

SAJEESH TS



Contact

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Skills

Ms office Gym instructor Waiter 80%  
Team management Personal training Rehabilitation techniques

Achievements & Awards

District level 3 rd price in powerlifting.

Languages

English, Hindi, Tamil and Malayalam

OBJECTIVE

Enthusiastic individual seeks opportunity to build on health fitness and wellbeing passion and knowledge, collaborates and builds positive relationships for good customer connections.positive with a can do attitude for flexible team assistance.

EXPERIENCE

**Evolve Gym** 2020 - 2023  
Gym instructor cum administrator  
Assess the physical and health conditions of clients.  
Creating appropriate exercise plans.  
Monitor their improvements.  
Helping my clients have fun and improve their health through exercise.

**Sangeetha Restaurant** 2016 - 2023  
Manager  
Recruiting training and supervising staff.  
Agreeing and managing budgets.  
Creating staffing rotas.  
Planning menus  
Ensuring compliance with licensing, hygiene and health and safety legislation.  
Promoting and Marketing the business

**Kely Residency** 2014 - 2016  
Waiter  
Welcoming and seating guests  
Taking guest orders  
Communicating them effectively to the kitchen and in addition.  
Memorizing the menu and offering recommendations to upsell appetizers,deserts or drinks.

EDUCATION

**Green fitness accademy calicut** 2023  
Level 3 certified personal trainer

**Tamil Nadu physical education and sports university Chennai** 2014  
Diploma in Gym instructor

**CV Raman university** 2013  
Bachelor of commerce

CERTIFICATIONS

Level 3 personal trainer certificate.  
Diploma in Gym instructor