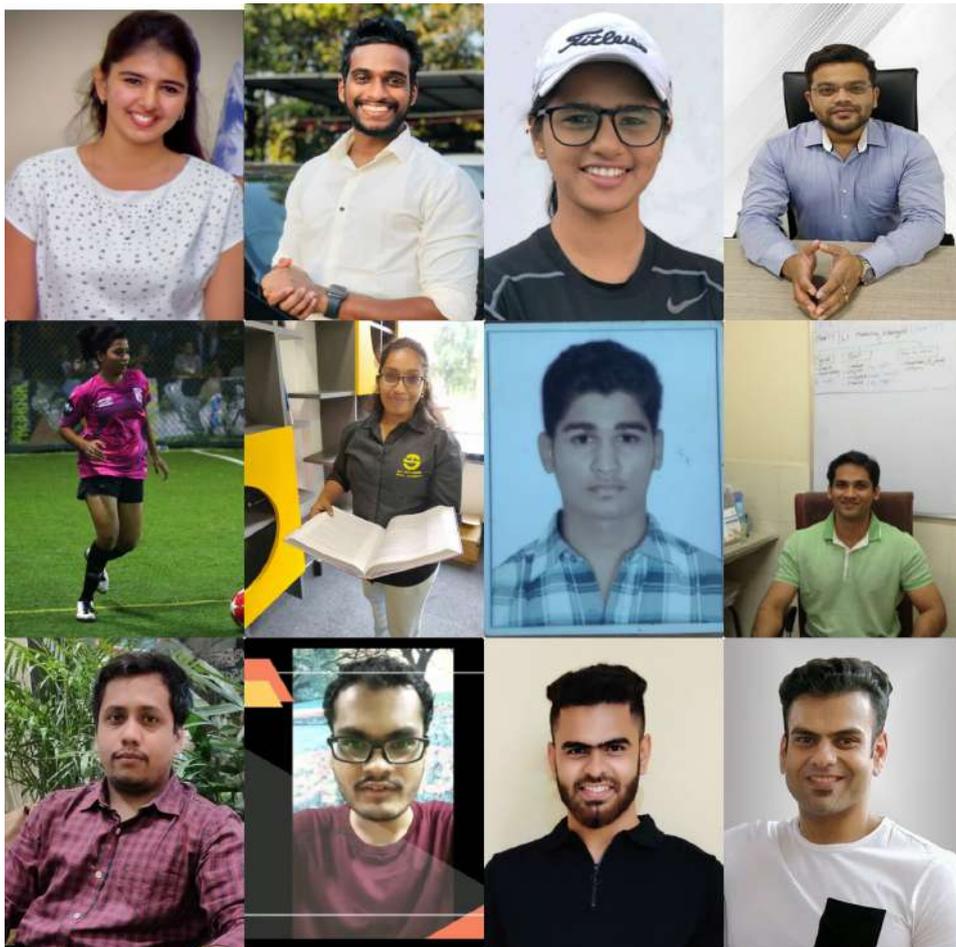




**D Y PATIL**  
DEEMED TO BE  
**UNIVERSITY**  
— SCHOOL OF —  
**MEDICINE**  
NAVI MUMBAI

# Alumni Speaks



## Kaustubh Shedjale



*"I joined D.Y Patil University's Diploma in Exercise Science to upgrade my knowledge and qualification. Grateful to relate to the passionate staff of D.Y Patil School of Medicine & School of Physiotherapy, who helped answer all my curiosities surrounding the science of exercise. The presentation-based assignments helped me add a soft skill which is put to use each day. Today I have not just upgraded my qualification but also achieved the highest level of career gain. Joining D.Y Patil University, Nerul was truly the most successful milestone and one of the best decision of my life and I recommend it to all who want to pursue a career in the sport & fitness industry."*

*( Deputy Program Coordinator, BSES, DYPU and  
Founder Director of Fitness Education Training - FET )*

## Kavitha Kesavan Nambisan



*"Bachelor of exercise science curriculum gave me hands-on training that enhanced my practical skills and provided in-depth knowledge of the course. It gave me a solid career foundation and a bundle of clips I'm proud of. During the course we not only had the strongest support from the faculty members of Sports and Exercise Science but also the administration regarding doubts on industrial visits, industrial experience and career guidance. I highly recommend this program to anyone who wishes to make a career in the fitness industry. I currently work as the Head of Exercise Science Department at Scientific Training Fitness Academy, Andheri( West), Mumbai since a year and a half, I am a Visiting Faculty at our ( D.Y. Patil deemed to be University, Navi Mumbai) for Biomechanics and I work as a freelance Exercise Specialist."*

*(Exercise Specialist - Bachelor of Exercise Science  
Ashtanga Yoga Instructor)*

## Sabrina Shaikh

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*"Studying at B.S.E.S, I got hands on clinical experience during my posting which translated onto my work at H.N.Reliance Hospital (Mumbai) in Cardiac-pulmonary-oncology rehabilitation as an clinical exercise specialist after my graduation."*



## Ajay Desale

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*"I was initially attracted to the gigantic campus but soon realised that the faculties possessed an in-depth knowledge of their subjects. I am a proud member of the Exercise Science family. Thank you B.S.E.S team."*

*(CrossFit L1 Trainer,  
Founder of Champions Fitness Management at 'Be the Champ' and  
CEO of 'Be More Fit Gym', Mumbai)*



