As Head of Training at Cuddles Foundation, Nikita plans and oversees the delivery of the FoodHeals Programme across all our partner hospitals. Currently leading a team of 40+ nutritionists, she also plays a critical role in designing and executing our nutritionist training programmes. With an ear to the ground, she constantly monitors and evaluates our nutritional service to patients.

Before joining Cuddles Foundation, Nikita worked as a Corporate Nutritionist and Lifestyle Management Consultant. She holds a Master’s degree in Clinical Nutrition & Dietetics from SNDT University, Mumbai, and is a Registered Dietician (RD) with over nine years of experience in Nutrition & Health.

Ask her what brings her to work every day, and she’ll tell you it’s the kids and her team of nutritionists – ‘my girls’ – as she likes to call them.