

## RESUME



**AKSHATHA N,**  
**M.Sc, RD, Ph.D**  
**Co-Founder and MD**  
**Ambara Wellness Clinic**  
**Bogadi, Mysore**

### **Contact Details**

**Mobile no:** 9481833466

### **e-mail:**

akshatha.nash4@gmail.com

**Date of Birth:** 21/01/1993

### **Father :**

K Nagaraj Thantry

### **Mother:**

Hema N Thantry

### **Permanent Address:**

W/O Ashok BB, #47,6<sup>th</sup> main  
road, Subhash nagar, Mysore-  
570007

### **Career Objective:**

To be a part of an esteemed organization and to work in association with professional groups which explores my potential and provides me the opportunity for professional and career growth. To work as healthcare consultant and help people to attain a healthy life.

### **Skills:**

- ✦ To diagnose nutritional deficiencies, by using biochemical parameters, clinical signs and symptoms and to provide diet chart according to individual needs.
- ✦ Sports nutrition
- ✦ Nutrition counseling
- ✦ Food service management.
- ✦ Enteral and parenteral nutrition
- ✦ Knowledge on chemistry and microbiology
- ✦ Ability to grasp modern technology
- ✦ Good communication skills.
- ✦ Effective public talking
- ✦ Effective teaching skills

### **Professional Experience:**

- ✦ Co-founder and Managing director of Ambara Wellness Clinic, Bogadi, Mysore- an integrative wellness clinic with treatment approach from Naturopathy, Nutrition, Ayurveda, Physiotherapy and Yoga.
- ✦ Currently working as Invited Faculty at DOS in Food Science and Nutrition, Manasagangothri, Mysore and

### **Strengths:**

- 📁 Positive thinking
- 📖 Quick learn ability
- 📑 Hard working nature
- 🗨️ Good communication & presentation skills
- 🎨 Creative

### **Languages Known:**

English  
Kannada  
Hindi  
Tulu  
Urdu

### **Hobbies:**

Motor biking  
Reading books,  
Listening to music,  
Petting,  
Pencil sketch,  
Singing,  
Dancing,  
Bird watching, Gardening

Seshadripuram Degree college, Mysore.

- ✚ Awarded Ph.D. in Food Science and Nutrition under the guidance of Prof. Asna Urooj, Chairperson, Dept of Science in Food Science and Nutrition, Manasagangothri, University Of Mysore, Mysore with UGC-JRF in Oct 2023.
- ✚ Conducted Public talks and lecture series in various companies like BEML, WIPRO; at various Govt Schools in Mysuru taluk with collaboration with Magic Bus Foundation and Deevige Foundation, Academic institutes like SDM college, Blind School, Karnataka Police Academy etc.
- ✚ Worked as a Guest Faculty at DOS in Food Science and Nutrition, University of Mysore from the month of October 2017 till January 14<sup>th</sup> 2020.
- ✚ Worked as Guest faculty at Pooja Bhagvat Memorial Mahajana's College since January 2018-May 2018.
- ✚ Worked as a Dietitian at Sigma hospital, Mysore from 6<sup>th</sup> June 2017 to 5<sup>th</sup> January 2018.
- ✚ Worked as Dietitian at JSS hospital, Mysore from 14<sup>th</sup> April 2016 – 5<sup>th</sup> June 2017
- ✚ Completed RD INTERNSHIP at Apollo Hospital, Bannerghatta road, Bengaluru from September 2015-February 2016
- ✚ Completed Internship successfully in Aditya Hospital, Mysore for a period of 1 month during B.Sc final year.
- ✚ Successfully completed internship at Columbia Asia hospital as part of academics, for the period of 3 months.
- ✚ Conducted a study on Prevalence of malnutrition in ICU patient, at corporate hospital during final year M.Sc.

