

STATEMENT OF PURPOSE

University of Piedmont — MSc in Food, Health, and Environment

I completed my bachelor's in Hotel and Hospitality Administration from a renowned institute under India's Ministry of Tourism, my academic experience helped me acquire theoretical knowledge as well as practical experience. It helped me strengthen the foundation of food production, service, and hospitality with particular interest in nutritional and environmental aspects of food. I also completed my industrial exposure training at a five-star property in India, where I gained experience in the operational kitchen for four months. At the time of my training, I was given the responsibility to manage the garde manger section during breakfast operations, which taught me responsibility, time management, and multitasking.

I also conducted a research project during my final year, titled "The Innovative Use of Millets in Handmade Noodles of Korean Cuisine." It was an experimental research focused on the use of millet grains, which are considered as the powerhouse of nutrition also has many environmental benefits. This research showcases the nutritional value and environmental benefits of millet. This research piqued my interest in nutritional and sustainable eating habits while balancing human health and ecological harmony.

Food has always intrigued me, I realized it's more than just nourishment but also as a medium that connects creativity, science, and societal well-being. What began as the passion of cooking grew into something deeper with time; the science behind food and its impact on human life and the environment. Initially the goal was to be a chef, but later I understood ingredients are not just prepared but also can be understood, studied, and reimaged for a sustainable and healthy future. I realized food is more than just flavors; it is that space where art meets chemistry and public health. The program on Food, Health, and Environment of the master's degree will lead me one step closer to achieving my objective.

The MSc in Food, Health, and Environment in the University of Piedmont reflects my interests for food, sustainability, and environmental wellness. The program offers a combination of nutrition sciences and environmental sustainability that draws me towards this field. What excites me is that Italy's leads in sustainable farming and food innovation, contributing greatly to the learning experience. I am excited to work with expert professors, perform research, and address food-related challenges that concern climate change, diseases, and food insecurity.

After my studies, my career interests lie in sustainable food systems, public health nutrition, or research and development with a focus on environmental responsibility. I picture myself contributing to research and development with international companies or organizations that work to make food more sustainable, healthier, and accessible. As my long-term goal includes innovating nutrient-rich food products that preserve culture while supporting ecological balance.

I am excited about the opportunity to attend the University of Piedmont and be a part of a curriculum that reflects my own beliefs in health, innovation, and sustainability. With my academic background, practical experience, and passion for a significant change in the food world, I am sure that I can grow in this program, using it as the beginning of my journey towards becoming a professional who can contribute towards a positive change in the world of food and health.