

# NUTRITIONIST ENTREPRENEURSHIP PROGRAM

[www.myNEP.org](http://www.myNEP.org)

# PROSPECTUS 2023



## Join the Nutripreneur Revolution!

## FOREWORD

*Dear Nutripreneur,*

*Slightly over 7 years ago, when we meticulously designed and executed our first NEP cycle, we knew only two things:*

**One** - we want to empower the Nutritionist community

**Two** - inspiration isn't enough, we want to transform!

*Sure enough, with intent in our heart and purpose in our mind - we manifested a lot in the past 7 years.*

*17 cycles, 146 fellows, 40 cities, 10 countries and 3000+ students and graduates inspired through our entrepreneurship workshops and webinars, and we are not done yet!*

*Our greatest source of inspiration is to see our community succeed and reach great heights - and sure they have made us proud! Are you ready to be one of them?*

*Being able to wake up in the morning to a job which allows you to touch lives and witness positive changes is an inexplicable joy of a different kind!*

*Thank you for allowing us to do this.*

*Health and hugs,  
Dr. Vishal Marwah  
Program Director, NEP*



**Dr. Vishal Marwah (MS, MBBS)**  
*Physician Leader and Lifestyle Coach  
Founder, Vishwas  
Program Director - NEP*

# ABOUT NEP

*NEP is a social enterprise founded with the aim to empower Dietitians and Nutritionists via experiential programs, workshops and symposia. Our goal is to provide the community with the skills, resources and tools to build, sustain and grow their nutrition practice.*

## NEP is for you

if you are...



- ✓ A fresh nutrition graduate looking to start your own practice
- ✓ An established nutritionist/dietician looking to grow your practice and need help along the way
- ✓ Someone who values work-life balance and are searching for creative ways to generate revenue while working from home
- ✓ Tired of your routine, mundane job and would like to try something innovative in the healthcare space

## BENEFITS

of NEP



- ✓ Ample support, guidance and hand-holding from industry experts and mentors
- ✓ Step-by-step guide on how to expand and grow your health and nutrition practice
- ✓ Tailor-made and actionable strategies on generating revenue without working a full-time job
- ✓ Work-life balance
- ✓ Your own personal brand





**146** Fellows



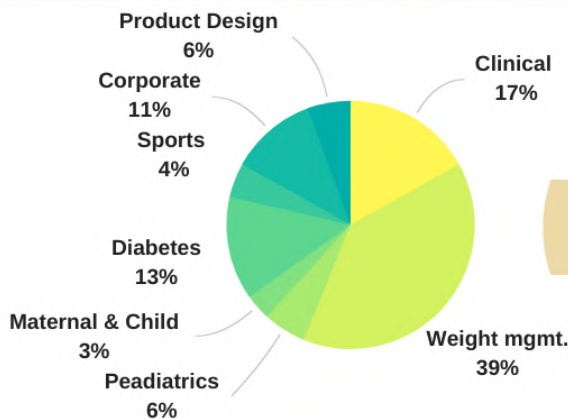
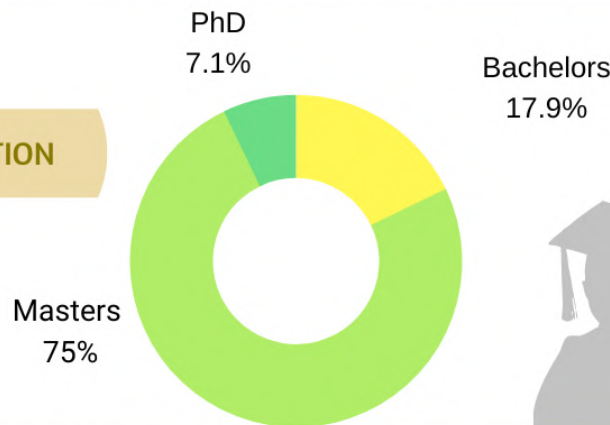
**40** Cities



**10** Countries

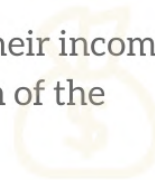
## PROFILE OF NEP FELLOWS

### EDUCATION



### AREAS OF SPECIALISATION

**75%** of NEP graduates **DOUBLED** their income within 6 months of completion of the program



**33%** of NEP graduates got featured in the **MEDIA** between 2016 till 2022



**3000+**

Students and graduates attended NEP workshops, webinars & eNlight



**eNlight**

What we stand FOR	What we stand AGAINST
	
Cooperation 	Competition
Growing together 	Growing alone
Innovative thinking 	Boxed thinking
We 	I
Action 	Procrastination
Risk taking 	Playing it safe
Big picture 	Narrow focus
Empathetic 	Self indulgent
Tech-savvy 	Tech-phobic
Dreaming + Doing 	Only Dreaming

# Program Director



**Dr. Vishal Marwah**

Physician Leader and  
Founder, Vishwas

Dr. Vishal Marwah is the Founder and Physician Leader at VISHWAS, a social enterprise committed to promote health and well-being in communities, worksites and schools. Over the past few years, Dr. Vishal has been a family physician, wellness coach, researcher, motivational speaker, author, and yoga teacher. Prior to VISHWAS, Dr. Vishal was responsible for coordinating the efforts of the Global Cardiovascular Disease Programs at the Mount Sinai School of Medicine in New York.

He holds the honorary position of the Regional Chair (India) for the International Association of Worksite Health Promotion. He has also authored a book chapter on India, in an international publication – ‘Global Perspectives in Workplace Health Promotion’. His efforts have been recognized at the international level, and the VISHWAS model of Physician Leadership has been awarded the ‘Grand Challenges Canada – Rising Stars in Global Health’ grant award. He is also leading the Mumbai Chapter of the Start-up Leadership Program, and is the Lead Evangelist for the TiE Health Entrepreneurs network.

