

## **Dr. DHARINI KRISHNAN**

### **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.

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.  
Frequently appears on T.V. and radio; giving call in programs on queries related to diet, both in India and abroad.

**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

### **ACHIEVEMENTS**

- One of the Judges for Economic Times Nutrition and Wellness Award 2025 in November 2025
- Insightscare magazine featured in March 2025  
<https://magazines.insightscare.in/2025/womens-day-special-indias-best-nutritionists-dieticians-2025-march-2025/#page=20>
- Cover story in Prime Healthcare Magazine 2025
- Featured in January 2025 in Insightscare magazine  
<https://magazines.insightscare.com/2025/indias-leading-dietitian-transforming-lives-with-practical-and-sustainable-methods-january-2025/#page=22>
- 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>
- From July 2020 she has started her own YouTube channel called Dharini Krishnan's Easy Diet
- 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 27<sup>th</sup> 2020.

- Realistic Award by Pakwan and Rajwada for Professional Dietitian Feb 2020
- Diata and Hi9 Honorary Award for Unique Contribution to Nutrition and Dietetics In January 2020. Received the award from Governor Telengana Hon Tamil Isai Soundararajan
- One of the authors in Insights on Medical Nutrition Therapy for Type 2 Diabetes Mellitus: An Indian Perspective:  
<http://link.springer.com/article/10.1007/s12325-019-0872-8>
- *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)*
- *Poster at the FNCE at Washington D C in 2018 for the research on School Lunch in Chennai comparing two schools.*
- *Received the Aval Vikatan Award for Best Dietitian August 2018.*
- *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 Amio Kumar Bose award of the Indian Dietetic Association, November 2015*
- Doing research on Diet and Health with the University of Southern Queensland and Central Washington University
- Presented the keynote address at the International Confederation of Dietetic Associations at Sydney in September 2012
- *Article Published: The Impact of Diet Counselling on Type 2 Diabetes Mellitus: An Indian Case Study, Krishnan et al. in Diabetes and Metabolism*
- *Published a Book "Appetising Wheaty Treats", for Propagation of wheat in South India.*
- Developed an application for the Android mobile phone on diet and exercise – Nutritracs – Calories on the go which is being used in research.
- *Digest - A Personalised Diet Software*, was developed indigenously, and is being 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.

Dr. Dharini Krishnan Ph.D.  
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