



ASHIM MATTHAN

Updated as on:
10 May 2020

ADDRESS: Nirvan, Sarojini Road, Vile Parle West, Mumbai - 400 056, India.

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PROFESSIONAL EXPERIENCE

2019 September to 2020 May :

Founded RhinoMight Clinic: India's First Hormone Optimization Therapy (HOT) Clinic

- In February 2020, we were felicitated by The Indian Bodybuilding Federation (IBBF) at India's Largest Local Bodybuilding Competition titled *Spartan's Mumbai Shree* for our contribution to the Bodybuilding Industry. Video Link: https://youtu.be/H3FpOSmn_aQ?t=10120
- In January 2020, Dr. Kanishka Jain, MD, Internal Medicine and I were invited to Lecture at Anytime Fitness, Andheri West, Mumbai. We spoke to their Trainers and Members about Optimizing Hormone Health and Management of Abuse in Anabolic Androgenic Steroids (AAS).
- Dr. Kanishka Jain and I provide Hormone Supplementation for Enhanced Fat Loss, Muscle Gain and an Elevated Quality of Life for Men and Women. Our clientele encompasses:
 - > All individuals who want to improve their quality of life and overcome diabetes, high blood pressure, asthma, cholesterol and allergies using HOT
 - > Celebrities who need to look lean and muscular
 - > Professional Athletes and Bodybuilders who need to reverse side effects of Performance Enhancement Drugs (PEDs) to become healthy.
- Co-Authored two E-books with Dr. Kanishka Jain titled "Exercise Sequencing for Home Workouts" (2020) and "Diabetes: Practical Diets" (2018).
- **Website:** <https://rhinomight.net/> | **Instagram:** <https://www.instagram.com/rhinomightclinic/>

2016 April to 2020 May :

Founded VitaLifeDM: a Free Vital for Life service to Digitize your Medical Records

- 2019 Registered NATO NCAGE Vendor, Official US Federal Contractor and DUNS Number Holder.
- 2019 Partnered with 15 Pre-Schools in Andheri West, Mumbai, India.
- 2018-2019 Conducted 74 Corporate Health Camps and helped digitize Medical Records of 2800 men, women and children in Mumbai, India.
- 2017 Winner of Amazon's prestigious AWS Accelerator Program and USD 5,000/- in AWS Credit.
- 2016 Designed and Planned the Full Development of a Free System to help all individuals and their pets monitor and safeguard their health.
- **Website:** <https://www.vitalifedm.com/> | **Instagram:** <https://www.instagram.com/vitalifedm/>

2008 May to 2019 September : Fitness Writer, Consultant and Coach [Parallel to Full Time Jobs]

- Published several articles on Strength Training and Bodybuilding for three websites: Ground Up Strength, Lift BIG Now and Strength Minded.
- Directed and Produced Strength and Fitness based Educational Content for Lift BIG Now's **YouTube Channel:** <https://www.youtube.com/user/liftbignow>
- Trained over 50 people to achieve their Strength Training and Powerlifting goals.
- Actively Guides and Helped people on Online Fitness Forums. I was elected as Moderator on forums like BodyBuilding.net, XtremeBodybuilding.net and Iron Dungeon Forums.
- Provided Consultation and Guidance to Professional Athletes and Bodybuilders to overcome side effects of Bodybuilding Steroids and to restore their health.
- **Instagram:** <https://www.instagram.com/rhinomight/>

2012 January to 2016 July - Chief Operating Officer of Samrat Gas, Distributor of Aegis Gas :

- Successfully transformed a loss-making grassroots-level business into a profit-making local leader in the Industrial LPG sector in Western Mumbai, India under. Aegis Logistics Limited.

2010 August to 2011 December - Grant Thornton's (GT) Corporate Finance (Valuations) Department :

- 2011 April: Promoted to Full Consultant (youngest ever) in GT's Valuations Department.
- 2010 August: Entered the work force as an Analyst for GT's Mergers & Acquisitions Department.
- Worked for leaders in Pharmaceuticals, Media, Infrastructure, Power and Private Equity Sectors.

