



Dr. Dharini Krishnan

Ph.D, Registered Dietitian(RD)
Former National President, Indian Dietetic
Association, Chennai

Title of the Talk

Proteins, Probiotics, Precision Supplements & AI-Crafted Algorithmic Nutrition

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4th Floor, DJ-2 Building, Salt Lake, Sector-II, Kolkata

Abstract of the Talk

A sharp, practice-driven exploration of four defining shifts in modern nutrition—protein adequacy, probiotic science, precision supplementation, and AI-led personalization. Grounded in the Indian context, the session cuts through industry hype to examine where the real gaps lie, how nutrition strategy and product design must evolve, and how emerging biotic science, supplementation, and algorithm-driven systems are shaping the future of personalized nutrition at scale.

About the Speaker

Dr. Dharini Krishnan is a distinguished clinician, scientist, and technologist, uniquely positioned at the intersection of clinical nutrition and digital innovation. With 36 years of practice, a Doctorate in Science (diet & exercise in Type 2 Diabetes), and formal training in software systems, she has been instrumental in scaling personalized nutrition solutions.

A former National President of the Indian Dietetic Association (IDA) and Chair of the Registered Dietitian Board, she has contributed to peer-reviewed research and national dietary consensus. She has trained over 10,000 dietitians across 23 countries and is the creator of DIGEST-India's first personalised diet software—adopted by institutions including NIN, Army Sports Institute Pune, UNICEF projects, and leading hospitals. She also developed Nutritracs, an early platform advancing AI-enabled nutrition in India.

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