

# Promoting health remains IMU Nutrition alumna's pursuit

**KUCHING:** Since age 17, NT114's alumna Darsheka Wanithasan has always known that she wants to become a nutritionist.

Although such career choice has the potential to venture into different paths, in her mind, she has dreamt of becoming a consultant nutritionist or a nutrition counsellor.

This is because she enjoys working with people and inspiring them to see improvements in their health and lifestyle over time.

Fast forward to today, Darsheka is a weight management counsellor in Novo Nordisk's patient support programme, coaching people with obesity and empowering them with practical approaches towards healthier eating practices.

Recounting her time with International Medical University (IMU), she credits the knowledge and training acquired from the nutrition programme in shaping

her into what she is today.

Darsheka is grateful to the IMU curriculum, which trains the graduates adequately in the prevention of non-communicable diseases.

It has also helped her translate scientific information into practice for the clients. Moreover, the practicum during her undergraduate programme and past work experiences has augmented her soft skills, which helps her improvise her counselling skills to address the clients today.

In her present role, she also gets to showcase her skills by working with cross-functional teams at her workplace. This has allowed her to gain a wider perspective of her contribution to obesity management.

Besides that, she has also partnered with medical doctors and specialists during workshops and webinars to educate other healthcare professionals on

obesity management.

Such opportunities have not only expanded Darsheka's horizon, but also provided her with a platform to establish herself as a nutritionist, par excellence in times to come.

"Darsheka joined us a year and half back when we had just entered the obesity therapeutic area in Malaysia. She has been a real asset to our team and great support to our healthcare professionals and patients who are struggling with obesity.

"With passion in her profession and strong cross-functional collaboration, she has been able to make this programme successful and beneficial to several patients through her counselling.

"In fact, she has also helped many of our colleagues at Novo Nordisk Malaysia office to develop a healthy dietary pattern through her customised

diet plans," said director (clinical, medical, regulatory and quality) Dr Sweta Uppal.

So what advice does she have for future graduates? Darsheka's message is simple – discover yourself; discover your strengths, what you love to do, what you're good at and what you dislike.

"Once you have, you would know what fits you best in the working world," she said.

IMU's three-year Nutrition Programme equips students in pursuing careers in various fields including industry, education, health promotion, research and journalism.

For this programme, the students have the option to complete the entire degree at IMU, or study the first two years at IMU and then transfer to Deakin University for completion of the programme.

This partnership is a testament to the excellence of the IMU's Nutrition programme, which is

benchmarked to international standards.

Each year, the nutrition programme commences in July and September.

Those who are interested in science, have the ability to work in a team and really want to make a difference in the lives of others, are encouraged to make an online application today and begin a career that would challenge them to stretch your skills and open new doors.

Those who are Sijil Pelajaran Malaysia (SPM)-holders and do not have pre-university qualification, can consider enrolling to the one-year IMU Foundation in Science, the preferred foundation and direct route for entry into any of the university's degree courses, including credit-transfer options.

For more information, go to [www.imu.edu.my](http://www.imu.edu.my), or send emails to [start@imu.edu.my](mailto:start@imu.edu.my), or call IMU at 03-2731 7272.



IMU Nutrition alumna Darsheka is now a weight management counsellor in Novo Nordisk's patient support programme.