



Benajir Shams

Nutritionist, Vancouver, Canada



MBIT Pageants for Leadership-Certification Program!

Biography:

Benajir Shams is a nutritionist and social media influencer from Vancouver, Canada, with fifteen years of experience in the field of nutrition, and she continues to work on leveraging her expertise to support women of color globally. Originally from Dhaka, Bangladesh, she moved to Canada in 2013, where she earned a master's degree in Population and Public Health from the University of British Columbia, complementing her prior education in Nutrition from the University of Dhaka. Benajir is known for founding "Bloom with Benajir," an online nutrition counseling platform aimed at fostering long-term, sustainable lifestyle changes for optimal well-being. Beyond her professional endeavors, she enjoys activities such as hiking, traveling, and fashion and entertainment vlogging, reflecting her vibrant interests outside of her career.

Benajir will be teaching Nutrition & Pageant Diet!