*"An entrepreneur is someone who jumps from a plane without a parachute, and figures out how to build one on the way down."*

- Matt Salzberg  
(CEO, Blue Apron)



# Program Director



**Tehzeeb Lalani**

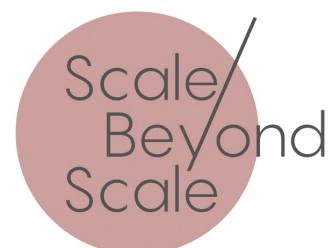
Founder, Scale Beyond Scale

*"The best way to find yourself is by losing yourself in the service of others"*

- Mahatma Gandhi

Tehzeeb is a young and dynamic entrepreneur with a degree in Clinical Nutrition and Food Studies from New York University. She is the sole proprietor of a health and nutrition consultancy service called Scale Beyond Scale (SBS) where evidently enough, she helps her clients look beyond the weighing scale and guides them through a host of health woes - from diabetes to heart disease and everything in between. She contributes as a guest author for magazines such as Home and Happiness, The Active Times, Health Me Up, Diabetes Health, HealthBiz and B Positive.

She has also made appearances on Zee Business, Care World TV and done brief stints for All India Radio and The Economic Times. When not working, speaking, writing or studying the latest health trends, she travels, does yoga, studies and speaks fluent French, rants about the benefits of awakening at 5:00 am and partakes in simple home cooking experiments and plays hide-and-go-seek with her 1 and 3 year old nephews (accepting all suggestions for other playtime ideas).



# Technology Mentor



**Sweta Pillai**

BE (IT), MBA (Finance)

An IT engineer and a Project Management consultant by profession, Sweta brings to NEP her vast experience in applying IT skills to business. Over the past 12 years, she has trained over 10,000+ people and has worked with customers like Maruti Suzuki, Adani Group and Pearson Education.

Sweta is also an avid Yoga practitioner, loves to travel, dance and cook healthy meals. She attributes her focus and creativity to the practice of Vipassana Meditation. As a Technology Mentor at NEP, she will be guiding the participants through their transformational journey.

*"The mind is everything. What you think, you become."*

- Gautam Buddha





# NEP Mentors



**Prof. Shubhada Kanani**

Founder, Pranali

Dr. Shubhada Kanani, a fellow from the 2021 batch has been a professor in the well known M.S. University of Baroda for over two decades; currently affiliated with Parul University as a visiting professor.

During her illustrious career supporting government departments and voluntary organisations for strengthening nutrition focused programs, She has won awards and appreciation for her constructive role and technical expertise, such as awards from the Nutrition Society of India. She is also passionate about spreading nutrition-holistic health awareness through nutrition communication and social media, especially for women, children and teens, our future. She believes in partnerships - with Indian Dietetics Association, she produced patient-friendly booklets for dietary management of chronic diseases; with CSR-industry, she has counseled parents of children with type 1 diabetes; with school managements, she has been supporting school nutrition-fitness promotion programs.

An avid learner and a 'forever student' as she calls herself even after 3 decades in nutrition, she stepped out of her comfort zone and is now mastering the technicalities of using social media for holistic nutrition promotion among young families and young people. Through this journey, NEP has been her mentor and guide.



**Shiny Surendran**

Founder, Art of Eating  
Internationally acclaimed  
Sports Nutritionist

Shiny Surendran is an internationally acclaimed sports nutritionist and is the first Indian to be certified with Graduate Diploma in Sports Nutrition by International Olympic Committee. She is a certified Level 2- Kinanthropometrist from ISAK New Zealand and also an accredited Sports Dietitian from Sports Dietitian Association – Australia. With her profound knowledge in the field of sports nutrition, she has helped 100s of athletes globally, both elite players who have participated in top International Championships as well as young budding athletes, optimize their athletic performance.

With her specialisations in sports nutrition, preventive nutrition, Kinanthropometry and Nutrigenomics has helped high profile athletes, celebrities from film industry and several individuals deal with a wide range of nutrition related health problems including competitive athletes and recreational athletes obesity, PCOS, diabetes, cardio-vascular disease, digestive disorders, infertility, food allergies etc.

She is an eternal optimist dedicated to helping people understand that being healthy and fit isn't just a fad or a trend but a lifestyle. She is a fellow from the NEP January 2022 batch, and has been an avid evangelist for the community! Her spirit of giving back to the community is what makes her extremely popular among the fellows.

# NEP Mentors



**Shilpa Mittal**

Founder, ShilpsNutralife

Shilpa Mittal, NEP fellow from the 2020 cohort is the Founder of ShilpsNutralife Nutrition and Lifestyle makeovers. She is merit ranker and a winner of the 'Nutripreneur of the year' award for her several innovations. With over two decades of experience having managed 2 clinics in Mumbai, she helps people fall in love with food be it illness or wellness through her unique model of creative dieting which has inspired 10,000+ people. She loves to design programs for kids and adults, and NEP has played an important role in facilitating the same. She is one of first nutritionist in India to have her own android app "shilpsnutrilife" for educative purpose. She loves to bring out workable practical solutions to clients, recently launched her salt and preservatives free seasoning mix. She is extremely tech-savvy and is always looking to integrate the same in her practice. Her motto is 'Action speaks louder than words' and as such she believes in taking action and not waiting for the perfect solution.



**Simmi Khanna**

Founder, SK Lean

Simmi Khanna, founder of SK Lean is a fellow from the very first batch of NEP. As a wellness and lifestyle coach with over 24 years of experience in the field of nutrition she has transformed people's through her holistic approach. She believes that healthy eating is not about strict dieting, staying unrealistically thin, or depriving yourself of the foods you love, but about holistic lifestyle change. Passionate about cooking healthy has led her to write a book 'Heal with Love - Simmi's Secret Recipes'. She has won several awards in the field of nutrition and fitness industry for her innovations. Besides this, she has contributed to several magazines, news publications and has also featured in TV interviews. She has also designed engaging nutrition board games and fitness card games for children. If this is not all, she also offers a range of homemade healthy food products that she offers to her clients. Simmi continues to inspire the NEP community through her innovative practices and constantly reinventing herself. Always ready to give back to the community makes her one of the most popular fellows in the NEP community.



# NEP Mentors



**Richa Srivastava**

Founder, Nutrospect

R.D Richa Srivastava, an NEP fellow from Delhi NCR is the founder of Nutrospect. An award winning Dietician & Nutritionist with a diverse and rich industry experience spanning nearly 2 decades, she is extremely passionate about evidence-based nutrition practice in clinical settings. Richa has designed several programs for disease prevention & management. Her strength as a successful dietician has its foundation deeply rooted in thorough understanding of her subject and staying up to date.

