



MS. UMA P TRASI

Consultant - Nutrition and Dietetics

Qualification

M.Sc Nutrition Dietetics

Overview

Dr. Uma P Trasi has made an incredible impact in Nutrition and Dietetics with her extensive knowledge, unwavering commitment, and exceptional patient care. Dr. Trasi has earned a well-deserved reputation as a respected authority in her field. Dr. Trasi's journey is characterised by her relentless pursuit of knowledge and excellence. With an M.Sc. in Nutrition Dietetics, she stands at the forefront of her field. As a distinguished member of the Indian Dietetic Association (IDA) Bangalore, her expertise is further reinforced by her Fellowship and Membership titles. Her profound understanding spans various domains, encompassing diabetes management, pregnancy nutrition, weight loss strategies, and renal stone prevention. Her versatility and fluency in multiple languages, including Kannada, Hindi, English, Marathi, Gujarathi, and Bengali, enable her to connect with diverse populations. Dr. Trasi's impact transcends the confines of clinical practice, as she spearheaded the establishment of the Hospital Dietary at Manipal Hospitals Malleswaram. Dr. Trasi's contributions extend beyond the walls of her medical practice. Her dedication to the community is exemplified by her prominent roles as the Chief Guest for

Children's Day Celebrations at Poorna Prajnya School and as a speaker at Women's Day celebrations in prestigious organisations like MEWS, Malleswaram, and Saraswati Mahila Samaj, Canara Union. These engagements demonstrate her commitment to education and empowerment, inspiring healthier lifestyles. Her involvement as the joint treasurer of IDA Bangalore Chapter from 2013 to 2018 showcased her administrative acumen and deep-rooted passion for advancing the field of Nutrition and Dietetics. Furthermore, Dr. Trasi's recognition as the Chief Guest at the Annual Day Celebrations at Buoyancee and her address at the Women's Day celebration at Manipal Hospitals Malleswaram in 2020 further solidifies her influential role in the healthcare community. She is considered to be a good nutritionist in Bangalore by many. Dr. Trasi's main focus is always on the well-being of her patients. She is committed to providing her patients with the best possible care. Her meticulous attention to detail when planning and executing treatment plans ensures the highest quality output. Driven by her passion to provide the best possible care, she remains at the forefront of innovative approaches in Nutrition and Dietetics. Dr. Trasi's expertise extends beyond traditional practices. She harnesses the power of data to inform her decisions and measure the success of her treatments. This evidence-based approach enhances the precision of her care and fosters confidence in her patients. Through her exceptional attention to detail, she successfully handles even the most complex medical cases, demonstrating her astute problem-solving abilities. Dr. Uma P Trasi's incredible journey in Nutrition and Dietetics has left a lasting impact on patients and colleagues. Her vast knowledge, unwavering dedication, and innovative approaches have transformed countless lives. As a respected member of the Indian Dietetic Association Bangalore, she has left an indelible mark on the healthcare landscape. Dr. Trasi's commitment to personalised care, her thirst for knowledge, and her impactful contributions to the community make her an esteemed authority in the field. Her achievements serve as an inspiration and a testament to the power of nutrition and its

profound impact on our well-being.

Fellowship & Membership

- IDA Bangalore Chapter
- Member of Indian Dietetic Association Bangalore

Field of Expertise

- Diet in Diabetes, Gestational Diabetes, Type I & II Diabetes
- Diets for Chronic Kidney Disease
- Pregnancy and lactation
- Weight Reduction, Hyperuricemia, Dyslipidaemia, Heart friendly diet, Weight Reducing, Hyperuricemia, Renal Stone, Hypothyroidism, Liver Disorders, Celiac Disease, Enteral feeds, Health Check Plans.

Languages Spoken

- Kannada
- Hindi
- English
- Marathi
- Gujarathi
- Bengali

Awards & Achievements

- Initiated establishment of the Hospital dietary at Manipal Hospitals Malleswaram.
- Chief Guest for Children day Celebrations at Poorna Prajnya

School - (Pre-Schoolers) on Children must be healthy to learn and they must learn to be healthy, 2007.

- Address at Womens Day celebration 2008 at MEWS, Malleswaram.
- Address at Womens Day celebration 2010 at Saraswati Mahila Samaj, Canara Union.
- Childrens day celebrations - Chief guest addressed on Pre-schoolers diet - Jackfruit house 2010.
- Joint Treasurer of IDA Bangalore Chapter 2013 -18.
- Chief Guest at the Annual day celebrations Buoyancee - Aggressive behaviour in children - Talk on Food a friend or fiend, 2016.
- Address at Womens Day celebration 2020 at Manipal Hospitals Malleswaram.