

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). ● 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 certificate course on Nutrition, Exercise & Sports from Wageningen University and Research, Netherlands in 2020. ● Completed Program of 'Training in Self Defense Techniques' organized by LIC incorporation with Special Police Unit for Women & Children, Delhi in 2018. 					
INTERSHIP EXPERIENCE					
Nutrition Assistant & Program Coordinator, B. FIT Lifestyle			June - December 2021		
SAHIBA BHARDWAJ NUTRITIONIST & NUTRITION EDUCATOR MS NUTRITION SCIENCE & RESEARCH POLICY, Tufts University, USA					
<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. ● Headed Group Program "Ditch The Diet" in the months of August 2021, October 2021 & December 2021. ● Managed whatsapp groups, solved client queries, and monitored client progress based on their weekly weight, BMR, level of physical activity, dosha type. ● Made content (posters, videos, recipes, brochure, forms) for the program on various nutrition related topics. 					
Earth Ambassador & Climate Counselor, Green Revolution			September - December 2021		
ACTION AGAINST CLIMATE CHANGE, AN INITIATIVE BY ICCE, CAUSE SUPPORTED BY UNITED NATIONS FRAMEWORK CONVENTION ON CLIMATE					
<ul style="list-style-type: none"> ● Resource Support by NASA Climate Change & World Bank Institute. ● Lead a group of 30+ students ● 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 members. Organized various events like – ● 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 2019		
<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 U-19 UK Zone DAV National affiliated to School Games Federation of India for 3 years. ● Winner and received gold medal at Annual sports Day. ● 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 ● 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. 				
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"> ● Communication for Mental Health (C4MH) Campaign organized by The Richmond Fellowship Society and Mind Specialists (Initiative of RAHAT Charitable Trust). ● 'VALOUR'- Model United Nations, Logistics team organized at Lady Irwin College. ● National Conference, "ensuring healthy lives and promoting wellness in old age" by AIWEFA. 				
OTHERS	<ul style="list-style-type: none"> ● Comic Con Delhi, biggest pop-culture event in all of South Asia, under Cosplay team. 				