

RESUME



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

Contact Details

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Date of Birth: 21/01/1993

Father :

K Nagaraj Thantry

Mother:

Hema N Thantry

Permanent Address:

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

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 Guest Faculty at DOS in Food Science and Nutrition, Manasagangothri, Mysore and 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 14th 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 6th June 2017 to 5th January 2018.
- ✚ Worked as Dietitian at JSS hospital, Mysore from 14th April

Hobbies:

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

2016 – 5th 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:

- “Manipal Sakhi Award” season 2; for the professional contribution in the field of Nutrition and Dietetics by Manipal Hospitals and RED FM as part of Women’s day celebration on 17th March, 2024.
- Awarded “Sadhana Award 2024” recognizing Nutritionists and Dieticians across India, at National Institution of Nutrition, Hyderabad on January 10, 2024.
- Secured Best Poster tour presentation titled “Early Nutrition support with disease specific formula in subjects with Pancreatitis: A case control study” in 15th Apollo International Clinical Nutrition Update 2023 held on 23rd and 24th 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 24th and 25th 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 22nd and 23rd November 2019
- Secured 3rd 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

Publications:

1. Urooj A, Pai Kotebagilu N, Shivanna LM, Anandan S, Thantry AN, Siraj SF. Effect of Ramadan Fasting on Body Composition, Biochemical Profile, and Antioxidant Status in a Sample of Healthy Individuals. *Int J Endocrinol Metab.* 2020 Oct 31;18(4):e107641. doi: 10.5812/ijem.107641. PMID: 33613680; PMCID: PMC7887457.
2. Thantry AN, Urooj A, Halumathigatta Nagappa D. Screening of malnutrition using Patient-Generated Subjective Global Assessment tool and hand muscle strength in subjects with pancreatitis. *Chronic Dis Transl Med.* 2022 Oct 13;8(4):314-321. doi: 10.1002/cdt3.48. PMID: 36420175; PMCID: PMC9676117.
3. Thantry AN, Urooj A, Halumathigatta Nagappa D. Screening of malnutrition using Patient-Generated Subjective Global Assessment tool and hand muscle strength in subjects with pancreatitis. *Chronic Dis Transl Med.* 2022 Oct 13;8(4):314-321. doi: 10.1002/cdt3.48. PMID: 36420175; PMCID: PMC9676117.

Seminars and Conferences attended:

2023

- Secured Best Poster tour presentation titled “Early Nutrition support with disease specific formula in subjects with Pancreatitis: A case control study” in 15th Apollo International Clinical Nutrition Update 2023 held on 23rd and 24th September, 2023 at Goa.
- ✚ Attended one day national Symposium on ”Recent Advances in Enteral and Parenteral Nutrition” held on 26th July 2022, organized by Department of Nutrition & Dietetics, JSS AHER in association with Fresenius 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 23rd July 2022.
- ✚ Participated in the 12th India Probiotic Symposium, “Good Microbiome, Probiotics and Good Health- The Evidence Gets Stronger” organized by the Gut Microbiota and Probiotic Science Foundation (India), On 5th and 6th March 2022.
- ✚ Secured **best oral paper** in the international virtual conference on Biological Innovations & Computational Exploration for Pandemic Challenges (BICPAC`22) held on 24th and 25th 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 19th Dec 2021-Virtually
- Attended CME on Geriatric Nutrition hosted by IAPEN India Bangalore Chapter on Dec 17th , 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 26th and 27th 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 28th 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 18th September 2021-virtually
- Participated in workshop series#4 Modern tools used in Dietary Assessment-conducted by Institute of Nutrigenetics on August 21st 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 10th 2021.
- ✚ Participated in Special talk to commemorate World kidney Day 2021 on the topic “Living Well with Kidney Disease” conducted on 27th March 2021 by IDA, Mysore Chapter.
- ✚ Participated in “ patent & Prosper: Building awareness on Intellectual Property Rights” Held on 19th 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 19th and 20th 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 22nd & 23rd of October 2020, jointly organized by Department of Studies in Food Science and Nutrition, university of Mysore, Mysuru, Karnantaka 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 7th-9th 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 10th 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 22nd February 2020
- ✚ Participated in the Workshop on “Complimentary Therapies in Autism Spectrum Disorder: Interplay between Diet and gut Micr-biota” held on 15th 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 7th, 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 8th 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 22nd and 23rd November 2019.
- ✚ Participated in the 12th National Women’s Science Congress held on 7th-9th 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 30th September 2019.

- ✚ Participated in the Workshop on “From Nutrigenetics to Personalized Nutrition” held on 23rd and 24th of August 2019, at Department of Studies in Food Science and Nutrition, Manasagangothri, Mysore.
- ✚ Participated in two days 16th Annual conference organised by the Indian Society for Parenteral and Enteral nutrition, held on 5th and 6th July 2019 at hotel Savera, Chennai.
- ✚ Participated in one day Symposium on “Medical and Nutrition Interface in Pulmonary and Renal Diseases” held on 15th 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 “50th 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 6th 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 20th and 21st 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 24th 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 15th and 16th 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:

Education	Institution	Aggregate %
Ph.D. in Food Science and Nutrition	University of Mysore-2023	NA
Registered	Indian Dietetic	NA

Dietician	Association	
M.Sc. in Clinical Nutrition and Dietetics	University of Mysore-2015	8.27(GPA) (four semesters) Gold Medal
B. Sc	Maharani's Science College for Women, Mysore-2013	77.13 (Chemistry, Clinical Nutrition & Dietetics, Microbiology)
PUC	Sri Dharmasthala Manjunatheshwara College Ballal circle, Mysore-2010	65
10 th 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