

DR RITA S. PATIL

MSc, MPhil, PhD

**Associate Professor
Head of Department (Food and Nutrition)
Supervisor, Degree College**



Dr Rita Patil is a PhD in Nutrition and her research was in **Obesity and Physical Fitness of Children aged 6-9 years**. With more than 30 years of teaching experience, Dr Rita Patil has been awarded the “**Teachers Day Award**” by IHM, Pune. She has also been felicitated by the college for her outstanding contribution in “**Research and Education**”. She is innovative and passionate about her subject. As a teacher, she encourages students to participate in competitions and helps them to improve their work. She has motivated students for internship. Her entrepreneurship practical **Bite Delite** is exciting for girls. As head of the department she has organised many talks, workshops, symposia and seminars. Eminent persons have visited the department for several activities for students.

Dr Patil is well known in the Nutrition circle. She is in the Board of Studies of Food Science and Nutrition of SNDT University and also MMP Shah College. Dr Rita Patil has led the syllabus change for BA CAPC. She is nominated as the subject expert by the University for promotion of teachers and selection of teachers.

Along with teaching, Dr Patil’s forte is **Research**. She is a PhD and PG dissertation guide. She has guided students who have won prizes at research competitions. She has been a **reviewer** of abstracts for International conferences and of two International journals. She has **presented research papers** at Singapore and Toronto and in national conferences. Dr Rita Patil was invited by Scient Global Conferences to be a **resource person** in the Obesity Treatment and Weight Management conference in Las Vegas, USA. She is frequently invited as a **resource person, chairperson** and **panelist** at many National and International conferences. She was in the **scientific committee** at for many seminars and conferences. She has done a minor research project and is actively involved in research. Recently her research project has been accepted for funding by the college. She has also applied for 3 other research projects at the national level.

Dr Rita Patil has **published** over 10 papers in National and International journals of repute. She has **written a book- Fun Filled Fitness for Kids** and also has written chapters in books. She started and edited '**Health Mantras**'- the monthly departmental health bulletin. She has **edited** the book **Gandhi For All Times**.

Dr Rita believes in **updating her knowledge**. She has completed her certification course in Good Clinical Practices and 6 Life Long Learning courses of European Society of Parenteral and Enteral Nutrition.

She is a **Nutrition Consultant** for NGO’s (Tara Mobile Creches), MK Sanghavi College and at General Electrics. She has her personal Diet Counselling clinic ‘Nutrition for U’. She also does diet counselling for students.

Dr Rita Patil is **Joint secretary of Indian Dietetic Association, Mumbai chapter**. She is **Treasurer of Indian Association of Parenteral and Enteral Nutrition (IAPEN), Mumbai chapter**. She is also a life member of the following organisations:

1. International Society of Developmental Origins of Health and Disease (DOHAD).
2. Nutrition Society of India.
3. All India Association for Advancing Research in Obesity (AIAARO).
4. Indian Dietetic Association.
5. Association of Food Scientists and Technologists of India.