She is a true believer of continued learning and highly recommends expert trainings to enhance nutrition practice. In the same spirit, Richa has also designed excellent training programs for dieticians in niche areas like Autism and Clinical Counselling Skills for private nutrition practitioners.

NEP has been instrumental in catapulting her journey as a successful Nutripreneur and now she enjoys her work all the more with enough freedom to work as per her choice and on her terms. She also recently won an award for the 'Most Outstanding Service to the NEP community' for her selfless contribution to the cause of the nutritionist community



**Disha Jhaveri Shah**

Founder, Nutrient Insights

R.D. Disha Jhaveri Shah, Founder of Nutrient Insights is a Mumbai Based Clinical Nutritionist, a certified Yoga Therapist and a Lecturer with Exercise Science Academy & Yoga Therapy Course of Yoga Vidya Niketan. She is a fellow from the 2017 batch of NEP. She has completed her PG in Clinical Nutrition and Dietetics with specialization in Cancer and Critical Care.

A motivational counsellor par-excellence, she is extremely popular among her patients because of her kind, empathetic and systematic approach. She has mastered the art of getting 'only' 5 star reviews from her clients. She uses technology to the hilt to make her workflow more efficient to wow her clients. A powerful public speaker who exudes confidence, Disha is also very popular among students at the Exercise Science Academy and also the NEP community.



# NEP Mentors



**Lovely Ranganath**  
Founder, Good Food Guru

'Passionate about Nutrition' best describes Lovely. Lovely has been in Dubai all my life – childhood to schooling / and came to India for a brief period to complete my post graduation in Nutrition & internship as a Clinical Dietitian. Since the science of Nutrition is in its infancy, She is forever in the #Learning never stops. She is a Dubai Dept of Health Authority registered diet & nutrition consultant with over 20+ years of experience in both Healthcare and Hospitality. The Dubai factor has given her an edge in being familiar with global culture & cuisine. From managing the dietetics department of reputed hospitals in Dubai to developing a meal delivery service, conducting large scale corporate wellness programs for various private and govt organisations in Dubai, contributing to local newspapers, magazines, appearing in various TV shows to working with a COVID field hospital – she is truly grateful for all the varied experiences. Right now, she is busy setting up her nutripreneurial venture “Good Food Guru” which is an educational platform for chefs.



**Gayathri Chandrasekhar**  
Founder, ZeNourish

Gayathri Chandrasekharan is an accredited clinical dietitian, diabetes educator and wellness expert. She has a master's in food services management and Dietetics and over 25 years of experience in the field.

Passionate about coaching people who suffer from seemingly insurmountable lifestyle diseases, Gayathri is now a proud NEPite and set up her venture ZeNourish two years ago. She designs customized one-to-one guidance programs that identify and nurture the mind-body connect. So far, she has had many clients who have recorded lifestyle reversals towards healthy living. Her special areas of interest are:

1. Diabetes
2. Weight loss and weight stigma
3. Kidney disease

Gayathri began her journey as a dietitian with Apollo Hospitals, Hyderabad, and went on to become the In-charge of the Lifestyle Unit at Apollo Hospitals, Chennai. She has been consulting for the Al Hayat International Hospital in Muscat and is currently the Head of the F&B and Diet Department, a department she founded 15 years ago.

Gayathri envisions a future where lifestyle diseases are a myth and intentional healthy living is the natural practice for all.



The most powerful program that transforms  
Nutritionists into Nutripreneurs!

## **NEP 6 Weeks Flagship Program**

January 2023 cycle

*6 joyous years of empowering Nutripreneurs!*



**JOIN THE NUTRIPRENEUR REVOLUTION**

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# FLAGSHIP PROGRAM CURRICULUM



## **Week 1 - Health promotion fundamentals (Theories, models and motivational counselling)**

- Introduction to NEP and the art of story-telling
- Health promotion theories and the Science of behaviour change
- Art of motivational counselling
- Effective public speaking



## **Week 3 - Wowing clients (Persuasive Design and innovative offerings)**

- Art of Getting things done
- Wowing your clients with great experience
- Introduction to Design thinking
- Designing health promotion programs



## **Week 5 - Beyond diet plans (Pricing, telephonic counselling, digital marketing)**

- Pricing workshop 1
- Pricing workshop 2
- Online and telephonic counselling
- Digital marketing (SEO, SEM, and Facebook Ads)



## **Week 2 - Attracting clients (Branding, sales and marketing)**

- Building your own personal brand
- Building your own organizational brand
- Getting your first client
- Selling your services



## **Week 4 - Digital and Tech week (Graphic and Website Design)**

- Introduction to Graphic Design
- Creating Persuasive content
- Using Graphic Design tools
- Workshop on web-designing



## **Week 6 - From Ideas to Implementation (Leadership, finance, negotiation)**

- Workshop on leadership and team building
- Art of negotiation
- Financial management
- Critical issues in Nutrition - Individual and group presentations

# FLAGSHIP PROGRAM DETAILS



Program fees for the flagship program:  
For Indian nationals: 36000 INR (All inclusive)  
For Foreign nationals: USD 550 (All inclusive)

## Includes:



6-week intensive online program



100+ hours of video lectures (access to NEP online learning portal with web and mobile app)



NEP coursebook (a hard copy will be shipped to your residence/workplace prior to program commencement)



8 week support post program completion



One-on-one mentorship and support with program directors via NEP office hours (30 minutes/week)

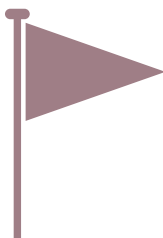


8-10 live interactive sessions via video webinar + comprehensive one-on-one support over phone and email.



Lifetime access to the NEP alumni and mentor network

## Financial assistance:



We have a limited number of partial, need-based scholarships for outstanding candidates. Decision regarding scholarship awards will be taken after the personal interviews. Participants will be assessed based on their financial status, commitment toward nutrition, community service, and leadership qualities.

