



PROFESSOR SHRUTI KULKARNI

Adjunct Assistant Professor

PRONOUNS

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SUBJECT AREAS

Nutrition

EDUCATION

BS, Foods & Nutrition, SNTD University
MS, Public Health, Pune University,
Certified Diabetes Educator & Counselor, John
Hopkins University

TEACHING LOCATIONS

Stuttgart, Germany

EMAIL

shruti.kulkarni@faculty.umgc.edu

My teaching philosophy is shaped by 17 years of comprehensive experience in the Clinical Nutrition and Wellness field. My background as a Clinical Nutritionist, Certified Diabetes Counsellor, and Public Health Scientist equips me with a profound understanding of the complexities of nutrition and its impact on health. I am dedicated to helping students grasp the intricate concepts of nutrition through a holistic approach that blends scientific research with practical application.

My unique perspective is enriched by my Indian heritage, where I integrate traditional Ayurveda principles with modern nutrition science for daily living. This fusion of ancient wisdom and contemporary methods allows me to offer students well-rounded and innovative practices. By bridging the two perspectives, I provide students with a richer understanding of nutrition, demonstrating how cutting-edge science can converge to enhance wellness applications scientifically for one's daily living.

I thrive on engaging with my students, understanding their unique needs, and tailoring my teaching to support their growth at their own pace. Passionate about holistic health and wellness, I guide individuals toward mindful lifestyle choices for enduring happiness and harmony. As I always say, "Your Diet is not what you eat, but what you watch, listen to, and also read!!!"

I love cooking and calling people over for some amazing Indian-style food, spending time with my daughter and my little cat, Kuki, and traveling and exploring cuisines of different places.