## Mrunalini Dahibate

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*"BSc. Sports and Exercise Science is the unique program that fits my needs to enter the sports arena and I can see myself enjoying what I do. I have been given the opportunity to work on various internship programs. This course helped me immensely in terms of giving me clarity about the Clinical industry as well as knowledge about the Sports industry. I would also like to go on record to say that the faculty is highly knowledgeable, and they are very approachable. The theory and practical knowledge that I have acquired during my time has given me great confidence and I do apply what I have learned daily."*

*(Strength and conditioning coach at Tarun Desai golf academy, Bangalore )*

## Prashant Singh

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*"I am very glad to share my amazing experience and I am very proud to be a part of this prestigious institution Because of its great learning Ambience and reputation for excellence.*

*I dedicate my current position and success in the field of health and fitness to my faculty members, colleagues and management of DY Patil University.*

*I am currently working with a leading fitness academy in India (Fit India Trust, Delhi) as the HOD in the sports science wing. With the kind guidance of the faculty members of D.Y Patil University, today I represent North India's fitness industry as the Director of Exercise Equals to Medicine Pvt Ltd. Under which I am running Rajasthan's first fitness academy in Jodhpur."*

*(Exercise Physiologist, M.D.Acu., CKTP, ISAK, Strength and Conditioning Specialist, 2D Kinematic Analyzer, Sports Trainer, ACE)*

## Abhijeet Markad

*“The overall ideology of Health and fitness is well-defined in the Exercise Science course. The course has provided me with exposure in the fitness world with a theoretical and practical approach with knowledge and experience regarding a variety of exercises, nutrition, training methods and more importantly life as an exercise specialist. Also, introducing us to many well-known people from this industry with seminars, guest lectures, personnel visits to high-quality fitness centers, hospitals to experience the environment of our future careers in the fitness industry. Good learning and a very enlightening period at DYPU with Exercise Science. My Bachelors from DYPU was accepted at a global level and I got the opportunity to study my master’s degree from Waseda University in Japan”*

*(Student pursuing master’s at Waseda University, Japan.)*

## Durga Mhatre

*“Every possible care has been taken while designing the infrastructure of the college – spacious classrooms, cafeteria, and a well-stocked library. The faculty has been supportive and encouraging. The blend of classroom, extracurricular, cultural and social activities are very helpful to mount students as unique individuals. I had been actively involved in many activities and fests throughout the three years. Participating and organizing events, volunteering, working on different projects beyond the given syllabus, being the member of the fest committee, having a broad spectrum of friends and acquaintances are some of the highlights. During my time as a B.S.E.S student I played football for Compenaroes Sports Club and the DYPU girls’ team. Over the course I gained immense knowledge of strength and conditioning, nutrition and exercise testing that has helped me improve my performance.”*



## Aditya Pai

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*"My journey at D.Y Patil University has been excellent and a memory to cherish for a lifetime. The years spent here have been full of learning opportunities that were not only fun but also with an academic grind that one must go through. Internship exposure makes you a better man to face the challenges of the real world."*

*(Strength and Conditioning coach for MCFC Under-15)*

## Sudarshan Palav

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*"I was passionate about pursuing a career in Sports and Exercise Science and always had the zeal to learn new things. D Y Patil University gave me that opportunity. The course is diverse & professors are the heart & soul of it. They will take all the efforts in the world to teach you & make you ready for professional challenges. Special thanks to my Professors Mrs Datta Patel, Dr Vivek Nalgirkar, Dr Vijay Gupta, Dr Joy, Dr Twinkle Dabholkar, Dr Anuprita Thakur, Dr Anu Aora, Dr Deepali Morde Vihate and Mentors Dr Marina Thomas, Dr Yardi, Dr Unnati Pandit."*

*(Exercise Specialist at Apollo Hospital  
Founder of Ignition Combat Sports)*

## Jainil Daredia

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*“My keen passion for sports and fitness along with my interest in science impelled me to pursue an education in sports science. The Bachelors of Sports and Exercise Science Program at D.Y. Patil University provided me with the unique opportunity to explore the realm of sports and exercise science and provided me an eye-opening experience and exposure of the various aspects and applications of exercise science. The terrific program structure of BSES provided me the knowledge of various subjects and experience of the practicality which enabled me to practice in various workplaces as an exercise specialist, strength and conditioning coach, a lecturer, and offered extensive career opportunities. I will be forever grateful to BSES and its knowledgeable and supportive staff and faculties who helped me defining my dreams more accurately.”*

## Sahil Daredia

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*“After my personal training and sports nutrition certifications, I was researching for different specialization certifications/degree programs in the fitness industry. I came across the exercise science degree program at Dy Patil University Navi Mumbai. This program curriculum included everything that I was searching for. I am glad that I enrolled in this program as it had more to offer than just sitting in a classroom and learning via books. The faculty is extremely helpful. The best feature of the program is the way the professors taught me subjects like human physiology, anatomy and other applied subjects of exercise science. Everyone in the department of exercise science is approachable and full of knowledge and are always available to help you along your educational journey. The most unique experience that I've had while undergoing the program is the hands-on experience, like practicals and internship. This practicum and the curriculum gave me the opportunity to have my own School of Exercise Science. At the end of the program, I was well prepared and ready to apply the skills and knowledge. If you're interested in learning more about exercise science, I would surely recommend the BSES program. Getting your start here is a great choice.”*

*(Exercise Specialist  
Founder and CEO Health and Performance Science)*