



Zahna V Saleem

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Objective

Accomplished health and wellness coach, adept at using a holistic approach to guide clients to lead healthier lifestyle and achieve their health and wellness goals.

Education

- **St. Alberts college Autonomous Ernakulam, MG University** 2021-2024
B.voc sports nutrition and Physiotherapy (awaiting results)
- **Sacred Heart Higher secondary school, Thevara** 2019-2021
Higher secondary education - commerce
86%
- **Our Ladies Convent Girls Higher secondary school Thoppumpady** 2018-2019
High school education
95%

Internship

- **Regional Sports Centre Kadavanthra**
Worked as an intern for a period of 1 month where I learned about sports nutrition and sports injuries
- **Believers Church Medical College Hospital Thiruvalla**
Worked as an intern for a period of 1 month where I acquired skills in diet planning, counselling and assessment
- **Indira Gandhi cooperative hospital Kadavanthra**
Worked as an intern for a period of 1 month where I acquired skills in diet planning, assessment and counselling

On The Job Training

- **Kaniv pain and palliative Care Edapally**
Worked as a trainee for a period of 14 days where I learned about the types of treatment in physiotherapy and assessment
- **Spa Ring Fitness centre Ernakulam**
Worked as a trainee for a period of 14 days where I learned about the types of exercises and the trainings
- **Yoga centre Edapally**
Worked as a trainee for a period of 14 days where I learned about different types of yogasanas

Skills

- Time management
- Punctuality
- Team work
- Leadership skill
- Organization skills
- Patience

Interests

- Drawing
- Listening to music
- Travelling
- Cooking
- Driving

Languages

- English (read, write, listen and speak)
- Malayalam (read, write, listen and speak)
- Hindi (read, write and listen)

Declaration

- I hereby declare that the above given details are true and best of my knowledge



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