

**CURRICULUM VITAE**

*Of*

**Mrs. JAYASHREE PENDHARKAR**

M Sc, B Ed, Dip in Dietetics

**Diet Consultant**

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#### PERSONAL DETAILS

Name : **Mrs. Jayashree S. Pendharkar**  
Gender : Female  
DOB : 21<sup>st</sup> June 1944  
Nationality : Indian

#### EDUCATIONAL QUALIFICATIONS

**M.Sc** -- Nagpur University, 1966  
**B.Ed** -- Annamalai University, Tamilnadu, 1986  
**P.G. Dip. in Dietetics** -- Bombay Board of Technical Educational, Nagpur, 1983

#### EXPERIENCE AS DIET CONSULTANT

- CIIMS, Bajaj Nagar, Nagpur - 22 yrs.
- Vivekanand Medical Mission Khapri, Nagpur. - 17 yrs
- Vishveshwaraya National Institute of Technology, Nagpur - 15 yrs
- 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

#### PUBLICATIONS / PRESENTATION

##### Books

- Books on diet in Marathi
  - Kaya Khawe kitee khawe
  - Striya Aani Mulancha Aahar.
  - Na Khayachya Goshti
  - Swastha
- Books on diet in Hindi
  - Aahar Sankshepme
  - Aahar Khiladiyonke Liye
  - Shishuka Poshan Tatha Poorak Aahar
  - Aahar aur Mutrapindake rog.
  - Flip chart on Malnutrition

**Magazine Publication :**

- Editor of Yogaraj, since 12 yrs
- Editor of Matrusewa masik since 2011.

**EXPERIENCE**

- Lecture in Biochemistry for 1 year in Govt. Ayurved College, Nagpur.
- Teacher for 7 yrs in 2 Schools in Baggogao, Mumbai, Delhi

**ACTIVITY**

- Conducted two 5 days Nutrition Education Programmes for the wives of the Managerial Staff of Tata Tea Gardens in Assam in 1985.
- Participated in various Seminars for Traditional Sciences, for progress in sports at State level in Maharashtra and many other places.
- Conducted and participate health in health programmes for the diet awareness and workshops in Diabetes, Heart ailment, High blood pressure. Arranges displays on diet in and around Nagpur and arranges diet exhibitions.
- Visits WCL units in and around Nagpur and directs their Health & Stress management courses for their Executives on Diet.
- Conducted 16 "Prevention of Health Disease" programme each of 3 days for Cardiac Hypertensive Diabetic patients in Nagpur, Bilaspur, Dhanbad, Singrauli and Ranchi.
- Visits slums, Aaganwadies schools, Colleges, National Students Service villages to create awareness about correct eating habit and balanced food.
- Guidance to teachers regarding health of the students in their several 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.
- Regularly participates in Diet/Science Programmes arranged by All India Radio & Doordarshan, Nagpur.
- Delivered lecture for Executives at Indian Institutes of Coal Management in Ranchi in March, 2001 in Hindi/English Given several lectures at Bilaspur, Raipur, Korba, Pugaon, Wardha, Selu, Kamptee, Bhandara, Tiroda, Tumsar, Saoner, Chandrapur, Amravati, Paratwada and Jalgaon.
- Delivered several lectures at Govt Dental College for Physiotherapists, Indira Gandhi Medical College, UGC Refresher courses, Nagpur, College of Social Work, Nagpur, Yoga Institute, PG Home Sc Dept. Amravati, different IMA units, Rotary clubs, Messonic Lodge, Academic Staff College Nagpur on Diet and Health and at many more organisations .
- 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.

- Conducts Several workshops and training programmes for eradication of Malnutrition in Melghat, Dist Amaravati since 10 years and presented the work on home based child care at Melghat at London in Health and Well being 2011.
- An an executive member of Kamlabai Hospet Stri Sahayak Mandal – Conduct several progrmmes or Problems of adolescent children, Premarriage counselling, water conservation, Save environment, Nutrition Awarness etc for last 15 years.

#### **SPECIALTY**

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1. Diabetic's education.
2. Councilling for Prevention of Heart Disease.
3. Counselling for Sportperson for their performance.

#### **AWARDS**

- Lokmat Sakhi Samman, Nagpur
- Stri Shkati Samman at Raipur.
- Stri Shakti by Deerghyu, Pune

#### **MEMBERSHIPS**

- Life member of Nutrition Society of India.
- Life member at Indian Dietetic Association.
- Thrice executive member of Diabetic Association of India., Nagpur.
- Executive member of Matru Sewa Sangh, Nagpur. For last 9 years.
- Vice president of Kamlabai Hospet Stri Sahayak Mandal, Nagpur.
- Was member of Apang Balakalyan Samitti Constituted by Govt. of Maharashtra in 2003.
- Member of Advisory Committee of Indian Councils at Social Welfare for Adoption, Nagpur.
- Member of Independent Ethics Committee, Nagpur.
- On board of Studies for Nutrition subject in Medical University, Nasik Kavikulguru Kalidas Sanskrit Vidyapeet. Ramtek.