

SANJANA M. SHENOY

Lecturer and HOD- Department of Food, Nutrition and Dietetics

Consultant Dietitian (Nutrihealth)

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Education

Mount Carmel College(Study centre), Indira Gandhi National Open University

Master of Science (Dietetics and Food service management)

Welcome group Graduate School of Hotel Administration, Manipal University

Post graduate diploma in Dietetics (PGDD)

St. Aloysius College, Mangalore University

Bachelor of Science (Microbiology, Chemistry, Zoology)

Centre of Obesity and Digestive Surgeries

Certified Bariatric Nutritionist

Project Hope India

Certified Diabetes Educator

ACADEMIC ACHIEVEMENTS

University topper from Manipal University for Post Graduate Diploma in Dietetics and Nutrition.

PROFESSIONAL ACHIEVEMENTS

- Delivered talks at CME's (Continuing Medical Education) for doctors from the Family Doctors Association in Mangalore, Indian Medical Association in Madikeri and Family Physicians Association in topics related to nutrition such as Diabetes, cholesterol management, child obesity, maternal nutrition, sports nutrition, adolescent nutrition etc
- Delivered talks at CNE's (Continuing Nursing Education) for nursing students at Nitte Usha Institute of Nursing Sciences on Protein Energy Malnutrition
- Participated on a Live Television phone in programs on Namma TV Local Channel

- Participated and delivered various talks on All India Radio, Mangalore Division on “How to manage cholesterol with diet” and “Dietary management of Diabetes Mellitus” and also various topics related to women’s health such as nutrition in Pregnancy, Menopause and also in child nutrition on junk food awareness in various local languages
 - Conducted over 50 live phone-in talk shows on “Diet tips with Sanjana Shenoy” on Daijiworld Local TV Channel on various nutrition and health related topics
 - Conduct regular talks on “Healthy eating and detrimental effects of junk food” at various schools.
 - Conducted talks and presentations at various corporate offices such as Infosys, HPCL, BPCL, MRPL, MCF, Mahila Sabha, Rotary clubs, Customs office and at various banks.
 - Regularly write for various newspapers and magazines
 - Regularly attend workshops related to nutrition, health and medicine.
 - Run a personal website www.nutrihealth.in where I address issues on nutrition and health.
 - Conducted one month internship programs for under graduate students from BSc. Food Nutrition and Dietetics.
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WORK EXPERIENCE

- 2.8 years experience from September 2007- May 2010 in clinical practice in Therapeutic Dietetics and nutrition at KMC Hospital Ambedkar Circle, Mangalore
 - Visiting nutrition lecturer for the academic year 2009-2010 to Zulekha Nursing College, unit of Yenepoya Multispecialty Hospital
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KEY EXPERIENCE

- Lecturer and Head of the Department of Food, Nutrition and Dietetics at Besant Women’s College
 - Run an active private practice in a private clinic.
 - External Child birth consultant for Mom & Me maternity store, Mahindra retail Ltd.
 - Nutrition consultant for Amway India Ltd.
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PERSONAL SKILLS

Good communication skills, apt at generating innovative ideas, willingness to learn, sense of responsibility, sincere and hardworking.

OTHER COURSES PURSUED

MS Office Package, Certificate course in French, Certificate course in Hindi journalism

Projects worked on:-

Nutrition - Topic chosen - Nutritional assessment of Preschoolers (3-5 years)

Dietetics - Topic chosen – Diabetes and its complications

Community - Nutrition surveys and studies conducted in Anganwadi and MCH centers

INTERNSHIP

M.S. Rammaiah Memorial Hospital, Bangalore under Incharge Senior Dietitian, Mrs. Hema Aravind.

- 6 weeks internship program to observe the dietary system and food service management in a hospital set -up under the supervision of a Senior Dietitian, working in the IPD, OPD, Kitchen supervision for food service and management of the hospital meals and preparing daily diet charts for patients in the ICU, MICU, ICCU and Paediatric ICU in the year 2007