



Sparsh Tuteja

Nutritionist

22 years old nutritional and lifestyle consultant.

✉ sparshTuteja27@gmail.com

📞 8920526710

📍 Faridabad, India

EDUCATION

certified sports nutritionist

k11 academy of fitness sciences

06/2021 - Present

Delhi

b.com (honours)

Manav Rachna International Institute of Research and Studies

2016 - 2019

Faridabad

Courses

- Farmer's game development (project)
- children fitness camp
- quad spectacles

WORK EXPERIENCE

business owner

crossshit fitness

10/2020 - 03/2021

Faridabad

a fitness studio focused on building health using compound lifts with free weights, equipments (no machines) and nutritional guidance.

Achievements/Tasks

- built strong connections,
- helped achieve weight loss and muscle building goals
- solved hectic schedule related queries via consultancy

Contact: sparsh - 8920526710

student counsellor

manav rachna admission cell

2017 - 2018

faridabad

Achievements/Tasks

- helped to solve queries related to admission of different students

SKILLS

relationship building

consultancy skills

business management skills

Ms-excel

Ms-word

leadership

team management

PERSONAL PROJECTS

crossshit fitness studio

children fitness camp

quad-specs project. (2018)

- Won 2nd prize in the idea pitching competition in 2017 held in Manav rachna entrepreneurship cell.
- Was a part of many startups and event organizing team in Manav rachna college.

Farmers' game development project

ORGANIZATIONS

Manav rachna international institute of research and studies (04/2018 - 07/2018)

Student counsellor

CERTIFICATES

certified sports nutritionist

business idea competition

event management core team

Farmers' game development certificate

LANGUAGES

English, hindi

Full Professional Proficiency

INTERESTS

diet management

consulting people

Gymming

Football

reading books

Finance management

dance

Drawing