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| **Dr. DHARINI KRISHNAN** |
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| **EDUCATIONAL QUALIFICATIONS**  Doctorate in Science (Foods, Nutrition and Dietetics) (Ph. D.)  Bachelor’s and Master’s in Food, Nutrition and Dietetics Registered Dietitian (R.D.). Bachelor in Education (B. Ed). Diploma in Software Systems Analysis and Design.  Thesis – Effect of Diet counseling and Diet counseling and Exercise on subjects with Type 2 Diabetes Mellitus  Certified Genetic Counsellor  **Presently:**  Consultant Dietitian consulting at hospitals and Poly clinics.  Her articles appear in the print media both English and vernacular. In newspapers and magazines.  Has trained to be a Genetic Consultant for Diets of people.  Frequently appears on T.V. and radio; giving call in programmes on queries related to diet, both in India and abroad.  She has started her own YouTube Channel – Dharini Krishnan’s Easy Diet  Link: <https://www.youtube.com/channel/UCY3-2njjv7nLqpE0RHRqFCg/featured>  ***Former Chairperson of the Registered Dietitian Board (R.D.) of the Indian Dietetic Association -*** 2012 to 2015  ***Former National President of The Indian Dietetic Association*** - 2008 to 2011  Former Chennai Chapter President of The Indian Dietetic Association - 2004 – 2007  Former Director, D.V. Living Sciences Enterprise Pvt. Ltd. Working towards research in Dietetics.  Former Secretary, Eco Science Research Foundation and working towards the organic movement.  **ACHIEVEMENTS**   * *Digest - A Personalised Diet Software*, was developed indigenously, and was used by Dietitians, both as consultants and in hospitals.  Developed a *Health Website* – it was the first of its kind in India. It helped individuals and patients, maintain good health through analysis of exercise and diet regimens. * Developed an application for the Android mobile phone on diet and exercise – Nutritracs – Calories on the go which was used in research. * *Published a Book* "Appetising Wheaty Treats", for Propagation of wheat in South India. * *Article Published*: The Impact of Diet Counselling on Type 2 Diabetes Mellitus: An Indian Case Study, Krishnan et al. in Diabetes and Metabolism. J Diabetes Metab 2015, 6:10. http://dx.doi.org/10.4172/2155-6156.1000610 * Presented the keynote address at the International Confederation of Dietetic Associations at Sydney in September 2012 * Doing research on Diet and Health with the University of Southern Queensland and Central Washington University * *Received the Amio Kumar Bose award of the Indian Dietetic Association, November 2015* * *Two posters for the research work on School Lunch in Chennai done in collaboration with the University of Southern Queensland and Central Washington University was presented at the ICD Granada, Spain in August 2016.* * *Received the Aval Vikatan Award for Best Dietitian August 2018.* * *Poster at the FNCE at Washington D C in 2018 for the research on School Lunch in Chennai comparing two schools.* * *Received the Mayan Awards 2018 from Vista India for being a Visionary in Diet Consultation from Lt. Gov. of Puducheri Dr. Kiran Bedi(retd. IPS)* * One of the authors in Insights on Medical Nutrition Therapy for Type 2 Diabetes Mellitus: An Indian Perespective:   [http://link.springer.com/article/10.1007/s12325-019-0872-8](http://links.springernature.com/f/a/Qh3VKjXGKp0BB6MKZJ7piA~~/AABE5gA~/RgReQJUVP0QwaHR0cDovL3d3dy5zcHJpbmdlci5jb20vLS8wL0FXalVsU2ljRGZ4blZWYnpVc3ByVwNzcGNCCgAAlWFfXD499RRSEmJyaWRla25sQGdtYWlsLmNvbVgEAAAG5w~~)   * Diaita and Hi9 Honorary Award for Unique Contribution to Nutrition and Dietetics In January 2020. Received the award from Governor Telengana Hon Tamil Isai Soundararajan * Realistic Award by Pakwan and Rajwadafor Professional Dietitian Feb 2020 * One of the authors for the article: Nutrient analysis of school lunches and anthropometric measures in a private and public school in Chennai, India. *Health Information Science and Systems* **volume 8**, Article number: 11 (2020)  Published Feb 27th 2020. * From July 2020 she has started her own Youtube channel called Dharini Krishnan’s Easy Diet * *One of the authors of the article - Diagnosis and principles of management of gestational diabetes mellitus in the prevailing COVID-19 pandemic.* [*https://doi.org/10.1007/s13410-020-00860-1*](https://doi.org/10.1007/s13410-020-00860-1) * *One of the authors in* : Mageshwari JU, Trueman P, Krishnan D, Viswanathan V. Management of Metabolic Syndrome with Lifestyle Counseling and Supplementation with Flaxseed***. Indian J Nutri. 2021;8(3): 232***. * Role of macronutrients and suitability of upcoming dietary trends for Asian adults with type 2 diabetes" has been published in "Journal of Diabetology". 10.4103/jod.jod\_50\_21 * Role and importance of high fiber in diabetes management in India on May 02, 2022. Diabetes & Metabolic Syndrome: Clinical Research & Reviews .   Dr. Dharini Krishnan Ph.D.  [www.dharinikrishnan.com](http://www.dharinikrishnan.com)  [dhar.krish@gmail.com](mailto:dhar.krish@gmail.com) |