

Dr.M.Anuradha Reddy
Nutritionist; Social Activist; Chairperson of Diabetes Foundation
President - Village Wellness Awareness Movement
Vice President - Continental Hospitals, Hyderabad
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Doctor of Honours in Wellness Services from The International University for Complementary Medicines and Medicina Alternativa, Colombo.

Specialisation: Medical Dietetics & Public Health Nutrition from Delhi University, New Delhi; Internship from All India Institute of Medical Sciences, New Delhi and worked at AIIMS

Intensive Diabetes Management from Washington State University

Experience:

- Represented India in International Food Expo for four consecutive years.
- Served as a consultant to British and Canadian High Commissions, Delhi.
- Served as consultant to International Health, Montreal.
- Served at the All India Institute of Medical Sciences Hospital, Delhi.
- Served as a consultant to the Embassies International Hospital, Delhi.
- Served at the National Heart Institute of the All India Heart Foundation, Delhi.
- Served on the advisory board of several national and international organisations like California Prune Board, Tetrapak etc.,

Accolades:

- National Indo NRI award for the year 2012
- FAPCCI Excellence Award 2009-10 for outstanding contribution for welfare of socially / Economically / Physically challenged destitute women, given by Sri. N.Kiran Kumar Reddy, Honourable Chief Minister of Andhra Pradesh.
- Awarded for the best oratory from Chief Minister, Sri.N.T.Rama Rao in the year 1984.
- Nation's Vikas Jyothi Award instituted by IOBRD, New Delhi.
- Samaikya Bharath Gaurav Satkar 2006 Award from Madras Telugu Academy.
- State Bank of India has honored on their Formation Day.
- India National PolioPlus Committee of Rotary International award.

- Exemplary Meritorious Service Award in the year 2010 on Republic Day
- Adarsha Mahila Award for International Women's Day.
- Uttama Mahila Award of the north costal Andhra Districts.
- Awarded best woman Award contributing to the medical field.
- Best young professional Award.
- Awarded best Samaja Mitra Award.
- Awarded best Visakha Animutyam Award.
- Dr.Durgabai Deshmukh Centre for Women Studies has honoured for contribution to social work on International Women's Day.
- Outstanding Centennial President award of the District 3020 Rotary International.
- Paul Harris Fellow of Rotary International
- Arch Klumph Fellow of Rotary International for better understanding and friendly relations among peoples of the world.
- Awarded several prizes at the national and international level for doing work for underprivileged and for various therapeutic diets.

Achievements:

- Founded Diabetes Foundation in 1997. Since then continuing as Founder Chairperson of the organisation.
- Served as a chairperson for sickle cell anaemia trust
- Authored books on diabetes in bilingual language for the patients and distributed thousands of copies free of cost.
- First woman president of Rotary Club Visakhaport City District 3020 of Rotary International in the Centennial year.
- Have screened over eleven lakh patients for blood sugar testing and detected several new cases.
- Diabetes Foundation provides free insulin for children (below 16years of age) whose parents' income is low.
- Made a breakthrough for diabetic patients through diet.

Activities Through Diabetes Foundation for the last Fifteen Years:

Diabetes Programmes

- Have screened over eleven lakh patients for blood sugar testing and detected several new cases
- Diabetes Foundation provides free insulin for children (below 16 years of age) whose parents' income is low.
- Made a breakthrough for diabetic patients through diet.
- Authored books on diabetes in bilingual language for the patients and distributed thousands of copies at free of cost.
- Conducted 4 day Residential Diabetic camp.

- Conducted diabetic Retinopathy camps
- Conducted diabetic Neuropathy camps.
- Conducted several awareness programmes on low cost nutritional recipes for slum dwellers.
- Conducted awareness programmes for HIV / AIDS and cancer patients.

For Physically and Visually Challenged

- Distributed Braille type writers.
- Given Vocational training to physically challenged people
- Distributed tricycles, wheel chairs,
- Distributed Jaipur foot
- Distributed calipers with shoes
- Distributed crutches
- Conducted multi specialty medical camps.
- Distributed several new pairs of uniforms to physically challenged children.
- Distributed tape recorders for visually challenged
- Distributed nutritious products and supplements.

For Farmers

- Conducted surgeries like lypoma, lymphoma.
- Conducted several eye camps and 1687 eye surgeries were done.
- Distributed prescription spectacles to 983 patients
- Conducted several multi specialty camps
- Bone densitometry tests were conducted.
- Nutritious foods and supplements were distributed

For Children in Villages

- Conducted several programs for street children for the last 15 years.
- Nutritious foods and supplements were distributed for tribal children
- Conducted several programs for preschool children
- Conducted various programs for physically and visually challenged children.
- Conducted PDA surgeries
- Conducted cleft lip surgeries
- Conducted anaemia screening programs
- Conducted dental check ups
- Conducted dermatological camps
- Conducted multi specialty medical camps

For Women in Villages

- Conducted several screening programs for tribal women
- Conducted several family planning operations and given incentives
- Conducted Cervical cancer screening programs
- Conducted Bone densitometry tests
- Conducted multi specialty medical camps
- Conducted antenatal programs for pregnant women
- Conducted anaemia screening programs
- Conducted low cost nutritious food programs
- Nutritious foods and supplements were distributed
- Conducted breast cancer screening and awareness programs
- Given live programs on radio to rural women on health and nutrition

For Prisoners

- Conducted several programmes for the prisoners at Central Jail, Adavivaram, Visakhapatnam.
- Conducted personality development programmes
- Conducted career guidance programmes
- Conducted HIV / AIDS awareness
- Conducted Bone Densitometry tests
- Conducted diabetes screening camps.
- Conducted programs for women prisoners on International Women's Day.
- Apart from the above activities, Diabetes Foundation always stood for the prisoners for their needs.

For Senior Citizens

- Various kinds of programmes were conducted for senior citizens.

For Tsunami Victims

- Kitchen utensils, clothes and nutrient supplements were sent to Chennai

For Cyclone Victims

- Kitchen utensils, clothes, food grains and nutrient supplements were sent to Kurnool, Andhrapradesh.

Other Activities:

- Involved in honorary work to the underprivileged people of East Delhi colonies adopted by the Love & Care organisation

- Regular speaker on Nutrition and Dietetics in the Electronic media, press and All India Radio at Hyderabad, Delhi and Visakhapatnam.

Association with other organisations:

- Life Member of IDA.
- Life Member of NSI.
- Life Member of Indian Red Cross Society
- Life Member of Air Users Association

Strengths:

- Dedication, Commitment to do work effectively
- Ability to complete work in predetermined manner
- Working in teams

Capabilities:

- Quick grasping power and go getter attitude.
- Attentive, assiduous and laborious in the field of work.
- Ability of treating people fairly with respect and dignity.

Personal:

- Married to Dr.M.Srinivasa Reddy and blessed with one son, Adarsh Reddy.