

Shruti Kelkar

Qualification: Msc (Food & Nutrition, FCN, Certificate in Autism Mentor Training, MBA)

Experience: 12 years

Languages: English & Hindi

Forte: Nutrition coach, Special needs Diet

"I firmly believe a healthy outside starts from the inside. Everytime you eat, its an opportunity to nourish your body. Food plays a very important role in not only physical but also mental/ psychological well being of every person. as said by Hippocrates- "let food be thy medicine, & medicine be thy food".