# FLAGSHIP PROGRAM SCHEDULE 2023



**Program dates: January 26th to March 31st, 2023**

**Last day to Apply - December 1st, 2022**

Week 0	Jan 26	Inaugural session and Orientation
Week 1	Jan 30 - Feb 5	Health promotion fundamentals
Week 2	Feb 6 - Feb 12	Attracting clients
	Feb 13 - Feb 19	Study break 1
Week 3	Feb 20 - Feb 26	Wowing clients
Week 4	Feb 27 - Mar 5	Digital and tech week
	Mar 6 - Mar 12	Study break 2
Week 5	Mar 13 - Mar 19	Beyond diet plans
Week 6	Mar 20 - Mar 26	From ideas to implementation
	Mar 27 - Mar 31	Final Presentations

- Weekly live group video sessions (60 - 120 min) will be conducted once a week through the duration of the program
- The exact schedule of the group sessions will be decided after the batch is locked
- The preference of the fellows will be taken into consideration
- Historically, the live sessions have taken place on Tuesday mornings, 7:30 am to 9:30 am IST (but this is subject to change depending on the preference of fellows).
- Assignments will need to be submitted as per the schedule





# ADMISSION PROCESS



## STEP 1

Apply online on  
[www.mynep.org/application](http://www.mynep.org/application)

## STEP 2

Online NEP  
Entrance test

## STEP 3

Preliminary Interview

## STEP 4

Final Interview

## STEP 5

Acceptance  
and Payment of Fees

# ADMISSION

## Detailed process

### STEP 1: Apply online on [www.mynep.org](http://www.mynep.org)

- The application is fairly simple and will take only 5 minutes. You will need to upload your resumé.
- After submitting your application, you will receive an automated confirmation email from us.
- You will hear from us within 3 days. If you have cleared the preliminary screening, you will move onto STEP 2.
- The email sent to you will have a scheduling link for the online entrance exam. You are required to schedule the online test within 3 days of receiving the email.

### STEP 2: Online NEP Entrance test

- This online test is to assess your basic nutrition and dietetics knowledge and your entrepreneurship potential.
- There will be a non-refundable exam fee of Rs 500 which would have to be paid online. You will need a credit card/net-banking details to make the payment.
- A minimum passing score of 50% is required to be eligible for STEP 3.
- Your objective score will be shared with you immediately after the exam.
- Your essay scores will be shared with you within 48 hours of completion of the exam.
- If you clear this step, you will receive an email with details about Step 3 which will be an in-person or a telephonic interview.

### STEP 3: Preliminary interview

- This will be a telephonic interview conducted by one of the NEP Mentors.
- The interview will last approximately 20-30 minutes. You will be assessed on the following 5 criteria -
  - i) Nutrition knowledge
  - ii) Leadership potential
  - iii) Entrepreneurship potential
  - iv) Creativity
  - v) Passion
- You will be informed about the decision of the interview within 72 hours.
- If selected, you will receive an email with details about scheduling the final stage interview.

### STEP 4: Final interview

- This will be a telephonic interview conducted by Dr. Vishal Marwah - one of the Program Directors.
- The interview will last approximately 20-30 minutes.
- You will be assessed on your entrepreneurship and leadership potential, your attitude towards nutrition science, and community service.

### STEP 5: Final Decision

Each applicant will receive a final decision from us within one week after completion of the final interview stage. There could be one of the following four outcomes.

#### ACCEPTED (A): Acceptance to the program and securing your spot

- You will be informed about the decision within 48 hours of completion of the final interview.
- You will be informed by email about the decision. You are requested to not call the office incessantly to enquire about the results.
- If you are accepted to the program, you will be required to pay a deposit of 25% of the program fee (INR 9000) within 3 business days to secure your admission. Failing to do this will cause you to lose your admission.
- You will be given a due date by which you will be required to make the remainder payment. Programs fees are to be paid in full two weeks prior to program commencement.

#### WAIT-LISTED (W): Wait-listed for acceptance to the program

- We are trying to keep our batch size small and compact so that we don't compromise on the quality we deliver to each fellow. Because of this, we sometimes find ourselves in a situation where even though we may love your profile and think you would be a great fit for NEP, we would have to put your application on 'Wait-list.'
- If and when we incur dropouts, your application will move up the wait-list and onto the list of accepted applicants.

#### CONDITIONAL ACCEPTANCE (C): Conditional acceptance into the program

- In some instances, you may receive a conditional acceptance letter - contingent on your ability to provide a document (Degree in Science/Nutrition for instance) or other evidence as required by NEP

#### REJECTED (R): Non-acceptance into the program

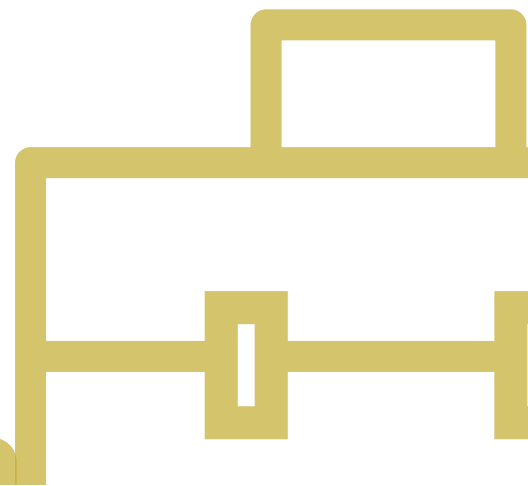
Your application may be rejected if:

- You do not hold a minimum Bachelors degree in Nutrition/Dietetics/Food Science.
- You have provided wrong and inaccurate information on your application.
- You have provided false certifications, credentials and qualifications on your application.
- You have been found to be involved in unethical, unscrupulous or fraudulent practices.
- You lack an entrepreneurial spirit.

In case of rejection, you are encouraged to schedule a call with the Program Directors to understand how to strengthen your applicant profile for a future cycle. In some instances, you may not be eligible to apply to a future cycle. In said instances, you will be notified via email.

