



## **MS. PAVITHRA N RAJ**

Chief Dietitian

### **Qualification**

MSc in Food Science and Nutrition | Diploma as a Diabetes Educator from the International Diabetes Federation called HOPE

### **Overview**

Ms. Pavithra N. Raj is currently working as a Chief Dietitian at Manipal Hospital, Yeshwanthpur, Bangalore, for the past 15+ years. After her Bachelor of Science degree in Food Science and Quality Control, Chemistry, and Microbiology, in the year 2003, from the prestigious Maharani's College for Women, University of Mysore, Mysore, she pursued her postgraduation, Master of Science in Food Science and Nutrition from the esteemed Department of Studies in Food Science & Nutrition, University of Mysore, Mysore, in the year 2005. She obtained both degrees with first-class merits. Ms. Pavithra N. Raj is the Best Nutritionist and Dietitian in Bangalore.

### **Fellowship & Membership**

- IDA

### **Field of Expertise**

- Bariatric nutrition,
- Diabetic, Cardiac, Renal Weight reduction
- Post Transplant nutrition - Heart, Kidney, Liver, BMT

### Languages Spoken

- Kannada
- English
- Hindi

### Talks & Publications

- She has participated in educative CMEs, seminars, and lectures on lifestyle diseases in over 100 IT companies. As a Chief Dietician, her role is to emphasise correct dietary habits for inpatients and outpatients, adequate nutrition for pre-and post-menopausal women, prevention of childhood obesity, etc., for which she has successfully conducted many workshops on Food Safety and Enteral Nutrition.
- Publication of 500 articles to date in most Newspapers and magazines like - Deccan Herald, Indian Express, Times of India, DNA, Femina, The Week, Bangalore Mirror, The Economic Times, NDTV, and VOGUE.
- Manipal Hospitals Yeshwanthpur: Ms. Pavithra N Raj on How to prevent obesity in teenagers? | Vijaya Karnataka. [Click Here](#)
- Manipal Hospitals Yeshwanthpur: Pavithra N Raj on Can you lose weight by just eating right like Madhavan? | India Today. [Click Here](#)