### **Membership of Organisations:**

- ✚ Life Member of Indian Dietetics Association – LM 13802
- ✚ Life Member of Association of Food Scientists and Technologists (India)-/AFSTI/LM/3-2021/HQR/3645
- ✚ Bikerni Association of India
- ✚ Member of BNI-Maharaja chapter, Mysore
- ✚ Treasurer, Deevige Foundation, NGO-Mysore

#### *Achievements:*

- Secured Best Poster tour presentation in 15<sup>th</sup> Apollo International Clinical Nutrition Update 2023 held on 23<sup>rd</sup> and 24<sup>th</sup> September, 2023 at Goa.
- Secured **best oral paper** in the international virtual conference on Biological Innovations & Computational Exploration for Pandemic Challenges (BICPAC`22) held on 24<sup>th</sup> and 25<sup>th</sup> Feb 2022, sponsored by Department of Biotechnology and Council of Scientific and Industrial Research, Ministry of Science and technology Government of India.
- Qualified **Registered Dietician** Examination, conducted on National level by Indian Dietetic Association in 2020.
- Qualified **UGC-National Eligibility Test** for Assistant Professor and Junior Research Fellowship (JRF) conducted by NTA in December 2019.
- Secured **Gold Medal** in **M.Sc** Clinical Nutrition and Dietetics in the year 2015.
- Secured Consolation for poster presentation in the “International Conference On Surgical Nutrition 2019” organized by The Indian Association for Parenteral and Enteral Nutrition (IAPEN)- Bengaluru Regional Centre on 22<sup>nd</sup> and 23<sup>rd</sup> November 2019
- Secured 3<sup>rd</sup> Prize for Oral Presentation at International Conference on Innovative Food and Nutrition Technologies For Public Health care (ICNPH-2018)
- Successfully completed VIKASANA – holistic wellness

program conducted by Dept. of Collegiate Education, Govt. of Karnataka.

- Successfully completed NCC 'C' certificate in AIR WING NCC, with A grade.
- Good at sports and secured several prizes in collegiate and intercollegiate levels in volley ball and athletics.
- Successfully completed junior level music in Karnatic music style, Karnataka secondary education examination board.
- Attended All India Vayu Sainik Camp, Jakkur, Bangaluru.
- Volunteer in Sri Chamarajendra Zoological Gardens, Mysore,
- Conducted various classes for youth club and summer camp students.
- Secured best volunteer award from SCZG, mysore in the year 2012.
- Joint Secretary of 'Deevige Foundation', a NGO working towards children's education

### ***Seminars and Conferences attended:***

#### **2022**

- ✚ Attended one day national Symposium on "Recent Advances in Enteral and Parenteral Nutrition" held on 26<sup>th</sup> July 2022, organized by Department of Nutrition & Dietetics, JSS AHER in association with Fresinius Kabi pvt.ltd, Karnataka. (Dual mode)
- ✚ Attended national level webinar on Nutrition in Sports-The Current Trends, organized by Department of Nutrition and Dietetics, JSS AHER on 23<sup>rd</sup> July 2022.
- ✚ Participated in the 12<sup>th</sup> India Probiotic Symposium, "Good

Microbiome, Probiotics and Good Health- The Evidence Gets Stronger” organized by the Gut Microbiota and Probiotic Science Foundation (India), On 5<sup>th</sup> and 6<sup>th</sup> March 2022.

- ✚ Secured **best oral paper** in the international virtual conference on Biological Innovations & Computational Exploration for Pandemic Challenges (BICPAC`22) held on 24<sup>th</sup> and 25<sup>th</sup> Feb 2022, sponsored by Department of Biotechnology and Council of Scientific and Industrial Research, Ministry of Science and technology Government of India.

### 2021:

- Attended webinar on IBD-hosted by Gastrointestinal infection Society of India in association with South Asian IBD Alliance on 19<sup>th</sup> Dec 2021-Virtually
- Attended CME on Geriatric Nutrition hosted by IAPEN India Bangalore Chapter on Dec 17<sup>th</sup> , 2021 3:00pm-virtually
- Participated in two day workshop on Biostatistics and Its application using statistical package for social science (SPSS) organized by Department of studies in Food Science and Nutrition, Manasagangothri, UOM, Mysore on 26<sup>th</sup> and 27<sup>th</sup> of November 2021.
- Attended the scientific session on optimal maternal Nutrition- key to Healthy Infants organized by Indian Dietetic Association, Bangalore Chapter and Presented by Dr.Pratibha Dwarkanath, on 28<sup>th</sup> September 2021, on the occasion of National Nutrition Month 2021-virtually
- Participated in National Nutrition Month an Integrated approach to wellness in collaboration with Indian Dietetic Association-Mysore Chapter, Supported by the California walnut commission on 18<sup>th</sup> September 2021-virtually
- Participated in workshop series#4 Modern tools used in Dietary Assessment-conducted by Institute of Nutrigenetics on August 21<sup>st</sup> 2021, 9am-5pm-virtually
- ✚ Attended lecture series in Nutrition Conducted by Department of Dietetics and Applied Nutrition, WGSHA, Manipal on the topic Medical Nutrition Therapy in Thyroid