# TERMS & CONDITIONS

- The NEP flagship program is for qualified Nutritionists and Dietitians with bonafide degrees irrespective of their country of origin.
- NEP is a professional organisation for a competent few. We maintain high selection standards for our flagship program and once selected, we expect that you demonstrate professionalism in all your conduct towards the program mentors and your co-fellows.
- Program fees are set in advance and are non-negotiable. Please refrain from asking for discounts. We do offer need-based scholarships to deserving candidates.
- If you need to reschedule or cancel your telephonic interview, unless there is an emergency, you are required to give the NEP team a 24-48 hour notice. Unprofessional and erratic behaviour may hamper your chances of getting selected.
- You will have 3 weeks from the date of selection to confirm your participation in the program. NEP reserves the right to withdraw your offer or defer your application to the next cycle of entry in case of delays and an inability to confirm in the stipulated time period.
- If you have an emergency and are unable to join the program post your formal acceptance, you are expected to let the NEP team know at your earliest best. We have candidates on our wait-list whom we would need to move up the list in case of dropouts. Lack of coherent communication and a disappearing act will hamper your chances of acceptance into a future cycle.
- You may be required to provide satisfactory evidence of your qualifications (Degree in Science/Nutrition if required) before admission. Failure to provide such evidence to the satisfaction or providing wrong and inaccurate information and false certifications, credentials and qualifications will result in the termination of your offer and the revocation of your registration.
- In order to secure a place in the program, you will be required to pay a deposit of 9000 INR (USD \$120). If a deposit is required, you will be advised, following receipt of your application, by an email message issued by the Program Director or in your offer letter. If you do not pay the deposit monies in accordance with the payment terms advised in your offer letter, your application shall be withdrawn without further notice. Any deposit you pay will be offset against the balance of fees owed to the program.



# NEP Fellows

2016 - 2022



# 2016 NEP Fellows



**Manali Sherkane**

BSc in Food Science  
and Nutrition  
Mumbai



**Anagha Desai**

MSc in Nutrition  
and Dietetics  
Mumbai



**Simmi Khanna**

PG in Nutrition  
and Dietetics  
Jamnagar



**Vaishali Ratnam**

MSc in Food Science  
and Nutrition  
Mumbai



**Nusrat Patel**

MSc in Nutrition  
and Dietetics  
Mumbai



**Jaini Shah**

MSc in Food Science  
and Nutrition  
Mumbai



**Ekta Chheda**

MSc in Clinical Nutrition  
and Dietetics  
Mumbai



**Soumya Peeru**

MSc in Dietetics  
and Food Service Management  
Mumbai



**Shikha Gala**

MSc in Food, Nutrition  
and Dietetics  
Mumbai



**Manoli Doshi**

Bsc in Food Science  
and Nutrition  
Mumbai



**Mudra Gohil**

MSc in Clinical Nutrition  
and Dietetics  
Mumbai



**Deepa B.R.**

MSc in Food Science  
and Nutrition  
Mysore,



**Roshan Lopes**

PG Diploma in  
Clinical Research  
Mumbai



# 2017 NEP Fellows



**Kejal Sheth**

BSc in Food Science  
and Nutrition  
Mumbai



**Sakina Patrawala**

PG Diploma in Dietetics  
and Applied Nutrition  
Mumbai



**Disha Jhaveri**

PG Diploma in Clinical  
Nutrition and Dietetics  
Mumbai



**Mittal Waghela**

MSc in Food Science  
and Nutrition  
Mumbai



**Tareshi Dixit**

MSc in Clinical Nutrition  
and Dietetics  
Mumbai



**Shweta Nagar**

Masters in Food Science  
and Nutrition  
Ahmadabad



**Sushma Gumma**

PG Diploma in Clinical  
Nutrition and Dietetics  
Vijayawada



**Zoya Fazal**

Bachelor's in Food Science  
& Nutrition  
Mumbai



**Disha Bagadia**

PG Diploma Clinical Nutrition  
& Dietetics  
Mumbai



**Akshee Bansal**

Masters in Dietetics  
and Food Service Management  
Ambala



**Sidra Bedar**

PG Diploma Clinical Nutrition  
& Dietetics  
Lucknow



**Aswwini Sagarr**

Master's in Nutrition  
and Dietetics  
Hyderabad



**Shipra Bhatnagar**

PhD in Food and Nutrition  
Ahmedabad



**Pooja Marathe**

Master of Business Administration  
(Food and Agri Business Management)  
Hyderabad



