

## Curriculum Vitae

**BINDIA RAJ**

**BAMS, MSc**



Ayurveda Doctor,

Sports Nutritionist,

Contact: **8089055347**

E-mail:

[bindiarayusponutri@gmail.com](mailto:bindiarayusponutri@gmail.com)

### **Professional Qualification**

**M.SC (Sports Nutrition),**

**B.A.M.S. Ayurvedacharya**

### **Personal Particulars**

- DOB: 16/05/88
- Nationality: Indian
- Languages: English, Hindi, **Malayalam,** Sanskrit

### **Skills**

- Good Communication
- Highly Motivated
- Hard Working
- Yoga and Meditation
- Fast Learner
- Efficient in MS Office

### **Reference :**

Dr. Y. Venktraana, Scientist G  
National Institute of Nutrition

Hyderabad. ph: 9490190006

Email: [vrvagnam@yahoo.com](mailto:vrvagnam@yahoo.com)

### **Objective**

- Seeking an opportunity as **Ayurvedic doctor/Sports Nutritionist** with dependable organization looking to grow and expand.
- I am passionate to provide the benefits of Ayurveda and Nutritional Guidance to Indian athletes to enhance their performance and health related fitness.
- Interested in Ayurvedic research pertaining to performance enhancement of athletes.

### **Professional Experience**

- Name of the organization:

***ICMR- National Institute of Nutrition, Hyderabad:***

**Position Held:**

**Project Teaching Assistant - Sports Nutrition**

- Name of the organization:

***SAI-STC, Gachibowli, under NCSSR Scheme***

**Position Held:** Sports Nutrition Intern

**Job Profile:** *Monitoring performance and recovery providing Nutritional and Hydration Assessment, and counselling to Track and Field*

*Athletes (including **National level athletes and Para athletes**) under SAI Gopichand Mytrah Athletic Project with Athletic Coach **Dronacharya** Awardee Shri. Nagpuri Ramesh.*

- Name of the Organization:

***Sports Authority of India, Netaji Subhash Southern Centre (NSSC), Bengaluru***

**Position Held:** Sports Nutrition Intern

**Job Profile:** *Associated with the Nutritionist, interacted with the current Coaches to elite Indian athletes, assisted in providing hydration assessment to **Indian Women's Hockey team**, assisted in providing nutritional assessment and education to athletes*

### **DECLARATION:**

*I hereby declare that the particulars of information furnished above are true and complete to the best of my knowledge and belief.*

*Bindia Raj*