



## **MS. ABHILASHA V**

Consultant and HOD - Nutrition & Dietetics

### **Qualification**

PG Diploma in Dietetics & Clinical Nutrition | Postgraduate Diploma in Public Health Nutrition | Postgraduate Certificate in Pediatric Nutrition | MIYCAN & Ketogenic Diet therapy Certification | B.Sc. (Nutrition & Dietetics)

### **Overview**

Ms. Abhilasha V is an experienced clinical nutritionist and dietetics specialist in Yelahanka. She is currently practising as a Consultant – Clinical Nutrition & Dietetics at Manipal Hospital, Yelahanka, bringing over 15 years of comprehensive experience in hospital-based nutrition care, pediatric nutrition, and public health nutrition. With a strong academic foundation, including a B.Sc in Nutrition and Dietetics, a Postgraduate Diploma in Dietetics and Clinical Nutrition, a Postgraduate Certificate in Pediatric Nutrition, and a Postgraduate Diploma in Public Health Nutrition, Ms. Abhilasha has consistently combined structured academic training with hands-on clinical application. She has also completed specialised certifications in Maternal, Infant, Young Child and Adolescent Nutrition (MIYCAN) and Clinical Certification in Ketogenic Diet Therapy for refractory epilepsy, reflecting focused expertise in therapeutic and pediatric nutrition. Her clinical work spans inpatient and outpatient nutrition management across diverse age groups. She has led large hospital nutrition

departments, overseeing multidisciplinary nutrition services, NICU and pediatric nutrition protocols, maternal nutrition pathways, and hospital malnutrition screening frameworks. Her experience includes designing nutrition strategies for high-risk pregnancies, preterm infants, pediatric malnutrition, diabetes management, renal disorders, and neurological conditions requiring therapeutic dietary interventions. Her structured approach to anthropometric assessment, z-score interpretation, and mid-upper arm circumference monitoring supports evidence-based nutrition planning. In paediatric nutrition, Ms. Abhilasha has undergone advanced coursework covering food allergies, faltering growth, neonatal nutrition assessments, NICU feeding strategies, human milk oligosaccharides, and early adolescence nutritional guidance. She has also trained in fluid and dietary management of acute diarrhoea, breastfeeding counselling, maternal micronutrient supplementation, and nutrition in maternal mood disorders. Her certification in ketogenic diet therapy strengthens her role in dietary management for refractory epilepsy and paediatric neurological conditions. This depth of paediatric and therapeutic expertise places her among the best nutritionists in Yelahanka, Bangalore, for hospital-based clinical nutrition care. Beyond direct patient care, she has contributed extensively to academic and public health initiatives. She has presented research on high-protein diets for mothers and outcomes in preterm neonates, participated in national nutrition conferences, and authored or reviewed hundreds of health articles for leading publications and hospital groups. Her involvement in corporate wellness programs includes delivering structured health talks to large organisations and educational institutions, translating complex nutritional science into practical, actionable guidance. Her early academic projects explored renal disorders, community nutrition programs, and development of school-based nutrition education materials. She is a member of the Indian Dietetic Association and has received academic recognition for topping her postgraduate batch. Her additional training in disability rehabilitation, counselling skills, and

public health nutrition enhances her ability to provide holistic, patient-centred dietary guidance across varied clinical contexts. At Manipal Hospital, Yelahanka, Ms. Abhilasha integrates clinical nutrition with multidisciplinary medical care, ensuring that dietary planning aligns with medical treatment protocols and long-term health goals. Her experience in hospital leadership, paediatric therapeutic nutrition, maternal care pathways, and public health initiatives establishes her among the best nutritionists in Yelahanka, Bangalore, for structured, evidence-based, and clinically integrated nutrition services.

### **Fellowship & Membership**

- Life Member – Indian Dietetic Association
- Life Member – The Indian society for Parenteral and Enteral Nutrition

### **Field of Expertise**

- Adult MNT for all cases
- Paediatric Nutrition for all cases
- Critical care Nutrition
- Enteral Nutrition
- Onco-Nutrition
- Renal & Cardiac Nutrition
- PICU Nutrition
- Malnutrition Assessments
- Paediatric Growth Monitoring
- Diabetes Management
- Ketogenic Diet Therapy
- Article Writing
- Maternal Micronutrient Supplementation
- Community Nutrition Programs

- Government Nutrition Scheme Evaluation
- Health Education Material Development

### **Languages Spoken**

- English
- Kannada
- Malayalam
- Tamil
- Hindi

### **Awards & Achievements**

- Best in Academics – PGDD (WGSMA, Manipal University, 2009)
- Paper Presentation Award – Apollo Conference (NICU Nutrition Study, 2023)
- Panelist – Perinatology Conference on Obesity & Reproduction (2024)
- Adjunct faculty at Manipal university [MAHE]

### **Talks & Publications**

- Media Articles in Femina, NDTV, Dainik Jagran, Health shots, Deccan herald, TOI
- Reviewed 500+ clinical articles for hospital nutrition teams
- Speaker at AICNU Conferences (Mumbai 2017, 2022; Goa 2023)
- Participated in IAPEN Bangalore Meets