

## DT. VAISHALI VERMA

Consultant- Nutrition and Dietetics

### Qualification

MSc in Therapeutic Nutritional Sciences | Diabetic Educator

### Fellowship & Membership

- The Association of Diabetes Educators (ADE).
- Indian Dietetic Association (IDE).

### Field of Expertise

- Diabetes Diet Management- Type-1 and Type-2 Diabetes
- Weight management (Weight Gain Weight loss)
- Insulin Injection Techniques
- Insulin Pumping Training
- Lifestyle disorders (PCOD/PCOS, Thyroid disorders, Cardiovascular and Respiratory disorders)
- Antenatal and Post-natal Diet

### Awards & Achievements

- Received Food Safety Supervisor Certificate of Competence organized by FoSTaC, FSSAI, held at Lady Irwin College, University of Delhi.
- Awarded Diabetes Educator Certificate Program, Medanta Hospital, New Delhi.

### Talks & Publications

- Manipal Hospital Dwarka | Dt. Vaishali Verma says Attempting celeb-inspired extreme weight loss diets without expert guidance can be harmful Delhi Times. [Click Here](#)
- Dt. Vaishali Verma on Heatwave in India: Expert says to stay hydrated but don't overdo drinking water as it may damage kidneys | News9Live. [Click Here](#)
- Dt. Vaishali Verma on including rice for Diabetes diet in Navbharat Times (Digital) | National Nutrition Week | Exclusive story. [Click Here](#)
- Dt. Vaishali Verma on Millet food being promoted in G20 summit, what are the health benefits of Millet? | The Quint (Hindi). [Click Here](#)
- SM Post | NDTV. [Click Here](#)