



CHRISTIAN CHAMBER OF COMMERCE & INDUSTRY

*Pattathu Brothers
Excellence Award 2016
As A Woman Entrepreneur
To Mrs. Charmaine D'Souza*



Citation

You are a nutrition and health consultant with more than 25 years of experience in assisting clients who are interested in improving their health and general well-being through better nutrition and healthy changes in their lifestyle. You are a great believer in freedom of choice in healthcare. In order to have this freedom, one must have information about the different systems of healing. You believe that the responsibility for health does not belong to doctors, nutritionists, fitness trainers, life coaches, health insurance companies or even the government. The responsibility for one's health belongs to the individual.

You are the author of two nutrition books published by Random House India called Kitchen Clinic and Blood Sugar and Spice. When you are not working with clients, you are busy cooking up a storm in your kitchen. You love experimenting with food and always cook when you are relaxed because you believe that the food one cooks not only absorbs the flavor of the herbs and spices used but also the attitudes of those who cook and serve it. You are currently working on a cookery book as a sequel to your first book Kitchen Clinic.

You have taught Nutrition and Dietetics at Sophia College Mumbai for 18 years. You have also taught the subject to nursing staff at Jaslok Hospital, Mumbai. You are a member of the Indian Dietetic Association and have also been associated with Mumbai University for the setting and assessment of University examination papers. Your health page on Facebook called Good Health Always with Charmaine has more than 3000 followers and makes for interesting reading.

In addition to your individual client practice, your professional experience includes providing educational services including seminars, lectures, training for other health practitioners, corporate, community and school presentations on natural health.

In recognition of your outstanding contribution as a Woman Entrepreneur

CHRISTIAN CHAMBER OF COMMERCE AND INDUSTRY

has pleasure in awarding

Pattathu Brothers Excellence Award 2016

Given at Mumbai on Sunday, 05th November, 2017.

A Sequeira
Antony Sequeira
Chairman

John D'Silva
John D'Silva
Vice Chairman & Convenor
Awards Committee