise specialist & Group fitness supervisor, New York	2006-2007
Prakruti, The Health Place, Partner & Fitness/Nutrition consultant, Mumbai, India	1997-2004
10, The Health Spa, Fitness/Nutrition consultant, Mumbai, India	1994-1998