**Asha Nair**

MSc in Clinical Nutrition  
& Dietetics  
Kochin



**Dhanshree Pachorkar**

Bachelor's in Nutrition  
& Dietetics  
Nashik

# 2017 NEP Fellows



**Hetal Saraiya**

PG Diploma in Nutrition  
& Health Education  
Ahmedabad



**Mihika Mittal**

PG Diploma in Nutrition  
& Health Education  
New Delhi



**Pinank Gupta**

BSc in Food Science  
& Quality control  
Vadodra



**Shilpa Talati**

PhD in Food  
and Nutrition  
Ahmedabad



**Anuja Dharap**

Masters in Clinical Nutrition  
& Dietetics  
Mumbai



**Chetna Bansal**

Masters in Clinical Nutrition  
& Dietetics  
New Delhi



**Mrinali Divecha**

Masters in Food Science  
& Nutrition  
Vadodra



**Dhruvi Rathod**

PG Diploma Clinical Nutrition  
& Dietetics  
Bangalore



**Saba Mohd Sabir**

PG Diploma in Nutrition  
& Dietetics  
Mumbai



**Hetal Kuchara**

Masters in Food Science  
and Nutrition  
Ahmedabad



**Uma Borkar**

Masters in Nutrition  
& Dietetics  
Mexico, USA



**Anuradha Shah**

Masters in Public Health  
Pennsylvania, USA



**Gurmeet Kaur**

Masters in Dietetics  
& Food Service Management  
Jammu



**Abeer Sayed**

Masters in Nutrition  
& Dietetics  
Mumbai



**Saloni Bhatt**

Masters in Food Science  
& Nutrition  
Mumbai



**Vijeta Goyal**

Masters in Dietetics  
& Food Service Management  
Bangalore

## 2017 NEP Fellows



**Rukhsar Falke**

Bachelor's in Dietetics  
Mumbai



**Qudshiya Motiwala**

Masters in Public Health  
& Nutrition  
Vadodra



**Riya Malushte**

Msc in Nutrition  
& Dietetics  
Pune



**Vasundhara Arora**

Masters in Clinical Nutrition  
& Dietetics  
Pune

## 2018 NEP Fellows



**Ankita Chowdhury**

Masters in Dietetics & Food  
Service management  
IGNOU



**Lata Sharma**

Masters in Nutrition  
and Dietetics  
Delhi



**Prachi Sawtekar**

Masters in Sports  
Nutrition  
Mumbai



**Vishwa Patel**

Bachelor's in Foods  
and Nutrition  
Baroda



**Riya Mehta**

Bachelor's in Food Science  
and Nutrition  
Mumbai



**Richa Singh**

MSc Food Science  
and Nutrition,  
Lucknow



**Priyanka Shetty**

Masters in Clinical  
Dietetics  
USA



**Krutika Nanavati**

BSc in Foods, Nutrition  
and Dietetics  
Mumbai



# 2018 NEP Fellows



**Rachel Deepthi**

Masters in Clinical  
Nutrition  
Chennai



**Saima Shaikh**

MSc in Clinical nutrition  
and dietetics  
Mumbai



**Sania Qureshi**

M.Sc. Foods & Nutrition  
(Dietetics)  
Delhi



**Anuja Dani**

Masters in Nutrition  
and Dietetics  
Pune



**Abha Sardesai**

Masters in Clinical  
Nutrition  
Mumbai



**Roomani Jain**

Master's in Food  
and Nutrition  
Rajasthan



**Purabi Gunjal**

Masters in Nutrition  
and Dietetics  
Pune



**Achala Nuguri**

Masters in Food Science  
and Nutrition  
Bangalore



# 2019 NEP Fellows



**Sneha Kasale**

Masters in Nutrition  
and Dietetics  
Pune



**Shilpi Goel**

Masters in Nutrition  
and Dietetics  
Raipur



**Deepali Ghodse**

PG Diploma in  
Dietetics  
Pune



**Chaitra R**

Masters in Nutrition  
and Dietetics  
Bangalore



**Nisha Salian**

Masters in Clinical Nutrition  
& Dietetics  
Mumbai



**Swati Chawla**

Masters in Clinical Nutrition  
& Dietetics  
Mumbai



**Ayesha Sattar**

Masters in Clinical Nutrition  
& Dietetics  
Pakistan



**Vibha Baid**

Dietetics and hospital food  
service IHM  
Jaipur



**Tanvi Kulkarni**

Masters in Nutrition  
and Dietetics  
Pune



**Bonny Shah**

Masters in Nutrition  
and Dietetics  
Mumbai



**Richa Srivastava**

Masters in Food Science  
& Nutrition  
Noida



**Dilkash Abidi**

Masters in Nutrition and  
Dietetics  
Mumbai



# 2020 NEP Fellows



**Anupreksha Rastogi**

Masters in Food Science  
and Nutrition  
Chandigarh



**Dhwani Jain**

Masters in Clinical & Public  
Health nutrition  
Delhi



**Suhana Shriyan**

Masters in Dietetics and  
Applied Nutrition  
Bangalore/ Dubai



**Shilpa Mittal**

Masters in Food Science and  
Nutrition  
Mumbai



**Purva Shah**

Masters in Clinical Nutrition  
& Dietetics  
Mumbai/ Nashik



**Mona Titus**

Masters in Dietetics &  
Food Service Management  
Mumbai/ Chandigarh



**Mayuri Sahasrabudhe-Joshi**

PG Diploma in Clinical  
Dietetics  
Nashik



**Manasi Shah**

Masters in Clinical Nutrition  
and Dietetics  
Mumbai



**Chaya Mishra**

Masters in Nutrition  
and Dietetics  
Allahbad



**Aishwarya Powar**

B.Sc in Food Technology And  
Management  
Kolhapur



# 2021 NEP Fellows



**Meera Joseph**

Bachelors in Food  
Science and Nutrition  
Mumbai



**Sneha Bhaisare**

PG Diploma in Nutrition  
& Health Education  
Navi Mumbai



**Dhruvi Chokshi**

PG Diploma in  
Clinical Dietetics  
Vadodara



**Neethu Vipin**

Masters in Nutrition  
and Dietetics  
Bangalore



**Apoorva Rao**

Masters in Nutrition  
& Dietetics  
Mumbai



**Vandana Garg**

Ph.D. in Food and  
Human Nutrition  
Jaipur



**Deepakshi Vaid**

Masters in Nutrition  
and Dietetics  
Jammu



**Shubhada Kanani**

Ph.D in Foods and Nutrition  
Vadodara



**Lovely Ranganath**

Masters in Food  
and Nutrition  
Dubai



**Gayatri Chandrasekharan**

Masters in Food service management  
and dietetics  
Oman



**Payal Banerjee**

Masters in Nutrition  
& Dietetics  
Kolkata



**Harpreet Kour**

PhD in Exercise Physiology  
Belgaum



**Suhchandany Goswami**

BSc in Food science and Nutrition  
Hansi



**Yamee Bardoliwala**

Masters in Food science  
& Nutrition (Dietetics)  
Vadodara



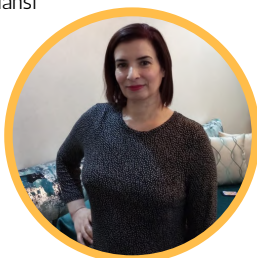
**Pooja Singhania**

PhD in Food Science  
& Nutrition  
Mumbai



**Jyothi Srinivas**

Masters in Nutrition  
