INTERVIEWS | INTERVIEW

Carving a nutritional India

Manjari Chandra, Clinical Nutrition, Max Healthcare & Founder, Manjari Wellness

By **Guest** | December 12, 2017



carving-a-nutritional-india

> WordPress post #6807

Manjari Chandra, Clinical Nutrition, Max Healthcare & Founder, Manjari Wellness

Manjari Chandra's passion for Nutrition Science and her versatility has enabled her to accomplish new heights in the field of health and nutrition. Having served as a Clinical Nutritionist and Diet Consultant for over 19 years in some of the top-notch hospitals of India, Manjari has expanded the horizon of her expertise from hospitals to the corporate health sector.

Qualified in Hospital Administration, Manjari has a Masters degree in Therapeutic Nutrition and Clinical Dietetics. She is also a Certified Sports Nutritionist, Diabetes Consultant and Educator and Weight Management Specialist. She has also been involved in corporate health workshops having conducted them for major corporate houses such as Infosys, IBM, Volvo, Seimens, Akzo Nobel, ABB, Philips, Oberoi Hotels and many more.

In India, awareness about consuming nutritional food was limited to high society but now, through various campaign and programmes it has reached the grass root level. "Well, when I started working around two decades back Nutrition and Wellness were not areas that were given enough importance both by the medical fraternity and by people themselves. Clinical practice did not consider nutrition to be important for treatments and patients were hesitant to hire the services of a professional nutritionist," Manjari Chandra informed. Chandra has also been a part of eminent speakers on coveted forums such as CII, FICCI, ASSOCHAM, FSSAI etc.

"Over years though there has been more and more awareness on nutrition, food Science, therapeutic diets and health. People and doctors are understanding that food can not only prevent but also treat diseases and this has given people like me the opportunity to grow and do relevant work," she added.

Being a member of the Indian Dietetic Association (IDA) and is also a life time member of the Nutrition Society of India (NSI), Chandra feels that as a nutritionist and wellness consultant, the

differentiator has been the constant drives to keep learning about medicine and health and with all her passion apply the same to her patients or clients. “I also believe in counselling patients in depth and knowing them well to ensure that you are in sync with your patient and your advise is an effective prescription for better health,” she told.

Read online: https://nuffoodsspectrum.in/interviews/23/11933/carving-a-nutritional-india.html
© 2026 NUFFOODS Spectrum. All rights reserved.