

# Taniya Sanyal

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## PROFILE

An enthusiastic fresher sports nutritionist who is a self-starter and capable to use bio mechanical skills for the betterment of the organization. A master's degree in sports nutrition has enhanced my proficiency in Diet counselling for athletes and looking forward to work in a competitive environment that enhances overall learning.

## EDUCATION

**University of Calcutta | Kolkata, India**

**2018 – 2020**

M.sc in Sports Nutrition

*Key Modules:* Biochemical & Clinical assessment in Sport | Adaptation in Athletes | Biostatistics | Dietary Supplements | Sports Promotion | Food Service Management | Food Safety | Sports Psychology and Nutritional Counselling.

Special Paper: Sports Nutrition and Kinesiology

GEC Paper: 1. BEGM(Biotech-EVS-Genetics-Microbiology) 2. Botany

*Dissertation:* A Systematic Review on 'Effects of vegetarian diet on performance of endurance athletes'

*Award:* First Class

**University of North Bengal | Siliguri, India**

**2015 – 2018**

B.sc in Human Physiology

Subjects: 1. Human Physiology (HONS) 2. Botany (General) 3. Zoology (General)

## SEMINARS CERTIFICATES

- Sports Nutrition: Beyond the Realm of Books | Organised by National Institute of Nutrition (NIN)
- International Webinar series on Mind, Body Integration for Wellness | Organised by NIN
- Membership of Fitness, Sports and Nutrition in India (FSN)

## ADDITIONAL SKILLS

**Languages:** English (*Fluent*), Bengali (*Native*), Hindi (*Fluent*), Nepali (*Proficient*)

**Microsoft Office:** Proficient in Word, Excel and PowerPoint.

**Skill:** Proficient in Digital Art and Graphic Designing.

## HOBBIES & INTERESTS

**Art and Craft:** I have done 7 years Diploma in Fine Arts from Kalakshetra and now teaching toddlers.

**Art Therapy:** I use artistic methods to help people explore emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills.

**Blogging:** I took on blogging to spread nutritional awareness among people.