2004 Summer to 2009 Summer - Apprenticeship at Dr. Sunita Patel's Clinic, Mumbai, India :

- Assisted Dr. Sunita Patel, Veterinarian, in all Medical Procedures including Examination, Diagnosis, Treatment and Complex Surgeries every summer for 6 years.



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EDUCATIONAL QUALIFICATIONS

2020 Major Certifications :

Accredited by the Continued Professional Development (CPD) Association Group, United Kingdom

- Hormone Health & Testosterone Expert
- Strength & Bodybuilding Coach
- Diet And Nutrition Coach Certification: Beginner To Advanced
- Health And Wellness Coaching
- Weight Loss Coach Certification: All Levels
- Online Coaching Business: Health & Life Coach

Accredited and Under Guidance of Organizations from the United States of America

- *Muscular Adaptations and Goal Specific Programming* by Thomas Gillette, NASM, CSCS, Instructor and Strength Coach.
- *The Science of Size: Training for Hypertrophy and Strength* by Thomas Gillette, NASM, CSCS, Instructor and Strength Coach.
- *Foundation Level Kinesiology* Course by Dr. Karen E Wells of The KEW Training Academy and Fully Accredited by the Complementary Therapists Accreditation Association (CTAA).
- *The Carnivore Diet* by Dr. Sarah Zaldivar, Ph.D. in Exercise Physiology, ASCM.
- *Create Your Science Based Exercise Program* by Dr. Sarah Zaldivar, Ph.D. in Exercise Physiology, ACSM.

Other Certificates related to Educational Courses in the Health & Fitness Industry

- Certificate in *Nutrition & Diet Planning* by Associate Professor Krishna N. Sharma, Vice Chancellor at Victoria University, Uganda.
- *Anti Aging Strategies Doctors Don't Talk About* by Cathey Painter, Health and Beauty Expert.
- *Bodybuilding Masterclass for Beginners 2020* by Michael Roberts, The 6-Pack Coach.
- *Full Scientific Nutrition and Dietitian Masterclass* by Sio Vaspa, Professional Combat and Athlete.
- *Hormonal Mastery* by Dr. Andrea Huddleston, Women's Health & Natural Fertility Practitioner.
- *Build Your Perfect Diet and Training Plan* by Marko Zivkovic, Nutritionist & Fitness Author.
- *Endomorph Diet* by Thomas Rohmer, Health and Fitness Instructor.
- *Gymbo Knows Fitness & Health: Quick Tips for Max Results* by Jim "Gymbo" Collins, Body Builder Trainer and Optimum Nutrition Sponsored Athlete.
- *45+ Testosterone Benefits in Women* by Dr. Dan Purser, MD.
- *How to Launch a Successful Gym Business* by Greg Vanderford.
- *Carb Cycling: Discover This SECRET System of Weight Loss* by Frahaan Hussain and Advanced Ideas, Inc.
- *A Guide to Protein & Supplements to Build Muscle & Lose Fat* by Mark Kimberley, Personal Trainer.
- *BEST Body Building Exercises to Building a Better Body FAST!* by Tim Ernst, Weight Loss Keto Coach.

2010 Graduated from Trinity University :

BSc. Finance with Minor in Economics from Trinity University, San Antonio, Texas, USA.

- Bachelor of Science in Business Administration with a Concentration in Finance.
- Graduated with Honors in Finance.
- Honorary Member of the International Economics Fraternity *Omicron Delta Epsilon*.

2006 Graduated from Dhirubhai Ambani International School :

IB Diploma from Dhirubhai Ambani International School, Mumbai, India.

- International Baccalaureate Diploma Program (IBDP) with Biology, Chemistry and English as Higher Level subjects and Business Administration, Math and French as Standard Level subjects.

2004 Graduated from Jamnabai Narsee School :

ICSE from Jamnabai Narsee School, Mumbai, India.

- Indian Certificate of Secondary Education in Math, Science and Technical Drawing.