Disorders, held on May 10<sup>th</sup> 2021.

- ✚ Participated in Special talk to commemorate World kidney Day 2021 on the topic “Living Well with Kidney Disease” conducted on 27<sup>th</sup> March 2021 by IDA, Mysore Chapter.
- ✚ Participated in “ patent & Prosper: Building awareness on Intellectual Property Rights” Held on 19<sup>th</sup> February 2021, conducted by Intellectual property Rights Cell, University of Mysore.

### **2020:**

- ✚ Participated in the Golden Jubilee two day National Webinar on “ Challenges of Neonatal Care and infant Protection” held on 19<sup>th</sup> and 20<sup>th</sup> November 2020 organized by Human Development wing, department of studies in Food Science and nutrition, Manasagangothri, Mysuru at IOE Auditorium Vijnana Bhavan.
- ✚ Presented a paper entitled “Bone Densitometry and Somatic status of selected women employees”, co-authored by Dr. Asna Urooj in the e-poster session, under community Nutrition category during National e-conference on “Sustainable Strategies for Food Safety and Nourishment” held on 22<sup>nd</sup> & 23<sup>rd</sup> of October 2020, jointly organized by Department of Studies in Food Science and Nutrition, university of Mysore, Mysuru, Karnataka and Indian Dietetic Association, Mysore Chapter.
- ✚ Participated in the 3 day international webinar on “Nutrition for health & disease: Exploring new horizons for sustenance” held from 7<sup>th</sup>-9<sup>th</sup> October 2020 to commemorate World Food day 2020, organized by Department of Nutrition & Dietetics- Faculty of Life Sciences, JSS AHER, Mysuru.
- ✚ Attended the Workshop on “Introduction to Ayurveda-based Holistic Nutrition” on 10<sup>th</sup> March 2020, Jointly Organised by IDA, Mysore Chapter and the University of Trans-Disciplinary health Science and technology, Bengaluru.
- ✚ Participated in “Advances in Sports Nutrition” Held on 22<sup>nd</sup> February 2020
- ✚ Participated in the Workshop on “Complimentary Therapies in

Autism Spectrum Disorder: Interplay between Diet and gut Microbiota” held on 15<sup>th</sup> of February, 2020.

- ✚ Participated in Intercollegiate Food and Nutrition Seminar on “Good Nutrition-Key to development for a better Tomorrow” organized by Protein Food and Nutrition Development Association of India(PFNDAI) in collaboration with Department of studies in Food Science and Nutrition, UOM, Mysore on February 7<sup>th</sup>, 2020.

### **2019:**

- ✚ Volunteered in conducting One day workshop on “Enteral Nutrition In Critically Ill-Practical Aspects” organized by the Indian Dietetic Association-Mysore Chapter on 8<sup>th</sup> December 2019.
- ✚ Participated in the “International Conference On Surgical Nutrition 2019” organized by The Indian Association for Parenteral and Enteral Nutrition (IAPEN)- Bengaluru Regional Centre on 22<sup>nd</sup> and 23<sup>rd</sup> November 2019.
- ✚ Participated in the 12<sup>th</sup> National Women’s Science Congress held on 7<sup>th</sup>-9<sup>th</sup> November 2019.
- ✚ Attended National Workshop on “ Understanding Research metrics Using Scopus Database” organized by the Department of Studies in library and Information Science, University of Mysore, Mysore on 30<sup>th</sup> September 2019.
- ✚ Participated in the Workshop on “From Nutrigenetics to Personalized Nutrition” held on 23<sup>rd</sup> and 24<sup>th</sup> of August 2019, at Department of Studies in Food Science and Nutrition, Manasagangothri, Mysore.
- ✚ Participated in two days 16<sup>th</sup> Annual conference organised by the Indian Society for Parenteral and Enteral nutrition, held on 5<sup>th</sup> and 6<sup>th</sup> July 2019 at hotel Savera, Chennai.
- ✚ Participated in one day Symposium on “Medical and Nutrition Interface in Pulmonary and Renal Diseases” held on 15<sup>th</sup> March 2019 to commemorate World Kidney Day.
- ✚ Participated in a Short course on “ Nutritional Assessment techniques” held on 27-30 May 2019 at Yenapoya (Deemed to be University), Mangalore.

