



Mangalore

Senior Dietitian

Qualification

PG Diploma in Dietetics and Applied Nutrition from Himalayan University

Field of Expertise

- Human Development
- Food Science
- Family relationship and Population Education
- Nutrition
- Meal Management in Health and Disease (Dietetics)

Languages Spoken

- English
- Kannada
- Konkani
- Malayalam

Awards & Achievements

- Interview on Akashvani, Mangalore on topics like Importance of Good Food Habits, in maintaining good health, preparing Healthy Vegetarian Dishes for different seasons.
- Talks at many corporate companies like BASF, BPCL, MCF and Infosys.
- Guest speaker in a various conferences like KARGERICON (Geriatric Conference held by KMC), EUREKHA (Conference held by Karavali College of Laboratory Sciences).
- Participated as a delegate in the National Level Conference of Nutrition which was held at Alva's College, Moodibidri, Mumbai, Bangalore and Kolkata.
- Published around 150 articles in Newspaper till now for a Kannada Local Newspaper Udayavani and recipes for my nutritional column "Ahara-Vihara" in Arogyavani educating people the importance of modification of diet in everyday life. My intention of starting this is to give the readers a low-calorie healthy recipe every week so that they can modify their eating habits and lifestyle with ease. In addition to the Udayavani daily Kannada newspaper, a few of my articles have also been published in the Times of India, Pingaru, Vijayakarnataka daily newspaper too.
- Article published in Azimji Premji's 'Teacher's Plus' Magazine and 'Life's On' magazine of Manipal Health Enterprises Pvt. Ltd. Article "Sports Nutrition" was been published in the first edition of sports magazine KREEDA DARSHINI.
- Life member of INDIAN DIETITIC ASSOCIATION, COIMBATORE.
- Was responsible for starting IDA Chapter of South Kanara District