& Dietetics  
Hyderabad



**Najoua EL Mesmoudi**

PhD in Nutrition sciences  
UAE



**Sheetal Naik**

PG Diploma in Dietetics  
Vadodara

# 2022 NEP Fellows



**Shiny Surendran**

MSc Food Service Management  
and Dietetics  
Chennai



**Jishy Seby**

Masters in Food Science  
and Nutrition  
Thrissur



**Tarala Choudhary**

Bachelor of Science  
in Home Science  
Haryana



**Ciona Raman**

MSc in Food, Nutrition  
and Dietetics  
Mumbai



**Rashida Batawala**

Masters in Dietetics and  
Food Service Management  
Gujarat



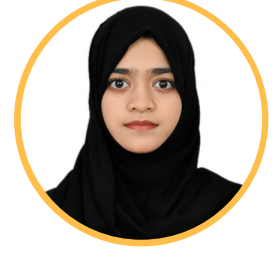
**Himani Gadgil**

PG Diploma in Clinical Nutrition  
Mumbai



**Juliet D'Souza**

Masters in Clinical Nutrition  
and Dietetics  
Mumbai



**Amtul Kareem**

Masters in Nutrition  
and Dietetics  
Hyderabad



**Kuntal Patel**

M.Sc in Foods and Nutrition  
Canada



**Nooreen Aqhtar**

M.Sc in Clinical Nutrition  
and Dietetics  
Hyderabad



**Austina Alomib**

Ph.D in Food Science  
and Nutrition  
Karnataka



**Trupti Majethia**

PG Diploma in Food Science  
and Nutrition  
Mumbai



**Mubasshira Sonde**

Masters in Clinical Nutrition and Dietetics  
Mumbai



**Akanksha Arora**

Masters in Sports and Exercise  
Nutrition  
London



**Anshuli Priya**

M.Sc in Clinical Nutrition  
and Dietetics  
Pune



**Janki Rana**

M.Sc in Sports Nutrition  
Mumbai



**Ashna Babani**

MSc in Sports Nutrition  
Mumbai



**Harshita Mody**

MSc in Food & Nutrition  
Kolkata

# 2022 NEP Fellows



**Geetanjali Bhide**

Doctorate in Food, Dietetics  
and Nutrition  
Pune



**Syeda Ayesha**

Masters in Clinical Nutrition  
and Dietetics  
Bangalore



**Bhagyashree**

**Solanki**

Masters in Clinical Nutrition  
and Dietetics  
Mumbai



**Christilda**

**Dhanraj**

Masters in Food Science  
and Nutrition  
Chennai



**Kanika Mittal**

PGD in Dietetics and  
Hospital Food Service  
Haryana



**Rekha Sachdev Pohani**

PhD in Clinical Nutrition  
Pune



**Saumya Mishra**

MSc (H.Sc) with Food  
and Nutrition Hons  
Dubai



**Suniksha Sehgal**

Bachelors in Food,  
Nutrition and Dietetics  
Mumbai



**Vartika Bhargava**

M.Sc in Food and Nutrition  
Kanpur



**Vinita Thapliyal**

PhD in Human Nutrition  
Dehradun

## Other Programs and Activities



### NEP Freedom Webinars (Season 1, 2 and 3)

A webinar once every month on various topics spanning the entire spectrum of a Nutripreneur's life - from motivational counselling to video shooting and everything in between.



### NEP LIT30 - Learn IT skills in 30 days

Learn IT skills in 30 days ranging from website creation, generating website traffic, making a YouTube channel and everything in between. These tangible skills will help take your nutrition practice to the next level. ([www.mynep.org/lit30](http://www.mynep.org/lit30))



### Design Masters Challenge

An experiential one-of-its kind gamified program offered over 6 weeks to transform you into a Design Champ so that you can design creatives that will wow your clients. ([www.mynep.org/dmc](http://www.mynep.org/dmc))



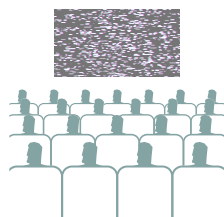
### Sixth Sense Entrepreneurship Bootcamp

An immersive and interactive 6 day bootcamp to empower nutripreneurs to launch any new product, service or program from scratch in just 6 days.



### Nutrition Innovators Summit + eNlight

An annual event where ideas meet and magic happens! Network with fellow Nutripreneurs and engage with industry stalwarts on intellectual discourse around the latest trends in the health, nutrition, dietetics and wellness world.



### Workshops and Symposiums

Give your students an opportunity to learn all about the exciting world of Nutripreneurship. Listen in as our founders share candid stories about their individual entrepreneurship journeys, from the highest highs to the lowest lows and all of the lessons they've accumulated. Experiential modules (simulations, group presentations) may be included upon request too.

For details about individual programs, please visit - [www.mynep.org/what-we-do](http://www.mynep.org/what-we-do)



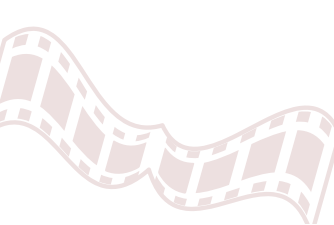
## NEP Freedom Webinar Series- Season 1

1. Motivational counselling techniques for difficult clients
2. Build an online practice with zero investment
3. Video-making workshop for Nutritionists
4. Capturing the community
5. Basics of Finance management
6. Effective pricing strategies - Get more for less
7. Blogging essentials for Nutritionists
8. Legal essentials - Copyright, Trademark and Registration
9. Corporate Wellness - an emerging space
10. Building a Maternal and Child Nutrition practice
11. Building a Sports Nutrition practice
12. Generating Passive income for your Nutrition practice



## NEP Freedom Webinar Series - Season 2

1. Nutrition supplement recommendations - A complete guide for clinical practice
2. Counselling for behaviour change - A deep-dive
3. Nutripreneur End game - Winning the war against fad diets and quacks
4. Business communication 101 - Crafting your competitive edge
5. First 100 days - Early strategies for growing your nutrition venture /nutrition project
6. Food product development - Emerging business opportunities
7. Shoot, share, encash - Monetizing your video content
8. Tailoring Nutrition interventions - Strategies for managing cultural diversity
9. Go digital - latest trends in online marketing
10. Practice what you preach - How to be a role model for your clients
11. Business Automation 101 - Time-saving technology to your rescue
12. The resilient Nutripreneur - Managing both success and failure





