

BIODATA

MRS JAYASHREE PENDHARKAR

M Sc, B Ed, P G Dip in Dietetics

Diet Consultant

at CIIMS, Bajaj Nagar, Nagpur
- for 17 yrs.
at Vivekanand Medical Mission Khapri, Nagpur.
- for 17 yrs.
at Vishveshwaraya National Institute of Technology, Nagpur
- for 5 yrs.

- Also running her own Diet Clinic at Home at Jayamangal Apartment, Naik Layout, Subhash Nagar, Nagpur for last 13 yrs. (Ph.2227686/9423683760)
- Has worked as Diet Consultant at -
 - Lata Mangeshkar Hospital, Nagpur - 5 yrs
 - Mangala Kelkar's Nursing Home, Nagpur - 5 yrs
 - Holistic child development centre, Nagpur - 3 yrs
 - Avanti Heart Institute, Nagpur - 4 yrs
- She is a Post Graduate in Biochemistry and also a B Ed with 6-7 years of experience of teaching in schools at Mumbai, Delhi, Bagdogra and was lecturer in Biochemistry for 1 year in Govt Ayurved College, Nagpur.
- Before coming to Nagpur in 1991, she has also worked as a Diet Consultant in Delhi Hospitals for 1 year.
- She has conducted two 5 days Nutrition Education Programmes for the wives of the Managerial Staff of Tata Tea Gardens in Assam in 1985.
- She has participated in various Seminars for Traditional Sciences, for progress in sports at State level in Maharashtra and many other places.
- She conducts and participates in health programmes for the diet awareness and workshops in Diabetes, Heart ailment, High blood pressure. She arranges displays on diet in and around Nagpur and arranges diet exhibitions.
- Also visits WCL units in and around Nagpur and directs their Health & Stress management courses for their Executives, on Diet.
- Conducted 12 Preventive Cardiology programme each of 3 days for Cardiac Hypertensive Diabetic patients in Nagpur, Bilaspur, Dhanbad, Singrauli.
- Also visits slums, schools, villages to create awareness about correct eating and balanced food.
- Guidance to teachers regarding health of the students in their training programme & refreshers courses and in various schools.

- Delivered Several lectures on Diet and health in Mahila Mandals Senior citizens clubs for Nurses for Sportsman in Nagpur, Mumbai.
- She has been writing in various Newspapers and magazines about food, health and other topics in all the three languages - Marathi, Hindi, English.
- Delivered several lectures for teachers on Environment and Diet for Sports person at Krida Prabodhini Gadchiroli, Chandrapur & Sports clubs at Nagpur.
- She also regularly participates in Diet/Science Programmes arranged by All India Radio & Doordarshan, Nagpur & ETV Mumbai.
- Delivered lecture for Executives at Indian Institutes of Coal Management in Ranchi in March,2001 in Hindi/English Given lectures at at Bilaspur (twice), Raipur, Korba, Pugaon, Wardha, Bhandara, Tiroda, Tumsar, Amravati, Paratwada, Jalgaon.
- She has published 2 booklets about sportsman's diet and infants supplementary food in Hindi and 3 books on diet in Marathi.
- Also a life member of Nutrition Society of India, Indian Dietetic Association, and twice executive member of Diabetic Association of India, Nagpur and other social organisations of Nagpur. Executive member of Matru Sewa Sangh for 6 years, Nagpur & other social organisations.
- Delivered several lectures at Govt Dental College for Physiotherapy colleges, Indira Gandhi Medical College, UGC Refresher courses, Nagpur, College of Social Work, Nagpur, Yoga Institute, PG Home Sci. Dept. Amravati, different IMA units at Jalgaon, Chandrapur, Nagpur, Neurophysicians Association, Rotary clubs, Messonic Lodge, Academic Staff College Nagpur on Diet and Health and at many more organizations .
- Was a member of Apang Balakalyan Samitti constituted by Govt. Of Maharashtra in 2003 for their education and health.
- Was invited by Indira Gandhi Medical Hospital, Male, Rep. Of Maldives for lecture presentation on Diet and Health & Diet counselling for the patients of Non Communicable Disease Unit in June,'98 for 10 days.
- Editor of 'Yogaraj' magazine since 7 yrs.
- On board of studies of Medical University, Nasik and Kavikulgurur Kalidas Sanskrit Vidyapeeth for courses in Yoga, Dietetics and Naturopathy.
- Working for eradication of Malnutrition in Melghat, Dist Amaravati since 5 years.
- Member, Independent Ethics Committee, Nagpur
- On Board of studies for Nutrition subject in Medical University, Nasik

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