



MS. SANDIPA SEN

Consultant - Nutrition and Dietetics

Qualification

M.sc in Dietetics and Community | Nutrition Management, Women's Nutrition, Sports Nutrition

Overview

Ms. Sandipa Sen is a clinically experienced and patient-focused nutritionist in Kanakapura Road with expertise in therapeutic and critical care nutrition. She is currently practising as a Consultant – Nutrition and Diet Consultant at Manipal Hospital Kanakapura Road, Bangalore, bringing over 12 years of experience in clinical nutrition, dietary planning, and multidisciplinary patient care. She completed her BSc in Clinical Nutrition and Dietetics from Viharilal College, Calcutta University, followed by an MSc in Dietetics and Community Nutrition Management from Vidyasagar University, where she achieved first-class merit. Her academic foundation is further strengthened by advanced certifications in critical care nutrition, metabolic syndrome, pulmonary nutrition, and sports nutrition, along with active participation in national and international clinical nutrition conferences. In her clinical role, Ms. Sandipa Sen conducts comprehensive nutritional assessments and personalised diet planning for patients across multiple specialities. She routinely manages conditions such as type 2 diabetes, cardiovascular disease, gastrointestinal disorders, kidney disease, PCOS, gestational diabetes, and obesity, with a

structured and evidence-based approach. Her expertise in these areas contributes to her recognition as one of the best nutritionists in Kanakapura Road for disease-specific dietary management. A significant aspect of her practice involves critical care and post-transplant nutrition, where she develops tailored nutritional strategies for patients in intensive care settings and those recovering from heart, kidney, liver, and bone marrow transplants. She is proficient in planning and monitoring enteral and parenteral nutrition, ensuring optimal recovery and metabolic stability in complex clinical scenarios. Ms. Sandipa Sen also specialises in weight management and bariatric nutrition, offering customised dietary protocols for sustainable weight reduction and post-bariatric care. Her approach integrates medical nutrition therapy with lifestyle modification, enabling long-term health outcomes. In addition, she provides prenatal and postnatal nutrition guidance, supporting maternal and fetal health through carefully structured diet plans. Her role extends beyond individual consultations to include group education sessions, corporate wellness programs, and interdisciplinary collaboration with physicians, surgeons, and allied health professionals. She actively conducts nutrition awareness sessions on topics such as gut health, oncology nutrition, and preventive care, contributing to broader patient education and community health. She has contributed to clinical publications and media features, including case studies and expert insights published in recognised platforms such as Mid-day and Navbharat Times. Fluent in English, Hindi, Bengali, and Kannada, Ms. Sandipa Sen ensures clear communication during consultations, making dietary guidance practical and culturally adaptable. At Manipal Hospital Kanakapura Road, she delivers structured, evidence-based nutrition care that supports recovery, disease management, and long-term well-being, positioning her among the best nutritionists in Kanakapura Road for comprehensive clinical nutrition services.

Fellowship & Membership

- Member of IAPEN, ISPEN

Field of Expertise

- Weight reduction
- Specialisation in type 2 diabetes
- Cardiovascular disease
- Gastrointestinal disorder
- Pre-natal and Post-natal
- Kidney disease
- PCOD
- GDM
- Weight management
- Bariatric nutrition
- Sports nutrition
- Critically ill patients
- Post Transplant nutrition - Heart, Kidney, Liver, BMT

Languages Spoken

- English
- Hindi
- Bengali
- Kannada

Awards & Achievements

- Completed Nutriclass 1.0, which was conducted at Apollo Hospital, Chennai.
- Completed course on “Excellence in Critical Care Nutrition”

based on 3 articles from the American Journal of Critical Nutrition.

- Participated as a Delegate in the CME “Nutrition in Renal Disease”.
- Completed LLL course Certificate on “Nutritional Support in Pulmonary Diseases”.
- Completed LLL course Certificate on “Nutritional Support in Metabolic Syndrome”.
- Sports Nutrition - Association of Sports, Nutrition and Fitness Sciences (ASNFS).
- Participated as a delegate in the IAPEN INDIA Clinical Nutrition Congress held in Chennai, ICNC-2023.
- Participated as a delegate in “Bangalore sports injury conclave-2023”.
- Participated as a delegate in the 15th Apollo International Clinical Nutrition Update-2023.
- Participated as a delegate in the 16th Apollo International Clinical Nutrition Update-2024.
- Participated in the master class on nutrition “Pepta quest” – 2025.
- Participated as a delegate in the 17th Apollo International Clinical Nutrition Update-2025.
- Participated as a delegate in the 20th Annual Conference of ISPEN-2025.

Talks & Publications

- Wrote a case study on “polytrauma” published in Nutri Connect Special Annual Edition April 2024.
- Explained Neutropenic diet on “World Cancer Day” published in Navbharat Times, February 2024.
- Wrote an article on “the benefits of coconut oil”-Published in

Manipal magazine, 2019.

- Lead group nutrition education sessions on topics such as weight management, healthy eating habits, gut health, oncology nutrition and disease- specific dietary modifications.
- Conducting CNE classes for non-nursing staff, internal as well as external.
- Providing Diet talk for MNC employees on various topics online as well as offline.