# SYMPOSIUMS



**Sarojini Naidu Vanita Maha Vidyalaya,  
Hyderabad.**

4th July, 2017



**Mount Carmel College,  
Bangalore.**

September, 2017 NNW



**Symbiosis International University,  
Pune**

NNW, September 5, 2017



**eNLight annual event  
Ahmedabad**

NNW, September, 2017



# SYMPOSIUMS



**Jaipur, University of Rajasthan**

March 26, 2019



**The Maharaja Sayajirao University, Baroda**

NNW, September, 2017



**IDA Chapter, Ludhiana**

December 12, 2019

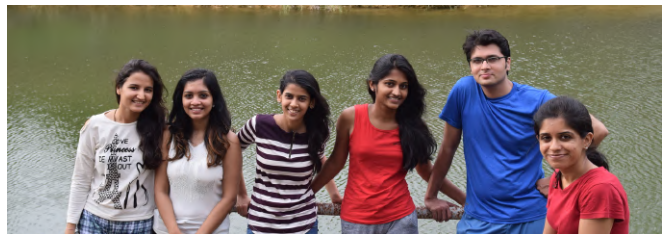


**Navi Mumbai, Mumbai**

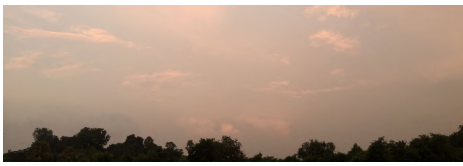
August 19, 2018



# NEP ADVENTURE GETAWAYS!



# NEP ADVENTURE GETAWAYS!



# eNlight 1.0 - 2017



# eNlight 2.0 - 2018

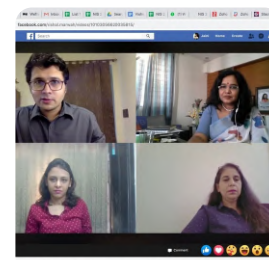


BE THE  
**CHANGE**  
YOU WANT TO SEE IN THIS  
**WORLD.**  
-MAHATMA GANDHI

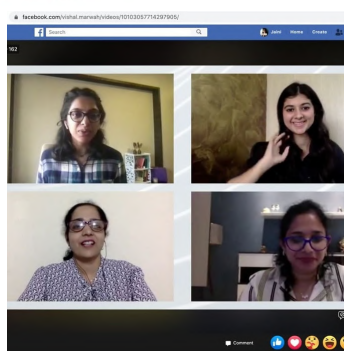
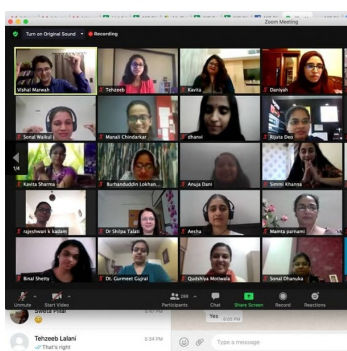
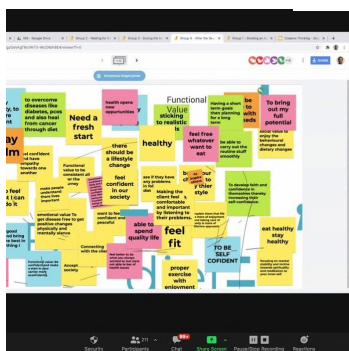
# eNlight 3.0 - 2019



Where ideas meet great minds!

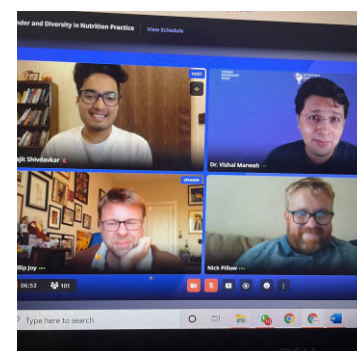
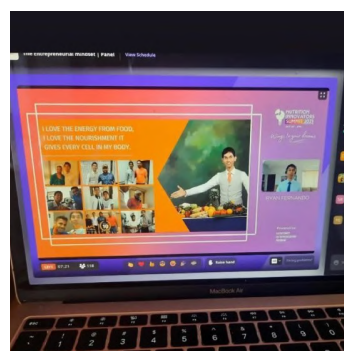
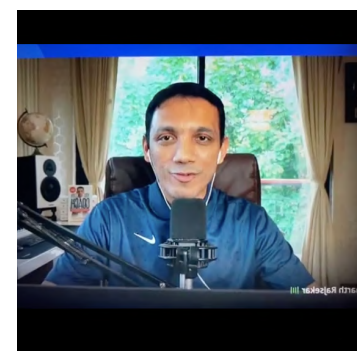
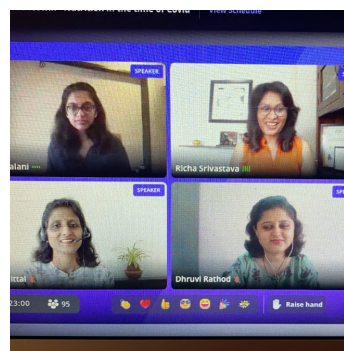
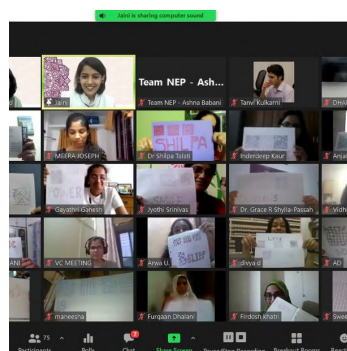
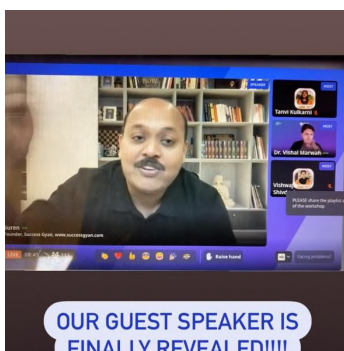


Wings to your Nutri-innovation



# THE NUTRITION INNOVATORS SUMMIT 2021

Wings to your dreams





# CONTACT DETAILS

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## NUTRITIONIST ENTREPRENEURSHIP PROGRAM

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### Admissions office

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admissions@mynep.org

Phone: +91-7208530876



#### Vishwas Wellness LLP

200, Om Lamba Society,

Sion - Trombay road,

Mumbai 400022.

INDIA



#### Website:

[www.MyNep.org](http://www.MyNep.org)

#### Social media handles:

[www.facebook.com/Mynep.org](https://www.facebook.com/Mynep.org)

[www.instagram.com/nep\\_org](https://www.instagram.com/nep_org)

# NUTRITIONIST ENTREPRENEURSHIP PROGRAM

[www.myNEP.org](http://www.myNEP.org)



*Join the Nutripreneur Revolution!*