### **2018:**

- ✚ Participated in Pre-conference and Conference presented poster on “Assessment of patients in ICU on Enteral Feed

using SGA and APACHE-2 for Prevalence of Malnutrition” in the “50<sup>th</sup> Annual International Conference of the Nutrition Society of India” held on 15-17 November 2018 at ICMR – National Institute of Nutrition, Hyderabad.

- ✚ Participated and was an organising member in the symposium on the theme “Clinical Nutrition and Dietetics – Current Practices and Future Trends” held on 6<sup>th</sup> September 2018 at IOE auditorium, University of Mysore.
- ✚ Participated in two day workshop on “Basic Statistics and Its Application Using Statistical Package For Social Science(SPSS) on August 20<sup>th</sup> and 21<sup>st</sup> 2018 at Department of Studies in Food Science and Nutrition, Manasagangothri, Mysuru.
- ✚ Workshop on “Current concept in hospital diets”, conducted by JSS medical college in collaboration with IDA Mysore chapter on 24<sup>th</sup> February 2018.
- ✚ Participated in National level seminar on “Risk and resilience across the life span”, conducted by Human Development DOS in Food Science and Nutrition, Manasagangothri, Mysore, on 15<sup>th</sup> and 16<sup>th</sup> March 2018.
- ✚ Participated in one day symposium on “Evidence based nutrition for the prevention and management of Diabetes” held on 21.03.2018 held at IOE auditorium, Vignan Bhavan, Manasagangothri, Mysore.
- ✚ Attended International Conference on Innovative Food and Nutrition Technologies For Public Health care (ICNPH-2018)
- ✚ Attended World Congress of Clinical Nutrition and Dietetics 2015 held at Varanasi in the month of March.
- ✚ National seminar on Emerging Health Issues across the Life Stages-2014(2 days), Department of food science and nutrition, University of Mysore, Manasagangothri.
- ✚ Part of Indian Dietetics Association, and Nutrition Society at Dept. of Food Science and Nutrition, Manasagangothri, Mysore.
- ✚ Work shop on Nutritional Intervention In Gastrointestinal Diseases and Disorders- Practical Aspects, The Society For



Clinical Nutritional And Metabolism (IAPEN) and Indian Dietetic Association (IDA), Mysore Chapter.

- ✚ Seminar on Changing Profile of Malnutrition in India, Department of Food Science and Nutrition, University of Mysore.

***Educational Qualifications:***

| <b>Education</b>                          | <b>Institution</b>   | <b>Aggregate %</b>   |
|---|--|--|
| Ph.D. in Food Science and Nutrition       | University of Mysore-2023  |  |
| M.Sc. in Clinical Nutrition and Dietetics | University of Mysore-2015  | 8.27(GPA)<br>(four semesters)<br><b>Gold Medal</b>                 |
| B. Sc                                     | Maharani's Science College for Women, Mysore-2013                    | 77.13<br>(Chemistry, Clinical Nutrition & Dietetics, Microbiology) |
| PUC                                       | Sri Dharmasthala Manjunatheshwara College Ballal circle, Mysore-2010 | 65   |
| 10 <sup>th</sup> Std                      | St. Joseph's Convent Bannimantap, Mysore-2008                        | 83   |

**Declaration:** I, Akshatha N hereby declare that the above information

furnished by me is correct to the best of my knowledge and I bear the responsibility for the correctness of the mentioned particulars.

**AKSHATHA N**